

Year 5 Sex Education Slides — (with Scripts)

Overview of what will be covered during these lessons

Children will:

- Recap the physical and emotional changes experienced during puberty.
- Discuss periods (menstruation), erections, and wet dreams sensitively and factually.
- Know what masturbation is.
- Learn more about how to look after their bodies during puberty, including personal hygiene, deodorant use, and sanitary products (period pants)
- Explore how puberty can affect emotions, including mood swings and romantic feelings.
- Discuss how to stay safe, respect personal boundaries, and identify trusted adults for support.

Lesson 1: Recapping Body Changes

L.I. - To learn about the physical changes that happen to our bodies during puberty. We will explore the differences between boys and girls, and understand that these changes are a natural part of growing up."

Vocabulary

- **Puberty** – The time in life when a person's body changes from a child's body to an adult's body, usually between ages 8 and 14.
- **Hormones** – Special chemicals in the body that control how we grow, develop, and feel. They play a big role in the changes during puberty.
- **Growth Spurt** – A period of rapid growth when a person gets taller very quickly.
- **Breasts** – The part of a girl's body that grows during puberty, preparing for breastfeeding when she's older.
- **Menstruation (Period)** – The monthly process where blood is released from a girl's body as part of becoming able to have babies in the future.
- **Voice Change** – The deepening of a boy's voice that happens during puberty because of hormone changes.
- **Underarm Hair** – Hair that starts to grow in the underarms during puberty.
- **Pimples/Spots** – Small bumps on the skin that can appear during puberty because of changes in hormones.

- **Mood Swings** – Feeling happy one moment and sad or angry the next, which can happen during puberty because of hormone changes.
- **Acne** – Red or swollen spots that can appear on the skin, especially on the face, due to changes in hormones during puberty.
- **Emotional Changes** – Changes in how you feel, like being more sensitive, moody, or confused, which can happen during puberty.
- **Penis and Testicles** – The part of a boy's body that grows during puberty. The penis grows in size, and the testicles produce hormones like testosterone, which helps the body go through the changes of puberty.
- **Physical changes** - shoulders and chest *may* widen in boys, hips *may* widen in girls.

Slide 1:

Teacher Script

"Today we're going to remind ourselves about how bodies change as we grow up. We'll look at some of the changes that happen during puberty and talk about how people might feel about those changes. Everyone's experience is different, and that's okay."

Slide 2: Changes During Puberty

Teacher Script:

Today we're learning about puberty — that's the time when your body starts to grow and change as you get older. It usually starts between ages 8 and 14. Everyone experiences some changes: you'll grow taller, get more body hair, and may notice more sweating or spots. Girls will start their periods and their breasts will grow. Boys' voices will get deeper and their private parts will grow too. You might also feel more emotional sometimes — that's completely normal. These changes happen to everyone, and there's nothing to worry about. If you ever have questions, you can always ask a trusted adult."

- Bodies grow taller and stronger
- Hair grows under arms and around private parts
- Skin may get oily or spotty (pimples)

- Sweat more – need to wash regularly
- Girls: breasts grow, periods start
- Boys: voices get deeper, testicles and penis grow
- Mood changes – feeling more emotional sometimes

Slide 3: How People Feel About Changes

Teacher Script:

"During puberty, it's not just your body that changes — how you feel can change a lot too. You might find that your moods change quickly — one minute you feel happy, and the next you might feel a bit sad or annoyed. This is because your body is going through lots of changes, and your feelings can sometimes feel a little out of control.

It's also normal to feel more sensitive or shy about the way your body looks or how you're changing. Sometimes, you might even feel confused or unsure about what's happening. But remember — these feelings are part of growing up.

Everyone experiences these feelings, and it's totally okay. If you're ever feeling upset or need someone to talk to, always feel free to ask a trusted adult."

- You might feel more sensitive or emotional
- Feelings can change quickly – happy one minute, sad the next
- You might feel more shy or embarrassed about your body
- It's normal to feel confused or unsure sometimes
- Everyone goes through these feelings – it's part of growing up!

Slide 4: Any Questions?

Teacher Script:

"Now, let's do a quick quiz to check what we've learned today about puberty. I'll read the questions aloud, and I want you to either answer with True/False or choose the right option. Don't worry if you don't know all the answers—this is just to see how much we've remembered!"

1. True or False:

Puberty is when a child's body changes into an adult's body.

- True
- False

2. What happens to girls during puberty?

- a) They start growing breasts
- b) Their voice becomes deeper
- c) They start growing testicles

3. What happens to boys during puberty?

- a) They start their periods
- b) Their penis and testicles grow
- c) They develop breasts

4. True or False:

Boys and girls can both experience mood swings during puberty.

