

MEDWAY PRIMARY PSHE EDUCATION
RELATIONSHIPS AND SEX EDUCATION

YEAR 6

Resource A

Puberty fact or myth cards

1. Everybody starts puberty at the same time, around the age of eight	2. Pubic hair grows during puberty
3. People's body shape changes when they grow through puberty	4. Everyone get tummy ache when they get their period
5. It is normal to have mood swings or to feel different, strong emotions during puberty	6. The size of a person's breasts or penis is determined at puberty
7. Puberty causes people to sweat more	8. Voices get deeper at puberty
9. Squeezing spots will help them to go away	10. Pads are the only available for use during periods
11. Puberty is a natural part of growing up and the human life cycle	12.

Resource B

Puberty prompt statements

Important to know now / important in the future / might never be important

How to talk to their parents about puberty

How often to wash their hair

When someone in their class grows pubic hair

How to use a pad

How to use tampons or different types of period products

How to manage a wet-dream

What type of bra to buy

How it feels to fancy someone

Who to ask questions about puberty

Which books and websites have good information about puberty

How to shave

Who someone in their class fancies

How to apply make-up

Which products would help with spots

The best type of deodorant

How to help a friend who feels embarrassed about puberty

Resource D

Puberty postcard

PUBERTY — 3 important things for a young person to remember are:

1.

2.

3.


