RSE planning Year 5 girls

Time	Session content	Resources
1:00-1:20	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.
1:201:50	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 Autism/SLD resource available.
1:50-2:20	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 what we use to stop blood from staining our clothing. Model to the children how to use different sanitary products.	
2:20-2:35	Watch girl talk video to summarise.	
2:35 -2:55	Review learning around menstrual cycle and complete activity. Create word bank to support. OR Provide each table with a question and allow them to discuss as a table/Kagan partner and feedback to create a class fact-file about periods. Children with SEND to work through changing sanitary pad task planner and keeping clean social story with key worker. (this will be added to class timetable)	Unit 2 activity 7 page 18. See additional SEND resources
2:55-3:10	Questions Review the golden rules.	

SEN and EAL considerations

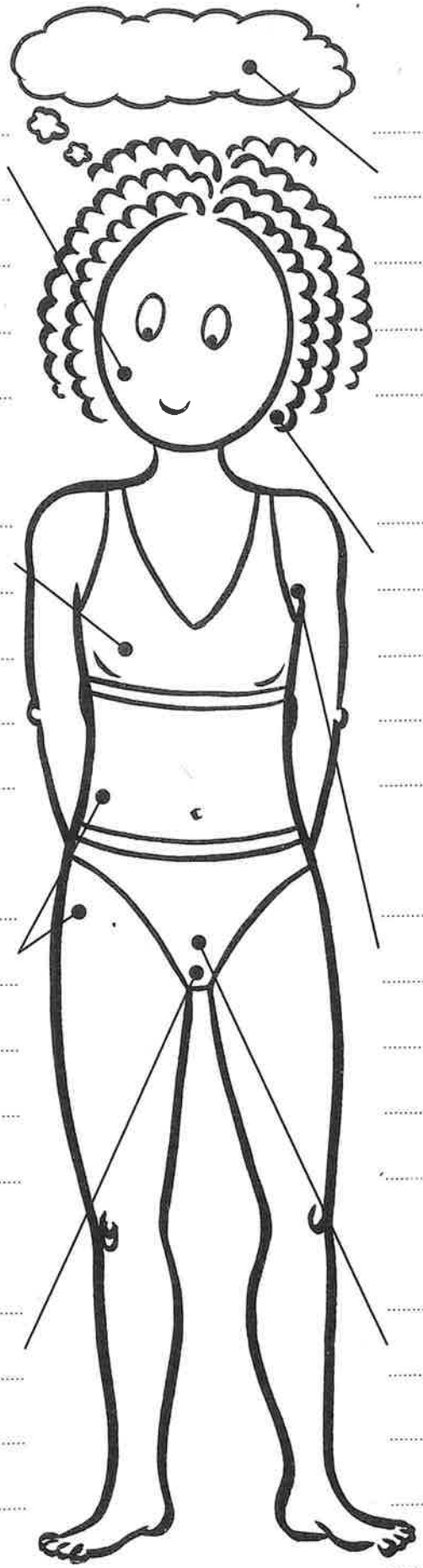
- Word bank for changes sheet.
- Adult support where needed.
- Pictures to support content.
- Additional SEND resources and social stories

Ground rules:

Use technical terms

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

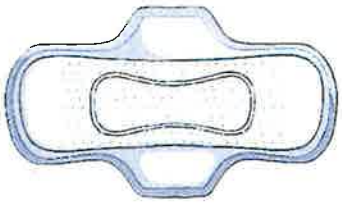
Hormones
Spots
Facial hair
Testicles drop
Penis gets bigger
Broader shoulders
Pubic hair
Armpit hair

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.



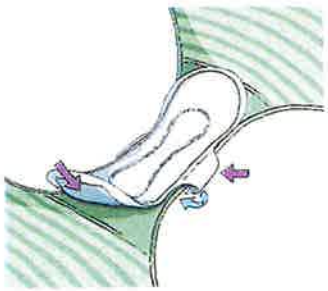
Wrap the used pad in toilet paper.



Put the used pad in the sanitary bin.



Open the packet for the new pad.



Press the pad into my knickers.

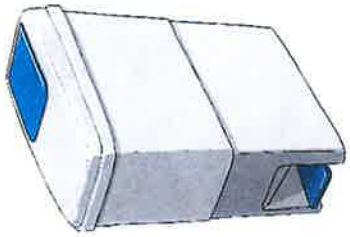


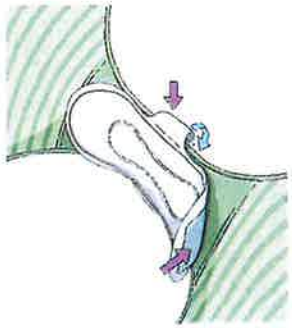
Pull up my knickers.



Flush the toilet and wash my hands.

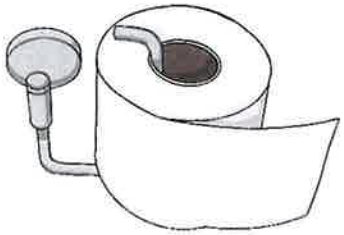










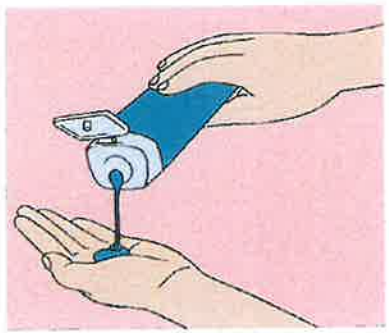








Get in the shower or bath and get wet all over.



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.

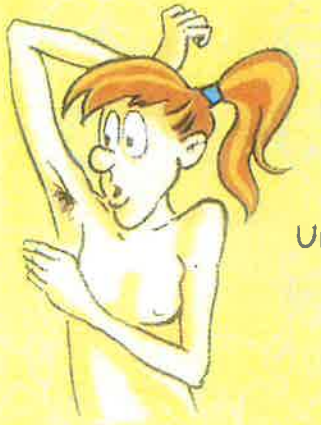


Repeat this daily.

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