

PSHE
Lesson Plan
Year 6



PSHE Having a Baby Lesson Plan

Year 6 having a baby Lesson - Puzzle 6, Piece 2

Girls and puberty (Boys in e-safety lesson)	
Puzzle 6 Piece 2	Please teach me to... <ul style="list-style-type: none"> • explain how girls' and boys' bodies change during puberty and understand the importance of looking after myself physically and emotionally • express how I feel about the changes that will happen to me during puberty
Resources Growing-Up Bingo cards Jigsaw Chime 'Calm Me' script Puberty Flashcards PowerPoint slides of male and female organs PowerPoint slides: female and male body changes Animation: Female and Male Reproductive Systems Puberty Truth or Myth cards, enough for each working group to have one complete set Boy worries / Girl worries cards Advice on personal hygiene for teens (can be from leaflets or sourced online by the TEACHER for appropriateness. Jerrie Cat Jigsaw Jem Private Post Box	Vocabulary Opportunities Freedoms Responsibilities Puberty vocabulary as represented on the flash cards
<p>Teaching and Learning Note</p> <p>You will need to have two members of staff available for the 'Girl Talk'/ 'Boy Talk' part of this lesson where the group will divide and be facilitated by each adult. If possible, arrange for a male and female member of staff to be present. Due to the significance of this lesson it is recommended that teachers set aside an afternoon. Ensure you know the policy and procedures that support any girls in your school when having a period. Be sure to look back at lessons taught in Year 5 to understand what chn already know.</p> <p>Check Jigsaw Jem's post box for questions prior to this session as some may be answered by the content of this lesson. Teachers can then refer to relevant children's questions throughout the lesson</p>	Ask me this...

making it personal and responsive to the questions they want answers about. If children ask the difference between vulva and vagina as they have been introduced to these terms previously, simply explain that the vulva is the name for the outside parts of a female's private parts, and the vagina is the channel just inside. Teachers will need to check which animation may be most appropriate to use with their classes.

IF questioned - Masturbation can be simply explained as a time when a person touches their own private parts for pleasure. Stress this is perfectly normal and it is a very PRIVATE thing to do. Do not make a point of this unless asked by chn.

The Jigsaw Charter

Share 'The Jigsaw Charter' with the children to reinforce how we work together.

Connect us

Give each child a copy of the Growing-Up Bingo card. Explain that they need to move around the room, find someone who can say yes to any of the questions on the card and write their name in the appropriate space. With each person they speak to they can only ask and answer one question and then they must move on to someone else. The aim is to be the first person to complete a horizontal, vertical or diagonal line - or depending on how the game progresses you may want to carry on until someone has completed a full card. When the game is over, sit the class down in a circle and ask them to comment on what the game tells us about the life changes that go with growing up; point out that most of the questions relate in one way or another to new opportunities and freedoms and the responsibilities that go with them.

Calm me

Everyone, including adults, is sitting on chairs in a circle. Remind the children that at the beginning of every Jigsaw lesson we will help our minds calm down so that

What different experiences does growing up bring for different people?
How are new freedoms connected to new responsibilities?

we are ready to learn. Teacher to use the 'Calm Me' Script and the Jigsaw Chime.

Open my mind

With the class still seated in a circle, use the Puberty Flashcards to re-open the children's thinking about the physical changes that occur during puberty. As you hold up each card in turn, they all stand if it's a female thing, stay sitting if it's a male thing and everybody put both hands up if it applies to all. At the same time all the class should say the word(s) aloud on the card. All the items on the cards relate to changes and developments at puberty or to body parts that are affected by those changes. You may not want to use all the cards at this stage of the lesson and might wish to be selective about those that are appropriate to use with your class. The exercise should be fun and will work best if you can keep the cards coming in a quick-fire way so that the children are bobbing up and down - and it's fine if they have a bit of a giggle at some of the words and phrases!

Tell me or show me

After the frenetic stand up/sit down activity, review the words and ideas on the cards in a calmer way and check and consolidate the children's knowledge and understanding about them. The PowerPoint slides showing male and female body parts will be helpful to use in clarifying many of these points. Use the PowerPoint slides showing girl to woman and boy to man, and the animations (The Female/Male Reproductive Systems) to reinforce learning. As the children should have seen the animations and PowerPoints in prior years, (unless it is the first time using Jigsaw) you should be able to recap quite easily.

