


<p>Year Five Lesson 6 Lesson length: 60 minutes</p>	<p>Unit title: Keeping relationships healthy and safe Lesson title: Growing up and puberty</p> 	
<p>Learning Objectives</p> <p>To understand that relationships and responsibilities change as you move into adulthood</p> <p>To describe the changes as humans develop to old age</p>	<p>Suggested Activities</p> <p>Begin by exploring the different stages of the human life cycle.</p> <p>You may want to compare life cycles of different species.</p> <p>Activity Discuss with pupils where they feel they are in the life cycle and what changes occur for their stage of the life cycle.</p> <p>Introduce the word puberty - Pupils may be able to define this word or provide them with a definition.</p> <p>Puberty is the name for the time when your body begins to develop and change as you move from being a child to an adult. During puberty, your body will grow faster than at any other time in your life.</p> <p>Puberty can happen from the age of 8 years -16 years; it starts and ends at different times for individuals.</p>	
<p>Relationships and Health Education</p> <p>Learning Outcomes</p> <p>Respectful relationships</p> <ul style="list-style-type: none"> • The importance of permission-seeking and giving, in relationships with friends, peers and adults <p>Changing adolescent body</p> <ul style="list-style-type: none"> • key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes 	<p>Explore questions:</p> <ol style="list-style-type: none"> 1. What happens? 2. When does it happen? 3. Why does it happen? <p>Optional You may want to use the books 'Bits and Bobs, Sweats and Spots' by Sandra Passmore & Lana Gaskin.</p> <ul style="list-style-type: none"> • List the changes that happen to boys/girls • Females - changes to breasts and nipples • Males - change in scrotum and genitals • Include changes in skin, hair etc. <p>Why does this happen?</p> <ul style="list-style-type: none"> • Explore emotional changes that occur • Discuss when and why personal hygiene is important e.g. religious/cultural links if necessary • Go through the responses and provide feedback <p>(You may also include a discussion on personal hygiene)</p> <p>https://raisingchildren.net.au/pre-teens/healthy-lifestyle/hygiene-dental-care/hygiene-pre-teens-teens</p> <p>Optional You may want to show a range of personal hygiene products that young people can use.</p> <p>Debrief Circle time - pupils to reflect on learning from the lesson and how to respect each other during this sensitive time of change.</p>	
<p>Unicef Articles Article: 12,13,14,16,28</p>	<p>Resources Show a range of personal hygiene products</p> <p>Optional 'Bits and Bobs, Sweats and Spots' by Sandra Passmore & Lana Gaskin</p>	<p>Key vocabulary Puberty Relationships Peers Respect Emotional</p>