

# Teaching puberty at St Andrew's

Relevant policies on our website: [Policies | St Andrew's Church of England Primary School \(st-andrews-pri.oxon.sch.uk\)](https://www.st-andrews-pri.oxon.sch.uk/policies)

- Curriculum Policy
- PSHE Policy
- Relationship and Sex Education (RSE) Policy

# Government guidelines

The focus in Primary School should be on teaching the fundamental building blocks and characteristics of positive relationships, with particular reference to friendships, family relationships, and relationships with other children and with adults.

Families and people who care for me

Caring relationships

Respectful relationships

Online relationships

Being safe

*'that each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact'*

[Relationships education \(Primary\) - GOV.UK \(www.gov.uk\)](https://www.gov.uk/guidance/relationships-education-primary)

# Puberty and sex education (through Science)

[Science programmes of study: key stages 1 and 2 \(publishing.service.gov.uk\)](https://publishing.service.gov.uk)

The National Curriculum for Science also includes subject content in related areas, such as the main external body parts, the human body as it grows from birth to old age (including puberty) and reproduction in some plants and animals.

It is important that the transition phase before moving to Secondary School supports pupils' ongoing emotional and physical development effectively. The Department continues to recommend therefore that all primary schools should have a sex education programme tailored to the age and the physical and emotional maturity of the pupils. It should ensure that both boys and girls are prepared for the changes that adolescence brings and – drawing on knowledge of the human life cycle set out in the national curriculum for science - how a baby is conceived and born.

# Puberty and sex education (through Science)

## National Science Curriculum

Year 1: identify, name, draw and label the basic parts of the human body and say which part of the body is associated with each sense

Year 2: notice that animals, including humans, have offspring which grow into adults

Year 3: identify that humans and some other animals have skeletons and muscles for support, protection and movement.

Year 4: describe the simple functions of the basic parts of the digestive system in humans & identify the different types of teeth in humans and their simple functions

Year 5:

- describe the differences in the life cycles of a mammal, an amphibian, an insect and a bird & describe the life process of reproduction in some plants and animals. Pupils should find out about different types of reproduction, including sexual and asexual reproduction in plants, and sexual reproduction in animals.
- describe the changes as humans develop to old age. Pupils should draw a timeline to indicate stages in the growth and development of humans. They should learn about the changes experienced in puberty.

Year 6:

- identify and name the main parts of the human circulatory system, and describe the functions of the heart, blood vessels and blood & recognise the impact of diet, exercise, drugs and lifestyle on the way their bodies function & describe the ways in which nutrients and water are transported within animals, including humans
- recognise that living things produce offspring of the same kind, but normally offspring vary and are not identical to their parents

# Puberty and sex education (in St Andrew's)

## PSHE programme

### Years 1 – 4

Science – parts of the body and how the body functions (skeletal, muscular etc.)

PSHE – Family Links friendships and healthy relationships

Safer together – (Years 3 & 4) – Safe relationships and staying safe

### Year 5

Science – life cycles and reproduction within the context of animals

Puberty talk

PSHE – Family Links friendships and healthy relationships

Neurodiversity awareness sessions

### Year 6

Science – living things producing offspring (variations and similarities)

Puberty talk recap & puberty talk including how babies are made

PSHE – Family Links friendships and healthy relationships

Project 10 - [Project 10 – Safeguarding in Partnership](#)

# Puberty and sex education (in St Andrew's) – Year 5

What is puberty - Changes in the body (using Oxfordshire NHS nurse materials)

### What is Puberty?

A completely normal process that boys and girls go through between the ages of 11-15 years.

Hormones are released from the Pituitary gland and travel around the body signalling for changes to start happening.

The body produces its own hormones **ESTROGEN**, **PROGESTERONE** and **TESTOSTERONE** which are some many different changes in the body.

These hormones are what get your body ready for adulthood and to able to reproduce.

### Physical changes

### Behavioural changes

### BODY CHANGES DURING PUBERTY

- Get a deeper voice
- Body changes shape
- Breast development
- Grow hair
- Get spots
- Boys penis grows and starts to get erections
- Girls start menstruating
- Girls start producing eggs from ovaries
- Grow taller
- Arms and legs really

### Girls Both Boys

- Girls:**
  - Breast development
  - High breasts broader, waist becomes smaller
  - Periods start (menstruation)
- Both:**
  - Changing diet and changing sleep
  - Oil skin and hair
  - Producing more sweat
  - Hair in new places
  - Deeper voice
  - Emotional changes
- Boys:**
  - Voice becomes deeper
  - More an Adams apple
  - Hair grows on face
  - Shoulders/biceps get broader and may have hair
  - Penis grows larger and thicker. Testicles get larger. Start having erections and wet dreams
  - Testes enlarge

# Puberty and sex education (in St Andrew's) – Year 5

The biological systems of the male and female reproductive system & the menstrual cycle

## MALE REPRODUCTIVE SYSTEM



## FEMALE REPRODUCTIVE SYSTEM



## Menstrual Cycle



Caring with and medicine

Oxford Health

## Managing bleeding during a period



Caring with and medicine

Oxford Health

# Puberty and sex education (in St Andrew's) – Year 5

## Keeping Safe

### PANTS RULE.

#### LEARN THE UNDERWEAR RULE

**TALK PANTS AND YOU'VE GOT IT COVERED!**

**P** RIVATES ARE PRIVATE  
Parts of your body covered by underwear are private. No one should ask to see, or touch them. No one should ask you to touch or look at parts of their body that are covered by underwear. Sometimes doctors, nurses or family members might have to. But they should always explain why, and ask if it's OK first.

