

## SRE Parent's Meeting

The resources which are recommended for use in North Yorkshire Schools can be found at

[https://www.healthpromotion.ie/health/inner/busy\\_bodies](https://www.healthpromotion.ie/health/inner/busy_bodies)

Scroll to the bottom of the page to see the video clips.

It is an Irish resource so some of the language used around school years and legal ages are different to England. This will be cleared up with children during discussion.

### An outline of things which will be covered...

Before anything is discussed, ground rules are put in place for the whole class and a 'question box' located in the classroom for any sensible questions to be put in. These are revisited at the start of each session.

- *Feelings and emotions* – looking at scenarios which some of the class may have already experienced or may happen (discussion, role play)
- *Relationships and friends* – understanding some of the feelings which other people may exhibit and looking at what a good friend *really* is and how we can all be one (written work - a good friend is, discussion, role play)
- *What happens during puberty?* – thinking about changes throughout their lives so far and what is to come (clip, science link, human life cycle, technical language)
- *How boys' bodies grow and develop during puberty / How girls' bodies grow and develop, including menstruation* – separate sessions for the boys and the girls. Both will focus on their own changes but will spend time talking about changes which the other goes through (clip, discussion)
- *How babies are made* – included in the above session when boys and girls are separate.
- *Enjoying growing up* – thinking about more changes and things they should think about – diet, looking after themselves, spots etc (clip, discussion, scenarios)

References will be made throughout as to what to do if they feel worried about anything or have any questions.