

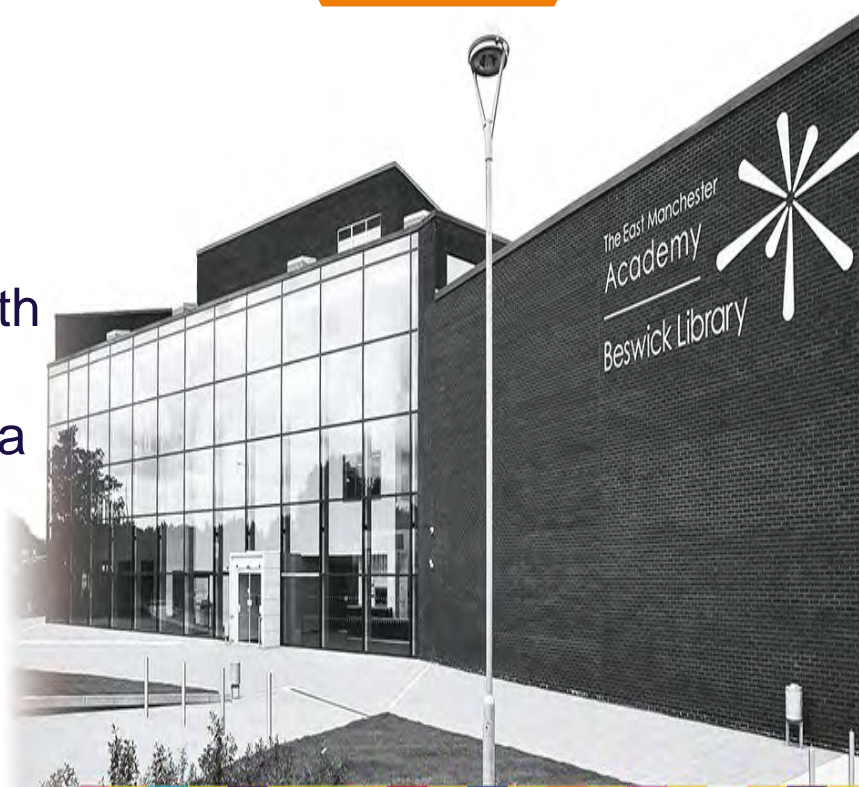


Personal Development

Curriculum Information

Year 7
Half Term 1-3

We will equip all students with the skills, abilities, attributes and qualifications to pursue a fulfilling career, contribute positively to their communities and be active, global citizens.



Rationale



Why Personal Development Matters

Personal development is significant in equipping young people with the knowledge, skills, and values they need to lead healthy, safe, and fulfilling lives. It helps them develop:

- **Resilience:** The ability to bounce back from challenges and setbacks.
- **Self-awareness:** A deep understanding of their own strengths, weaknesses, and emotions.
- **Social skills:** The capacity to build and maintain positive relationships.
- **Decision-making skills:** The ability to make informed choices about their health, relationships, and future.

A Comprehensive Approach

Our Personal Development curriculum is informed by safeguarding information from local, national, and global sources. This ensures that our students are protected from harm and equipped with the knowledge to stay safe.

The curriculum covers a wide range of topics, including:

- **Personal Safety:** Teaching students how to stay safe online and offline.
- **Sex and Relationship Education:** Providing age-appropriate information about relationships, sexuality, and consent.
- **Health and Wellbeing:** Promoting physical and mental health, including healthy eating, exercise, and stress management.
- **Financial Education:** Teaching students about money management, budgeting, and saving.
- **Careers:** Helping students explore career options and develop the skills they need to succeed in the workplace.
- **Community and Responsibility:** Encouraging students to become active and responsible citizens.
- By integrating PSHE into our curriculum, we aim to equip our students with the tools they need to thrive in the 21st century. We believe that a well-rounded education, which includes life skills alongside academic subjects, is essential for preparing our students for success in all aspects of their lives.

Year 7 Overview



Half Term	Content
Half term 1	Personal Safety
Half term 2	Sex and Relationship Education
Half term 3	Healthy Bodies
Half term 4	Financial Education
Half term 5	Career
Half term 6	Digital Citizenship

Why Personal Safety in Year 7 - Half Term 1?



