

## Changing Adolescent Bodies – Curriculum Overview

Statutory	Content	Resources
<p>Year 5: To be taught in Autumn Term</p> <p><a href="#">Key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes.</a></p> <p><a href="#">About menstrual wellbeing including the key facts about the menstrual cycle.</a></p> <p>CAB1</p>	<p>Understand what a period is and they will bleed through the vagina/cervix.</p> <p>Menstruation products – pads, tampons cups, washable pants.</p> <p>Importance of following guidance. (some cultures may not agree with some products).</p> <p>Blood may be a different colour and have lumps. May have stomach pain and be uncomfortable.</p> <p>Stimulated by hormones, changes in ovaries and womb. Average cycle and length, varied flow and importance of changing products.</p> <p>Spotting.</p> <p>Mood swings, cramps, bloating, increased appetite, spots, tender breasts, vaginal discharge.</p> <p>Boys may notice: facial hair growth, enlargement of larynx, muscle growth, genitalia become bigger (testes growth followed by penis growth).</p> <p>Ensure children know where to get help and access sanitary products within school.</p> <p><b>Link to Science:</b> <a href="#">describe the changes as humans develop to old age.</a></p>	<p><a href="#">NHS: stages of puberty</a> This link is not appropriate to give to pupils.</p> <p><a href="https://bettyeducation.com/">https://bettyeducation.com/</a></p>
<p>Year 6: To be taught in Autumn term – revisit and ensure new children to the school have covered this. <a href="#">Key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes.</a></p> <p><a href="#">About menstrual wellbeing including the key facts about the menstrual cycle.</a></p> <p>CAB2</p>	<p>As above as a revisit.</p>	

Non-Statutory - Sex Education: Human conception, fertility choices, erections.

Statutory	Content	Resources
<p>Year 6 – Autumn Term SE1</p>	<p><b>Human Conception.</b>                      A baby is conceived by an egg being fertilised by a sperm.                      Some people will reproduce at some point, and some people won't.                      Fertility choices:                      There are ways of controlling fertility                      There are ways of preserving fertility                      Conception can happen internally or through IVF                      One of the changes in puberty is an increase of cortisol. This can cause changes in:</p> <ul style="list-style-type: none"> <li>• Social behaviour, such as susceptibility to peer pressure</li> <li>• Ability to cope with stressful situations</li> </ul> <p>Body changes – body odour and how to manage with regular washing and deodorant.                      Genital appearance varies from person to person.                      Some people are born intersex which means their genitals do not fit neatly into being male or female. Being intersex can mean having XY chromosomes with female genitalia but abdominal testes instead of ovaries and no uterus.</p>	<p>Parents must be informed before this is taught and have the right to withdraw their child.                      Staff to use script and boundaries in place to deal with questions.                      Teachers need to be sensitive to families of faith.                      Teachers need to be sensitive that there might be pupils who are intersex, therefore it may or may not be appropriate to teach depending on the views of the family and pupil.</p>

Key points:

Children may need this before year 5 – can be taught individually if needed.

This unit must be taught by a permanent member of staff, so children may return to ask questions at a later date.

This should not be taught at the end of a term, but at the beginning, to allow time for this to process and answer any questions.

Ensure this taught in a faith-sensitive way and be aware of any disclosures.

Designated Child Protection Staff should be made aware when this is being taught.

Question boxes should be made available for all children.