

Information for parents and carers on statutory Relationships and Health Education

As a school, we have responsibility to teach health education as part of the Department for Education, Statutory Relationships and Health education guidance. We do so as part of our weekly PSHE lessons. The components of the relationships and health education curriculum are broad and cover areas of physical health and emotional wellbeing, online safety, healthy friendships and families.

A subsection of this guidance under statutory health education is the teaching of the changing adolescent body. This states children must understand the changes that will occur during puberty in preparation for adulthood. This content is explored from year 3 onwards through the exploration of the life cycle.

Content is introduced slowly and revisited across KS2 in a spiral curriculum. This allows children to access it at a pace which meets their academic, physical and social development.

It is well recognised that parents and carers are the first and primary educators of their children on matters of relationships and health but the curriculum is designed to supplement this education through ensuring children have access to the correct biological terminology and understanding of the processes occurring in their body.

Using correct biological terminology also acts a safeguarding measure to ensure children can accurately discuss any concerns that might relate to their body with appropriate adults.

As part of the Ealing Scheme of Work update, our teaching resources have been adapted to better meet the needs of children and support teachers in the high quality and consistent delivery of Relationships and Health education across Ealing primary schools.

The content of the lessons has largely remained the same, however there has been efforts to ensure that there is greater consistency in language being used to describe the processes related to adolescence and puberty.

New lessons on hormones have been implemented within the curriculum so children can better grasp why these changes are happening to their bodies. There is also further exploration of the additional emotional and social changes that occur during this time and how to navigate these.

This following document provides parents with a guide to the key words which form part of the education around health education, puberty and adolescence. These definitions are embedded into lessons which support children to access this material in a child friendly manner.

Content and language first delivered in Year 3 will be repeated and built on every year onwards. The new terminology or extended definitions are indicated for each year group.

Parents are encouraged to use this to discuss the topics of puberty at home.

Health Education- Key Words and Definitions:

Year	Lesson Topic	Key words	Definition or Explanation
3	Body Parts	<p>Growth Life Cycle</p> <ul style="list-style-type: none"> - Babies/ infants - Toddlers - Children - Adolescence - Adulthood - Elderhood <p>Body Parts</p> <ul style="list-style-type: none"> - Head - Brain - Chest - Nipples - Vagina/ Vulva - Penis 	<p>We use the phrase adolescence rather teenage years as it covers 11 to 18 rather than 13 to 19. Changes that happen during puberty start during late childhood and adolescence.</p> <p>Girls and boys both have nipples, as girls get older their chest will change so they are able to feed their own children if they had a baby.</p> <p>Boys, men and males have a penis. This is where wee comes out of the body from.</p> <p>Girls, women and females have a vagina. The other scientific word is vulva. Next to a girls vagina is a small hole where wee comes out of.</p>
3	Keeping the body private	<p>Private parts of the body</p> <ul style="list-style-type: none"> - Nipples - Vagina/ Vulva - Penis - Mouth <p>PANTS Rules (NSPCC website)</p> <p>Trusted Adults</p> <p>Body Language</p> <p>Boundaries (Boundary Song on youtube)</p>	<p>NSPCC PANTS rules to keep body parts private- taught from Reception</p> <p>P- Privates are Private A- Always remember your body belongs to you N- No means no T- Talk about secrets S- Speak up</p> <p>Adults at home, at school, professionals like Drs or the police who keep you safe.</p> <p>Some people use their bodies to show no means no. Facial expressions and body language are important ways to communicate.</p> <p>Rules we have about our personal space, what we do and don't feel comfortable with. Examples hugging, high 5s, handshakes.</p>

Year	Lesson Topic	Key words	Definition or Explanation
4	Life Cycle	Growth Life Cycle <ul style="list-style-type: none"> - Babies/ infants - Toddlers - Children - Adolescence - Adulthood - Elderhood 	<p>We use the phrase adolescence rather than teenage years as it covers 11 to 18 rather than 13 to 19. Changes that happen during puberty start during late childhood and adolescence.</p> <p>Adolescence is the bridge between childhood and adulthood. It helps prepare for things that only happen in adulthood.</p> <p>As we go through the life cycle, we are able to understand, learn and do more things. Some things we cannot learn about or do before adolescence or adulthood because we aren't ready to understand or be able to do them physically yet.</p>
4	Physical Changes during puberty	Puberty Hormones Body Parts <ul style="list-style-type: none"> - Chest - Breasts - Areola - Pubic Hair - Penis - Testicles - Vagina/ Vulva - Ovaries - Egg - Sperm - Cervix - Egg - Fallopian Tube 	<p>Puberty is the process that happens during adolescence of changing, growing and maturing from a child to an adult. For girl's puberty may start anywhere between 8 to 11 years old and for boys around 11-12 years old.</p> <p>Hormones are chemical messages that our brains make. It is the different hormones that girls and boys have that tell their body to start changing and in different ways.</p> <p>New Terminology includes explaining the internal organs of females so children can understand what the menstrual cycle is.</p> <p><i>Whilst less common, there are children who start their period during year 4 and onwards, so teaching this at this point is preparation for one change that will happen during puberty.</i></p>