- True
- False

5. What is a growth spurt?

- a) A period when you feel more emotional
- b) A time when you grow taller quickly
- c) A time when your voice changes

6. Which of the following might appear on your skin during puberty?

- a) Pimples or acne
- b) Freckles
- c) Wrinkles

7. True or False:

It's normal to feel confused or emotional during puberty.

- True
- False

Lesson 2: Periods and Erections – Recap & Extra Info

Learning Intention

We are learning about two natural changes that happen during puberty — periods and erections — and how people manage them.

Vocabulary

Period When a small amount of blood comes out from a girl's or woman's body through the vagina.

Erection When the penis becomes stiff and stands up on its own.

Puberty The time when children's bodies and feelings start changing as they grow into adults.

Vagina A part of the female body where periods come out.

Pad A soft, absorbent item worn in underwear to catch period blood.

Tampon A small, absorbent product is put inside the vagina to catch period blood.

**Period
Pants** Special underwear that can absorb period blood.

**Trusted
Adult** A grown-up you feel safe with and can talk to if you have a problem or question.

Slide 1:

Teacher Script:

"Today we'll revisit two natural parts of puberty — periods and erections — and explain how people manage these changes. It's important to understand what's happening and know what support is available. Remember, everybody's body grows and changes in its own time, and there's no 'right' or 'wrong' time for these things to start happening. If you ever feel unsure, worried or curious, you can talk to a trusted adult, like a parent, carer, teacher or school nurse. Let's remind ourselves what

periods and erections are, and learn a bit more about how people deal with them day to day."

Slide 2: What is a Period? (Recap)

Teacher Script:

"Let's start by reminding ourselves what a period is. A period is when a small amount of blood comes out from a girl's or woman's body through the vagina. It usually happens about once a month and is a natural part of growing up. It's the body's way of getting ready for being an adult one day. Periods can start at different ages for different people. Some people might start early in puberty, and others later — and that's completely normal."

- A small amount of blood comes out from the vagina.
 - It usually happens about once a month.
 - It's a natural part of growing up.
 - Periods can start at different ages — early or late is fine.
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Slide 3: What is an Erection? (Recap)

Teacher Script:

"Now let's recap what an erection is. An erection is when the penis becomes stiff and stands up on its own. This happens because blood flows into the penis. Erections can happen for lots of reasons — sometimes when people feel excited, sometimes when they wake up in the morning, and sometimes for no reason at all. It's a healthy, normal part of growing up for boys."

- The penis becomes stiff and stands up.
- Blood flows into the penis to make this happen.
- Erections can happen for lots of reasons or no reason at all.
- It's normal and healthy for boys.

Slide 4: How Do Women and Girls Manage Periods?

Teacher Script:

"So how do people manage periods? Well, there are special products people can use to catch the blood so their clothes stay clean. These include pads, tampons, and special period pants. People usually carry a spare product in their bag, just in case. If someone starts their period unexpectedly, they can ask a trusted adult, like a teacher or the school nurse, for help. It's nothing to be embarrassed about — periods are a normal part of life."

- Use pads, tampons or period pants to catch the blood.
- Carry spares in a bag just in case.
- Ask a trusted adult if you need help.
 - If it happens at school you can go to the school office and they will have some period products
- It's a normal part of life — nothing to be embarrassed about.

Slide 5: masturbation and wet dreams

"Let's talk about two things that can happen as you grow up. These are private body changes, and it's okay to learn about them."

Masturbation is when someone touches their private parts because it feels nice. Some people try it, and some people don't. Both are okay. It's something very private.

Wet dreams happen when a person with a penis releases a sticky white fluid while they're sleeping. This is called semen.

It can be surprising, but it's completely normal.

If you ever feel confused or have questions, you can talk to me or a trusted adult."

Masturbation

- When someone touches their own private parts because it feels nice. Some people do it, some people don't — both are okay. It's private and should only be done in a private place.

Wet Dreams

- When a person with a penis releases a sticky white fluid during sleep. It's called semen and it happens during puberty. It's normal and nothing to worry about.

Slide 6: How Do People Manage Erections?

Teacher Script:

"What about erections? Erections usually go away on their own after a little while. If it happens somewhere private, like at home, it's fine to wait until it stops. If it happens somewhere public, like at school, it can help to wear loose clothes or sit down until it goes away. Erections are a normal part of puberty, and lots of boys will have them. It's nothing to feel embarrassed or worried about."