Let me learn

Part 1) Truth or Myth Cards Organise the children into groups of about 4-6. Give each group a shuffled pile of the Puberty Truth or Myth cards, to be placed face down in the middle of the table. One child takes a card from the top of the pile and reads out the main statement to the person on their left. That person must say

What other questions do you have about how your body, your feelings and your lifestyle are going to change as you grow up?

whether they think it is truth or myth: if they are right, they keep the card; if they are wrong, the questioner keeps the card - whoever ends up with the card should read out the explanation to the whole group. The game continues with the responder taking the next card from the pile and posing that statement to the next person on their left, and so on round the group. The aim is to see who ends up with the most cards at the end of the game. Bring the class into a circle again and invite them to comment on anything that was new to them or surprised them about what they learned from the Truth or Myth game. Allow any immediate questions to emerge and be dealt with.

Part 2) 'Girl Talk' / 'Boy Talk' Note: you will need to have 2 members of staff available for this section of the lesson. Ideally a male and female member, if possible. Give each child one or more slips of paper and ask everyone to write - privately and anonymously - at least one question they have in their mind concerning puberty and growing up: these might be factual questions, things that confuse or puzzle them, or things they may be worried or concerned about. Explain that these questions will be the basis of the next part of the lesson, but that no-one will know who has asked which question. Ask them to drop their questions into Jigsaw Jem's Private Post Box (or similar, pre-existing receptacle), which, hopefully, they are all aware of in the classroom.

While you and your colleague are collating the children's, questions divide the children into same gender groups. Ask the groups to discuss the questions and the advice they would give. Ask them to note down the advice for each question. While the children are engaged in this activity, sort the questions from Jigsaw Jem's post box. These will be questions you have identified as being relevant to a particular gender group and if needs be to take out any questions that you judge to be completely inappropriate or simply not serious.

Part 3) Boy/Girl Worries Bring the whole group together and say to the children that this is an important opportunity to talk about things that specifically affect their gender without any embarrassment that might come from having the other gender present. Split the class into gender groups and start by discussing the answers and advice that the children gave to the 'Boy worries' or 'Girl worries' cards. There is a teacher note page with suggested ways to answer these questions. Then go through the relevant questions from Jigsaw Jem's post box with the group. Allow others in the group to comment and add anything they think would help to improve or clarify the answer, and then give your own input, as necessary, to make sure that key messages are fully understood. When all the questions have been covered, give the children a few minutes in pairs to talk about whether they have any other questions or uncertainties that haven't been dealt with and that they would like to raise while there is the chance in the single gender group. Remind them again of the importance of trust, respect and consideration when we are sharing things we feel unsure about, and stress that there is no such thing as a silly question.

Help me reflect

As in previous Pieces (lessons), ask the children to review their learning using the My Jigsaw Journey resource.

Changing Me

Calm Me Script - Ages 10-11 - Piece 2

So let's start our Calm Me time by sitting in our Calm Me way, nice and straight in the chair, feet flat on the floor and spine all straight and proud. Shoulders are relaxed and eyes are gently closed.

Now listen to our chime until you can no longer hear any sound.....

In this quietness, bring your attention to focus on your breathing. Breathe in through your nose with nice long, gentle breaths and feel your tummy expand as the air fills your lungs. Hold your breath for just a couple of seconds and then gently and slowly release the air back out again through your mouth.

In this Puzzle, we are thinking about how we handle changes that happen in our lives and with our bodies.

Keeping your eyes closed and staying gentle and relaxed, try to move your arms above your head as slowly as you can. Always being aware of how each arm feels...are they stretching easily? Is it hard to do this slowly? Is one arm more flexible than the other?

Take your arms over your head until you can clasp your hands together and keep stretching, higher. Where in your body can you feel the stretch? Doesn't it feel great to know your body is growing just as it is meant to?

Now very slowly, and gently lower your arms again, trying to keep them in time with each other. Place your hands in your lap and focus again on your breathing.

Breathing in and silently counting 1,2,3,4,5.....breathing out, silently hearing the words "I appreciate my body."

