

PSHE 4P

Lesson 1 **COMPLETED**

Changing Me

Unique Me

Lesson 2

Changing Me

Having a baby

Script:

It's amazing how a baby starts to grow when a man's sperm and a woman's ovum meet and join together. This can happen when a grown- up man and woman share an especially close and loving embrace which allows the sperm to be released through the penis into the vagina. People refer to this as 'making love' or 'having sex' or sexual intercourse (children will probably have heard these expressions before, but may not really understand what sexual intercourse really means). It's an intimate, loving and very private part of a grown-up relationship.

From the vagina, the sperm can swim through the womb/uterus into the tubes that lead from the ovaries. If they meet an egg/ ovum there, one of them may 'fertilise' it - join with it so that it starts growing into a baby. This is called conception. The fertilised egg settles into the soft lining of the mother's womb, where it will grow until it is big enough to be born after 40 weeks (9 months). The baby will get half of its genes from the mother's egg/ovum and half its genes from the father's sperm.

Lesson 3

Changing Me

Girls and puberty

Script:

- *When a girl's body reaches puberty the eggs (ova) in her ovaries start to mature. Puberty can happen any time between the ages of 9 and 14, but it is different for everyone so we shouldn't worry if we start puberty earlier or later than our friends.*

- Once a month, one of the tiny eggs (ova) stored in the woman's ovaries is released. It passes into the fallopian tube and then into the womb/uterus.
- **If the egg (ovum) meets a man's sperm at this point, the egg will be fertilised and a baby will start to grow. This is called conception.**
- Every month the womb/uterus makes a thick, soft, spongy lining with an extra supply of blood to provide all the nutrients that a baby would need.
- If an egg is fertilised it settles into this soft lining of the womb/uterus and develops into a baby.
- If an egg (ovum) isn't fertilised (**by a sperm**), then the lining of the womb isn't needed. The lining breaks up and the spare blood it contains passes out of the woman's body through her vagina and vulva. This is what is called 'having a period'.
- Unlike when we cut ourselves, this flow of blood is normal and natural for a girl who has reached puberty. It shows that the girl's/woman's body is working as it should.
- Girls and women need something to soak up the blood (menstrual flow) as it comes out of the vagina and vulva. They can use an absorbent towel which they wear in their underwear, period pants or sometimes a tampon which they insert into the vagina, or period pants. It is important that these are changed regularly.
- The amount of blood leaving the body varies from woman to woman, but on average it's about two tablespoons worth, or enough to fill an egg cup. Most women have periods once a month until they are in their fifties when they gradually stop.

Lesson 4

Changing Me

Circles of Change

Story:

One day after school, Sofia and Levi were called into the kitchen by their Dad who wanted a chat. Their Dad said he had met a new girlfriend and he wanted to get married to her. Their mum had left when they were little, so Dad had always looked after them on his own. Dad said his girlfriend was called Maria and she also had two children, so they would be one big happy family. Levi and Sofia weren't so sure. They liked having Dad to themselves. Dad said he didn't want to rush anything and said for now he just wanted them to get used to the idea and *think about it* for a while.

A week or two went by and Dad asked the children how they were feeling about Maria and her children. He asked if they were ready to meet them. Levi and Sofia thought they may as well get it over with and *decided* to say yes. Dad asked where they would like to go for a special day out, and suggested a theme park. Later that day Sofia said to Levi at least they would get to go somewhere cool even if Maria was going to be there.

Two days before the trip, Dad sat down with Levi and Sofia and showed them some photographs of Maria and her children. He talked about them a lot so that Levi and Sofia were *prepared* before the trip. Sofia thought that Maria seemed kind, and they were both pleased to be getting an older brother and sister who were fun and caring.

The day of the trip arrived. The families met up. Maria and her children were very nice. Maria's teenage children who were called Sam and Olivia, enjoyed taking Levi and Sofia on the scarier rides that their parents didn't want to go on. Sam said that when they moved into the same house, he would teach Levi how to play basketball. Olivia said she was really looking forward to having a younger sister to share things with. Olivia was a blackbelt in Karate and she asked Sofia if she would like to start coming to classes with her. Sofia thought that would be great.

Over the next few weeks the two families met every weekend and slowly they began to change into one family. By the time of the wedding, it didn't seem to Sofia and Levi at all strange their family had changed, and even though they sometimes felt a little nervous about having a new family, it didn't seem anywhere near as scary compared to when their Dad had first told them.

Lesson 5

Changing Me

Accepting Change

Lesson 6

Changing Me

Looking Ahead