- Erections go away on their own.
- Wait for it to stop if you're at home.
- If it happens in public, wear loose clothes or sit down. It's normal and happens to lots of boys.

Slide 7: Feelings and Changes

Teacher Script:

"During puberty, people's feelings can change too. You might feel different emotions, have mood swings, or even start fancying someone. This is all completely normal and part of growing up. The important thing is to talk about your feelings with someone you trust. Sharing your worries or questions can help you feel better and understand what's happening."

- Puberty can bring new emotions.
- Mood swings are normal.
- You might start fancying someone.
- Respect for each other - refer to sexual harassment in safeguarding policy - don't make personal comments about other children and don't gossip about them. Ask children the kinds of things that might be said that are not OK.
 - ***"You've got spots all over your face!"***
 - ***"You're so short, you look like a baby."***
 - ***"You've got hairy legs — gross!"***
 - ***"Your voice is weird and squeaky."***
 - ***"Why are your teeth so wonky?"***
 - ***"Ew, you smell funny."***

- ***"You're so fat. You look like a balloon."***
 - ***"Your boobs are too big/small!"***
 - ***"You've got man boobs!"***
- Talk to someone you trust if you feel worried or confused.

Slide 8: Who Can Help?

Teacher Script:

"If you ever feel unsure, worried or curious about puberty, it's important to talk to a trusted adult. That might be a parent or carer, a teacher, the school nurse, or another adult you feel safe with. No question is silly, and it's always okay to ask about your body or feelings."

Trusted adults like:

- Parents or carers
- Teachers
- School nurse

No question is silly — it's good to ask about your body.

Slide 9: Quick Recap Quiz

Teacher Script:

"Let's have a quick quiz to check what we've remembered. I'll read each question and you can put your hand up if you know the answer or call it out if you like."

Questions:

- 1. What is a period?**
- 2. What is an erection?**
- 3. Name one thing people can use to manage periods.**
- 4. What should you do if you have an erection in a public place?**
- 5. Who can you talk to if you have worries about your body?**

Lesson 3: Changing Emotions & New Feelings

Learning intention

"We are learning to understand how our emotions can change during puberty and how to manage new feelings in a healthy way."

Vocabulary

Puberty – The stage of physical development when a child's body becomes an adult body capable of sexual reproduction.

Emotions – Feelings that can range from happiness and love to anger, sadness, or frustration.

Moodier – Having more frequent or intense changes in emotions.

Feelings – Emotional experiences or sensations that come from within.

Normal – Something that is typical or expected, not unusual.

Talk about – To express thoughts or feelings through conversation, often with someone you trust.

Upset – Feeling emotionally disturbed, often in a negative or distressed way.

Liking – Having affection or a positive feeling towards someone.

Different way – A new or unfamiliar feeling that may be more intense or unusual compared to before.

Slide 1: Teacher Script

"Today we'll explore how puberty can affect our emotions. You might feel moodier, get upset more easily, or notice new feelings — like liking someone in a different way. These feelings are normal, and it's helpful to talk about them."

1. **Puberty Changes Emotions** – Puberty can make us feel moodier and experience stronger emotions.
2. **New Feelings** – You might notice new feelings, like liking someone in a different way or feeling more self-conscious.
3. **Normal Feelings** – Feeling upset or moody is completely normal during puberty.
4. **Talking Helps** – Sharing your feelings with trusted people can help you understand and manage them.
5. **Managing Emotions** – Using techniques like breathing or taking a break can help with strong emotions.

6. **Ask for Help** – *It's okay to reach out for support if you're feeling overwhelmed.*
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Slide 2: Mood Swings

"As we go through puberty, our bodies and emotions change. You might feel moody, upset more easily, or even have strong feelings, like liking someone in a new way. These mood swings are completely normal and happen to everyone. It's okay to feel all sorts of emotions during this time! If you ever feel overwhelmed by your emotions, try talking to someone you trust. It can really help to share how you're feeling."

Common emotions and causes:

- **Moodiness:** Hormonal changes during puberty can make your emotions feel more intense or change quickly.
 - **Anger:** Feeling frustrated because of changes in your body, school stress, or social situations.
 - **Happiness/Excitement:** New experiences, friendships, or achievements can make you feel really good!
 - **Sadness:** Changes in relationships, feeling misunderstood, or dealing with stress can cause sadness.
 - **Confusion:** Experiencing new feelings, like liking someone in a different way, or not understanding your emotions.
 - **Talking helps:** Sharing your feelings with someone you trust can help you understand and manage them.
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Slide 3: Romantic Feelings

"As you go through puberty, you might start having new feelings, especially towards people you like. These feelings are called romantic feelings. You might feel excited, nervous, or even a little shy when you're around someone you like."

