

# Year 4

Parent Booklet

# Lesson 1

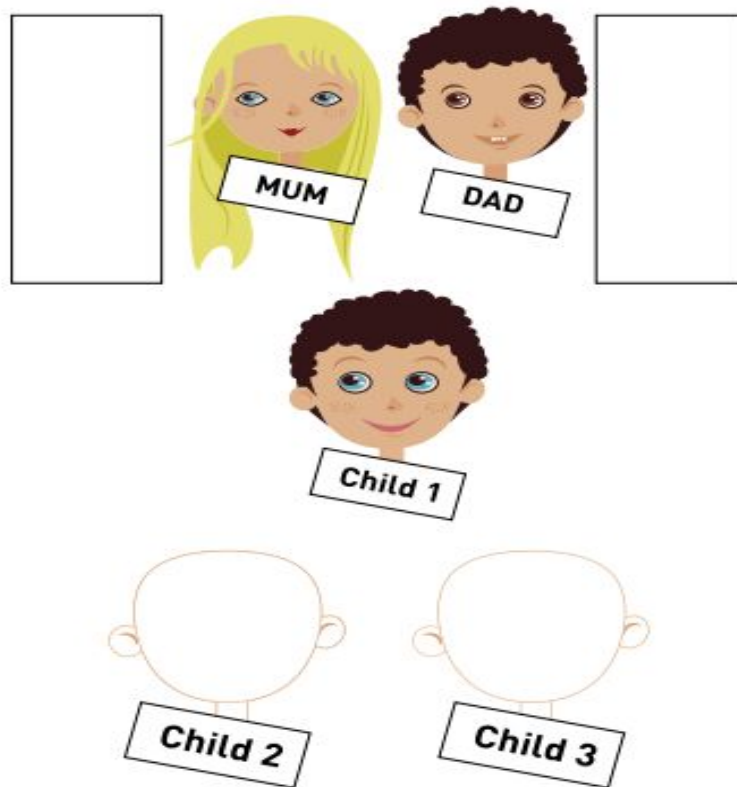
Learning Objective:

Please teach me to...

understand that some of my personal characteristics have come from my birth parents and that this happens because I am made from the joining of their egg and sperm

appreciate that I am a truly unique human being

# Children and parent puzzle



# Lesson 2

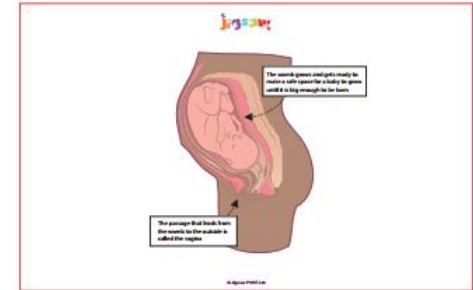
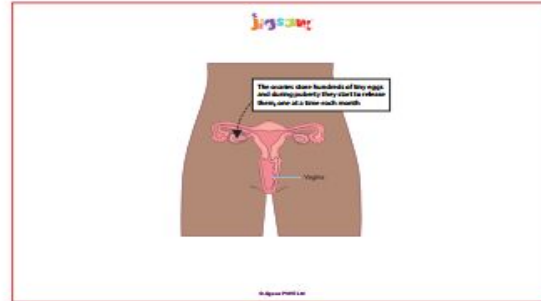
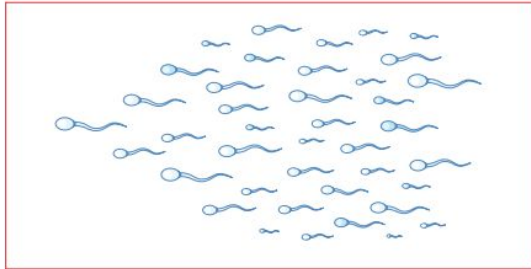
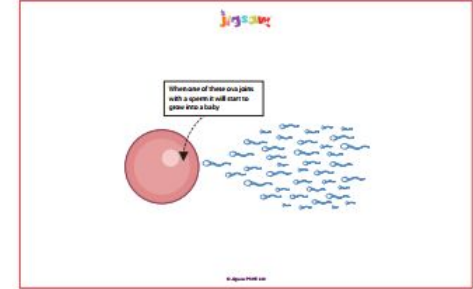
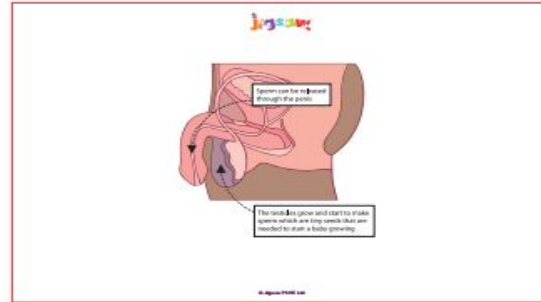
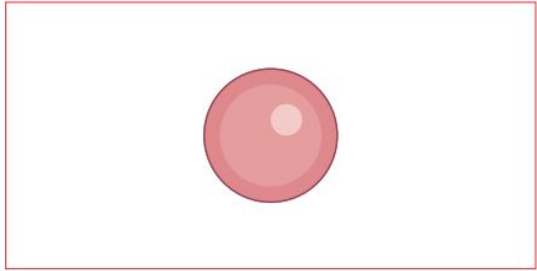
Learning Objective:

Please teach me to...

correctly label the internal and external parts of male and female bodies that are necessary for making a baby

understand that having a baby is a personal choice and express how I feel about having children when I am an adult

# How a baby is made



# Lesson 3

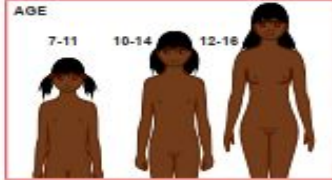
Learning Objective:

Please teach me to...