Starting secondary school can be a big transition for young people. The Personal Safety program in Year 7's first half term is designed to help your child:

- **Feel safe and secure** in their new environment.
- **Develop strategies for staying safe** online and offline.
- **Recognise and report bullying** or inappropriate behaviour.
- **Build resilience and confidence** in dealing with potentially risky situations.
- **Learn about healthy relationships** and positive interactions with peers.

What to Expect from the Personal Safety Program:

- Interactive lessons and activities that make learning engaging and fun.
- Opportunities to discuss real-life scenarios and develop coping mechanisms.
- Open communication between teachers and students to ensure your child feels comfortable asking questions and seeking help.
- We believe this program will equip students in your form with the knowledge and confidence to navigate the world safely and responsibly.

Sun and Water Safety

• Why Sun and Water Safety?

The beginning of the school year often coincides with warmer weather, encouraging outdoor activities. However, it's crucial for young people to understand the potential risks associated with sun exposure and water environments. By learning essential safety practices, students can enjoy these activities confidently and minimise the risk of injury.



What will you teach the students?

Our program will incorporate resources from trusted organizations like Greater Manchester Fire and Rescue Service (GMFRS) and the NHS to provide your child with comprehensive knowledge on:

Sun Safety: This includes understanding the effects of UV rays, sun protection techniques (sunscreen, hats, clothing), recognizing the signs of sunburn, and sunstroke prevention.

Water Safety: This covers recognising dangerous water environments (rivers, open water), what to do in an emergency, and the importance of adult supervision around water.

Signposting links and extra reading

• **Greater Manchester Fire and Rescue Service (GMFRS):** <https://manchesterfire.gov.uk/> (Look for resources under "Water Safety" and "Sun Safety")

• **NHS Sun Safety Campaign:**
<https://www.nhs.uk/live-well/seasonal-health/sunscreen-and-sun-safety/>

• **The Royal National Lifeboat Institution (RNLI):**
<https://rnli.org/safety> (Look for resources under "Beach Safety" and "Children's Resources")

• **The Royal Society for the Prevention of Accidents (RoSPA):**
<https://www.rospace.com/leisure-water-safety/water>



Lifeboats



Road Safety

Why Road Safety?

Understanding road rules and responsible behaviour are crucial for young people as they navigate their surroundings, whether on foot, as cyclists, or passengers. This program aims to equip students in your form with the knowledge and skills to navigate roads safely and confidently.



What do we teach the students?

We've partnered with trusted organisations like Greater Manchester Fire and Rescue Service (GMFRS) and Greater Manchester Police (GMP) to provide comprehensive learning.

Pedestrian Safety: This includes crossing roads safely (using the Green Cross Code and traffic lights), understanding road signs and markings, and being aware of potential hazards.

•**E-Scooter Safety:** As e-scooters become increasingly common, students will learn about safe riding practices, age restrictions, and responsible use.

•**Seat Belt Safety:** We'll emphasise the importance of wearing seat belts correctly in all moving vehicles and the dangers of not doing so.

•**Safer Passenger Practices:** This covers good behaviour in moving vehicles, the importance of not distracting drivers, and being aware of potential dangers inside cars.

Signposting links and extra reading:

•**Greater Manchester Fire and Rescue Service (GMFRS):** <https://manchesterfire.gov.uk/> (Look for resources under "Road Safety")

•**Greater Manchester Police (GMP):** <https://www.gmp.police.uk/news/greater-manchester/news/news/2023/august/new-roads-policing-unit-pulls-into-bury/> (Look for resources under "Road Safety")

•**Think! Road Safety:** <https://www.think.gov.uk/> (Government website with interactive resources)

•**Brake: The Road Safety Charity:** <https://www.brake.org.uk/> (Offers educational resources and campaigns)



Rail Safety



Why Rail Safety?

Railways are vital transportation hubs, but they can also be dangerous environments if not approached with caution. Knowing how to interact safely with the railway network is crucial for young people. This program will equip students

with the knowledge and skills to navigate train stations and surroundings safely.

