

# Year 5

Parent Booklet

# Lesson 1

Lesson Objective:

Please teach me to...

be aware of my own self-image and how my body image fits into that

know how to develop my own self esteem

# Self Image



Thin	Fat
Tall	Short
Blue eyes	Sporty
Kind	Humorous
Wear glasses	Popular
Gets lots of 'likes' on social media	Caring
Generous	Friendly

# Lesson 2

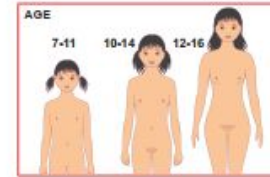
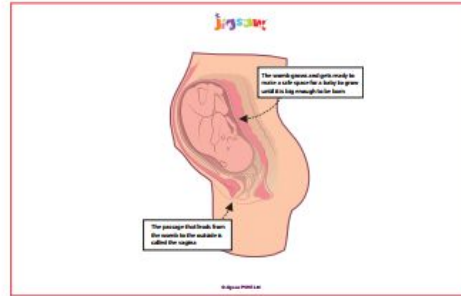
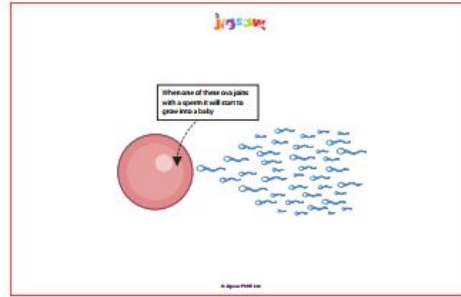
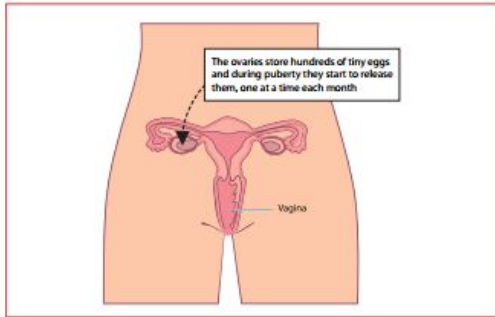
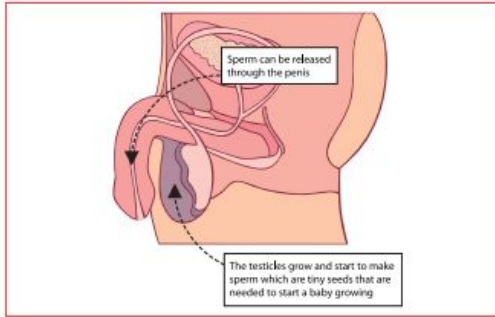
Lesson Objective:

Please teach me to...

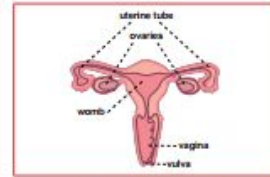
explain how a girl's body changes during puberty and understand the importance of looking after myself physically and Emotionally

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

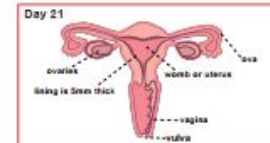
# Changes on the inside



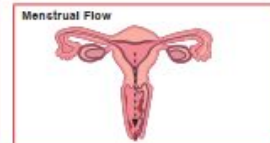
A girl reaches puberty usually between the ages of 10 and 14, though it can be earlier or later than this. At this time she starts to produce one egg every month from her ovaries.



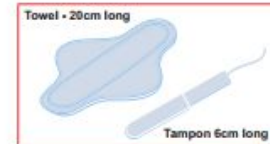
Many thousands of eggs are stored in the ovaries. A woman will release one each month for most of her adult life. Most will not be fertilised, so they pass down the tube into the womb and out of the body through the vagina.



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 tablespoons or an eggcup full. Most women have periods until they are in their fifties, when they gradually stop.