4	Menstrual Cyle	Menstrual Cycle Period Reproductive System Ovulation Sanitary Pads Period Poverty	<p>A period is a small part of the month (usually 3-7 days) when a girl loses a small amount of blood from her vagina. Her body doesn't need this blood and tissue so it leaves her body.</p> <p>The days of the month when a girl is bleeding is part of a longer monthly cycle called the menstrual cycle.</p> <p>Girls have two ovaries which is where her eggs are.</p> <p>The ovaries are attached to the fallopian tubes, these carry the eggs when they are released from the ovary</p> <p>When the egg is released, it is called ovulation</p> <p>The fallopian tube is connected to the uterus. The uterus is where the blood comes from during a period.</p> <p>The blood that isn't needed in the uterus leaves the body every month from the vagina. This is a girls period.</p> <p>These are products girls can use to collect blood when it leaves the body.</p> <p>People around the world sometimes have limited education about menstruation and periods.</p> <p>Some girls cannot access sanitary products. When this happens, it can mean they miss out on education.</p> <p>Education and access to sanitation are Children's rights under the UN Convention on the Rights of a Child.</p>
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Year	Lesson Topic	Key Words	Definition or Explanation
5	Hormones	<p>Hormones</p> <p>Pituitary Gland</p> <p>Ovaries</p> <p>Testicles</p> <p>Emotional Changes</p> <p>Social Changes</p> <p>Happy Hormones</p> <ul style="list-style-type: none"> - Dopamine - Oxytocin - Serotonin - Endorphins <p>Brain Development</p>	<p>Chemical messages that are sent to the body telling the body how to respond</p> <p>The gland in the brain that controls hormones related to growth, sends the first signal to the reproductive organs to start producing the hormones needed for puberty.</p> <p>A part of the female reproductive system which produces an egg and starts releasing the two female hormones related to puberty, progesterone and oestrogen</p> <p>A part of the male reproductive system which begins producing sperm cells during puberty. Also releases the male hormones related to puberty, testosterone.</p> <p>Mood Swings are caused by changing levels of hormones in the body. They can create increased sensitivity, confusion, tearfulness, aggression, anxiety, lower self esteem</p> <p>In preparation for adulthood, adolescence may want more privacy, independence and be more interested in friendship and peer relationships</p> <p>Ways that we can boost our mood by spending time with people we love, spending time in nature, exercise, eating well, self-care.</p> <p>The prefrontal cortex, the front part of the brain responsible for complex problem solving and rational thought does not finish developing until 25.</p> <p>The part of the brain very active in adolescence is the limbic system which is in charge of emotions.</p>

Year	Lesson Topic	Key words	Definitions and Explanations
6	Physical changes in puberty	<p>Body parts</p> <p>Male reproductive system</p> <ul style="list-style-type: none"> - Urethra - Penis - Testicles - Sperm - Semen - Scrotum - Erection - Wet Dream <p>Female reproductive system</p> <ul style="list-style-type: none"> - Vagina - Vulva - Urethra - Labia Majora - Labia Minora - Cervix - Uterus - Tampon <p>-</p>	<p>The urethra is the tube in the centre of the penis that urine and sperm travel through to leave the body.</p> <p>Testicles produce sperm. The skin around the testicles is called the scrotum.</p> <p>Sperm cells are produced in the testicles, they travel in a liquid called semen.</p> <p>An erection is when blood flows to the penis making it appear fuller and harder</p> <p>A wet dream happens at night and is when sperm and semen leave the penis while a boy is asleep. It is not urine.</p> <p>The vulva is what can be seen from the outside of the body. The labia majora and labia minora are the protective skin around the opening on the vagina.</p> <p>The urethra is above the vaginal opening and where urine comes from.</p> <p>The cervix is at the top of the vagina, internally it stops things getting too far into the body ie. tampons</p> <p>If a woman was pregnant, the baby would grow in her uterus. When she is pregnant, it is referred to as a womb</p> <p>Tampons are introduced as an alternative to sanitary pads, they are not recommended until 13 years of age but are introduced as an option</p>

6	Reproduction (Sex Education Lesson*)	<p>Lifecycle</p> <p>Reproduction</p> <p>Fertilisation</p> <p>Conception</p> <p>Process of Reproduction- inc. sexual intercourse</p>	<p>In order for the lifecycle to continue, there needs to be reproduction.</p> <p>Reproduction is the process of new life being created. Reproductive happens when the male and female reproductive cells come together, and new life is formed.</p> <p>Fertilisation is the process of an egg and sperm cell meeting and joining together to make a new cell</p> <p>If the egg and sperm successfully join together and a new life begins then this is called conception</p> <p>Exact language used:</p> <ul style="list-style-type: none"> • A man produces sperm in his testicles. • Once a month, the woman's body releases an egg. • In order for the sperm to meet the egg a man and woman will have sexual intercourse. • During sexual intercourse, the sperm will enter a woman's body via her vagina. • This sperm then travels through the vagina and the uterus and towards the fallopian tube. • In the fallopian tube, the sperm may meet with the egg. The sperm and egg become one. This is called fertilisation. • The fertilised egg will then travel to the uterus. • If the egg is fertilised, it attaches the blood lining in the uterus. • The lining of the uterus builds up

			<p>with a bloody lining to protect the fertilised egg.</p> <ul style="list-style-type: none"> Remember is the egg was not fertilised, the woman does not need this egg or the bloody lining and her body removes this and it comes out as her period.
		Zygote	<p>The fertilised cells formed by a sperm and egg cell meeting</p>
		Embryo	<p>The initial growth of cells into human life</p>
		Foetus	<p>A baby developing in the womb</p>
		Amniotic Sac/ Fluid	<p>The sac in which the foetus grows in, it is filled with liquid</p>
		Umbilical cord/ placenta	<p>The placenta is the organ a woman body creates to feed the foetus while in the womb, it passes nutrients from the woman's body through the placenta to the baby</p>

This lesson is the only lesson that parents can withdraw from as it includes a reference to sexual intercourse. As seen above, this is necessary to explain how the sperm and egg cell meet as part of the scientific process of reproduction.