When you can no longer hear the chime, bring your awareness back into the present moment, here and now.

Growing Up Bingo - Ages 10-11 - Piece 2

Write the name of someone who ...

Has a favourite soap they always watch on TV	Has had an argument with their parents in the last week	Likes playing outside more than playing computer games	Regularly uses make-up or hair gel
Has to do chores to earn pocket money	Admits to eating too many sweets or chips	Has been on Instagram or Snapchat	Has an older brother or sister
Sometimes reads teenage magazines	Is allowed to choose their own clothes when they go shopping	Has a tablet or ipad	Has had a talk with their parents about puberty

Winner is the first to complete a vertical, horizontal or diagonal line.

Pubic Hair

Voice Breaks

Menstruation

Semen

Growing Taller

Hips Widen

Tampon

Breasts

Hormones

Ovulation

Masturbation

Sanitary Towel

Womb

Fallopian Tube

Vulva

Testicles

Sperm

Underarm Hair

Penis

Feeling Moody

Vagina

Changing Me Puberty - Truth or Myth

If you get spots during puberty it's because you have a bad diet. Myth! The changes in hormone levels in your blood mean you're more liable to spots - but

Girls get hairy legs, just like boys do. Truth! Girls and women do grow hair on their legs, though probably not so much as boys. You might not realise it, since

you can help by eating well and washing and cleansing your skin thoroughly.	they often shave their legs because they think they look better without hair.
A girl should avoid having baths when she has a period. Myth! Keeping clean is more important than ever when you have a period, so bathing and hair washing are the right thing to do - and swimming and other forms of exercise are fine too.	Boys usually start puberty later than girls. Truth! There are huge differences between one person and another in the age at which puberty starts, but on the whole the age for boys is later than for girls. Of course some boys can start early and some girls can start late - but everyone gets there in the end.
A girl might have one breast bigger than the other. Truth! It's not uncommon for one breast to be slightly bigger than the other - the same is true of other body parts such as feet. Always remember there's no such thing as a 'normal' shape or size for breasts, penises or anything else - everybody's different!	A girl can't get pregnant before she starts her periods. Myth! The release of the egg from the ovary (ovulation) happens before she has a period, so it is possible there could be an egg in the fallopian tube to be fertilised just before she has her first period. If that was the case she wouldn't know about it.
There is an age limit for people to have sex. Truth! There are laws to protect young people from being pressured or being taken advantage of. It doesn't mean that as soon as you reach the age-limit, you'll be ready to have sex	It's normal to have rapid changes of mood during puberty. Truth! The hormones that cause the changes at puberty can have a big effect on your moods: up one minute and down the next. It can feel a bit out of control but it will settle down after a while. Do try to talk to the adults around you about your feelings.
You can't expect adults to understand what it feels like, going through puberty. Myth! There isn't an adult alive who hasn't been through puberty themselves, so parents, carers, teachers, uncles and aunts all probably remember very well what it felt like for them...	You could add some from FAQ from your class.

Boy Worry Cards

**My penis doesn't look as big as other boys in my year.
Does this mean that I'm not normal?**

**Why do some boys have a penis where you can see the end,
and others don't?**

**I heard a girl say she would only ever go out with a boy who has a six-pack.
I don't have a six-pack. Will I never get a girlfriend?**

**I am getting spots on my face. Under my arms I am sweating
a lot more than I used to. It's a bit smelly. Should I be doing more
to keep myself clean?**

My moods are going up and down all the time. Am I depressed?

Girl Worry Cards

**My breasts aren't developing in the same way as my friends?
Is there something wrong with me?**

**I heard a boy say he would only ever go out with a girl who had big breasts.
My breasts are quite small. Will I never get a boyfriend?**

**My periods aren't regular. Sometimes I get longer times between them.
It worries me there might be something wrong...**

**I am getting spots on my face. Under my arms I am sweating
a lot more than I used to. It's a bit smelly. Should I be doing more
to keep myself clean?**

**One of my breasts is a different shape and I'm worried there is something
wrong. It's way too embarrassing to talk to my parents about it. Shall I try
to check if I'm normal on the internet?**

My moods are going up and down all the time. Am I depressed?