Year 6
Sex Education
Meeting For Parents

GRANGE
JUNIOR SCHOOL

Aims Of The Meeting:

1: To share the sequence of lessons

2: To share PowerPoints, teaching resources and worksheets

3: To watch parts of the videos the children will see

4: To enable parents to discuss the learning with their children at home

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Sequence Of Lessons:

Lesson 1: Emotional Changes

Lesson 2: Changing Bodies
(Revisiting Puberty)

Lesson 3: Let's Talk About Sex

Lesson 4: Human Reproduction
(Conception and Giving Birth)

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Emotional Changes



How Emotions Can Change

Whole Class

What is Puberty?

Puberty is the word to describe the phase when a child's body starts to change, as they become an adult. Apart from when you were a baby, this is the time when your body will grow the fastest. What other changes will you go through during your lifetime?



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How Emotions Can Change

Puberty can be a confusing, even worrying time for many young people. That's why it is important to understand what is happening to your body and to know where to get help or advice if you need to.

It may feel like you are the only person going through these emotions and that nobody else understands how you feel, but that isn't true. Puberty happens to everyone!



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Emotional Changes

Problem Letter 1

Hello,

I am a bit embarrassed about this, but I hope someone can help. I really, really like this boy in my class. I get strange feelings whenever I see him, like excited and a bit sick at the same time. I think about him loads and sometimes dream about him.

It's so weird because I have known him for ages and he has always been my friend. I never used to feel like this around him and it's really awkward. I get nervous every time he talks to me!

I can't talk to my friends, because I think they'll make fun of me, or (even worse) they might tell him and that would be awful!

Please help! What should I do?



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Questions and Answers

Why do these emotional changes happen?

Changing moods and strong emotions during puberty happen to everyone. They are caused partly by the many changes and challenges that happen when you are growing up; at home, at school, in your bodies and in the way you think and act. Times when there are lots of changes in your life can make you feel unsettled and unsure about yourself.

Hormones are also partly responsible for the emotional changes you might feel. Hormones are chemical messengers inside our bodies. Different hormones have different jobs to do and control different things in our bodies, ranging from hunger and sleep, to growth and stress levels. Certain hormones start to be produced during puberty to help our bodies to grow. These new hormones can make us feel different or strange. They can affect our mood as our body gets used to them.



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Questions and Answers

Is it normal to feel this way?

Everyone goes through these changes. Some people will be affected by their hormones more than others and people may be affected in different ways. There is no right or wrong way to feel, but it is important to remember that you are not the only person feeling the way you do. Changing emotions are a normal part of growing up.

But just because it is normal to feel changes in your moods when you are growing up, doesn't mean that your feelings are not important. If you are feeling like you can't cope with your strong emotions, or if you feel angry or unhappy a lot of the time, it is important that you talk to someone you trust.



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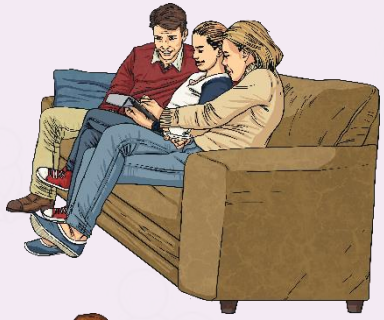
Questions and Answers

Who can you go to for help?

Talking to friends you trust can be a great idea. It will probably turn out that they have had similar feelings.



Try talking to people you live with, this could be your parents, or maybe an older brother or sister. They were your age once and probably remember going through the same emotions.



Is there an adult at school you can trust? They could listen to you and give advice.

Talk to health professionals, such as your doctor or nurse, or use health websites, such as the NHS, to get advice and support.



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Questions and Answers

What is Childline?

Childline is a free, private and confidential service that offers young people support and advice with any issues that they are going through.

You can call Childline any time for free on 0800 1111, send them an email, or post on their online message board.

There is always someone available to help. No problem is too big or small.

Childline is a 'confidential' service. This means that they won't tell anyone else that you have contacted them.