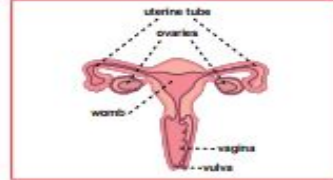
describe how a girl's body changes in order for her to be able to have babies when she is an adult, and that menstruation (having periods) is a natural part of this

know that I have strategies to help me cope with the physical and emotional changes I will experience during puberty

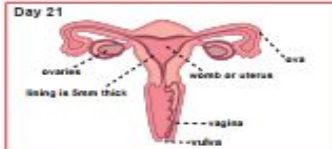
# Girls and puberty



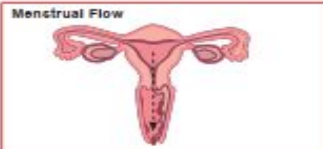
A girl reaches puberty usually between the ages of 10 and 14, though it can be earlier or later than this. At this time she starts to produce one egg every month from her ovaries.



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.



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'.



Girls and women need to soak up the menstrual flow as it comes out of the vagina. They use either an absorbent towel which they wear in their pants or a tampon which they insert into the vagina. Both need to be changed regularly.



The amount of blood leaving the body varies from person to person but on average it's about two tablespoonfuls or an eggcup full. Most women have periods until they are in their fifties, when they gradually stop.



# Lesson 4

Lesson Objective:

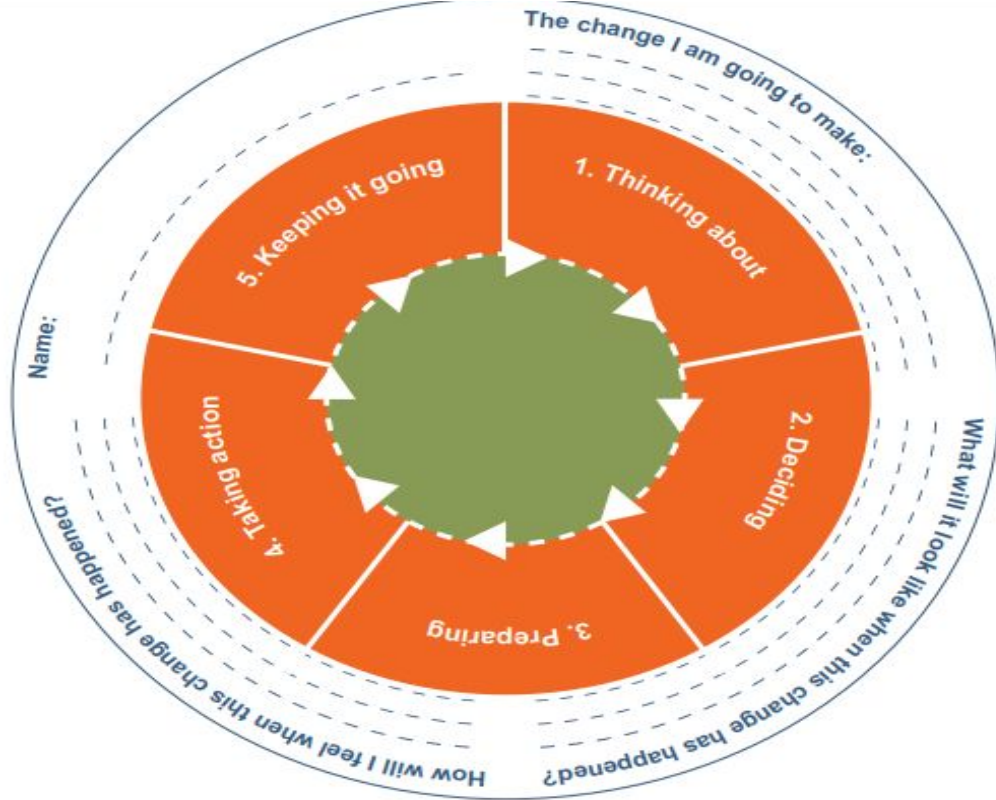
Please teach me to...

know how the circle of change works and can apply it to changes I want to make in my life

am confident enough to try to make changes when I think they will benefit me



# Circle of change



# Lesson 5

Learning Objective:

Please teach me to...

identify changes that have been and may continue to be outside of my control that I learnt to accept

express my fears and concerns about changes that are outside of my control and know

# Emotion Cards

**Scared**

**Empty**

**Peaceful**

**Happy**

**Sad**

**Nervous**

**Proud**

**Excited**

**Anxious**

**Shy**

# Lesson 6

Learning Objective:

Please teach me to...

identify what I am looking forward to when I move to a new class

reflect on the changes I would like to make next year and can describe how to go about this

Circle of change

# Circle of change

