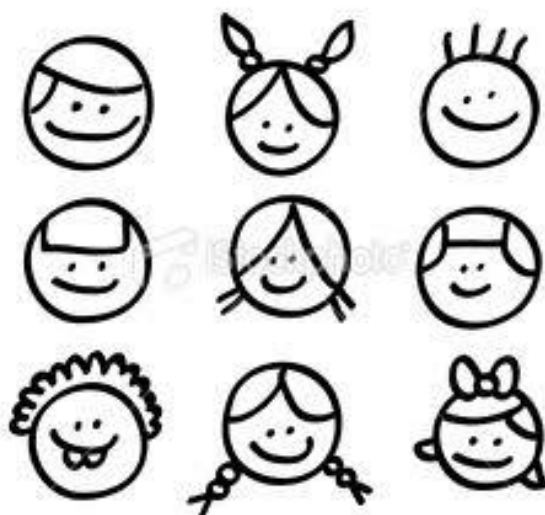


**Personal, Social, Health and Economic
Education (PSHCE Ed)**



**A Parent's guide to . . .
Relationship, Sex & Health
Education (RHSE)**



Class: 4 (Years 5 & 6)

What will my child cover in RSHE lessons?

Key Stage 2 (Upper)

During the RSHE lessons you can expect your child to learn about the following:

- **Human life cycle**

- embryo - foetus- baby – toddler – child – teenager – adult – elderly - death
- recognising their own life journey and achievements so far
- looking forwards to where the life journey might take them in the future e.g. learning to drive, finding a partner, having a family, getting married.

- **Puberty changes**

- Physical:** grow taller, get spots, get a deeper voice, develop breasts, penis grows larger, grow hair on face/ legs / under arms / genitals, hips widen, shoulders get broader menstruation, wet dreams (*Y6 school nurse covers some of these areas*).
- Emotional:** feelings, mood swings, managing anger

- **Relationships**

- Families- what are they and how do they differ?
- What is love?
- What is marriage?
- What does my family give to me?
- Friendships
- What is peer pressure?
- How can I make the choices that are right for me? (Peer pressure- smoking / stealing / bullying, e-safety etc.)
- Keeping safe online and in the real world (includes the *Alright Charlie* resources)
- NSPCC 'PANTS' rule: our body belongs to us we can tell a safe adult if we feel upset or worried

- **menstruation**

- What is a period and why do girls have them? (*girls receive more information from Nurse*)

- **Conception and Birth**

- Reproductive organs and associated vocabulary e.g. sperm, egg, fallopian tube, sperm duct etc.
- How is a baby made? (purely scientific)
- How does a baby develop in the womb?
- How is a baby born?

Year 6 pupils will be visited by the school nurse who will talk to the girls and boys separately about puberty and reproduction, giving the pupils an opportunity to ask further questions.

Activity Samples

This page contains a sample of the worksheets that may be used in your child's class to support their learning in RSHE.

Check out the changes, girls!

Inside our bodies

- brain: pumps blood around our bodies
- heart: exchanges oxygen for carbon dioxide
- lungs: produces chemicals for digestion
- stomach: digests food
- intestines: processes food waste
- testes: produce sperm
- ovaries: produce eggs
- skin: cleans the blood
- stomach: protects the outside of the body

Conception to Birth

As a sperm and ovum fuse each other very slowly, they might decide to make a dip. To make a baby, the sperm and ovum need to make love (the called sexual intercourse). The sperm joins the egg in the woman's vagina. The newly sperm comes out of the penis and enters the woman's vagina, into her cervix. If one of the sperm meets one of the woman's eggs a baby will begin to grow in the woman's uterus. The new baby is called a zygote or fertilisation.

Match each illustration to a label, to show the development of a baby from conception to birth.

- The baby is 6 weeks old and 3cm long. The heart is beginning to beat and the backbone and limbs are beginning to form.
- The baby is 14 weeks old and 10cm long. It is beginning to look more like a human being and has finger and hands.
- The baby is 20 weeks old and 25cm long. It is growing hair, eyebrows and eyelashes and is moving around inside the womb.
- The baby is 24 weeks old and 28cm long. It has very thin and wrinkled, dry skin. It can probably hear voices and music.
- The baby is 28 weeks old and 38cm long. Its lungs are ready to breathe, as if it had been early it would have a good chance of surviving.
- The baby is 36 weeks old and 50 cm long. It looks much fatter and is head down in the uterus, so it is almost ready to be born.

Preparation for birth: The woman's body and baby's body change throughout this pregnancy. Several pregnancy changes the body to store and pass the nutrients and energy to the baby. It is very important for the mother to take good care of herself, eat and sleep well, and her baby's health.

- Read and answer these statements with true (T), false (F) or unsure (U).
 - (A) Some women suffer morning sickness when pregnant.
 - (B) Women who smoke during pregnancy sometimes have sick babies.
 - (C) Fathers are not allowed to go to special parenting classes.
 - (D) If a pregnant woman catches certain infections it can damage the baby.
 - (E) Pregnant women should do no exercise, because it hurts the baby.
 - (F) It is OK for a pregnant woman to eat lots of fatty foods, as she will be getting really fat anyway.
 - (G) Alcohol should be avoided during pregnancy.
 - (H) Regular check-ups are important for the mother and baby's health.

Check out the changes, boys!

TALK PANTS AND STAY SAFE, LIKE PANTOSAURUS

PRIVATE ARE PRIVATE
ALWAYS REMEMBER YOUR BODY BELONGS TO YOU
NO MEANS NO
TALK ABOUT SECRETS THAT UPSET YOU
SPEAK UP, SOMEONE CAN HELP

NSPCC EVERY CHILDHOOD IS WORTH FIGHTING FOR

WARNING SIGNS

Someone who ...

- Is not close to your own age
- Shows you rude images or videos
- Asks you to lie or keep secrets
- Offers you things you are too young for
- Asks you to do inappropriate things
- Gives you secret gifts
- Is being too friendly
- Tries to get you alone

These signs might mean someone is grooming you. **TELL SOMEONE.**