RSE planning Year 4 girls

Time	Session content	Resources
1:00-1:30	Introduce that we are here to talk about puberty. Question: What is puberty, what does it mean? Talk about why we are doing the session with just the girls. Talk about the content of the session and establish ground rules.	Large paper for ground rules.
1:30-2:00	Talk about what changes we have already gone through from being a baby to now. Talk about the positives of changing and how life has changed since growing up.	Unit 1page 26 Unit 1 page 27
2:00 -2:20	Talk about this stage of changes now. Talk about puberty and when it is likely to happen and talk about the changes that happen and why. Look at each part of the changes that are happening for girls. (create a word bank for SEN) Talk through the sheet and then children have a go at filling it in.	Unit 3 page 12
2:20-2:35	Talk about periods and what happens during this time. Show children the image of the uterus and show the different aspect of the menstrual cycle. Talk about we use to stop blood from staining our clothing. Model to the children how to use different sanitary products.	
2:35 – 2:55	Watch girl talk video to summarise.	
2:55-3:05	Questions Review the golden rules.	

SEN and EAL considerations

- Word bank for changes sheet.
- Adult support where needed.
- Pictures to support content.

Ground rules:

Use technical terms
Respect everyone's contributions
Nervous giggles are okay
Confidentiality

Growing up

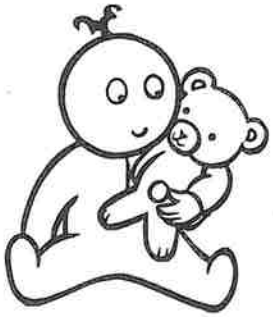
Name.....

Cut out the pictures and put them in the right order.

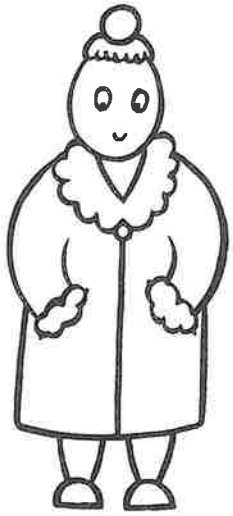












Estimate how old the person is in each picture.

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What can we do?

Name.....

What could you do as a baby? What can you do now? What do you hope to do as an adult? Write your ideas below.

As a baby I could:
- wear a nappy



Now I can:
- write my name



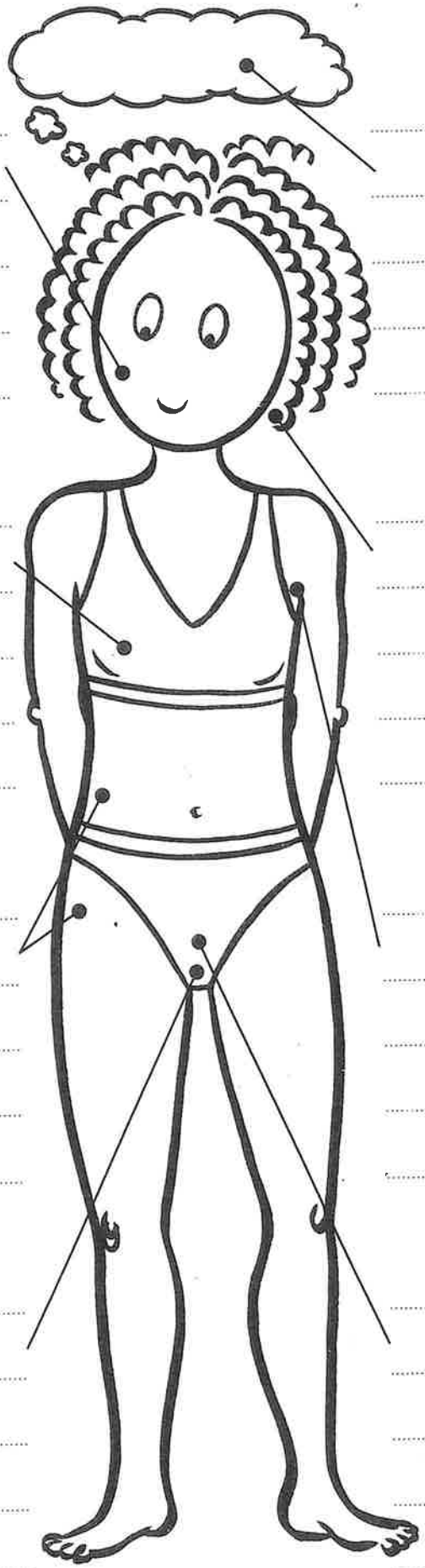
As an adult, I hope to:
- learn to drive



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Name .....