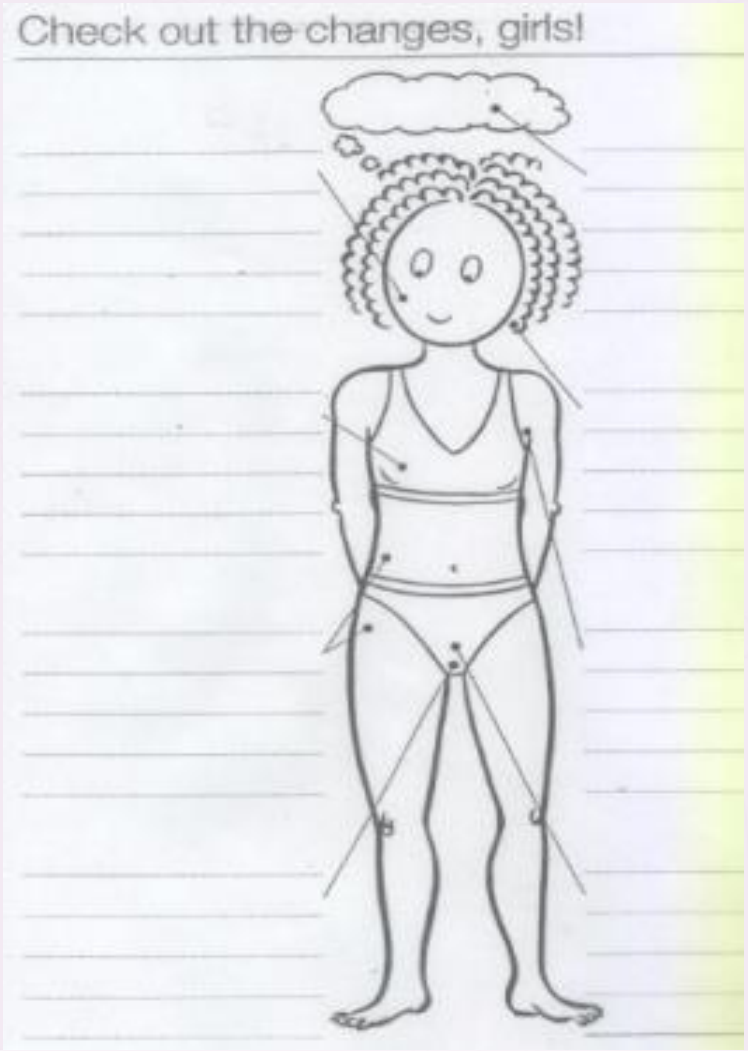


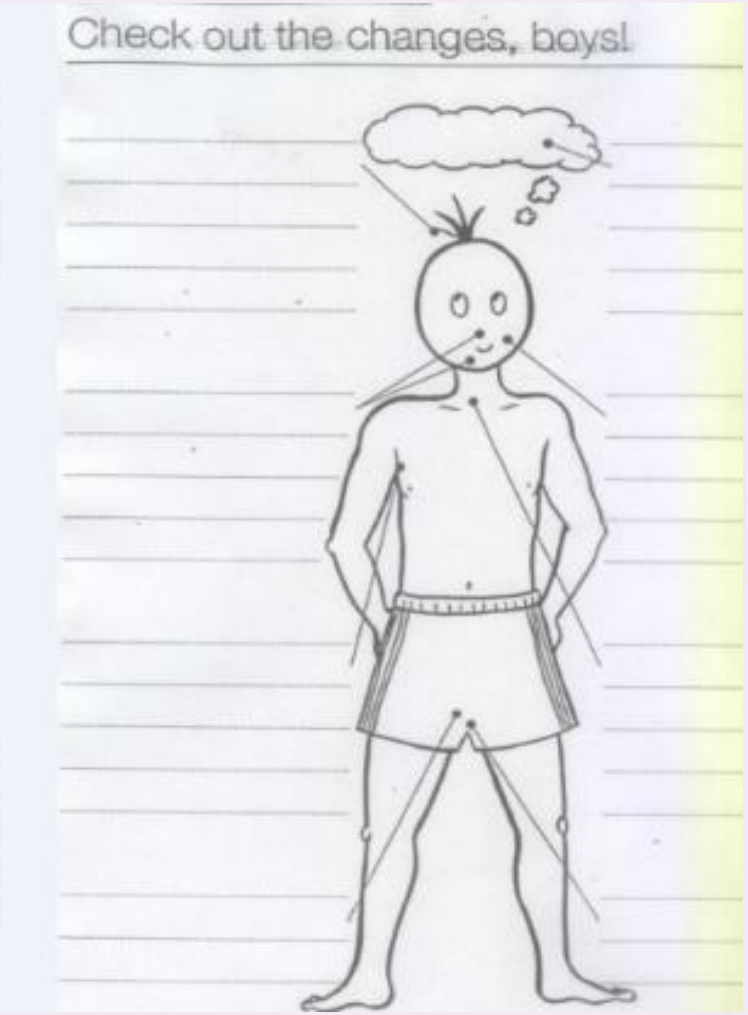
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Changing Bodies



LO: Puberty for boys and girls





Use this sheet to help you

What is puberty?

SHEET 1

ⓘnformation sheet

Puberty is a stage children go through as part of growing up. Changes happen to your body, and some of these changes you can see.

Changes for girls

- breasts start to develop (their shape and size vary from person to person)
- hips grow bigger
- hair grows under arms
- genitals (vagina) grows
- hair grows around the vagina
- reproductive organs (e.g. fallopian tubes, ovaries, womb, vagina) develop. Girls are born with about 250,000 eggs in each of their two ovaries. Each month an egg is released. This is called ovulation and it happens about 14 days before a period is due. The egg travels along the fallopian tubes and into the womb. If the egg is not fertilised by a sperm cell it will die and be removed from the body as a period.
- periods start
- spots can appear
- hair becomes greasier
- individuals become more moody or emotional
- individuals can be shy or embarrassed about growing and developing
- individuals can get cross quicker than before. This is because hormones are developing in the body.



Changes for boys

- body gets bigger
- voice deepens
- hair grows under arms
- hair grows around genitals at the base of the penis and on the scrotum. The scrotum is a bag which hangs down behind the penis and contains the testicles. The testicles are where the sperm is stored. Size of penis and scrotum increases
- penis can become erect (stiff)
- hair grows on the face
- spots can appear
- hair becomes greasier
- individuals can be more emotional or moody.
- individuals can get cross quicker than before. This is because hormones are developing in the body
- individuals can be shy or embarrassed about growing and developing.



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How Bodies (and Emotions) Can Change during Puberty

What is puberty?

Puberty is the word to describe the phase when a child's body starts to change, as they become an adult.



Apart from when you were a baby, this is the time when your body will grow the fastest.

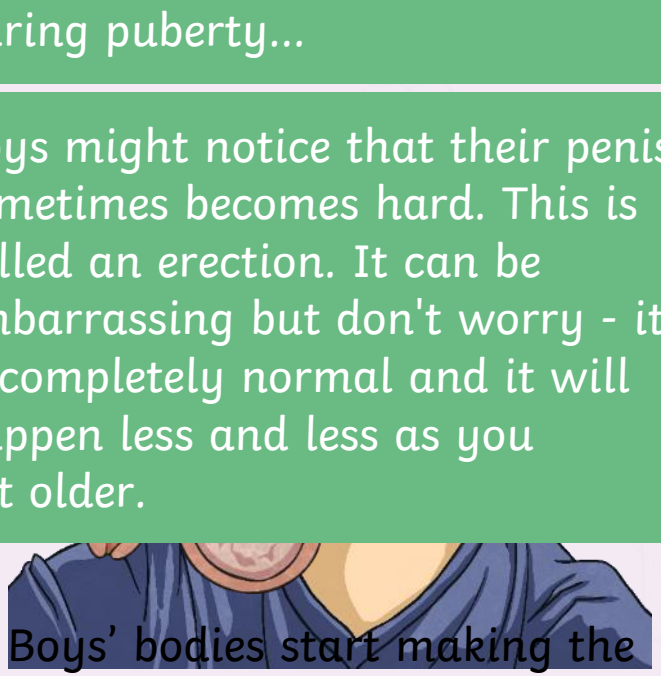
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How Bodies (and Emotions) Can Change during Puberty

Puberty usually starts between the ages of 9 and 15 in males.

Let's take a look at some changes that happen in the male body during puberty...

Boys might notice that their penis sometimes becomes hard. This is called an erection. It can be embarrassing but don't worry - it is completely normal and it will happen less and less as you get older.



Boys' bodies start making the hormone testosterone and sperm in the testes (testicles).

Facial hair begins to grow.



Boys' voices break and get deeper.

Boys' bodies become broader and more muscular.

