

Year 4 Sex Education Slides — Text

Lesson 1 - the physical changes that happen as people grow older.

Learning Intention

- To understand how our bodies grow and change as we get older, including some of the changes that happen during puberty.
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Key Vocabulary

- Grow
 - Change
 - Puberty
 - genitals
 - Teenager
 - Adult
 - Normal
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Lesson Content

Slide 1: Teacher Script

"Today we're going to talk about how our bodies grow and change as we get older. Everyone grows at their own pace, and these changes happen at different times for different people — and that's perfectly normal."

Purpose:

- Introduce the topic
- Reassure children that changes happen at different times for everyone.

- Share a range of pictures of young people to illustrate this
 - Set a positive, open, and supportive tone - 'It's OK to be different. We are all different. No one is exactly the same.'
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Slide 2: How Do We Change As We Grow?

Bullet Points:

- Learn new skills and hobbies.
 - As we get older, we develop new abilities like riding a bike, swimming, or playing a musical instrument.
- Develop our own likes and dislikes.
 - Everyone starts to find out what they enjoy and what they don't — and it's fine for these to be different from others.
- Physical changes - ask children which ones they are aware of - they may mention some of these (these will be covered in more detail in lesson 2):
 - Grow taller
 - Skin may become oilier and spotty
 - Sweat glands work more, causing body odour
 - Hair grows under arms and around private parts
 - Voices grow deeper (boys voices break)
 - Genitals begin to change
 - Breasts develop on girls
 - Develop more muscle

Purpose:

- Help children recognise natural, everyday changes they've already experienced or are experiencing.
 - Make connections between physical and personal growth.
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Slide 3: What Is Puberty?

Bullet Points:

- Puberty is when your body starts to change from a child's body to an adult's body.
- These changes usually happen between the ages of 8 and 16.
- Everyone starts puberty at different times — and that's completely normal.
- Changes can happen to your body and the way you feel inside.
- Reassure that these changes are healthy and important for growing up.

Purpose:

- Introduce the concept of puberty in a simple, age-appropriate way.
 - Normalize differences in timing.
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Slide 4: Any Questions?**Bullet Points:**

- Encourage children to write down any questions they have about growing up or puberty.
- Remind them there are no silly or bad questions.
- Explain that some might be answered today, and others in future lessons.
- Use a 'question box' or similar anonymous system if possible.

Purpose:

- Provide a safe space for children to ask about anything they're curious, worried, or confused about.
 - Encourage open and respectful discussion.
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Lesson 2 Be introduced to the early changes that occur during puberty, such as hair growth and changes in skin and body odour.

Learning Intention

- To learn about the early changes that happen to both boys' and girls' bodies during puberty, including hair growth, skin changes, and body odour.
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Key Vocabulary

- Puberty
- Body odour
- Hair growth
- Oily skin
- Spots
- Genitals
- Breasts
- Private parts
- Permission

Slide 1: Teacher Script

"Today we'll learn about changes that happen to both boys' and girls' bodies during puberty. These changes help the body get ready to become an adult. We'll talk about things like hair growth, skin changes, and other things you might notice."

"All our bodies will change as we grow into adults but not all at the same time. Some people will become tall really quickly while others take longer to grow. Baby teeth fall out at different times. It's OK that our bodies change at different times — we are all different."

Purpose:

- Set a safe, supportive, and reassuring tone for the lesson.
 - Introduce the focus on early puberty changes.
 - Emphasise that changes happen at different times for everyone.
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Slide 2:

Bullet Points:

- **Grow taller quickly.**
 - Height can increase quite quickly for some children during puberty.
- **Skin may become oilier and spotty.**
 - Sweat and oil glands become more active, which can cause spots.
- **Sweat glands work more, causing body odour.**
 - Sweating increases, and you might notice new body smells.
- **Hair grows under arms and around private parts.**
 - New hair starts to grow in places it didn't before.
- **Voices grow deeper (boys' voices break).**
 - Boys' voices might suddenly get deeper or crack sometimes.
- **Genitals begin to change.**
 - Boys' and girls' private parts grow and change shape.
- **Breasts develop on girls.**
 - Girls' chests start to develop and grow.
- **Boys develop more muscle.**
 - Boys' bodies can start to look more muscular.

