

Puberty Package – Year 6

HH Kids are pleased to be able to offer a package of puberty lessons aimed at Year 6 pupils. The package consists of 4 lessons that include a joint introductory lesson, a boys' only lesson, a girls' only lesson and a joint concluding lesson. HH Kids are dedicated to working within a school's policy and procedures and carry out an initial pre-meeting with a member of staff to ensure the package meets school needs. The lessons are interactive with a wide variety of activities to meet the different learning styles of pupils.

If schools book this Year 6 puberty package as well as our popular Year 5 drug education package for delivery within the same academic year, discounts are available.

Lesson 1 – Joint introduction

- To explain when and how puberty starts
- To outline male and female changes during puberty
- To describe how the reproductive organs work and the correct names of body parts
- To recognise emotional changes during puberty

Lesson 3 – Girls only

- To explain the menstrual cycle
- To outline different sanitary products, how they are used and disposal
- To recognise breast development

Lesson 2 – Boys only

- To describe the visible and emotional changes during puberty
- To state the names of male external and internal body parts
- To outline male body functions - erections and wet dreams
- To recognise the need for maintaining good personal hygiene and testicular awareness

Lesson 4 – Joint concluding

Option 1 – Conception & Pregnancy

- To explain conception and cell division and the terminology used
- To describe the signs and symptoms of pregnancy
- To outline the stages of pregnancy
- To identify who can help during pregnancy and the health needs of mother and child

Option 2 – General Health

- Identify why personal hygiene is important and list some products
- Recognise what causes spots and how to treat them
- Outline how much sleep is needed and why it is important

An optional parent awareness session is also available to schools

Contact Us

Joanne Hill / Louise Meekin - 07542 767176

E-mail: contact@hhkids.co.uk

Website: www.hhkids.co.uk