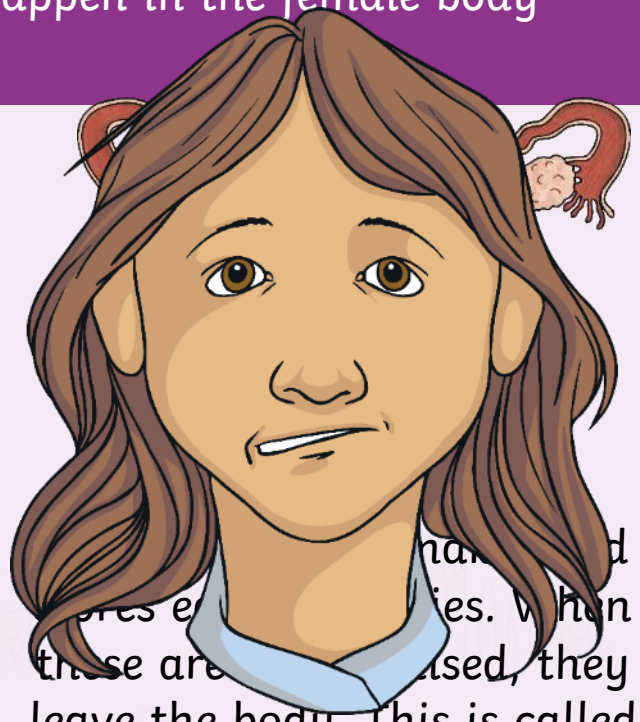
How Bodies (and Emotions) Can Change during Puberty

Puberty usually starts between the ages of 8 and 13 in females.

Let's take a look at some changes that happen in the female body during puberty...



Girls might notice that they have white or clear fluid coming from their vagina. It might be thin and wet or thick and sticky. This is nothing to worry about. It is called discharge and it's just another sign that hormones are changing your body.



The female body gets curvier, as the hips get wider and breasts develop.

...leave the body. This is called menstruation or 'periods'.

How Bodies (and Emotions) Can Change during Puberty

So, male and female bodies both go through some changes that don't happen to the other gender.

However, there are some changes that both boys and girls can experience



The hormones stimulate the glands in your skin, including the sweat glands under your arms. This can cause body odour.

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How Bodies (and Emotions) Can Change during Puberty

Another change that young people might experience when they go through puberty is called **nocturnal emissions**, or **wet dreams**.

Males and females can experience wet dreams and, as you might have guessed from the word 'dreams', they happen when we are asleep.

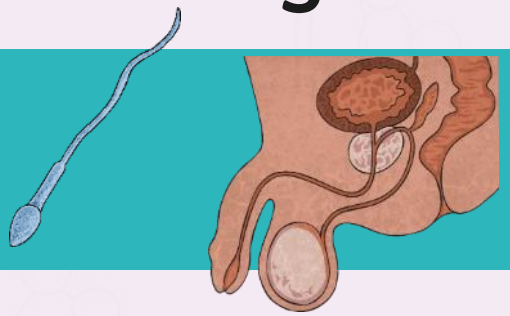




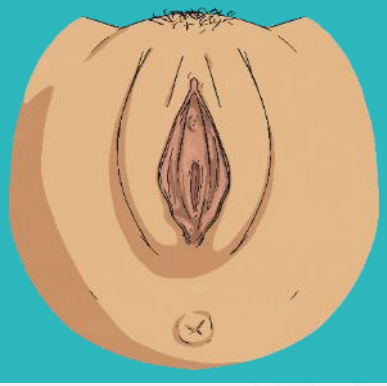
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How Bodies (and Emotions) Can Change during Puberty

'If you have a penis, you might ejaculate semen (the fluid containing sperm) from your penis in the night.



If you have a vulva, you might notice it becomes wet in the night from some discharge. You might be dreaming about something of a sexual nature or you might not remember what you were dreaming about at all.



Either way, wet dreams are nothing at all to worry about. They are completely normal, but not everyone experiences them.

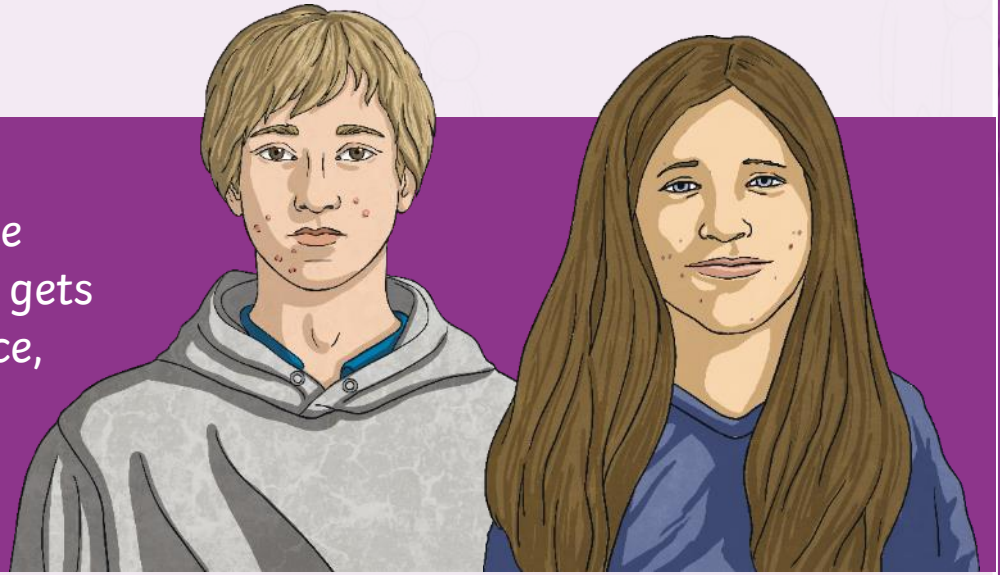
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How Bodies (and Emotions) Can Change during Puberty

So, male and female bodies both go through some changes that don't happen to the other gender.

However, there are some changes that both boys and girls can experience

Some young people develop acne (pimples or spots), as their skin gets oilier. These might be on the face, upper-back, or upper-chest.

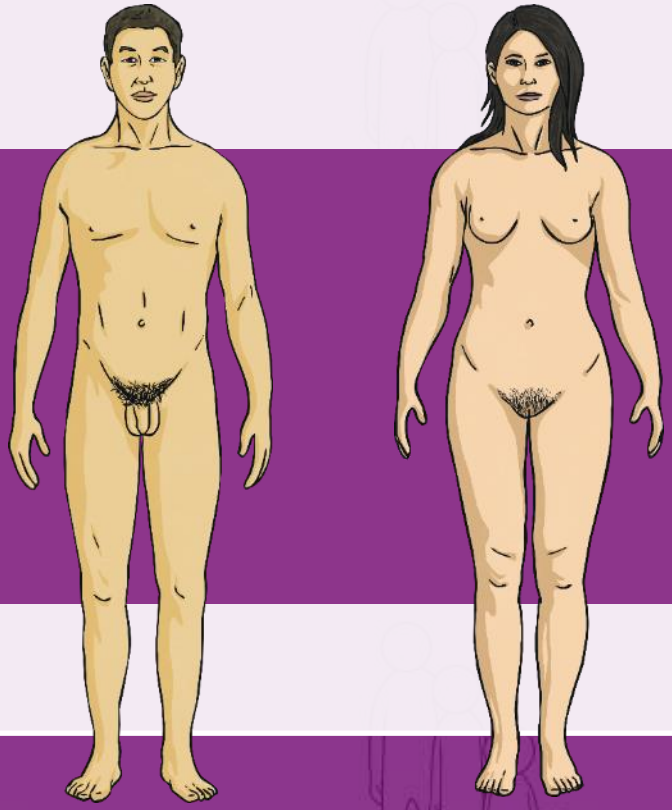


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How Bodies (and Emotions) Can Change during Puberty

So, male and female bodies both go through some changes that don't happen to the other gender.

