

We define **'RHSE'** as teaching about human reproduction and will teach our lessons through our RSHE curriculum. Parents and carers have the right to request their child is withdrawn from these specific lessons.

Please be aware, this only forms a very small part of our curriculum and specific sequences of lessons are taught the 'Changing Me' puzzle (unit) in years 4, 5 and 6:

- **Year 4 - Having a baby**
- **Year 5 – Conception and the creation of new life**
- **Year 6 - Conception to birth**

The Jigsaw PSHE lessons that we follow aim to give children their entitlement to information about relationships, puberty and human reproduction, appropriate to their ages and stages of development. This work is treated in a matter-of-fact and sensitive manner and helps children to cope with change, including puberty, and to learn about healthy relationships.

There are six puzzles (units), each with six lessons that are taught by the class teacher:

- **Being me in My World**
- **Celebrating Difference**
- **Dreams and Goals**
- **Healthy Me**
- **Relationships**
- **Changing Me**

These are sequenced from the beginning to the end of the school year. The 'Relationships' and 'Changing Me' puzzles are always taught in the Summer Term

➤ **What will my child actually be taught about puberty and human reproduction?**

- *Jigsaw's 'Changing Me' unit is taught over a period of 6 weeks, usually in the second half of the summer term. Each year group will be taught appropriate to their age and developmental stage, building on the previous years' learning.*
- *Please note: at no point will a child be taught something that is inappropriate; and if a question from a child arises and the teacher feels it would be inappropriate to answer, (for example, because of its mature or explicit nature), the child will be encouraged to ask his/her parents or carers at home. The question will not be answered to the child or class if it is outside the remit of that year group's programme.*



Post Box

It is best practice to use the 'post box' within Changing Me lessons (although there is no reason why this couldn't be extended to all Jigsaw lessons).

Children can use the post box if they wish to ask a question, or are worried about something. This technique allows the teacher to support any children who have concerns, and also gives 'thinking time' so that the children's questions can be answered age-appropriately in the next lesson. Children can choose whether to identify themselves on the questions or not, and teachers should make it clear that the Post Box is PRIVATE.

➤ *Managing awkward/tricky/sensitive questions*

- *1. Decide whether or not it is appropriate to answer the question in the classroom i.e. is it age-appropriate? (Keep within the remit of your year group's learning intentions as this is what has been agreed with parents/carers)*
- *2. Think about what might be behind the child's question i.e. why have they asked it? This may affect how you answer it.*
- *3. Keep the answer very simple - children only need to know the answer to their question not the contents of a biology textbook!*
- *4. Keep it factual.*
- *5. If questions cause teachers concern, there will be thoughts how you deal with it e.g. refer to safeguarding lead/ refer to parent/carer*
- *Teachers will have pre-prepared answers*

Pieces	PSHE learning intention	Social and emotional development learning intention
1. Self and Body Image	I am aware of my own self-image and how my body image fits into that	I know how to develop my own self esteem

Lesson 1

Raise the issue of body image expectations and what is shared online and in social media. How real are these images and how much are they airbrushed / using filters to change the appearance? Share some images that you have sourced from online of celebrities the children know. Can they tell if these images have been altered? There are some images online that also show the 'before' and 'after' airbrushing.

Why is it then unfair to compare ourselves with what we see online or even against our friends?

There is one before/after picture included in case you find it difficult to source pictures.

Ask the children if someone disliked their body image, what could images like this do to their wellbeing and self-esteem? Draw out that it could affect their mental health and physical health e.g. going on an extreme diet when it is not needed, or leading to anorexia or bulimia. Make the point that both males and females are affected by this, and that it is **NOT** just a 'girl thing'.



Changing Me

Airbrushed Image PowerPoint Slide 1 - Ages 9-10 - Piece 1



Thin

Fat

Tall

Short

Blue eyes

Sporty

Kind

Humorous

Wear glasses

Popular

**Gets lots of 'likes' on
social media**

Caring

Generous

Friendly

2. Puberty for Girls

I can explain how a girl's body changes during puberty and understand the importance of looking after yourself physically and emotionally

I understand that puberty is a natural process that happens to everybody and that it will be ok for me

Lesson 2

Ask the children what are the main ingredients for making a baby?

Show the PowerPoint 'Male and Female Bodies' with pictures of sperm (remember these are full of messages about what the father is like) and egg (ovum) (remember this is full of messages about what the mother is like).