Suggested Activity: 'Changes Matching Game' (Optional Printable Cards or Whiteboard Activity)

- Create cards or a list of the changes mentioned (e.g. "hair grows under arms" / "skin may get spotty" / "body gets taller").
- Children work in pairs or small groups to match the changes with whether they happen to boys, girls, or both (the answer will often be 'both' for this early stage of puberty).
- Discuss answers as a class — highlight that most changes happen to everyone, even if at slightly different times.

Purpose:

- Clearly explain the physical changes that occur during early puberty in an age-appropriate way.
 - Emphasise that these changes are normal and happen to everyone, though at different times.
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Slide 3: Private Body Parts

Bullet Points:

- **Your private body parts belong to you.**
 - Explain clearly what private body parts are (using appropriate language for your school setting).
- **No one should touch them without your permission.**
 - Reinforce the importance of consent and personal safety.
- **If you ever feel worried or uncomfortable, tell a trusted adult.**
 - Encourage children to talk to a parent, carer, teacher, or another trusted adult if they're ever unsure or upset.

Discussion Prompt:

"Why do you think it's important to remember that our private parts belong to us?"

Possible answers to explore:

- To keep ourselves safe.
- So we know our bodies are private and special.
- Because nobody should touch our private parts without permission.

Activity:

- Give children 2 or 3 made-up scenarios - which ones are safe/not safe?

1 If someone tries to tickle you somewhere you don't like.

- Not safe.** (It's your body and you can say no to being touched anywhere you don't want.)

2 If a doctor needs to check something when a trusted adult is there.

- Safe.** (Doctors sometimes need to check private parts to keep us healthy, but only with permission and a trusted adult with you.)

3 If a friend at school asks to see your private parts.

- Not safe.** (Private parts are private. No one should ask to see them.)

4) If your parent or carer helps you with something private, like putting cream on a sore area, and you've said it's okay.

- Safe.** (Trusted adults sometimes need to help us, but you should still be comfortable and able to say no.)

5) If an older child asks you to keep a secret about touching or looking at private parts.

- Not safe.** (Secrets about private parts should always be told to a trusted adult.)

6) If a teacher gives you a high five after you've done good work.

- Safe.** (This is a normal, friendly way of showing encouragement, and it's not a private part.)

7) If a stranger in a park wants to give you a hug.

- Not safe.** (You don't have to let anyone touch you if you don't want to, especially someone you don't know.)

8) If you feel uncomfortable about any kind of touch and you tell a trusted adult.

- Safe.** (It's always okay to tell someone you trust if you feel unsure about something.)

Purpose:

- Remind children about body privacy, ownership, and consent.
 - Link puberty changes with personal safety messages.
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Slide 4: Any Questions?

Bullet Points:

- **Encourage children to write any questions about puberty, growing up, or changes to their bodies.**
- **Reassure them that no question is silly or wrong.**
- **Explain that some questions might be answered today, others in future lessons.**
- **Use a question box or anonymous system if possible.**

Purpose:

- Provide a safe space for children to express curiosity and concerns.
- Build trust and openness about personal topics.

Lesson 3/4 - Learn about periods (menstruation) and erections in a factual, sensitive, and supportive way and where to get help if you start your periods at school.

Learning Intention

- To learn about periods (menstruation) and erections in a factual, sensitive, and supportive way, and to know where to get help if you start your period at school.

Key Vocabulary

- Period
- Menstruation
- Blood
- Vagina
- Uterus
- Ovaries
- Womb lining
- Erection
- Penis
- Puberty
- Sanitary pads
- Period pants

Slide 1: Teacher Script

"Today we'll talk about two important changes that happen to bodies during puberty — periods and erections. These are natural and healthy signs that the body is growing up. We'll explain what they are, why they happen, and how people manage them."

"It's important to remember that everyone's body changes at different times, and it's okay if some of these changes haven't happened to you yet or if they happen later on. You can always ask questions if you're unsure or want to know more."