However, there are some changes that both boys and girls can experience



Under-arm hair and pubic hair (hair around the genitals) begins to grow.

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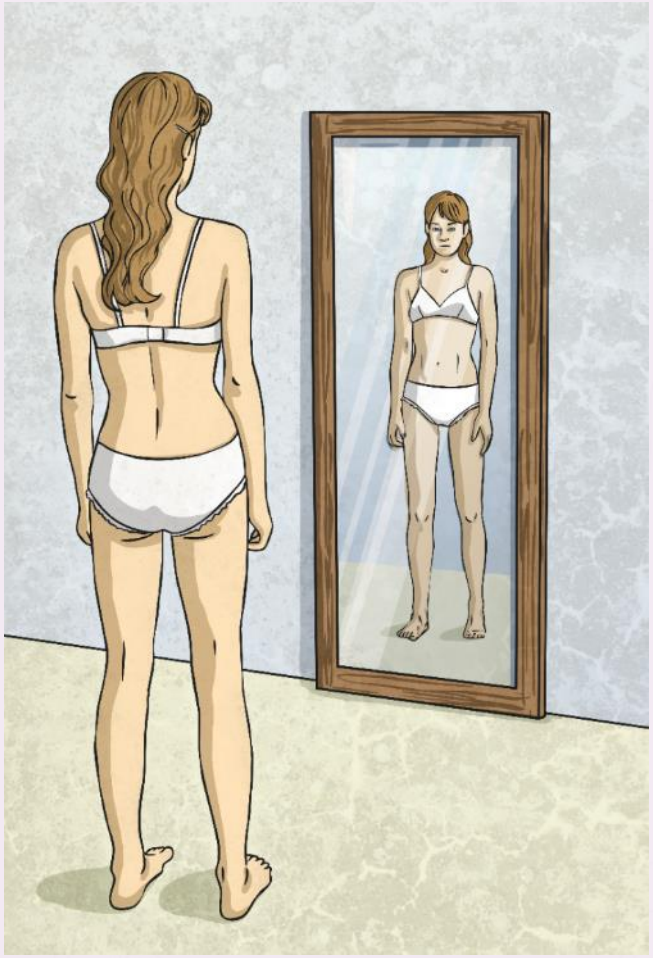
How Bodies (and Emotions) Can Change during Puberty

Getting to Know Your Own Body

It's important that you find out about your own body and feel comfortable with it. It's **your body**, so it's ok to look at it and touch it.

As young people develop, they sometimes like to touch themselves. This is called masturbation. Masturbation can be a way of exploring your body and any new feelings you may have.

Masturbation is a private thing, but it is completely normal and safe.



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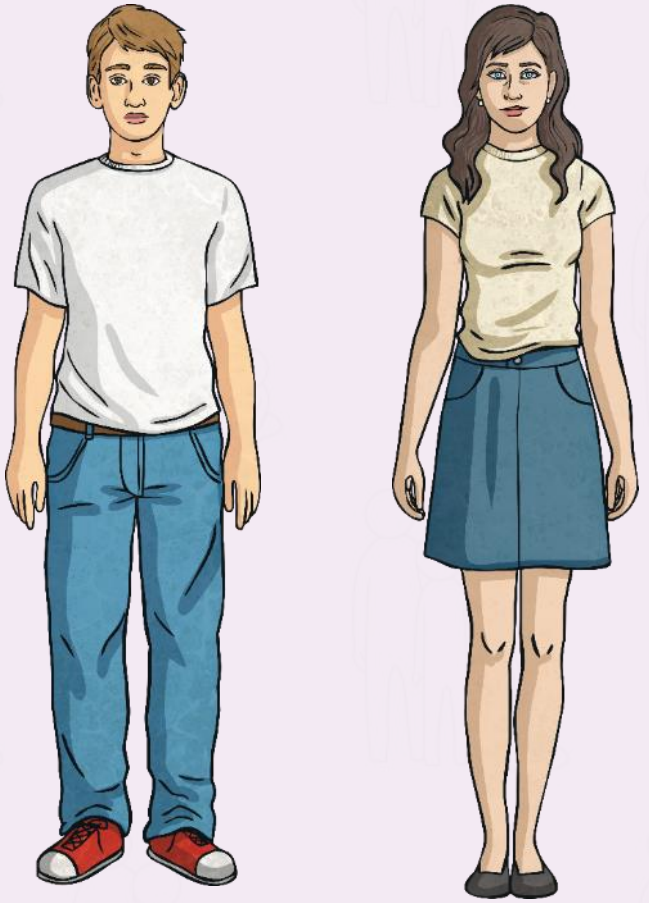
How Bodies (and Emotions) Can Change during Puberty

All girls and boys go through these changes as they become women and men.

These changes happen at different times in different people. Some people may start puberty before or after their friends.

This is completely normal and no reason to worry. There is no 'right' or 'wrong' time to start puberty!

Do you have any questions?



Looking after Our Changing Bodies

Whole Class

Your body – before it changes, during puberty and after it has changed – is **YOUR** body.

You have the right to protect yourself against any inappropriate or unwanted contact. Others should respect you and your body.

If you ever have any concerns about someone wanting to do something to your body, you should report it to an adult you trust. They could advise you and get the help and support you need.

Take care of your body and stay safe.



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Let's Talk about Sex



Relationships



Write down any questions you may have about sex, on a sticky note.



What different kinds of relationships can you remember?