• What do we teach the students?

We've partnered with trusted organizations like Greater Manchester Fire and Rescue Service (GMFRS), Greater Manchester Police (GMP), and Network Rail to provide comprehensive learning. Students will learn about:

Train Crossings: This covers understanding different crossing types (level crossings, footbridges), following safety signals (lights, barriers), and the importance of looking both ways before crossing.

Station Safety: Students will learn about safe behaviour within stations, including staying away from platform edges, avoiding distractions (phones), and not running on platforms.

Electrification Dangers: We'll emphasise the dangers of overhead power lines and trespassing on the railway tracks. This includes understanding the risks of electric shock and staying clear of all train equipment.

Trespassing Risks: Students will learn about the dangers of trespassing on railway lines, the potential legal consequences, and the importance of using designated pathways.

Signposting and extra reading.

•Greater Manchester Fire and Rescue Service

(GMFRS): <https://manchesterfire.gov.uk/> (Look for resources under "Rail Safety")

•Greater Manchester Police

(GMP): <https://www.gmp.police.uk/> (Search for "Rail Safety" resources)

•Network

Rail: <https://www.networkrail.co.uk/stories/educational-resources-for-children/>

•The British Transport

Police: <https://www.btp.police.uk/cp/crime-prevention/btp/railway-crime/travel-safely-rail/>



FGM

Why FGM Awareness?

- FGM is a harmful practice that can have devastating physical and emotional consequences for girls. While it's illegal in the UK, raising awareness is crucial for ensuring the safety of young women and girls in our community.



What do we teach the students?

- Our program will be delivered sensitively and appropriately for the age group. We will utilise resources from trusted organizations like The National FGM Centre (NFGM), Manchester Healthy Schools, and Forward UK to provide your child with:

Basic understanding of FGM: This includes what FGM is, the different procedures involved, and the legal status in the UK.

The impact of FGM: We will discuss the physical and emotional harm caused by FGM and the importance of seeking help.

Knowing where to get help: students will learn about confidential support services available for those at risk or affected by FGM.

Creating a Safe Space for Discussion:

- We understand this can be a sensitive topic. Our teachers will create a safe and supportive environment where your child can ask questions and learn without judgment

Signposting links and extra reading:

•The National FGM Centre

(NFGM): <https://nationalfgmcentre.org.uk/> (Offers resources and a helpline)

•Plan International

UK: https://www.instagram.com/plan_uk/p/C3BBcsvgx0w/ (Information and resources on FGM)

•NSPCC: <https://learning.nspcc.org.uk/child-abuse-and-neglect/fgm> (Information and resources on FGM, including a helpline)

Working Together for a Safe Future:

By creating awareness and open communication, we can help to prevent FGM and ensure the safety and well-being of young women and girls in our community.



NSPCC

Fire Safety and Anti-Social Behaviour



Why Fire Safety and Anti-Social Behaviour?

These topics are crucial for young people to understand. Fire safety knowledge empowers your child to stay safe in their homes and surroundings, while understanding anti-social behaviour helps them navigate social situations responsibly. We've partnered with trusted organizations like Greater Manchester Fire and Rescue Service (GMFRS) and Greater Manchester Police (GMP) to provide comprehensive learning.

Fire Safety:

- **Understanding fire risks:** Students will learn about common fire hazards in the home and at school.
- **Escape planning:** We'll emphasise the importance of fire drills and creating a fire escape plan at home.
- **Fire safety actions:** Students will learn what to do in case of a fire, including calling 999 and safely exiting a building.

Anti-Social Behaviour:

- **Identifying anti-social behaviour:** This covers bullying, vandalism, and other disruptive actions.
- **The impact of anti-social behaviour:** We'll discuss how anti-social behaviour can affect others and create a negative environment.
- **Positive conflict resolution:** Students will learn strategies to handle disagreements and challenges in a respectful manner.
- **Interactive Learning and Trusted Resources:**
- These topics will be taught through engaging lessons, activities, and discussions. Additionally, students will have access to resources provided by GMFRS and GMP, featuring reliable information and visuals that reinforce key safety messages.