Check out the changes, girls!



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Name.....

Periods – what do you know?

Can you help these children by answering their questions? The words at the bottom of the page may help you.



What is a period?

How old are girls when their periods start?

How long do periods last?

What do you use to soak up what comes out?

Can you still do PE and go swimming?

A period is...

Girls are...

Periods last for...

You use...

You can...

exercise shower average thirteen tampon
sanitary towel monthly menstruation periods
heavy blood light vagina womb

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Word bank for girls changes

Hormones
Spots
Breasts grow
Smaller waist
Bigger hips
Periods start
Pubic hair
Armpit hair

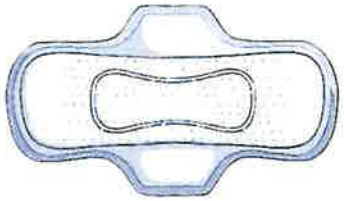
Hormones
Spots
Facial hair
Testicles drop
Penis gets bigger
Broader shoulders
Pubic hair
Armpit hair

Word bank for periods

Around 9-13 yrs
28 days
Tampons or sanitary towels
Blood
Vagina
Everyday activities
School
Exercise
Period



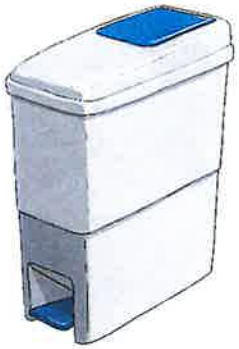
Sit on the toilet and pull down my knickers (like when I have a wee).



Take the used pad out of my knickers.



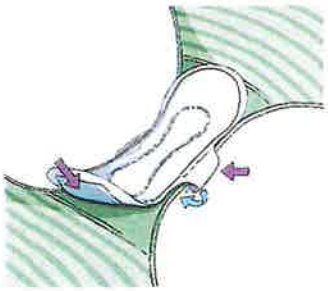
Wrap the used pad in toilet paper.



Put the used pad in the sanitary bin.



Open the packet for the new pad.



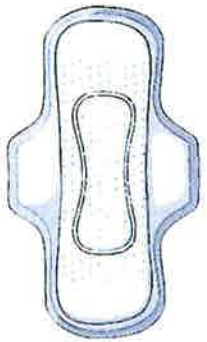
Press the pad into my knickers.

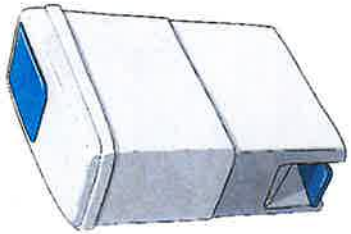


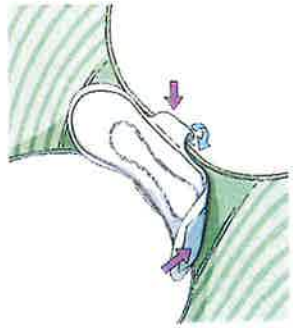
Pull up my knickers.



Flush the toilet and wash my hands.

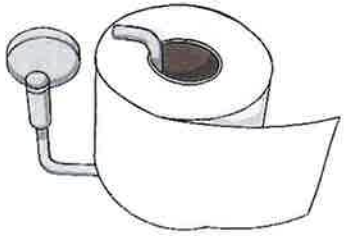










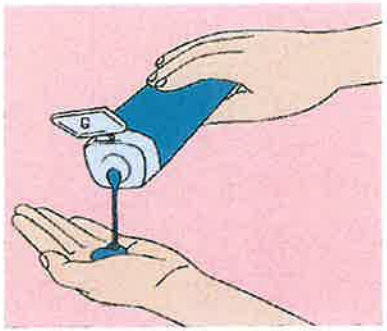








Get in the shower or bath and get wet all over.



Put soap or shower gel on to your hands.



Wash your breasts.



Wash your vagina.



Wash your bottom.



Rinse off all of the soap or shower gel with water.