Use the PowerPoint slides and the Jigsaw Animation: The Female Reproductive System to recap where these come from inside the body. Teachers will use this as a discussion point so that children are reminded about the difference between the vulva and the vagina. Teach the children how the female body prepares to have a baby and how this results in menstruation/monthly periods.

➤ • When a girl's body reaches puberty the eggs (ova) in her ovaries start to mature. Puberty can happen any time between the ages of 10 and 14, but it is different for everyone so we shouldn't worry if we start puberty earlier or later than our friends.

➤ • A female's reproductive system has five main parts. The vulva isn't labelled in the animation, is the name for the outside parts of a woman's private parts (genitals).

➤ • Once a month, the woman's oestrogen levels rise in her ovaries and one of the tiny eggs (ova) stored there is released. It passes into the fallopian tube and then into the womb/uterus. Oestrogen is a hormone (chemical) in the woman's ovaries. The oestrogen also causes the womb/uterus lining to thicken getting it ready with an extra supply of blood in case the woman becomes pregnant with a baby

➤ If the egg (ovum) meets a sperm, the egg will be fertilised and a baby will start to grow. This is called conception. The baby at this point is called an embryo.

➤ • If an egg is fertilised it settles into this soft lining of the womb/uterus and the embryo develops into a baby.

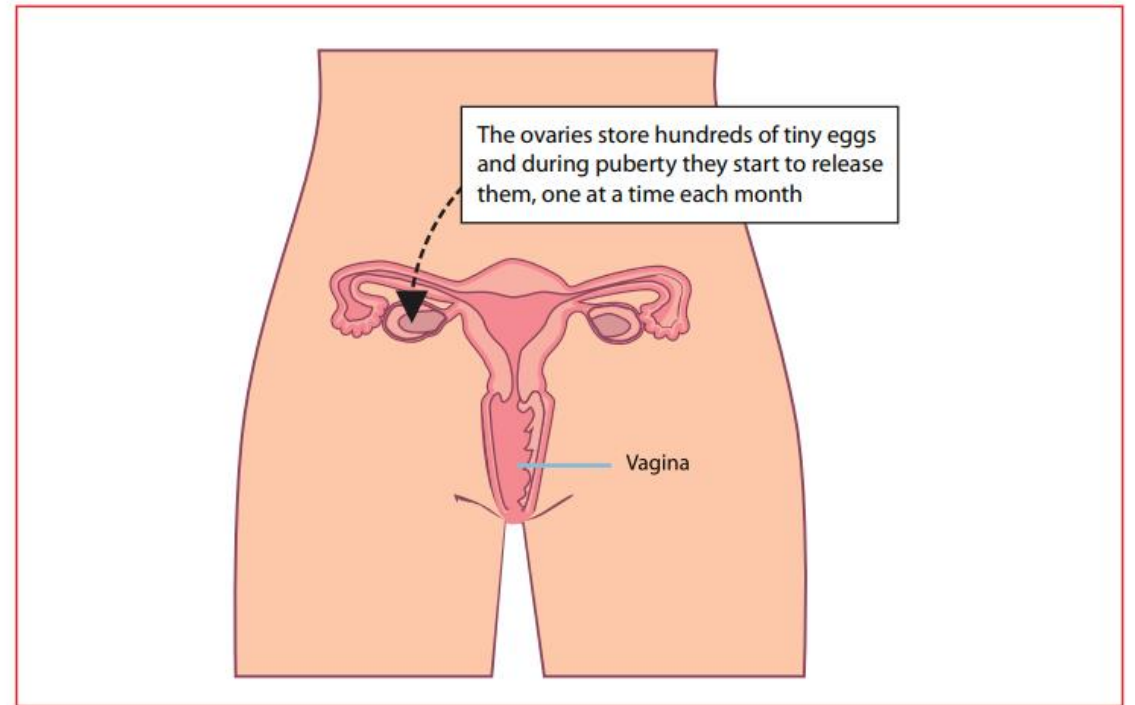
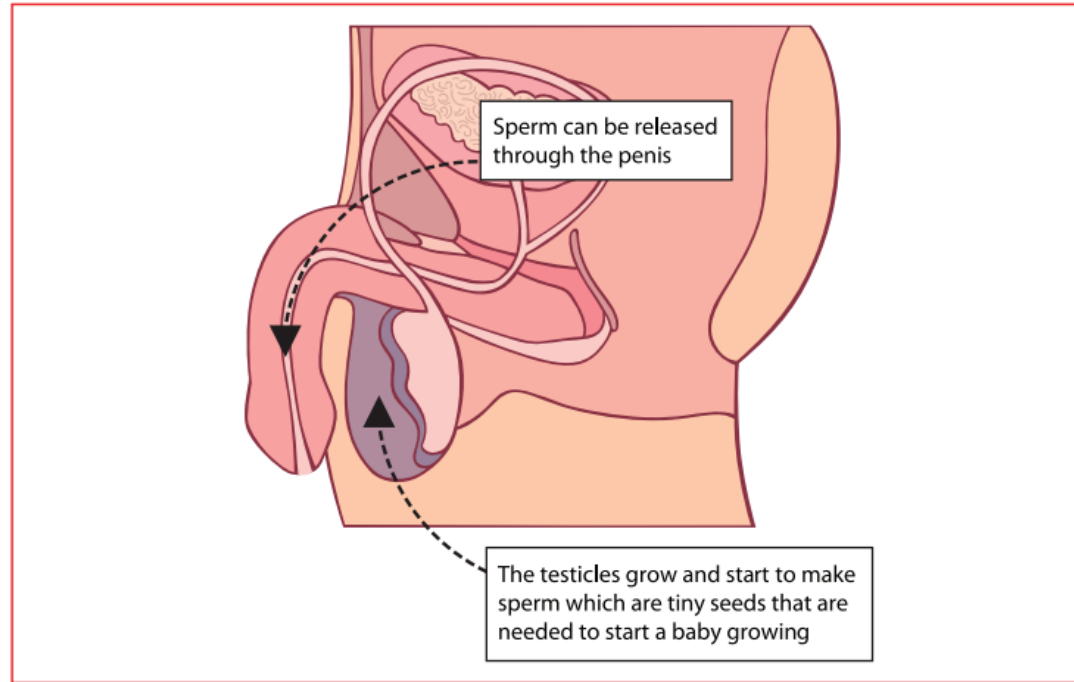
- If an egg (ovum) isn't fertilised by a sperm, then the lining of the womb isn't needed.