Signposting links and extra reading:

- **Greater Manchester Fire and Rescue Service (GMFRS):** <https://manchesterfire.gov.uk/> (Offers fire safety resources and educational materials)
- **Greater Manchester Police (GMP):** <https://www.gmp.police.uk/> (Search for "Anti-Social Behaviour" resources)
- **The National Fire Chiefs Council:** <https://www.nationalfirechiefs.org.uk/> (Offers fire safety advice and resources)
- **The Anti-Bullying Alliance:** <https://www.antibullyingalliance.org/> (Provides information and resources on bullying prevention)

Beewell Survey



This year, The East Manchester Academy (TEMA) is excited to participate in the **#Beewell** student wellbeing survey for Year 7 students.

What is the Beewell Survey?

Beewell is a confidential survey designed by young people, for young people. It asks questions about various aspects of your child's well-being, including:

- How they feel about school life
- Their social connections
- Their level of happiness and satisfaction
- Their experiences of bullying or discrimination (if any)

Who Runs the Beewell Survey?

- The Beewell program is run by a consortium of organizations dedicated to improving the well-being of young people in Greater Manchester. This includes schools, local authorities, and public health bodies.

Why Do We Participate?

- We believe student well-being is crucial for academic success and overall happiness. By participating in Beewell, we gain valuable insights into:
- How students are feeling at school
- Areas where we can improve student support
- The overall well-being of our Year 7 cohort

Benefits of Beewell for TEMA:

- The anonymous data collected through Beewell will help us:
- Develop targeted initiatives to improve student well-being
- Ensure a positive and inclusive learning environment for all
- Direct resources towards areas of greatest need

Participation and Confidentiality:

- Participation in the Beewell survey is completely voluntary for your child. They will have the opportunity to skip any questions they feel uncomfortable answering. All responses are anonymous, and individual student data cannot be identified.
- We appreciate your support in ensuring a positive and well-rounded school experience for students in your form

Half Term 2 - Sex and Relationship Education



Why We Teach Sex and Relationship Education

At East Manchester Academy, we believe that comprehensive Sex and Relationship Education (SRE) is vital for our students' well-being and development. The UK government and the PSHE Association share this view, highlighting the importance of SRE in equipping young people with the knowledge, skills, and values to form healthy and respectful relationships.

This Half Term

This half term, our Year 7 students will explore a range of topics designed to build a strong foundation for their understanding of relationships and sexuality. These include:

- **Committed, stable families:** Understanding the importance of strong family bonds and the role they play in a child's development.
- **Positive relationships for raising children:** Learning about healthy parenting practices and the impact they have on a child's emotional and social well-being.
- **Wider family relationships:** Exploring the diverse range of family structures and the significance of extended family and community connections.
- **Boundaries, privacy, and consent:** Developing an understanding of personal boundaries, the right to privacy, and the importance of seeking and respecting consent.
- **Conflict resolution:** Learning effective strategies for managing conflict peacefully and respectfully.

By covering these topics, we aim to empower our students to make informed choices, build strong relationships, and protect themselves from harm.

Committed Stable Families



Why We Teach About Committed, Stable Families

Understanding the importance of committed, stable families is a crucial part of year 7's personal development. This knowledge will help students build strong relationships, make informed decisions, and contribute positively to your community.

What do we teach the students?

During this lesson we'll explore a range of topics, including:

- Family Structures:** Learning about different types of families, such as nuclear, extended, and single-parent families.
- Benefits of Strong Families:** Understanding the positive impact that strong family bonds can have on your emotional, social, and academic well-being.
- Building Strong Families:** Exploring strategies for building and maintaining healthy family relationships, such as effective communication, empathy, and respect.
- Conflict Resolution:** Learning how to resolve conflicts peacefully and respectfully, both within your family and with others.

