

Resources to Support Health and Relationships Education in Year 5 and 6

Year 5	Year 6
<p>Respecting Boundaries This video explores privacy and how to respect the privacy and space of others. The video explores how to resolve conflict that arises as friendships develop.</p> <p>Embarrassed about body hair This video explores some of the physical changes that occur during puberty and how to manage embarrassing situations.</p> <p>Oh no B.O! This video explores how to manage body odour alongside physical changes associated with puberty.</p> <p>What is a period? This short clip from BBC 'Let's Talk About Periods' programme explains the why a woman bleeds during her menstruation cycle (short clip half way down the page)</p> <p>Lara's first period This video explores the emotions associated with a girl starting her menstruation cycle.</p>	<p>Our children in Year 6 will have the opportunity to revisit learning from Year 5. Our children's learning will be extended further through the use of the following clips.</p> <p>Let's talk about Periods This full programme from BBC Newsround explores the common questions and challenges some myths of a woman's menstrual cycle.</p> <p>Moods and hormones This short video explores the changes to mood that can be experienced during puberty and the pre menstrual moods that girls can encounter.</p> <p>Mission brassiere This video further explores the physical and emotional changes associated with puberty.</p>