



HH Kids - Puberty Lessons

Lesson Content for RSE/Health Education Policy

HH Kids deliver puberty lessons in our school to Year 5 and Year 6 pupils. HH Kids are extremely experienced in the field and work closely with us to ensure they work within our school's policy and procedures. A pre-delivery meeting has been carried out with a member of staff to ensure the package meets our needs. The lessons are interactive with a wide variety of activities to meet the needs of our pupils.

Year 5

<u>Year 5 lessons</u>	<u>Lesson objectives</u>
Girls only lesson	<ul style="list-style-type: none"> • To explain when and how puberty starts • To give examples of some of the physical body changes as we approach puberty • To explain the menstrual cycle and the products available • To describe different feelings as we go through puberty and how to deal with them positively
Boys only lesson	<ul style="list-style-type: none"> • To explain when and how puberty starts • To give examples of some of the physical body changes as we approach puberty • To describe different feelings as we go through puberty and how to deal with them positively • To recognise the need for good personal hygiene

Year 5 – Key vocabulary

Girls only lesson

Puberty	Changes	Feelings
Hormones	Breasts	Reproductive organs
Ovaries	Egg	Fallopian tube
Uterus	Vagina	Period
Menstruation	Menopause	Lining
Sanitary towels	Absorbency	Wings
Dispose	Tampons	Applicator
PMS		

Boys only lesson

Puberty
Feelings
Penis
Personal hygiene

Changes
Mood swings
Testicles
Body odour

Hormones
Reproductive organs
Sperm
Deodorant/anti-perspirant