The lining breaks up and the spare blood it contains passes out of the woman's body through her vagina and vulva. This is what is called 'having a period'.

- Unlike when we cut ourselves, this flow of blood is normal and natural for a girl who has reached puberty. It shows that the girl's/ woman's body is working as it should.
- The same cycle (the menstrual cycle) repeats itself once a month. The exact number of days between periods is different for every woman, but it is usually between 21 and 35 days.
- Girls and women need to soak up the blood (menstrual flow) as it comes out of the vagina/vulva. They can use an absorbent towel which they wear in their underwear, or a tampon which they insert into the vagina. It is important that these are changed regularly.
- The amount of blood leaving the body varies from woman to woman, but on average it's about two tablespoons worth, or enough to fill an egg cup. Most women have periods once a month until they are in their fifties when they gradually stop.

Changing Me

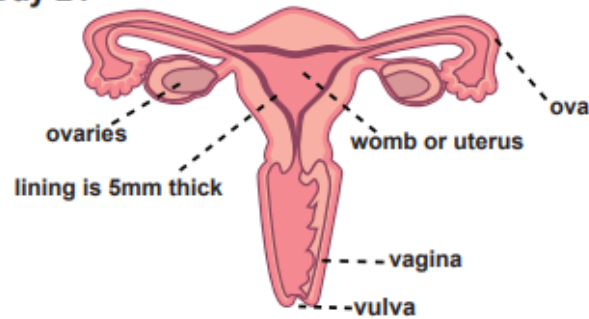
Changes on the Inside PowerPoint Slides 1-2 - Ages 9-10 - Piece 2



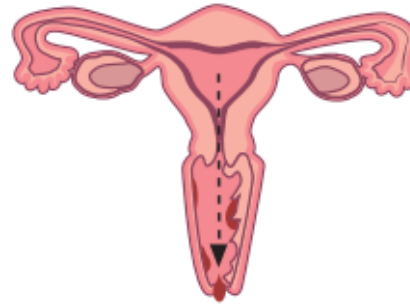
A girl reaches puberty usually between the ages of 10 and 14, though it can be earlier or later than this. At this time she starts to produce one egg every month from her ovaries.

Many thousands of eggs are stored in the ovaries. A woman will release one each month for most of her adult life. Most will not be fertilised, so they pass down the tube into the womb and out of the body through the vagina.