"It's normal to start feeling this way during puberty. You might notice that your feelings for friends or classmates change, or that you start thinking about them in a different way."

"Remember, it's okay to feel this way — everyone goes through it at their own pace. And if you ever feel confused or unsure, it's helpful to talk to someone you trust about it."

- **Romantic feelings:** You may start feeling differently towards people during puberty.
- **Normal feelings:** It's normal to feel excited, nervous, or shy about someone you like.

- **Confusion is okay:** It's okay to feel confused, and you don't have to act on these feelings right away.
 - **Talk about it:** If you're unsure, it's helpful to talk to someone you trust (be careful who you share with).
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Slide 4: Looking After Yourself

"As you go through puberty, your emotions can change a lot, and that's normal. But it's really important to look after yourself, especially when you're feeling overwhelmed or unsure."

"Here are some ways to take care of your emotional health:"

1. **Take breaks** – *"When you're feeling moody or upset, it's okay to take a break and calm down. Step away from the situation for a little while."*
2. **Talk to someone you trust** – *"Talking to a parent, friend, or teacher can help you understand your feelings better and feel supported."*
3. **Do something you enjoy** – *"Engaging in a hobby or activity you love, like drawing, reading, or playing sports, can help boost your mood."*
4. **Stay active** – *"Exercise helps release positive feelings and can make you feel better when you're stressed or anxious."*

"Remember, it's okay to have strong feelings during puberty, but taking care of yourself will help you feel better and more in control."

Slide 5: Any Questions?

Write them in the question box if you'd like.

Recap Quiz: Understanding Puberty and Emotions

1. What can cause mood swings during puberty?

- a) Changes in your body and hormones
- b) Eating too much sugar
- c) Playing video games
- d) Lack of friends

2. Is it normal to feel different emotions like anger, happiness, or confusion during puberty?

- a) Yes
- b) No

3. If you're feeling upset or confused, what is a good way to manage those emotions?

- a) Take a break
- b) Keep everything to yourself
- c) Ignore the feelings
- d) Yell at others

4. What's one way to take care of your emotions during puberty?

- a) Talk to someone you trust
- b) Ignore your feelings
- c) Keep your emotions hidden
- d) Only focus on schoolwork

5. True or False: Romantic feelings during puberty are unusual and should be ignored.

- a) True
- b) False
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Lesson 4: Personal Space, Privacy & Keeping Safe

Learning intention

We are learning to understand what personal space and privacy mean, and how to keep ourselves safe in different situations.

Vocabulary

- **Self-care** – Taking care of your body, mind, and feelings to stay healthy and happy.
- **Private parts** – The parts of your body that are covered by underwear or a swimsuit. These are personal and should not be touched by others without permission.
- **Deodorant** – A product used to stop body odour, especially under the arms.
- **Hygiene** – Keeping your body clean by washing regularly, brushing your teeth, and changing into clean clothes.
- **Trusted adult** – A grown-up you can rely on for support, help, and safety. Examples: parent, teacher, school staff.

- **Permission** – Giving someone the okay to do something. It's important to always ask for permission before touching someone's private parts.
- **Private** – Something personal that should not be shared with others unless you choose to.
- **Comfortable** – Feeling relaxed and safe. You should feel comfortable with the people around you, especially trusted adults.
- **Body safety** – The idea that your body belongs to you, and you have the right to say no to things that make you feel uncomfortable.
- **Support** – Help or assistance from a trusted person when you need it.

Slide 1: Teacher Script

"Today we're going to talk about personal space, privacy, and keeping ourselves safe. As our bodies and feelings change, it's important to remember we have the right to privacy and to say no to anything that makes us uncomfortable."

Slide 2: Private Body Parts and Saying No

"Some parts of our body are private — they are the parts covered by underwear or a swimsuit.

No one should touch your private parts, unless it's to help keep you healthy — like a doctor, with your parents or carer there.

Your body belongs to you. If anyone touches you in a way that feels wrong or makes you uncomfortable, tell a trusted adult. You are never in trouble for speaking up.

It's okay to say no, and it's okay to tell."

- Private parts are the parts of the body covered by underwear or a swimsuit.
- Your body belongs to you.

