

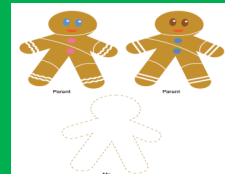
Year 4 Relationships & Sex

Who or what is special to me?



Genetics

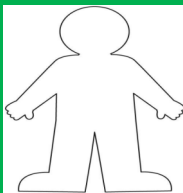
Characteristics we get from our parents.. To include how a baby is conceived



Parts of the body

Including

penis
vagina
breasts
ovaries
egg
reproduction



testicles
pubic hair
sperm
uterus
puberty
fertilise

Puberty—including periods



How to deal with change

One way my body will change during puberty is...

I'm looking forward to being a teenager because...

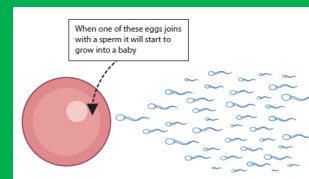
Something that worries me about getting older is...

What I like about being the age I am now is...

The trouble with being the age I am now is...

Compared with my friends, I think the rate at which I'm growing is...

What is needed to make a baby



Transition to Year 5



Useful websites/books to help you talk to your child:

It's Perfectly Normal: A Book about Changing Bodies, Growing Up, Sex and Sexual Health by Robbie Harris

Where Willy Went by Nicholas Allan

www.childnet.com

Year 4

In each lesson, pupils will learn:

Lesson 1— genetics:

- Understanding that some of our characteristics come from our parents.
- Genes come from our parents when sperm and egg meet at conception.

Lesson 2— babies:

- Understanding that having a baby is a personal choice.
- What body parts are required to make a baby.

Lesson 3—puberty (females):

- What changes females go through at puberty.
- What menstruation is and that it is a natural part of female adult life.

NB: This follows on from lesson 2 so vocabulary used will be based on that discussed in lesson 2.

Lesson 4—change:

- Understanding the different stages of change and how it applies to life.
- Feeling confident about coping with change.

Lesson 5—changes that cannot be controlled:

- Understanding that we cannot control some changes.
- How to accept change that we can't control.

Lesson 6—positive elements of change:

- What they are looking forward to in Year 5.
- Any concerns they may have and chance to ask questions.

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