Sign posting links and extra reading

For more information on these topics, you can visit the following websites:

- NHS:** <https://www.nhs.uk/>
- Childline:** <https://www.childline.org.uk/>
- Family Lives:** <https://www.familylives.org.uk/>



Positive Relationships for Raising Children



Why We Teach About Positive Relationships for Raising Children

Understanding the importance of positive relationships for raising children is a crucial skill for the future. By learning about the foundations of strong parent-child bonds, students will be better equipped to build healthy relationships with their own children and contribute to a positive society.

What Do We Teach?

Attachment and Bonding: We explore the significance of early attachment and bonding between parents and children, and how it influences a child's emotional and social development.

Communication: We discuss effective communication techniques, such as active listening, empathy, and respectful dialogue, and how they can strengthen family relationships.

Nurture: We delve into the importance of providing a nurturing environment for children, including physical, emotional, and intellectual support.

Long-Term Benefits to Children: We highlight the long-term benefits of positive parenting, such as increased self-esteem, better academic performance, and stronger social skills.

- **Signposting and Extra Reading**

- For more information on these topics, you can visit following websites:

- **NHS:** <https://www.nhs.uk/>
- **NSPCC:** <https://www.nspcc.org.uk/>
- **Parent Info:** <https://parentinfo.org/>



Family Diversity



Why We Teach About Wider Family Relationships

Understanding the diversity of family structures and the importance of wider family relationships is a crucial aspect of your personal development. By exploring these topics, students gain a broader perspective on family life and the role of family in society.

What Do We Teach?

- Family Diversity:** We discuss the different types of families, such as nuclear, extended, single-parent, and blended families, and how family structures can vary across cultures and communities.

- Values:** We explore the values that underpin strong family relationships, including love, respect, trust, and support.

- Benefits of Wider Family Relationships:** We highlight the positive impact that wider family relationships can have on individuals, such as increased social support, emotional well-being, and a sense of belonging.



Signposting and Further Reading

For more information on these topics, you can visit the following websites:

- NHS:** <https://www.nhs.uk/>

- Family Lives:** <https://www.familylives.org.uk/>

- The Proud Trust:** <https://www.theproudst.org/>



Boundaries, Privacy and Consent



Why We Teach About Boundaries, Privacy, and Consent

At TEMA, we believe it's crucial for our students to understand the importance of personal boundaries, privacy, and consent. By learning about these topics, students will be empowered to make informed decisions, protect themselves, and build healthy relationships.

What We Teach

- **Personal Space:** We teach students about the concept of personal space and the importance of respecting others' boundaries.
- **Physical, Emotional, and Social Boundaries:** We help students understand the different types of boundaries and how to set and maintain them.
- **Consent:** We define consent and emphasise the importance of obtaining and respecting consent in all situations.
- **Informed Consent:** We explore the concept of informed consent, which involves making decisions based on accurate information.
- **UN Rights of the Child:** We introduce the United Nations Convention on the Rights of the Child and how it relates to personal boundaries, privacy, and consent.

Signposting and Further Reading

For more information on these topics, you can visit the following websites:



- **Childline:** A confidential helpline for children and young people in the UK. They offer advice and support on a range of issues, including relationships, sexuality, and online safety.
 - Website: <https://www.childline.org.uk/>
- **Plan International:** A global organisation working to advance children's rights and equality for girls. They provide information and resources on a range of issues, including consent, body image, and online safety.
 - Website: <https://plan-international.org/>
- **NSPCC:** The NSPCC is the UK's leading children's charity, fighting for every child to be happy, confident, and empowered. They offer a range of resources and advice on child protection and safeguarding.
 - Website: <https://www.nspcc.org.uk/>



Conflict Resolution

Why We Teach Conflict Resolution

At TEMA, we believe it's important for our students to develop effective conflict resolution skills. By learning how to manage conflict peacefully, students can build stronger relationships, reduce stress, and create a more positive learning environment.



What We Teach

- Communication:** We teach students effective communication skills, such as active listening, empathy, and assertive communication. These skills help students to express their needs and feelings clearly and respectfully.
- Scripting Mediation:** We introduce students to scripting mediation, a structured approach to conflict resolution that involves identifying the problem, generating solutions, and reaching an agreement.
- Problem-Solving:** We help students develop problem-solving skills, such as brainstorming, decision-making, and compromise. These skills enable students to find creative solutions to conflict.
- Emotional Resilience:** We teach students how to manage their emotions effectively, such as recognising and regulating their feelings. Emotional resilience helps students to respond to conflict in a calm and rational manner.