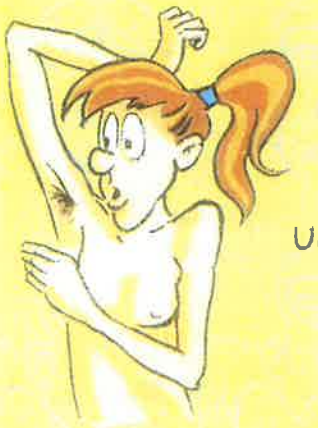


Repeat this daily.

You will grow hair on your body



Pubic area
(around your vagina)



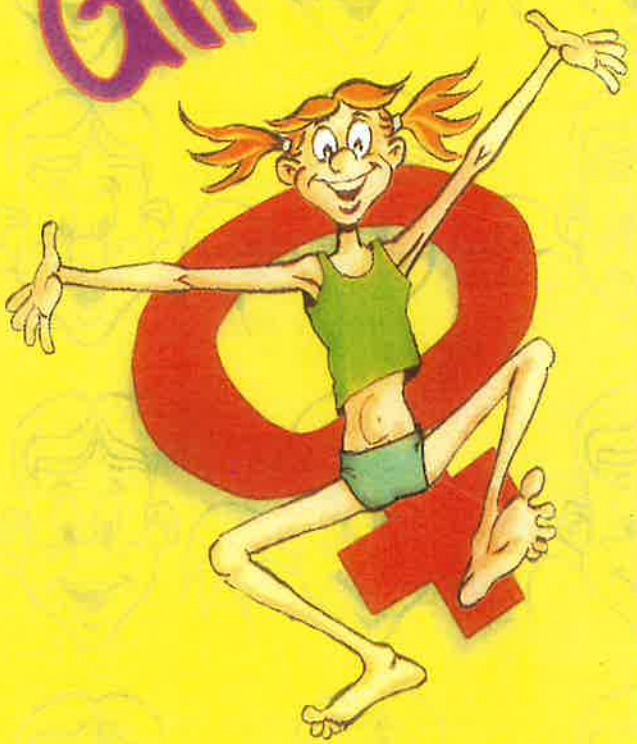
Underarms



Legs

NHS
Cornwall and Isles of Scilly
Health Promotion Service ©
Illustrations and Design
by Robbie McIntosh

Girls



Checkout the Bare facts And all the Hairy Bits

Puberty

Puberty is when you change from a child into an adult. Over a period of about two years all sorts of changes take place to your body, mind and emotions. Puberty can begin any time between 9 and 16 - everyone develops at different times and at different rates, so don't worry if you think you are being left behind.

These are some of the things that happen:

Your breasts will get bigger

and you will need to look at wearing a bra. It is normal for one breast to grow quicker than the other.





Your body shape will change

your hips will get wider.



You may get spots

and your hair may get greasy and need washing more often.

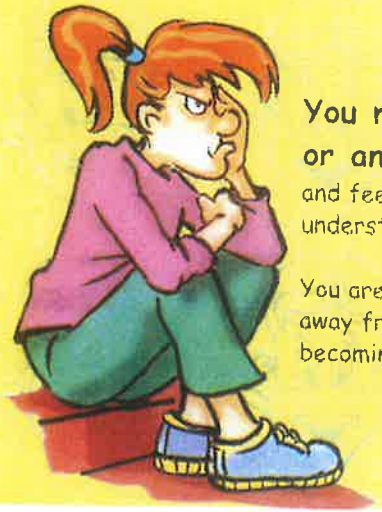


You will grow taller

5 to 12 cm in a year.

Your face will look more adult.





You may feel moody or angry

and feel no-one understands you.

You are growing into an adult, away from your family, becoming more independent.

Changes are happening inside your body too.

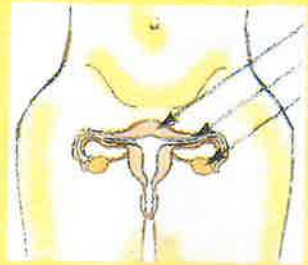
Every month an egg, which is stored in the ovary, will ripen.
It moves down the fallopian tube. It attaches itself to the lining of the uterus (womb).

If it is not fertilised, the lining of the womb comes away - this is your period.

Usually you will get a period every 28 days, but this can be different for different people. The length of time that you have your period for can vary too, but most women bleed for 3 to 7 days.

Before your periods you may notice yellowish or white stains on your underwear. This is normal and is called a vaginal discharge. You only need to worry if you feel itching or irritation.

If you are worried talk to an adult you trust.



Uterus lining
Fallopian tube
Ovary



These changes mean that **you will be physically able to have a child.**