Purpose:

- Set a calm, factual, and supportive tone.
- Reassure children about the normality of these changes.

- Encourage open conversation and questions.
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Slide 2: What Is a Period?

Bullet Points:

- A period is when a small amount of blood leaves the body through the vagina.
- It happens to people with a uterus and ovaries.
- Usually starts between the ages of 8–16.
- It's a normal and healthy part of growing up.
- It usually happens once a month and lasts a few days.
- Sanitary pads or other products are used to catch the blood.

Add in visuals (there are some in SCARF materials)

Script:

"A period is when a small amount of blood leaves the body through the vagina. It only happens to people who have a uterus and ovaries. Periods usually start sometime between the ages of 8 and 16, and they're a normal, healthy part of growing up."

"A period usually happens about once a month and lasts for a few days. People use pads or other products in their underwear to catch the blood. It might sound a little strange if you've not heard about it before, but it's completely natural."

Slide 3: Why Do Periods Happen?

Bullet Points:

- The body gets ready for a baby each month by building up a soft lining inside the womb (uterus).
- If no baby is made, the womb lining isn't needed and leaves the body as blood.
- This is called a period.
- It's a healthy way for the body to work.

Script:

"Each month, a person's body gets ready for a baby by building up a soft lining inside the womb. If no baby is made, the lining isn't needed, so it leaves the body as blood. This is called a period. It's a completely normal, healthy way for the body to work."

Activity 1: 'Period Kit' Quick Talk

- Show or describe a few items people might use during a period (e.g. pads, spare underwear, tissues, bag to carry them in).
 - Ask children: 'Why do you think it's helpful to have these at school or at home?'
 - Emphasise how teachers and school staff are always there to help.
 - If appropriate, explain where spare pads are kept in school and what to do if someone needs one.
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Slide 4: What Is an Erection?**Bullet Points:**

- **An erection is when the penis becomes firm and stands up.**
- **It can happen for no reason at all, especially during puberty.**
- **It's a normal part of growing up for boys.**
- **It doesn't mean anything bad is happening.**
- **It might feel uncomfortable, but it's harmless and temporary.**

Script:

"An erection is when the penis becomes firm and stands up. This can happen for no reason at all, especially during puberty. It's a completely normal part of growing up for boys."

"Sometimes it happens when you're asleep, or when you're just sitting around doing nothing. It might feel a bit uncomfortable or embarrassing, but it's harmless and it goes away on its own."

Slide 5: Any Questions?**Activity 2: 'Myth or Fact' Game**

Read out a few statements and ask children to show thumbs up for ‘fact’ or thumbs down for ‘myth.’

Example statements:

- “Only girls get periods.” (👍 Fact — but explain that not everyone identifies the same way and it’s linked to having a uterus.)
- “Periods are dangerous.” (👎 Myth — periods are healthy and normal.)
- “Boys get erections during puberty.” (👍 Fact)
- “Periods only happen at home, never at school.” (👎 Myth — they can start anytime, and it’s okay to ask for help.)

Bullet Points:

- Encourage children to write down any questions about periods, erections, or body changes.
- Reassure them that no question is silly or wrong.
- Explain that some questions might be answered today, and others in future lessons.
- Use a question box or anonymous system if possible.

Script:

“Now it’s your turn to ask anything you’re wondering about. You can write your questions on a piece of paper or in the question box. There’s no such thing as a silly question. If we don’t get to answer it today, we might cover it in our next lesson.”

Lesson 4 - Understand that hormonal changes can affect emotions, sometimes leading to mood swings or romantic feelings.

Learning Intention

- To understand that hormonal changes during puberty can affect emotions
 - To know ways to look after your feelings.
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Key Vocabulary

- Hormones

- Emotions
 - Mood swings
 - Romantic feelings
 - Puberty
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Slide 1: Teacher Script

"Today we'll learn about how hormones affect feelings and behaviour during puberty. Hormones are chemicals in our bodies that cause changes in how we grow, how we feel, and sometimes how we act."

"It's very normal to have stronger emotions as your body changes — you might feel happy one minute and sad the next, or suddenly get frustrated over something small. You might also notice new feelings, like liking someone as more than a friend."