Signposting and Further Reading

For more information on these topics, you can visit the following websites:

•**Childline:** A confidential helpline for children and young people in the UK. They offer advice and support on a range of issues, including relationships, sexuality, and online safety.



•Website: <https://www.childline.org.uk/>

•**Family Lives:** A charity that offers practical advice and support for families across the UK. They provide resources and information on a variety of topics related to family life, including conflict resolution and communication skills.



•Website: <https://www.familylives.org.uk/>

•**Mind:** A mental health charity in England and Wales. They offer information and support on a range of mental health issues, including stress, anxiety, and depression.



•Website: <https://www.mind.org.uk/>

Ending Friendships



Why We Teach About Ending Friendships

Ending a friendship can be a difficult experience, but it's important to understand how to navigate these situations with kindness and respect. At TEMA, we help our students develop the skills to cope with the end of a friendship and move forward positively.

What We Teach

- **Healthy vs. Unhealthy Relationships:** We help students to identify the qualities of healthy and unhealthy friendships, such as mutual respect, trust, and support.
- **Navigating Change:** We discuss the importance of accepting change and adapting to new circumstances.
- **Scripting Mediation:** We teach students how to use scripting mediation to communicate their feelings and resolve conflicts peacefully.
- **Self-Care After a Friendship Ends:** We emphasise the importance of self-care, such as spending time with loved ones, practicing mindfulness, and engaging in hobbies.

Signposting and Further Reading

For more information on these topics, you can visit the following websites:

- **Childline:** A confidential helpline for children and young people in the UK. They offer advice and support on a range of issues, including relationships, sexuality, and online safety.

- Website: <https://www.childline.org.uk/>



- **Young Minds:** A UK charity committed to improving the emotional wellbeing and mental health of young people. They offer information and support on a range of topics, including friendships and relationships.

- Website: <https://youngminds.org.uk/>



- **NHS:** The NHS website offers information on emotional wellbeing and mental health, including tips for coping with difficult emotions.

- Website: <https://www.nhs.uk/>



Why do we teach health and wellbeing in year 7?



Why We Teach Health and Wellbeing Education

At TEMA, we believe that health and wellbeing education is crucial for our students' overall development. It empowers them with the knowledge and skills they need to make informed decisions about their health, both physical and mental.

This Half Term

In Half Term 3, our Year 7 students will be exploring the following topics:

What is Puberty?

- Understanding the physical and emotional changes that occur during puberty.
- Recognising the normal variations in the timing of puberty.

How Does Puberty Affect Boys?

- Discussing physical changes, such as voice deepening, hair growth, and muscle development.
- Addressing emotional changes, including mood swings and increased self-consciousness.

How Does Puberty Affect Girls?

- Discussing physical changes, such as breast development, menstruation, and hair growth.
- Addressing emotional changes, including mood swings and increased self-consciousness.

Menstrual Hygiene

- Providing information on menstrual cycles, hygiene products, and managing menstrual symptoms.
- Addressing common myths and misconceptions about menstruation.

Puberty and Hygiene

- Emphasising the importance of good hygiene practices, such as regular showering and washing.
- Discussing the use of deodorant and antiperspirant.

First Sexual Feelings

- Exploring the development of sexual feelings and how to manage them healthily.
- Discussing the importance of healthy relationships and consent.

What is puberty?

What is Puberty?

Puberty is a natural process that all young people go through. It involves physical and emotional changes that lead to adulthood.



