



Year group	Growing & Changing unit lessons	SCARF learning outcomes and resources used.												
3	<p>Relationship Tree – Recognise different types of relationships</p> <p>Body Space – Identify appropriate and inappropriate allowing into body space</p> <p>Secret or Surprise – Know difference between safe and unsafe secrets.</p> <p>None of your business – Staying safe online</p>	<p>SCARF learning outcomes and resources used.</p> <div style="display: flex; justify-content: space-between;"> <div style="width: 45%;">  <p>https://www.nspcc.org.uk/globalassets/documents/advice-and-info/underwear-rule-children-guide-english.pdf</p> </div> <div style="width: 45%;"> <ul style="list-style-type: none"> *Understand what is meant by the term body space (or personal space); *Identify when it is appropriate or inappropriate to allow someone into their body space; *Rehearse strategies for when someone is inappropriately in their body space. </div> </div> <div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <ul style="list-style-type: none"> *Define the terms 'secret' and 'surprise' and know the difference between a safe and an unsafe secret; *Recognise how different surprises and secrets might make them feel; *Know who they could ask for help if a secret made them feel uncomfortable or unsafe. </div> <div style="width: 45%;">  <p>Activity sheet</p> <p>Safe secret or unsafe secret?</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 33%;">Situation</th> <th style="width: 33%;">How do think it would make you feel?</th> <th style="width: 33%;">What do you think you should do?</th> </tr> </thead> <tbody> <tr> <td>A surprise party is being planned for someone in your family...</td> <td></td> <td></td> </tr> <tr> <td>Knowing what someone else is getting as a present...</td> <td></td> <td></td> </tr> <tr> <td>Your friend has taken a knife from his dad's toolbox and told you not to tell anyone...</td> <td></td> <td></td> </tr> </tbody> </table> </div> </div>	Situation	How do think it would make you feel?	What do you think you should do?	A surprise party is being planned for someone in your family...			Knowing what someone else is getting as a present...			Your friend has taken a knife from his dad's toolbox and told you not to tell anyone...		
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Moving house – Describe some changes that happen in people’s lives

My feelings are all over the place – Understand Onset of puberty’s effect on emotional health.

Together – Marriage, including same sex

My changing body - Recognise babies come from egg and sperm, what happens when egg doesn’t meet sperm; periods are normal part of puberty

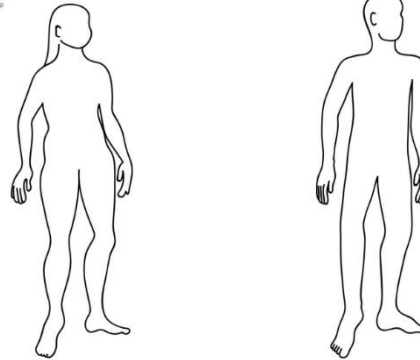
Preparing for changes at puberty – Key facts about menstrual cycle; periods are normal part of puberty; coping with periods

Secret or Surprise - Know who they could ask for help if a secret made them feel uncomfortable or unsafe.



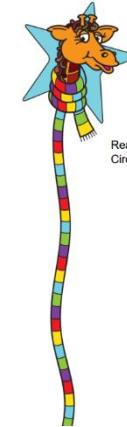
Activity sheet

Body outlines



- *Identify parts of the body that males and females have in common and those that are different;
- *Know the correct terminology for their genitalia;
- *Understand and explain why puberty happens.

- *Know the key facts of the menstrual cycle;
- *Understand that periods are a normal part of puberty for girls;
- *Identify some of the ways to cope better with periods.



Activity sheet

Period Quiz



Read the following 10 statements and decide whether you think they are True or False. Circle the correct answer.

1. Girls are born with thousands of eggs inside their ovaries. True False
2. It's normal for a girl to start her period anytime between the ages of 8-17. True False
3. All girls bleed for the same amount of time when they have their periods. True False
4. A period happens because the body has too much blood in it. True False



Activity sheet

Together



On my own I can

With someone special who loves, cares for and supports me I can

In the future, I might want to spend my life with someone.

These are the things I would like to do together with them

- * Understand that marriage is a commitment to be entered into freely and not against someone's will;
- * Recognise that marriage includes same sex and opposite sex partners;
- * Know the legal age for marriage in England or Scotland;
- * Discuss the reasons why a person would want to be married, or live together, or have a civil ceremony.

How are they feeling – Describe intensity of feelings
Taking notice of our feelings – Acceptable & unacceptable touch

Growing up and changing bodies - Period products & menstruation; know what menstruation is and why it happens.

Changing bodies & feelings - Know the correct words for the external sexual organs; Discuss some of the myths associated with puberty **I could happen to anyone** – Positive & negative actions (valuing differences)

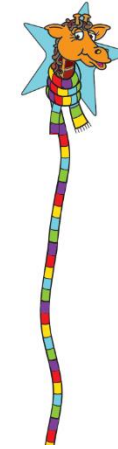
Help I'm a teenager – List some ways body feels with different emotions.

