

**RSE**  
**Relationship and Sex  
Education**

Summer 2



# Year 4

*Growing up and changing*

## Discussion Questions

*What happens during puberty?*

*What are some of the changes you might experience? How might you deal with these?*

*Is menstruation and wet dreams something to be fearful of?*

*How can we care for our bodies during puberty?*

## Reading Materials

- *Frog in love, Max Velthuijs*
- *What's happening to me (girls), Susan Meredith*
- *What's happening to me (boys), Alex Frith*
- *Let's talk about girls, boys, babies, bodies, families and friends, Robie H. Haris*
- *Love you forever, Robert Munsch.*

### LESSON ONE

Pupils learn about the physical changes associated with puberty

Pupils • are able to define puberty: the changes that occur sometime between 8-17 that turns us from children to young adults • identify physical changes associated with puberty • understand that everyone's experience of puberty is different and that it begins and ends at different times

### LESSON TWO

Pupils learn how puberty affects emotions and behaviour and strategies for dealing with the changes associated with puberty

Pupils • are able to describe how feelings and behaviour change during puberty • can devise strategies for managing these changes • understand how changes during puberty can affect relationships with other people

### LESSON THREE

Pupils learn about menstruation and wet dreams

Pupils • can describe menstruation and wet dreams • can explain effective methods for managing menstruation and wet dreams • understand the relationship between the sex cells (sperm and ovum), menstruation and wet dreams

### LESSON FOUR

Pupils learn about the impact of puberty on physical hygiene and strategies for managing this

Pupils • can explain how changes at puberty affect body hygiene • can describe how to care for their bodies during puberty • can recognise the similarities between the needs and wants of boys and girls and challenge gender stereotypes around hygiene and grooming

## *Lesson Outlines*