

## **Kingston School Health Team Relationships, Sex and Health education (RSHE) KS2 lessons 1 and 2**

The School Health Team offer four lessons on Relationships, Sex and Health Education in Kingston primary schools.

Lessons complement the school curriculum. This document provides information about the content of lessons 1 and 2 which includes:

- Emotional and physical changes in puberty
- Staying healthy and personal hygiene

The uniqueness of each individual is highlighted and while everyone will experience some of the changes in puberty not everyone will experience them all, in the same way or at the same time.

### **The emotional and physical changes of puberty**

People go through puberty to prepare them for adult life and to enable them to try and make a baby when they are adults if they choose to.

Physical changes are discussed including periods, breast development, penis and testicle development, wet dreams, sweating, spots, growing taller, pubic hair.

Lessons cover the range of emotions that people might experience including mood swings as well as feeling excited about increasing independence and changing into an adult.

It is explained that it is normal for people to develop feelings of attraction towards others although not everyone will experience this.

### **Staying healthy and personal hygiene**

The importance of diet, exercise and sleep for good health is discussed.

Personal hygiene and the importance of washing daily with soap and water is highlighted. The many choices that people have around personal hygiene products is discussed and pupils are encouraged to understand that some products are essential (e.g. soap, toothpaste) and others are a choice (e.g. shaving, using deodorants).

Pupils are shown a range of period products including pads, tampons, washable and reusable products such as menstrual cups, period pants and washable pads.

## Links to video resources

Wet dreams: [https://www.youtube.com/watch?v=uotzoDDRW\\_s](https://www.youtube.com/watch?v=uotzoDDRW_s)

Menstruation: [https://www.youtube.com/watch?v=vXrQ\\_FhZmos&t=7s](https://www.youtube.com/watch?v=vXrQ_FhZmos&t=7s)

N.B. Both videos are used in lesson 1 - there are no videos in lesson 2

## Delivery of the lessons

The lessons are delivered by skilled practitioners who receive regular training and updates.

The lesson content is based on evidence and government guidance and is reviewed regularly.

Pupils are taught in mixed sex groups because it is important to understand the changes for all people.

## How can parents/carers support their child

Lessons encourage pupils to talk to their parents/carers and ask them questions. Establishing good communication and creating an environment where children can ask questions will help them to explore their family values and beliefs and to navigate their journey to adulthood.

A little and often approach is better than one 'big talk'.

Parents can discuss curriculum content with the school.

There are several good websites for further information. The School Health Team recommend the following:

Here are a couple of websites that are useful in explaining puberty to primary school age school children. <https://www.childline.org.uk/info-advice/you-your-body/puberty/puberty-body/> and <https://www.brook.org.uk/resources>

This website has ideas on activities parents can do at home and also advises on how to answer questions [Outspoken Sex Ed \(outspokeneducation.com\)](https://www.outspokeneducation.com)

The Every Mind Matters campaign has some useful information on supporting children with their emotional health <https://www.nhs.uk/oneyou/every-mind-matters/childrens-mental-health/>