

Year 5/6 Puberty Lessons

Learning Outcomes:

- Pupils will learn about the physical and emotional changes that happen during puberty.
- Pupils are made aware that mental well-being is a normal part of daily health in the same way as physical health.
- Pupils will be taught key facts about menstruation including the menstrual cycle, range of sanitary products and how to manage their thoughts and feelings around this.
- Pupils will be aware that we are all different and diverse, and equality and respect is important.
- Pupils will be given the opportunity to ask questions they may find embarrassing in a confidential and safe way.
- Pupils will have an increased understanding about keeping their body safe and how to tell a trusted adult if anything or anyone makes them feel uncomfortable or worried.
- Pupils will learn about hygiene and the importance of this to physical body changes that occur during puberty.
- Pupils will learn the correct names for male and female body parts.