Dear Ash – Safe & unsafe secrets

Stop, Start, Stereotypes – Bullied due to gender expression (valuing differences)



- * Know the correct words for the external sexual organs;
- * Discuss some of the myths associated with puberty.



Activity sheet (c)

Emotions and feelings: true or false?



1. It's normal for a person to put on weight when going through puberty.	2. It is wrong for a person to want to touch their own penis or vulva.
3. If a girl doesn't wear a bra by the time she goes to secondary school something's wrong.	4. You should always talk to someone you trust if you are worried about your body changing.
5. Girls should always shave their body hair when it starts growing.	6. Stretch marks are a sign that someone is getting too fat.
7. If a boy doesn't get wet dreams, there's something wrong with him.	8. If someone is shorter than their friends when they start secondary school, they are always going to be short.

Activity – Stop Start

On a blank A4 piece of paper, each child draws a circle in red, writing STOP at the top, but inside the circle. Also in the circle, they then write what people do or say to bully someone else about their gender, expression or sexuality.

Ask for some examples and share these. Discuss whether it is OK for people to be treated in this way? [No. Emphasise that is also against the law.]

Discuss together how this behaviour can be stopped. Take several ideas. Look at what is written in the red circle then ask:

- What could someone start to do to make this behaviour better?

On a separate piece of A4 paper, each child now draws a green circle, writing START at the top, inside the circle. They then write in the middle what behaviour should replace the bullying behaviour (words or actions) e.g. In the STOP circle, the phrase 'shouting poof at a gay man' would be countered with START smiling and being friendly. Similarly, STOP saying boys don't cry. START saying everyone should be able to show their feelings.

*Identify some products that they may need during puberty and why;

* Know what menstruation is and why it happens.

* Recognise that some people can get bullied because of the way they express their gender;

* Give examples of how bullying behaviours can be stopped.

Helpful or unhelpful – Emotions related to change
I look great – Qualities beyond looks and media manipulation of images

Media Manipulation – Gender stereotypes

Pressure Online – Risks of sharing images online

Growing up & changing bodies – Period products & menstruation (yr5)

Is this normal – Puberty changes

Making babies – Legal age of consent, sexual reproduction

- * Understand the risks of sharing images online and how these are hard to control, once shared;
- * Understand that people can feel pressured to behave in a certain way because of the influence of the peer group;
- * Understand the norms of risk-taking behaviour and that these are usually lower than people believe them to be.

https://www.youtube.com/watch?v=DY-D_tebNXs



Activity sheet

Puberty statements: true or false?



Circle the answer you think is correct – then write your reasons

1. Puberty only affects girls.

True False Not sure

Reasons:

2. Puberty starts when you are 11 years old.

True False Not sure

Reasons:

3. Everybody experiences puberty.

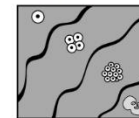
True False Not sure

Reasons:

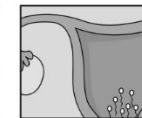
- * Identify the changes that happen through puberty to allow sexual reproduction to occur;
- * Know a variety of ways in which the sperm can fertilise the egg to create a baby;
- * Know the legal age of consent and what it means.

- * Define the word 'puberty' giving examples of some of the physical and emotional changes associated with it;
- * Suggest strategies that would help someone who felt challenged by the changes in puberty;
- * Know where someone could get support if they were concerned about their own or another person's safety.

Sorting activity: conception and pregnancy timeline
 Cut out the 8 pictures and related text and arrange in the correct order.



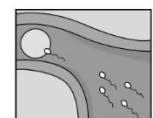
About 1½ days later the fertilised egg (egg and sperm combined) begin to change and grow.



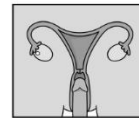
During sexual intercourse the man's penis enters the woman's vagina. He has an orgasm, releasing millions of sperm into her vagina. The sperm swim up the vagina. A few make it right to the fallopian tube, where the egg is.



Eventually around nine months later, the baby is ready to be born. Most babies are born head first and will leave the womb, travel down through the cervix and out through the vagina. This is called the labour.



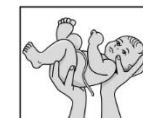
One sperm meets the egg and enters it, beginning the first phase of making a baby. This is called fertilisation.



A man and woman have sexual intercourse. All this happens at the time of the month when the woman's body is releasing an egg from the ovary. This is called ovulation.



About six days later the egg, now called an embryo, implants in the lining of the womb. This is where the embryo will continue to grow (if the pregnancy continues).



The baby arrives and now needs lots of milk and attention to ensure it grows happy and healthy.



Ovulation- The egg is released from the ovary into the fallopian tube (passage the leads from the ovary to the womb). It starts to travel down the tube very slowly, towards the womb. It will stay in the fallopian tube for a few days.