**A** LWAYS REMEMBER YOUR BODY BELONGS TO YOU  
It's your body, not one else's. No one should make you do things that make you feel embarrassed or uncomfortable. If anyone tries, tell an adult you trust.

**N** O MEANS NO  
You have the right to say 'no' – even to a family member or someone you love. Remember, you're in control of your body and your feelings are important.

**T**ALK ABOUT SECRETS THAT UPSET YOU  
Secrets shouldn't make you feel upset or worried. If they do, tell an adult you trust. You will never get into trouble for sharing a secret that upsets you.

**S** PEAK UP. SOMEONE CAN HELP  
Talk about stuff that makes you worried or upset. An adult you trust will listen, and be able to help. It doesn't have to be a family member. It can be a teacher or a friend's parent – or even ChildLine.

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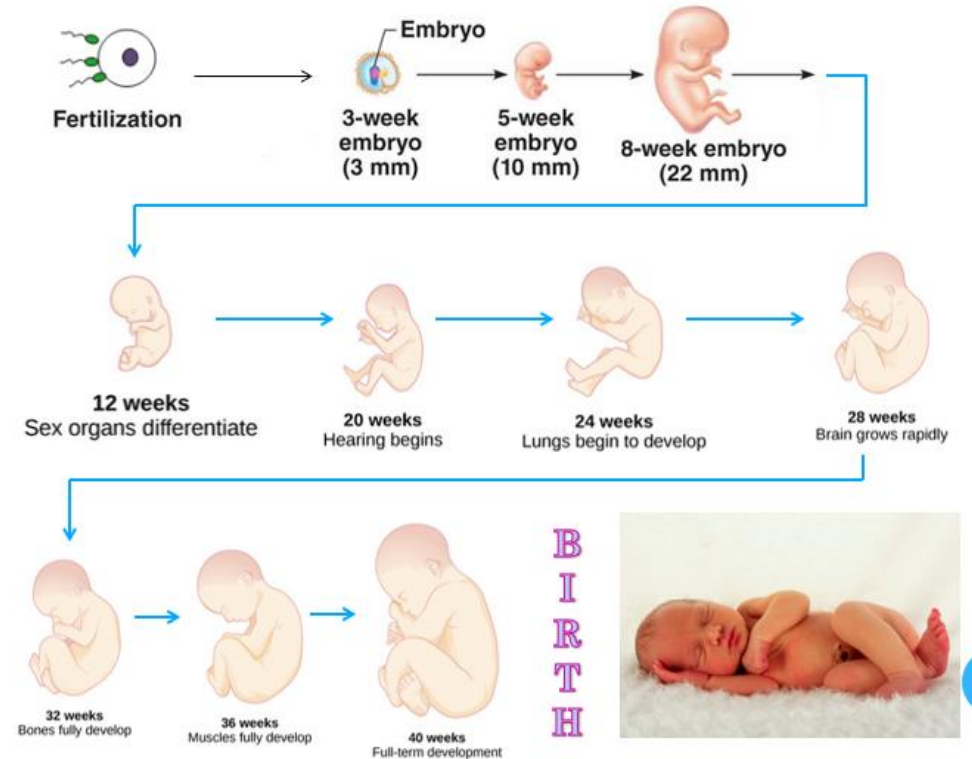
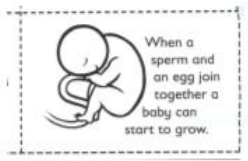
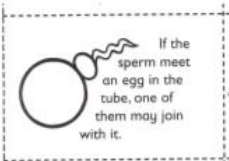
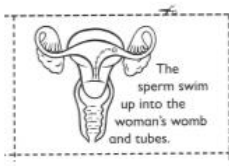
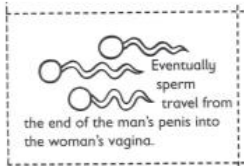
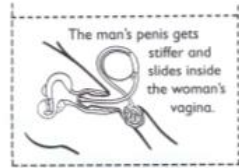
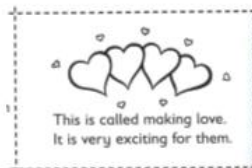
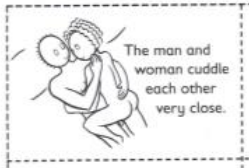
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# Puberty and sex education (in St Andrew's) – Year 6

Repeat of the puberty talk and then how babies are made

## How does a baby start?



# Puberty and sex education (in St Andrew's) – Year 6

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# Some suggestions from parents (books & videos) for talking about puberty at home

## Books

The Girls' Guide to Growing Up by Anita Naik

What's Happening to Me? by Susan Meredith

The Boys' Guide to Growing Up by Phil Wilkinson

[Celebrate Your Body \(and Its Changes, Too!\): The Ultimate Puberty Book for Girls: 1: Amazon.co.uk: Taylor, Sonya Renee, Laureano, Bianca I: 9781641521666: Books](#)

## Videos

Operation [Ouch puberty special - CBBC - BBC](#)

