

Health and wellbeing - Growing and Changing

Physical and emotional changes in puberty; external genitalia; personal hygiene routines; support with puberty

PoS Refs: H30, H31, H32, H34

Sequence:
(Establish Ground Rules What is PSHE)

1. Growing up
2. Changes/Girls
3. Changes/Boys
4. Emotions
5. Hygeine
6. Asking for Help + Assessment

- how to identify external genitalia and reproductive organs
- about the physical and emotional changes during puberty
- key facts about the menstrual cycle and menstrual wellbeing, erections and wet dreams
- strategies to manage the changes during puberty including menstruation

• the importance of personal hygiene routines during puberty including washing regularly and using deodorant

• how to discuss the challenges of puberty with a trusted adult

• how to get information, help and advice about puberty

Pre-assess - Person outline (words and pictures to show current understanding of puberty)

Post-assess - Person outline: add words and pictures in different colour to show new understanding.

Be aware and offer personalised extra support to any children showing signs of GD or BDD

Links and resources

- Link to [class contract](#) - How can we respect and listen to each other?
- Link to [values](#) (respect/unity) and [dispositions](#) (reflective/RESILIENT).

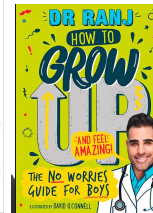
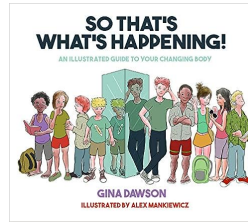
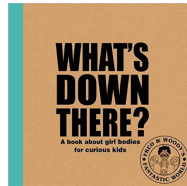
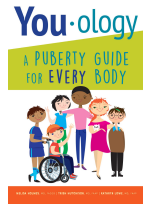
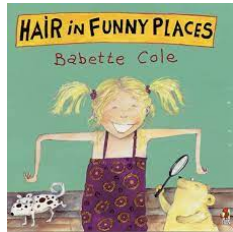
PSHE Association Resources

['Changing and growing up' Relationships Education lesson pack](#)

Twinkl resources

- P 1. changes-as-we-grow-ppt.pptx**
- P 2. Changes in Girls Lesson Presentation.pptx**
- 2. Changes in Girls Activity Sheet.pdf**
- P 3. Changes in Boys Lesson Presentation.pptx**
- 3. Changes in Boys Activity Sheet.pdf**
- P 4. Changing Emotions ppt.pptx**
- 4. Puberty Statements to sort.pdf**
- 4. Growing Up Key Word Cards.pdf**
- 4. emotional-support-during-puberty-activity.pptx**
- 4. why-do-i-feel-this-way-a-social-situation-to-...**
- 4. why-do-i-feel-this-way-a-social-situation-to-...**
- P 5. personal-hygiene-powerpoint.ppt**
- 5. personal hygiene mind map.pdf**
- 5. Clean me worksheet.pdf**
- [Puberty and your body | Childline](#)

Books to Support this Learning



▶ Puberty FACTS | Operation Ouch