

Sex and Relationship Education (SRE) – Year 4 and Year 5

Growing Up and Changing

1. Pupils learn about the way we grow and change throughout the human lifecycle

Pupils

- can identify changes throughout the human life cycle
- understand change is on-going
- understand change is individual

2. Pupils learn 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

3. 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

4. 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

5. 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

6. Pupils learn strategies to deal with feelings in the context of relationships

Pupils

- are able to identify feelings and understand how they affect behaviour
- can practise strategies for managing relationships and changes during puberty
- can empathise with other people's feelings in relationships, including parents and carers

7. Pupils learn to answer each other's questions about puberty with confidence, to seek support and advice when they need it

Pupils

- can identify sources of information, support and advice for children and young people
- can use appropriate language to discuss puberty and growing up with confidence
- can answer their own questions about puberty and growing up