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Let's Talk about Sex



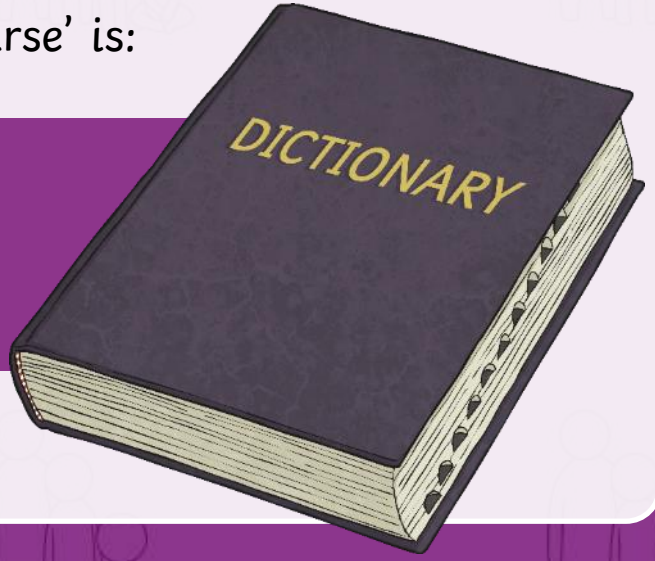
What is 'Sex'?

We may hear the word 'sex', 'sexy' and 'sexual', especially in modern pop songs or in films, but what does it actually mean?

- The term 'sex' is short for 'sexual intercourse'.
  It can also mean gender.

- The dictionary definition of 'sexual intercourse' is:

Sexual contact between individuals involving penetration, especially the insertion of a man's erect penis into a woman's vagina.



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Let's Talk about Sex



Why Do People Have Sex?

Sexual intercourse, or 'sex' for short, is one way that two adults in a loving relationship may show their love for one another.

It is also the start of the reproduction process, when a couple want to make a baby.





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Let's Talk about Sex



Sex and the Law

The legal age that people can have sex in the UK is 16 years old.

Both people in the sexual relationship must be 16 years old or over.

Both people must consent (**want** to have sexual intercourse). If one person forces another person to have sex, it is against the law.



Why do you think these laws exist?

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Let's Talk about Sex



Media, such as pop songs and television programmes, would have us believe that everyone is having sex and that being 'sexy' is really important!

In reality, this is not the case. Two people who find each other sexually attractive, who are 16 years old or more, may decide to have a sexual relationship, if they care for one another very much and love each other.

As you go through puberty and your body and emotions change, you may start to feel sexually attracted to others. Having a 'crush' or 'fancying' someone is normal. It might be someone you think is good looking, or who you admire. It might be someone you know, or someone you have never met (like a celebrity). It doesn't mean you love them and it doesn't mean you want to have sex with them.



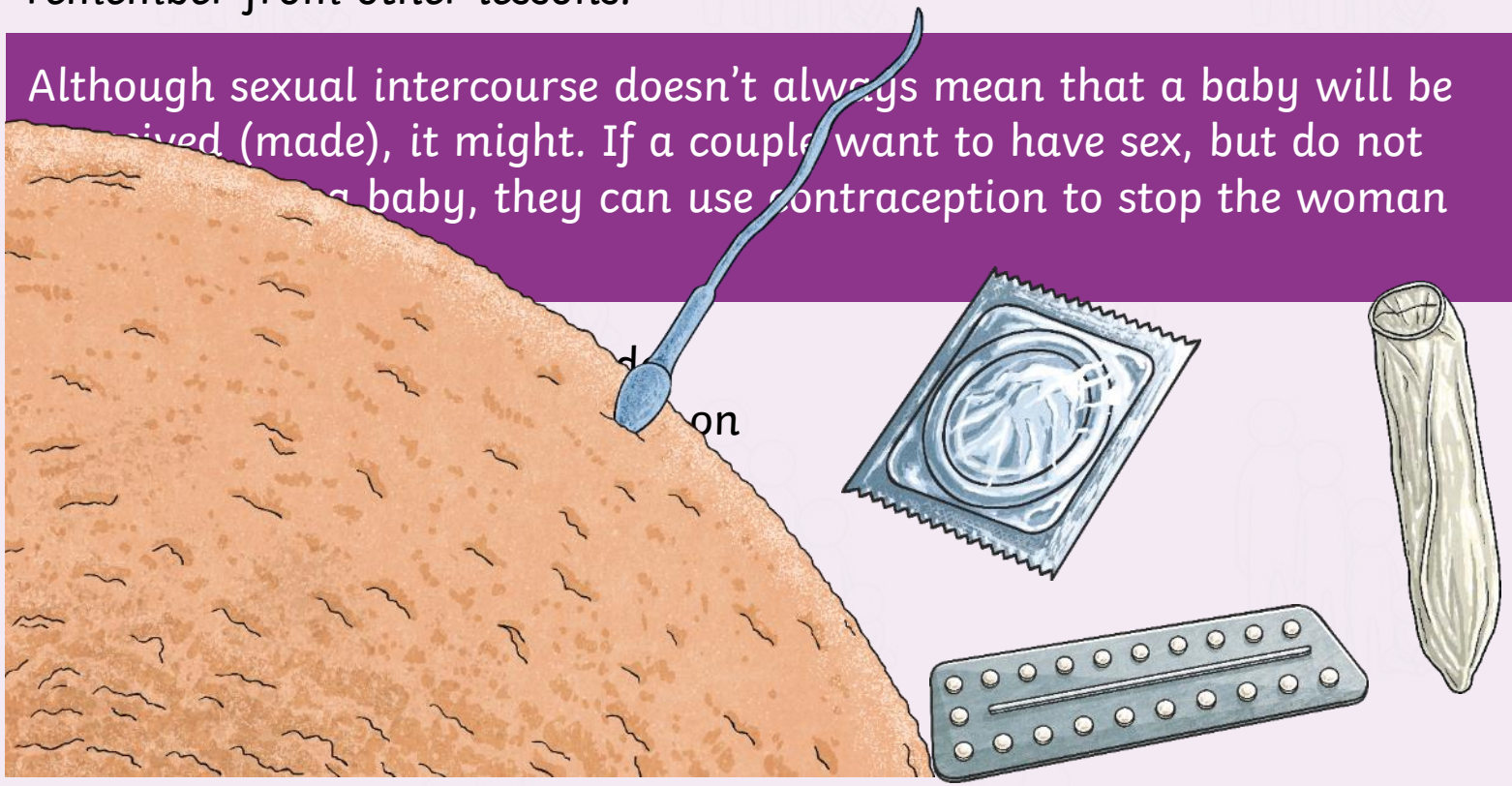
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Let's Talk about Sex

Whole Class

Sexual intercourse is also necessary for reproduction (in other animals as well as humans). It is how the sperm meets the egg, as you might remember from other lessons.