What We Teach

- **Growth spurts:** We discuss the rapid growth in height and weight that occurs during puberty.
- **Muscles:** We explain how muscle mass increases in both boys and girls during puberty.
- **Hormones:** We introduce the concept of hormones and their role in physical and emotional changes, including:
 - **Ovaries (Girls):** We discuss the role of ovaries in producing hormones that regulate the menstrual cycle and other bodily functions.
 - **Testes (Boys):** We discuss the role of testes in producing hormones that regulate sperm production and other bodily functions.
- **Body Changes Are Normal:** We emphasize that everyone experiences puberty differently and that it's okay to have questions or concerns.
- **Respecting Others:** We discuss the importance of treating others with respect, regardless of their stage of development.
- **Privacy:** We highlight the importance of respecting everyone's privacy, especially during times of physical change.

Signposting and Further Reading

- For more information on puberty and related topics, you can visit the following websites:
- **NHS:** The official UK health service website provides reliable information on a variety of health topics, including puberty.
 - Website: <https://www.nhs.uk/>
- **Childline:** A confidential helpline for children and young people in the UK. They offer advice and support on a range of issues, including puberty and body changes.
 - Website: <https://www.childline.org.uk/>
- **Sex Education Forum:** A UK-based charity that provides comprehensive sex and relationships education. They offer resources and information on puberty and other related topics.
 - Website: <https://www.sexeducationforum.org.uk/>



How does puberty effect biological males?



Puberty is a natural process that all young people go through. For biological males, puberty involves a series of physical and emotional changes that lead to adulthood.

What We Teach

- **Growth Spurt:** A period of rapid height and weight gain.
- **Muscles:** Development of muscles, leading to a more muscular build.
- **Voice:** The voice box (larynx) grows, causing the voice to crack and eventually deepen.
- **Body Hair:** Growth of hair in the pubic area, underarms, and eventually on the face.
- **Genitals:** Growth and development of the penis and testicles. This might include the term "scrotum" for the sac that holds the testicles.
- **Wet Dreams:** Emissions of semen (fluid containing sperm) during sleep.
- **Erections:** The penis becoming firm and enlarged, often due to physical touch or sexual thoughts.
- **Mood Swings:** Changes in emotions and feelings, which can be related to hormonal fluctuations.
- **Sweating:** Increased sweating due to hormonal changes.
- **Acne:** Breakouts on the face, chest, and back due to increased oil production.

Signposting and Further Reading

For more information on puberty and related topics, you can visit the following websites:

- **NHS:** The official UK health service website provides reliable information on a variety of health topics, including puberty.
 - Website: <https://www.nhs.uk/>
- **Childline:** A confidential helpline for children and young people in the UK. They offer advice and support on a range of issues, including puberty and body changes.
 - Website: <https://www.childline.org.uk/>
- **Sex Education Forum:** A UK-based charity that provides comprehensive sex and relationships education. They offer resources and information on puberty and other related topics.
 - Website: <https://www.sexeducationforum.org.uk/>



How does puberty effect biological females?



Puberty is a natural process that all young people go through. For biological females, puberty involves a series of physical and emotional changes that lead to adulthood.

What We Teach

•Development:

- Breast buds: Use this instead of "breasts" to introduce the initial stage of development.
- Growth spurt: Explains the increase in height.
- Body shape: This is more neutral than focusing on specific body parts.
- Underarm hair:
- Pubic hair:

•Menstruation:

- Menstrual cycle: Explain the phases of the menstrual cycle, including menstruation, ovulation, and the follicular and luteal phases.
- Menstrual products: Discuss different types of menstrual products, such as pads, tampons, and menstrual cups.
- Period pain: Address the common experience of period pain and ways to manage it.

•**Mood Swings:** Changes in emotions and feelings, which can be related to hormonal fluctuations.

•**Acne:** Breakouts on the face, chest, and back due to increased oil production.

Signposting and Further Reading

For more information on puberty and related topics, you can visit the following websites:

•**NHS:** The official UK health service website provides reliable information on a variety of health topics, including puberty.

- Website: <https://www.nhs.uk/>



•**Childline:** A confidential helpline for children and young people in the UK. They offer advice and support on a range of issues, including puberty and body changes.

- Website: <https://www.childline.org.uk/>



•**Sex Education Forum:** A UK-based charity that provides comprehensive sex and relationships education. They offer resources and information on puberty and other related topics.