- No one should touch your private parts without a good reason (like a doctor, with an adult you trust there).
- It's okay to say no to any touch that feels wrong or uncomfortable.
- If someone does something that makes you feel confused, upset, or unsafe — tell a trusted adult.
- You are never in trouble for telling the truth.
We don't keep secrets about touches or things that make us feel unsafe.

Slide 3: Self-Care Top Tips

"Today we're going to talk about self-care — that means looking after your body and your feelings as you grow up.

As your body starts to change, it's really important to stay clean and healthy. Washing your body every day helps remove sweat and dirt, especially under your arms. It's also important to wear clean clothes every day so you feel fresh and comfortable.

Around this age, some people start to sweat more. That's normal, but it can sometimes cause body odour. Using deodorant each day can help with this and keep you smelling nice.

You should also change your underwear every day. Clean underwear helps you stay healthy and feel good. And don't forget to look after your skin and hair too. Washing your face, brushing your hair, and using shampoo when you wash your hair are all part of good self-care.

But self-care isn't just about your body — it's about your feelings too. During puberty, your emotions might feel stronger. You might feel grumpy, sad, or confused sometimes. That's normal. What's important is to try to stay calm, and to talk to someone you trust, like a parent, carer, or teacher. Talking about how you feel really helps.

Taking care of your body and your mind helps you feel more confident, comfortable, and happy every day."

- Wash your body every day to stay clean and fresh.
- Wear clean clothes each day.
- Use deodorant to help with body odour during puberty.
- Change your underwear every day.
- Look after your skin and hair by washing and brushing regularly.

- Mood swings are normal during puberty — it helps to talk to someone you trust.
- Taking care of your body and feelings helps you feel healthy, confident, and happy.

Slide 4: Trusted Adults

"Today, we're going to talk about trusted adults — these are grown-ups you can rely on to help keep you safe, support you, and listen to your worries.

A trusted adult is someone who cares about you, listens to you, and helps when you need it. This could be a parent, carer, teacher, or school staff member. It might also be an older relative or someone else you trust and feel comfortable with.

Why are trusted adults important?

Sometimes, when we have problems or feel confused, it can be hard to know what to do. Trusted adults are important because they are there to help you work through those problems, no matter how big or small. They can also protect you if something ever makes you feel unsafe.

A trusted adult can be someone who:

- **Helps you when you're feeling upset or worried.**
- **Listens to you without judging.**
- **Keeps your secrets safe (unless you're in danger).**
- **Gives you advice when you need it.**
- **Makes sure you stay safe at home, at school, or when you're out.**

It's important to remember that you can talk to a trusted adult about anything. If something doesn't feel right or you feel uncomfortable, they will listen and help you figure out what to do.

Who are your trusted adults?

Think about the grown-ups in your life who you trust. Maybe it's a parent, a teacher, a school nurse, or another relative. They are there to help you, and you can turn to them whenever you need support.

- **Trusted adults are grown-ups you can rely on for help, support, and safety.**
- **Examples of trusted adults: parents, carers, teachers, school staff, or older relatives.**

- Trusted adults listen, help, and protect you when needed.
- They are important because they can help with problems, give advice, and keep you safe.
- You can talk to a trusted adult about anything that makes you feel uncomfortable or unsafe.
- Trusted adults keep your secrets safe (unless you're in danger).
- It's important to know who your trusted adults are, so you can turn to them when you need support.

Slide 6: Any Questions?

If you have any more questions after class, feel free to come and ask me. Remember, taking care of yourself and knowing who you can trust is really important. Keep being kind to yourself and others!"

Quiz

What is a trusted adult?

(Answer: A trusted adult is a grown-up you can rely on for help and support, like a parent, teacher, or school staff member.)

Why should you wash your body every day?

(Answer: To stay clean, fresh, and healthy, and to remove dirt and sweat.)

What should you do if someone touches your private parts without permission?

(Answer: Tell a trusted adult right away and let them know what happened.)

Why is it important to change your underwear every day?

(Answer: It helps keep your body clean and comfortable, and it's important for good hygiene.)

What should you do if you feel upset or confused about something?

(Answer: Talk to a trusted adult who can help you understand or solve the problem.)

If up-skirting comes up in conversation, please use the following script:

Upskirting. This is when someone tries to take a photo under another person's clothing without them knowing. This is **wrong, invasive, and against the law.**

It's important to understand:

- We should always **respect other people's bodies and privacy.**
- **No one** should ever try to look at or take pictures of someone under their clothes.
- If you ever see or hear about this kind of behaviour, it's important to **tell a trusted adult** straight away.

We want everyone to feel safe, respected, and confident to speak up when something isn't right. If you have any questions or worries, your teacher is here to help.