Although sexual intercourse doesn't always mean that a baby will be ...ived (made), it might. If a couple want to have sex, but do not ... a baby, they can use contraception to stop the woman ... on



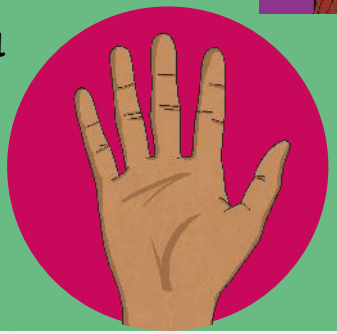
Staying Safe and Healthy

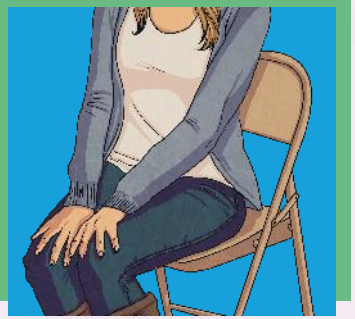


Staying safe refers to being in charge of what happens to your body. Your body is your own and no one else can touch it without your consent.

Some parts of our bodies are private, such as the genitals and the mouth. If someone ever tries to touch you in a place on your body that you are not comfortable with, or in a way that does not feel right, you must tell them to stop, say it is not appropriate and push them away. You should then tell a trusted adult straight away so that it doesn't happen again.







It's never your fault if somebody touches you in a way that makes you feel uncomfortable, and it's very important that you tell someone so that they can help to keep you safe.

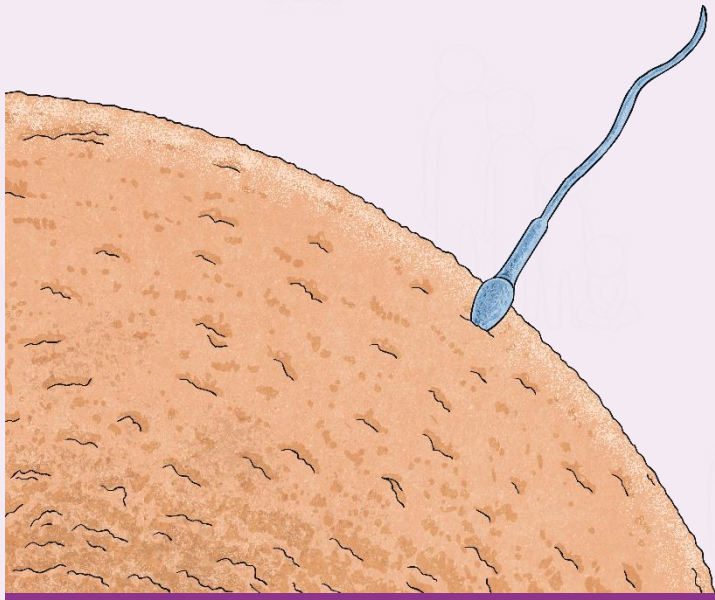
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Human Reproduction



From Conception to Birth

Human reproduction is amazing!



From a sperm fertilising an egg (otherwise known as **conception**)...

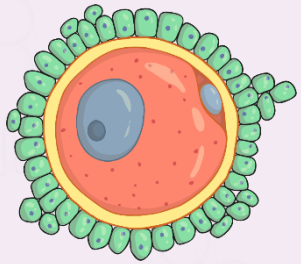


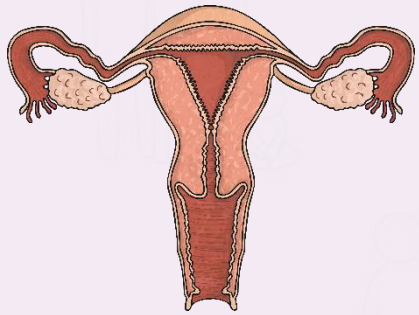
to the **birth** of a baby...

From Conception to Birth

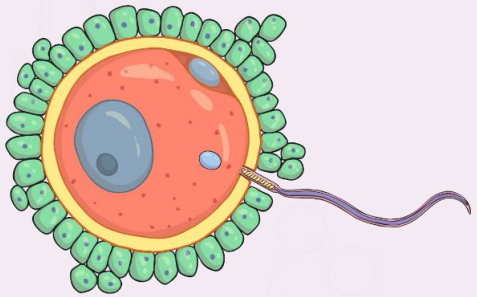


If a man and a woman want to conceive a baby, they have sexual intercourse. The man's penis ejaculates sperm which race to find the woman's egg.





The woman's body releases one egg once a month. The egg only lives for about 12 – 24 hours and sperm can live for 5 – 7 days.



If a sperm reaches the egg, the egg is fertilised, starting a new life form.

If the couple do not want to conceive a baby, they can use contraception, such as a condom, to stop the sperm reaching the egg.



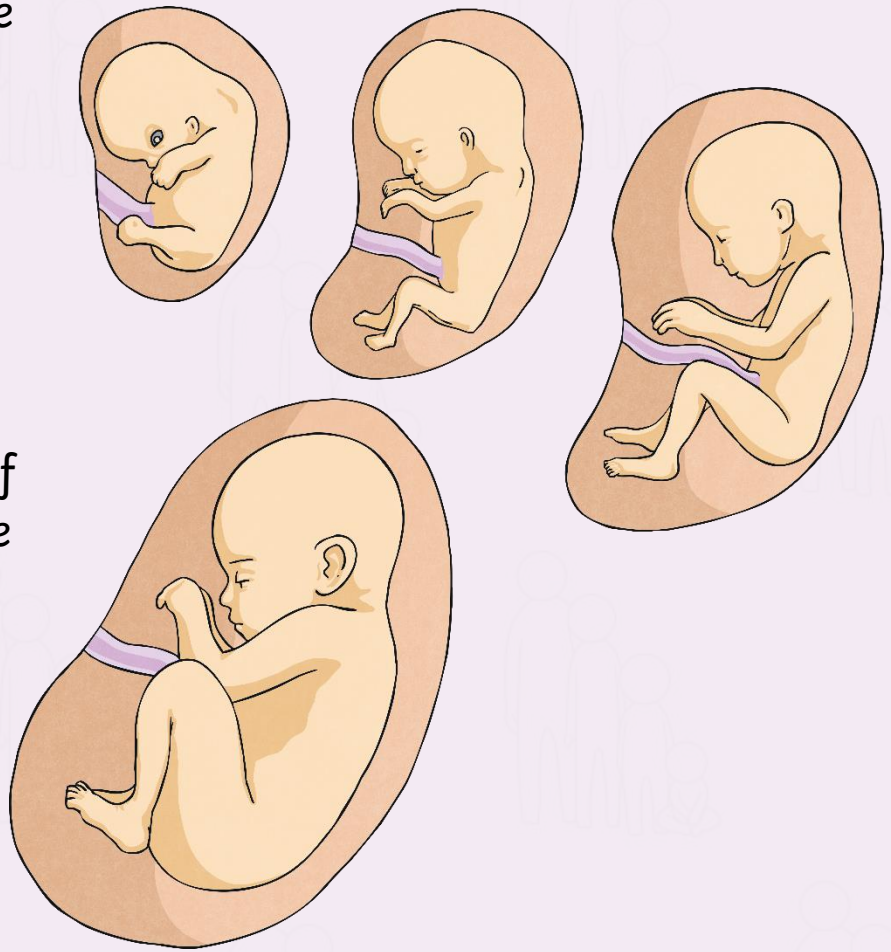
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From Conception to Birth

Whole Class

Let's take a closer look at the whole journey from **conception** (the time when the **sperm fertilises the egg**, inside the woman's body), to the **birth** of a new human being.