Day 21



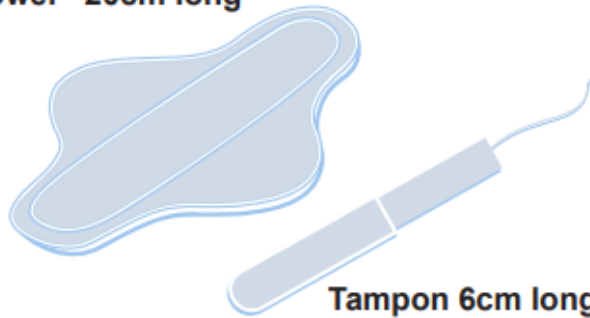
Menstrual Flow



However, every month the womb has to get ready in case the egg is fertilised. It makes a thick, soft, spongy lining with an extra supply of blood to provide the food and oxygen that a baby would need.

If the egg is not fertilised the extra lining isn't needed so it breaks up. For a few days the womb lining and the spare blood it contained will come out of the body through the vagina. This is what is called 'having a period'.

Towel - 20cm long



Tampon 6cm long



They start to be released, one at a time, into a tube that leads to the

This is a warm, safe space where a baby will grow if the egg joins with a sperm.

The womb is connected to an opening between the girl's legs by a passage called the

Ovaries	Sperm	Vagina	Testicles	Eggs	Womb	Penis
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I feel great about growing up because...

I feel a bit worried about growing up because...

3. Puberty for boys

I can describe how boys' and girls' bodies change during puberty

I can express how I feel about the changes that will happen to me during puberty

► Lesson 3

- Using the PowerPoint slide of the male genitalia, ensure all the children understand the male reproductive system. When a boy reaches puberty, his testicles start making more of a hormone called testosterone. This hormone is responsible for the changes to the boy's body at puberty. Puberty usually starts around the age of 12, but for some boys it can be earlier and for some much later. Whatever is the right time for that boy's body. At puberty the boy's testicles grow in size and start making sperm. The boy's penis may also get bigger.
- Body changes on the outside include growing facial hair, and thicker hair (pubic) on the body (under the arms, around the testicles), and sometimes on the chest, arms and legs. Boys may also get taller; their voice will get deeper because of changes in their Adam's apple (larynx) and they will become more muscular..

➤ The boy's sexual organs have 5 main parts (refer to the animation).

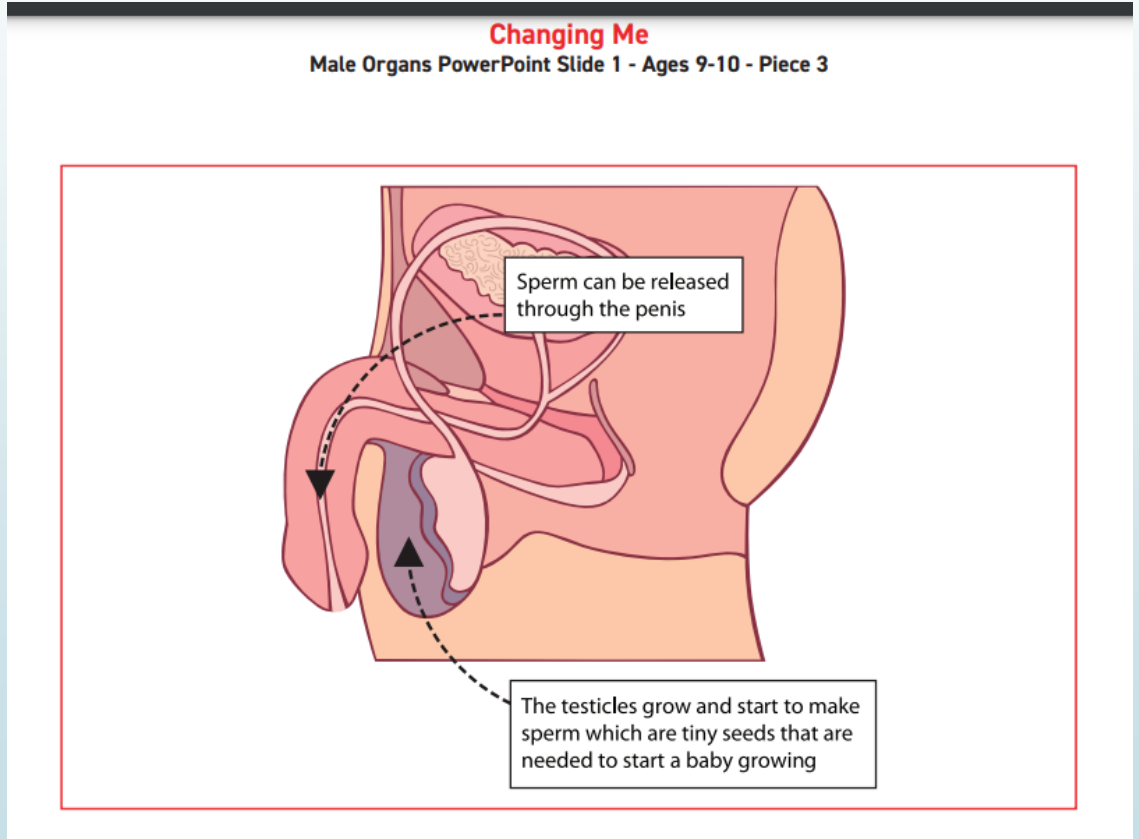
It may also be helpful here to explain that the animation shows a circumcised penis (where the foreskin has been removed for medical or other reasons), and some boys have a circumcised penis. Other boys still have the foreskin which means the top part of the penis isn't so visible. Emphasise that whatever is normal for them, is normal for them. It is also worth saying that there is no such thing as an 'average sized' penis. Every man's is different.