"These feelings are a normal part of growing up and everyone goes through them in their own way."

Purpose:

- Set a calm, supportive tone.
 - Reassure children that changes in feelings are normal.
 - Introduce the idea of 'romantic feelings' in a sensitive, age-appropriate way.
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Slide 2: What Are Hormones?

Bullet Points:

- Hormones are chemicals inside the body.
- They help control how we grow and feel.
- They start working more during puberty.
- They affect both the body and emotions.

Script:

"Hormones are chemicals inside our bodies. They're like tiny messengers that travel around and help control things, like how we grow and how we feel. During puberty, hormones start working more, which is why our bodies and emotions can feel different."

Slide 3: How Do They Affect Us?**Bullet Points:**

- Mood swings — feeling happy, sad, or cross very quickly.
- Getting frustrated or angry more easily.
- Feeling nervous, shy, or worried.
- New feelings like liking someone in a different way, more than a friend.
- These feelings are normal and happen to everyone.

Script:

"When hormones start working more, they can affect our emotions. You might have what's called a 'mood swing' — where you feel really happy one minute and then suddenly sad or cross the next."

"It's also normal to feel frustrated or angry more easily, or to get nervous or worried about things you didn't before. Another thing that might happen is you notice you start liking someone in a new way — maybe wanting to spend more time with them or getting butterflies in your tummy when you see them. That's normal too."

Activity ; 'What Could You Do?' Scenario Discussion

- Give children a few made-up scenarios and ask them what advice they would give a friend to help them feel better.

10 Emotion Scenarios

1. **"You feel really cross with your friend for no reason."**
👉 What could you do to calm down or explain how you're feeling?
2. **"You suddenly feel like crying at playtime, even though nothing bad happened."**
👉 What could you do to help yourself feel better? Who could you talk to?

3. **“You feel butterflies in your tummy when you see someone you like.”**
👉 *What could you do if this makes you feel shy or nervous?*
 4. **“You get really grumpy at home when someone asks you to help tidy up.”**
👉 *How could you calm yourself down and explain how you’re feeling?*
 5. **“You feel left out when your friends don’t ask you to play their game.”**
👉 *What could you do or who could you talk to about it?*
 6. **“You suddenly feel really happy and giggly and don’t know why.”**
👉 *Is it okay to have mood swings like this? What could you do to enjoy the good feeling?*
 7. **“You feel really worried about something small, like forgetting your reading book.”**
👉 *What advice would you give a friend if they felt this way?*
 8. **“You start to feel frustrated when a game isn’t going your way.”**
👉 *What could you do to stop yourself from getting too upset?*
 9. **“You feel really shy about putting your hand up in class, even though you know the answer.”**
👉 *What could you remind yourself or do to feel braver?*
 10. **“You feel confused because you like playing with someone a lot and don’t know if it’s just friendship or more.”**
👉 *Who could you talk to about your feelings? Is it okay to feel like this?*
- Teacher circulates and listens in to best advice ideas - select some children to share their suggestions:

Purpose:

- Encourage children to think about healthy ways to manage their emotions.
- Normalise the idea of romantic feelings starting to appear.

Slide 4: Looking After Your Feelings

Bullet Points:

- Talk to a trusted adult (like a parent, carer, adult at school).

- Spend time doing things you enjoy (like playing, reading, drawing, or listening to music).
- Go outside for fresh air or exercise.
- Remember that everyone goes through this.
- Your feelings will settle over time.

Script:

"It's really important to look after your feelings during puberty. If you feel upset, worried, or confused, you can always talk to a trusted adult like a parent, carer, teacher, or school nurse."

"You can also help your mood by doing things you enjoy, like playing outside, listening to music, reading, or just spending time with friends. Remember — everyone goes through these feelings, and you're never alone."

Slide 5: Any Questions?

Bullet Points:

- **Encourage children to write down or ask any questions about feelings and hormones.**
- **Reassure them that no question is silly or wrong.**
- **Remind them that it's normal to feel unsure about new feelings and that trusted adults are always there to help.**