- Website: <https://www.sexeducationforum.org.uk/>



Menstrual Hygiene

Menstrual hygiene is an important part of overall health and wellbeing. It involves understanding the menstrual cycle and practicing good hygiene practices.



What We Teach

• Menstrual Products:

- Disposable pads: These are absorbent pads that are worn externally.
- Reusable pads: These are washable and reusable pads that can be a more sustainable option.
- Tampons: These are inserted into the vagina to absorb menstrual flow.
- Menstrual cups: These are reusable, bell-shaped cups that collect menstrual flow.
- Period underwear: Special underwear designed to absorb menstrual flow.

• Menstrual Hygiene Practices:

- **Cleanliness:** Washing the vulva with clean water and mild, unscented soap daily, especially during menstruation.
- **Changing menstrual products regularly:** Every 4-8 hours or as needed to prevent leakage and odor.
- **Proper disposal:** Wrapping used menstrual products in toilet paper and disposing of them in a bin (not flushed).

Signposting and Further Reading

- For more information on menstrual hygiene and related topics, you can visit the following websites:
- **NHS:** The official UK health service website provides reliable information on a variety of health topics, including menstrual health.
 - Website: <https://www.nhs.uk/>
- **Plan International:** A global organization working to advance children's rights and equality for girls. They provide information and resources on menstrual health and hygiene.
 - Website: <https://www.plan-international.org/>
- **Bloody Good Period:** A UK-based charity that aims to end period poverty and improve menstrual health. They provide information and resources on menstrual products, hygiene, and education.
 - <https://www.bloodygoodperiod.com/>



Puberty and Hygiene

During puberty, young people experience significant physical changes. Maintaining good hygiene habits is essential for their health and well-being.



What We Teach

The Importance of Hygiene: We emphasise the importance of good hygiene in preventing body odour, acne, and infections.

Bathing and Showering: We encourage regular bathing or showering to remove dirt, sweat, and bacteria.

Face Care: We advise students to wash their face twice a day with a gentle cleanser to manage acne.

Deodorant and Antiperspirant: We explain how these products can help to control body odour.

Genital Hygiene: We teach students about the importance of gentle cleaning of the genital area with warm water and mild soap.

Hair Care: We discuss the importance of regular hair washing and using appropriate hair products.

Oral Hygiene: We emphasise the importance of brushing teeth twice a day and flossing daily to prevent tooth decay and gum disease.

Signposting and Further Reading

- For more information on puberty and hygiene, you can visit the following websites:
- **NHS:** The official UK health service website provides reliable information on a variety of health topics, including puberty and hygiene.
 - Website: <https://www.nhs.uk/>
- **Childline:** A confidential helpline for children and young people in the UK. They offer advice and support on a range of issues, including puberty and body changes.
 - Website: <https://www.childline.org.uk/>
- **Sex Education Forum:** A UK-based charity that provides comprehensive sex and relationships education. They offer resources and information on puberty and other related topics.
 - Website: <https://www.sexeducationforum.org.uk/>



First Sexual Feelings

It's normal for young people to experience sexual feelings as they go through puberty. Understanding these feelings is important for their emotional health and well-being.



What We Teach

- **Attraction and Crushes:** We explain that it's normal to feel attracted to others and to have crushes.
- **Normalcy:** We reassure students that these feelings are a natural part of growing up.
- **Healthy Relationships:** We discuss the importance of healthy relationships based on respect, consent, and understanding.
- **Body Image:** We promote positive body image and self-acceptance.

By addressing these topics, we aim to help students develop a positive and healthy attitude towards sexuality.

Signposting and Further Reading

- **NHS:** The official UK health service website provides reliable information on a variety of health topics, including sexual health and relationships.
 - Website: <https://www.nhs.uk/>
- **Childline:** A confidential helpline for children and young people in the UK. They offer advice and support on a range of issues, including relationships, sexuality, and online safety.
 - Website: <https://www.childline.org.uk/>
- **Sex Education Forum:** A UK-based charity that provides comprehensive sex and relationships education. They offer resources and information on puberty and other related topics.
 - Website: <https://www.sexeducationforum.org.uk/>