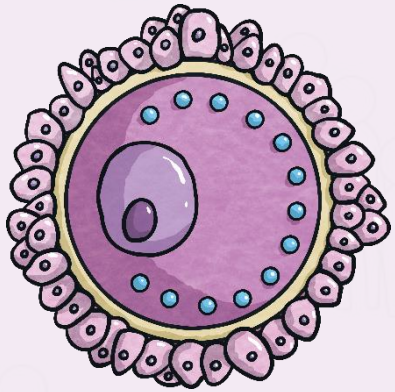
Watch the video carefully and feel free to jot down any questions you may have about the development of the **foetus** (the name we give to the baby before it is born).



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From Conception to Birth

Wow! From just two cells (a sperm and an egg) to 37.2 trillion cells in a human being!



zygote



embryo



foetus

The rate of growth is extremely rapid. The egg cell measures 0.12mm in diameter and a newborn baby is approximately 50cm.

What a Foetus Needs



The mother's body knows exactly what to do and when to do it, as well as knowing how to provide the foetus with everything it needs to develop and grow.

What a Foetus Needs



With your partner, can you think of three things a foetus needs in order to grow and develop inside the womb?

oxygen

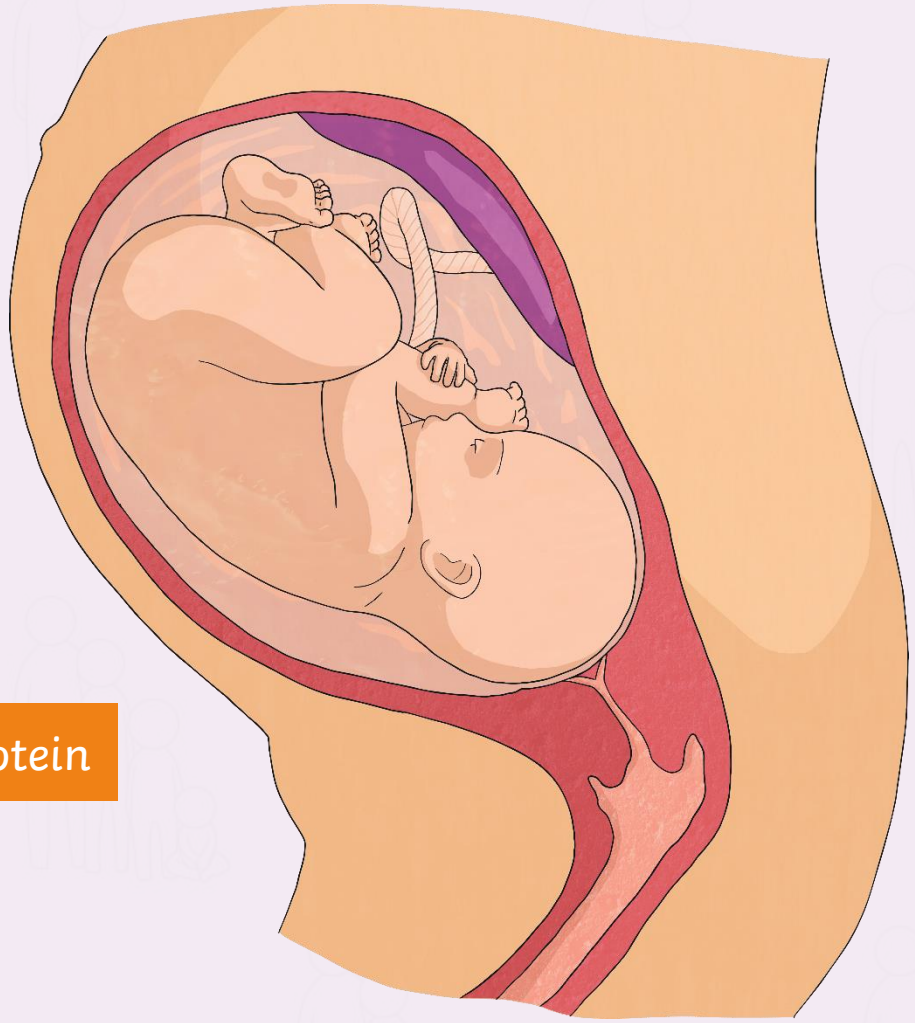
minerals

fats

vitamins

protection

protein

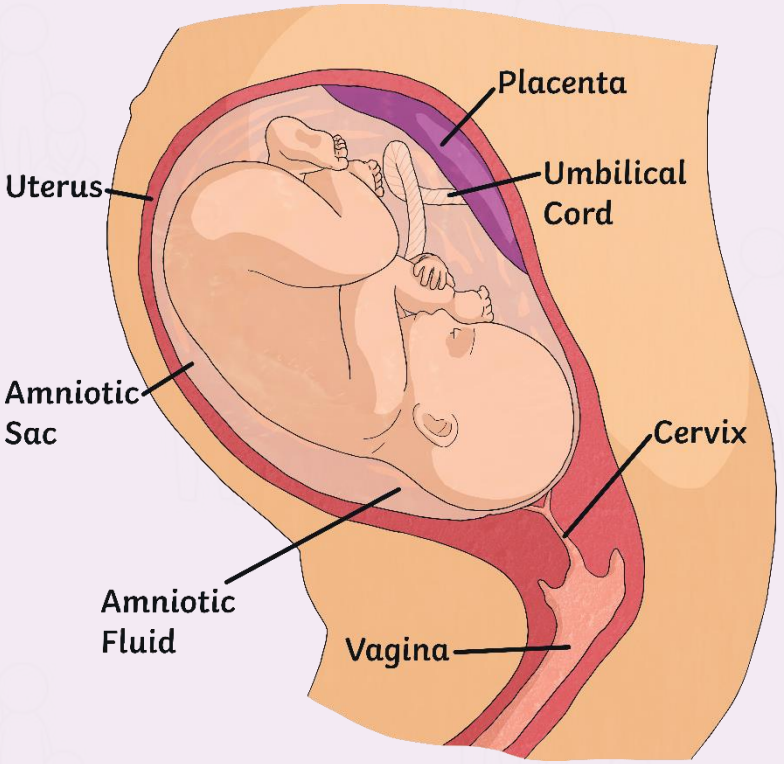


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What a Foetus Needs

The foetus is protected in the uterus, inside an **amniotic sac**, which is filled with **amniotic fluid**.