➤ The boy's testes are held in bags of skin called the scrotum. Inside the testes there are many tiny tubes which make the sperm. At puberty the testes start to make millions of sperm every day. These sperm carry the messages (genes) about his characteristics and are necessary to fertilise an egg to create a baby. The sperm are stored in the epididymis. When a man becomes sexually excited the spongy tissue inside his penis fills with blood and it becomes erect (stiff).

The sperm are mixed with a special fluid called semen that give the sperm energy and keep them healthy. The semen containing the sperm then passes out of the penis which is called an ejaculation.

It is quite normal for boys and men to get 'wet dreams' at night where a tiny amount of the sperm and semen stored in the epididymis leaks out. This can also be another sign that puberty has started and is nothing to worry about.

When it comes to puberty, boys have less to worry about than girls	It's better to be an early starter on puberty than a late starter
If you have a worry about how your body is changing, it's easier to talk to your friends than your parents or carers	Age 10 is too young for boys and girls to start going out together
The thought of having babies when I'm older is very scary	If there's something you want to know but are embarrassed to ask about, you can always get reliable information on the internet
It's normal to start fancying people as you get older	When boys grow up they have to learn to be less emotional than girls





Sperm	Two balls of tiny coiled tubes where sperm are made - they hang between a man's legs in a bag of skin called the scrotum
Semen	The release of semen from a boy's or man's body while he is asleep at night - it's a normal part of sexual development
Testicles or Testes	The voice box in the throat: for a boy this gets bigger at puberty and his voice becomes deeper
Erection	Chemicals in the bloodstream which tell various organs in the body when and how to change during puberty
Ejaculation	A period of rapid growth which can happen for boys and girls some time during puberty - can mean growing out of shoes and clothes very quickly
Wet dream	Tiny cells made in a man's testicles: if one joins with a woman's egg it will start to grow into a baby
Larynx	When a man or boy's penis fills with blood and goes hard, usually because he's feeling sexually excited, but, when growing up, it can happen for no particular reason

4. Conception

I understand that sexual intercourse can lead to conception and that is how babies are usually made

I also understand that sometimes people need IVF to help them have a baby

I appreciate how amazing it is that human bodies can reproduce in these ways

➤ Lesson 4

- Explain that we are going to focus on relationships that involve physical attraction. Point out that often these relationships become very close and loving, and people may choose to be in a 'couple'. Some of these couples may decide they want to make a life together, may get married, and may decide to start a new family, but not all. These are all personal choices.
- Give each group a set of the Having a Baby Diamond 9 cards. Give them the sentence stem 'Before someone decides to have a baby, they should...', and ask them to set out the 9 cards in a diamond shape placing them in order of priority so that what they think is the most important consideration is at the top, working down to those they think are least important or irrelevant.
- Allow time to complete this and then compare notes around the class, asking the groups to explain and justify their priorities, and emphasising what a big, life-changing step it is to take responsibility for bringing a new life into the world.