# Lesson 3

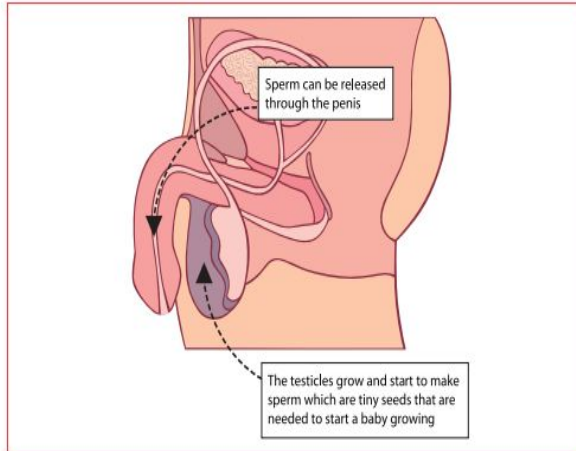
Learning Objective:

Please teach me to...

describe how boys' and girls' bodies change during puberty

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

# Puberty for boys



<b>Sperm</b>	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
<b>Semen</b>	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
<b>Testicles or Testes</b>	The voice box in the throat: for a boy this gets bigger at puberty and his voice becomes deeper
<b>Erection</b>	Chemicals in the bloodstream which tell various organs in the body when and how to change during puberty
<b>Ejaculation</b>	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
<b>Wet dream</b>	Tiny cells made in a man's testicles: if one joins with a woman's egg it will start to grow into a baby
<b>Larynx</b>	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
<b>Facial Hair</b>	A milky liquid in which the sperm are mixed when they are released from a man's body through the penis
<b>Growth Spurt</b>	Hair that starts growing on a boy's face during puberty - if not shaved, it will grow into a moustache and beard
<b>Hormones</b>	The release of sperm and semen through the penis - it goes with a climax of nice feelings called an orgasm

# Lesson 4

Learning Objective:

Please teach me to...

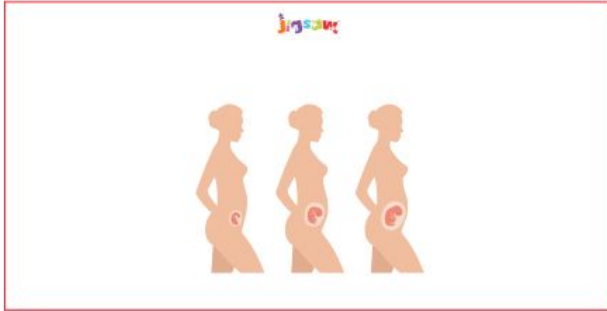
understand that sexual intercourse can lead to conception and that is how babies are usually made

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

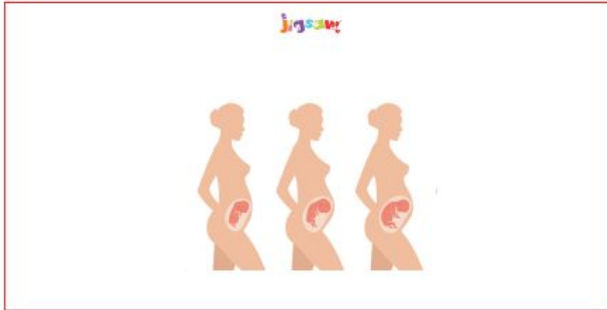
appreciate how amazing it is that human bodies can reproduce in these ways



# Conception and pregnancy



Slide 3



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.

The baby is attached in the womb by a cord through which it gets oxygen and food from the mother.

True

A baby in the womb can't eat or breathe in the way we do, so the umbilical cord lets it collect the oxygen and nutrients that it needs from the mother's blood - so she is eating and breathing for the baby as well. Your belly button is where the cord was attached to you when you were in your mother's womb.

# Lesson 5

Learning Objective:

Please teach me to...

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

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

# Lesson 6

Learning Objective:

Please teach me to...

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

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

# Circle of change

