

SRE - Session 1

To develop positive relationships.

Hold class discussion –What is Love?

Have a class discussion about the different types of families that exist. Challenge children's assumptions about family groups.

In groups, list the elements that make strong, positive relationships. • Discuss the importance of friendship. Talk about the qualities one looks for in a friend.

SRE - Session 2

To know how and why the body changes during puberty in preparation for reproduction.

Puberty Recap and basic anatomy

- To recap on physical and emotional changes at puberty, and the importance of keeping clean.
- To know where to get help and support during puberty
- To understand some basic anatomy, including the role of the sexual organs

Basic anatomy – Use the interactive_ [‘Growing Up’ resource, Session 3 ‘Inside the Body’](#) to show basic anatomy. Explain most of the major organs are the same for everyone, except the sexual organs. Discuss the function of the organs, highlighting the ovaries, womb/uterus and vagina in girls and penis and testicles in boys.

SRE Session 3: Puberty and Menstruation Female focused session

- To recap on basic anatomy and why the body changes at puberty
- To understand the basics of the menstrual cycle
- To learn how to practically manage periods

[‘Growing Up’ resource](#), ‘Inside the Body’ - Female Reproductive organs to show the menstrual cycle.

Sanitary/Period products – discuss whether the pupils know about what to use when they start their period.

Show sanitary pads and link to the provision of free products in school.

Pre-menstrual symptoms and managing pain - activity in small groups. Give pupils common symptoms and ask them to think of things that may help reduce symptoms. Note:

Common symptoms before and during a period:

- Mood swings / feeling upset or irritable
- Tiredness
- Bloating
- Tummy pain
- Breast tenderness
- Headaches
- Spots, greasy hair

Ways to help symptoms:

- Hot water bottle
- Warm bath
- Wear loose, comfortable clothing
- Pain killers if needed (get adult permission)
- Relax, watch a movie
- Gentle exercise
- Have a chat with a friend/family member
- May need to wash hair a bit more often

Mention self-care is important. **Recap key points and highlight that periods are a normal part of growing up. As puberty changes can make boys and girls quite emotional at times, we should be kind and respect others and not make fun of each other.**

SRE Session 3: Puberty and Emotions Male Focused Session

- To understand the physical changes that the male body goes through at puberty
- To explore emotions in boys and understand how to seek help

Remind pupils that some changes only happen to boys during puberty and allow time to discuss these.

Understanding Emotions – Challenging the idea of ‘macho’ male stereotypes e.g. strong, powerful, provider, silent, showing no weakness.

- a. Open up a discussion about what constitutes being healthy – not only physical health but also mental health. Explain that the way we think as individuals is what makes us different and unique. How we feel inside (our mental state) affects how we behave and interact with others and the *emotions that we feel towards ourselves*.
- b. Discuss that throughout their life, they may experience lots of different emotions, including anger, frustration, sadness, anxiety / worry etc. and during puberty these feelings can be heightened. Discuss the different emotions and see what understanding the pupils have about identifying emotions.
- c. Explain that when they feel strong emotions, they may be able to physically feel it in their body. In groups, ask the pupils to discuss how different emotions may make them feel physically in their body i.e.
 - sinking feeling / knot in stomach / butterflies
 - clenched fists / clenched jaw
 - red / hot face
 - eyes water / crying
 - tense / scrunched up shoulders
 - heart beats faster / breathing faster

Highlight that boys and men have feelings and emotions too, just like women and girls, and it is okay for them to show their emotions and talk about how they are feeling. The expression ‘man up’ is often used for the wrong reasons suggesting that a person can make themselves feel better or happier just by acting like ‘a man’.

Highlight that times are slowly changing for boys and men, with more and more people coming forward to openly speak about their emotional health. Both Prince William and Harry have both talked openly about their emotions following the loss of their mother, Princess Diana. Also, famous sports people, actors and singers have followed suit talking about their emotional health and how important it is to seek help and talk.

Seeking help – Do an activity for pupils to identify people they trust that they can talk to about their feelings and emotions e.g. pupils draw round their hand and identify a person on each of their 5 fingers that they can talk to. They can also include helplines and online support like Childline, MEIC and Kooth.

SRE Session 4: Reproduction and development of the baby.

- To understand how reproduction happens.
- To know how a baby develops inside the womb.
- To understand the importance of Mum being healthy during her pregnancy for a healthy baby.
- To know how a baby is born.
- To understand how a baby is fed.

Teacher’s notes: *Pregnancy happens when a sperm from a male fertilises an egg from a female. This can happen when a man and woman have sexual intercourse.*

'Growing up' section 8. This shows the sperm fertilising the egg and the egg cell dividing and implanting in the womb.

Teacher's notes: *A single fertilised egg becomes a baby. Sometimes two eggs are released from the women's ovaries and they are both fertilised = non identical twins. Sometimes a fertilised egg splits in two = identical twins.*

'Growing up' - show the interactive animation in Section 9 which shows how a baby develops in the womb during pregnancy until it is ready to be born after 9 months.

Mum keeping the baby healthy; importance of being healthy for a healthy baby - use interactive white board activity from Section 10 of 'Growing Up'. Ask pupils to say if each item is healthy or not healthy. Drag and drop items on interactive resource - discuss.

The birth. Show the picture in Growing Up, Section 11. Explain that most babies are born after 9 months. Some babies are born earlier than this. Most babies are born through their mother's vagina. However, some babies are born by caesarean section, an operation to deliver the baby through a cut made in the tummy and womb.

Feeding baby - Show Section 12 of 'Growing Up' and explain how babies can be breastfed or bottle fed.