All the **nutrients** that the foetus needs while it is inside the womb (or uterus), are passed from the mother's body to the foetus. The mother's body creates a **placenta**. Nutrients and oxygen pass from the placenta, through the **umbilical cord** to the baby.

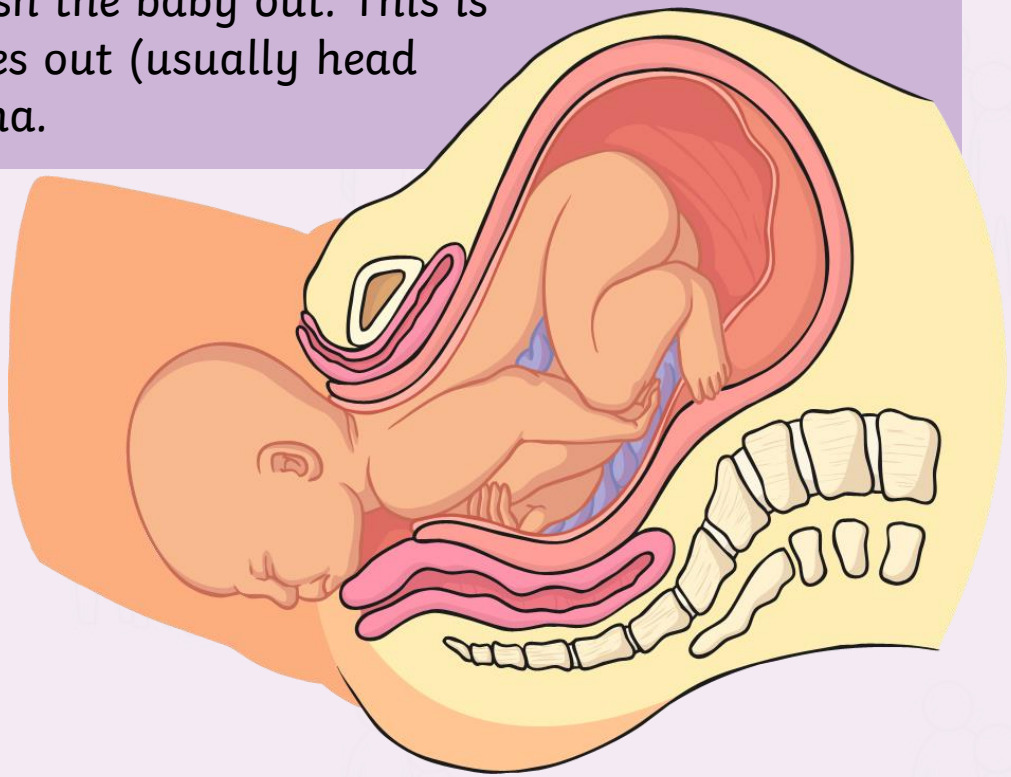


The umbilical cord also carries waste substances, such as carbon dioxide, away to the placenta.

How a Baby is Born

After nine months of growing inside its mother, the baby is ready to be born.

The muscles in the uterus push the baby out. This is called **labour**. The baby comes out (usually head first) from the mother's vagina.



How a Baby is Born

Some babies are born through a **caesarean section** or **C-section** for short. This is when the baby cannot be delivered through the vagina, for example the baby may be breech (meaning it is feet first in the womb, rather than head first ready to be born).



In a C-section an incision is made through the woman's tummy and into her womb. It is a common operation and is safe for the baby and mother.

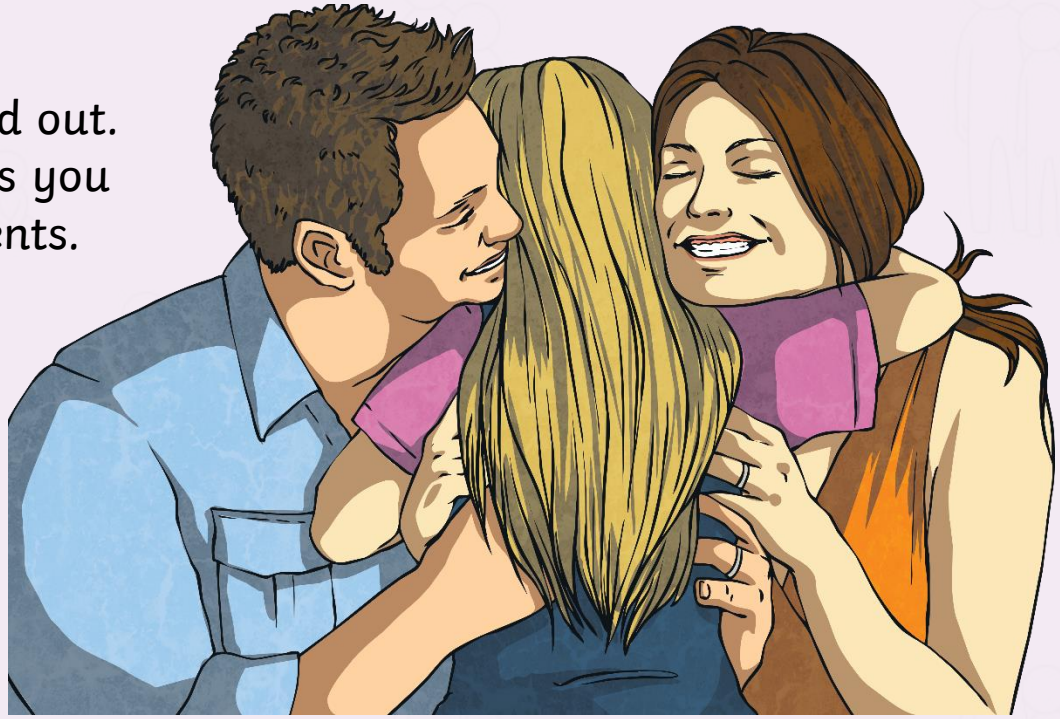
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What I Would Like to Know



Perhaps you would like to talk to your parents about you before and after you were born. Were you their first baby? Did they find out the sex of the baby? How long did it take them to choose a name for you? Were you born early or late, or on the day you were due? How much did you weigh?

There is an awful lot to find out. Think about some questions you might like to ask your parents.



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So.....

Please be prepared to answer any questions your children may have.

We hope you found this useful.