➤ Introduce the word **'Conception'** - the moment when a new life begins.

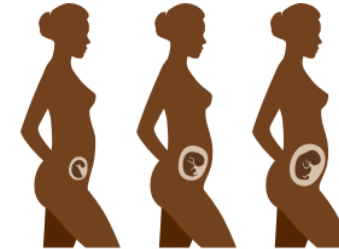
➤ Re show the animations: The Female Reproductive System and The Male Reproductive System to recap on the physical facts of **how this happens and also to illustrate how the wonder of a new life grows out of the closest and most loving and private part of the couple's own relationship, sexual intercourse.** Allow time for the children to ask questions, discuss and clarify any points they wish. Show the PowerPoint slides of a baby in the womb to recap.

➤ We want all children to feel valued and included so we cannot make a judgement about one form of **conception over another, and there is a possibility that some children in the class know they were not conceived in the 'usual' way.** The essence of this lesson is that children understand the biology and feel included no matter how they were conceived. **Whilst sexual intercourse is the way the sperm fertilises the egg in many cases, there are occasions when this might not be possible e.g. medical reasons or same-gender relationships.**

➤ Teachers can explain as much as they discern to be appropriate according to the nature of the children's response to this question and the age and stage of the cohort of children.

➤ **It is perfectly acceptable to say that when sexual intercourse isn't possible to conceive a baby, doctors can help people to have a baby perhaps through egg donation, artificial insemination, surrogacy, or IVF. Or people can choose to adopt.**

Slide 2



Mother

Daughter

Father

Son

Aunt

Nephew

Uncle

Niece

Brother

Sister

Boyfriend

Girlfriend

Boyfriend

Girlfriend

If a couple makes love, it doesn't necessarily mean they will have a baby.

True

If people want to make love but not start a baby they can use various forms of contraception to stop the sperm and the egg meeting. Also, there are many days each month when there is no egg in the fallopian tube for the sperm to fertilise, and even when fertilised the egg might not successfully implant itself in the womb.

Fertilisation happens when the sperm meet the egg in the vagina.

False

Fertilisation normally happens in the fallopian tube, which carries the egg from the ovary towards the womb. If the egg is not fertilised when it reaches the womb it dies and passes out through the vagina, along with the extra womb lining that is not needed.

One of the first signs to tell a woman she is pregnant is that her periods stop.

True

The extra womb lining needs to stay in place as the embryo (the tiny growing baby) is implanted in it, so a woman does not have periods when she is pregnant. She may notice other changes, like starting to feel a bit sick at certain times of day. A doctor can test her urine to show whether she is pregnant, or she can buy a kit to do this for herself at home.

If two sperm fertilise one egg, it will form identical twins.

False

Only one sperm can fertilise an egg, then the egg seals itself to keep other sperm out. Identical twins are formed when one fertilised egg splits into two completely separate cells and each one grows into a baby - they are identical because they come from the same sperm and the same egg. If there are two eggs and each is fertilised by a different sperm they will form non-identical twins.

5. Looking Ahead 1

Puzzle Outcome: Change Cards

I can identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities (age of consent)

I am confident that I can cope with the changes that growing up will bring

Lesson 5

In small groups, children examine a selection of pages from teen magazines and discuss. What are these magazines telling us about how the publisher (who wants to sell as many as they can) sees what being a teenager is like? What is the perception of teenagers shown in the magazines? Is this accurate? Children have a realistic and positive outlook on becoming a teenager.

Sometimes teenagers may experience challenging and difficult times, e.g. when bodies are changing during puberty, but ensure children know that this process of growing up through these years is normal, manageable and fun.

To complete this activity each group identifies the responsibilities that will come with at least three aspects they have written on their flipchart, e.g. if they have written 'I am looking forward to staying out later with my friends', the accompanying responsibility might be 'I will make sure my parents know where I am, who I am with and that I am safe'. When discussing relationships make sure they know that the age of consent for sexual intercourse is 16 (in the UK), but that they are not obliged to have sex just because they are 16. International schools will need to include the age of consent appropriate for their setting.

6. Looking Ahead 2

I can identify what I am looking forward to when I move to my next class.

I can start to think about changes I will make next year and know how to go about this.

Children will work on a range of activities to prepare themselves for transition for the following academic year. They will meet their new teacher in this time.

Questions

- If you have any further questions regarding the 'Changing Me' unit please email
- year5@uplandsmanor.sandwell.sch.uk