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## Menstruation and wet dreams

Y4-5 Lesson 2

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### Learning objective

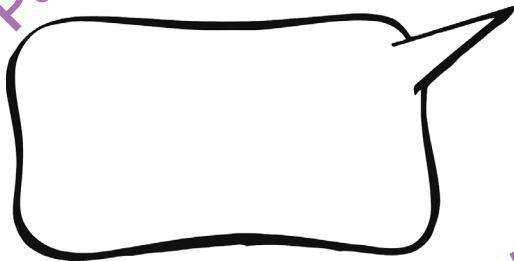
- ☑ We are learning about the biological changes that happen during puberty

### Learning outcomes

- ☑ I can use scientific vocabulary to describe body parts, including genitalia.
- ☑ I can explain what happens during menstruation (periods).
- ☑ I can explain what is meant by a wet dream.

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## Ground rules



## Kelly's diary



*Last night I was getting ready for bed and I realised I had started my period...*

- What does Kelly mean when she says, "I had started my period"?
- How might Kelly have known it was her period?



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## Leo's diary



This morning I woke up and I realised I'd had a wet dream in the night....

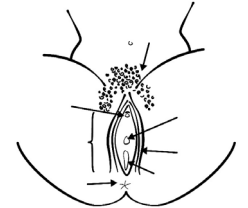
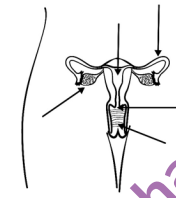
- What has happened to Leo and how might he know he's had a wet dream?



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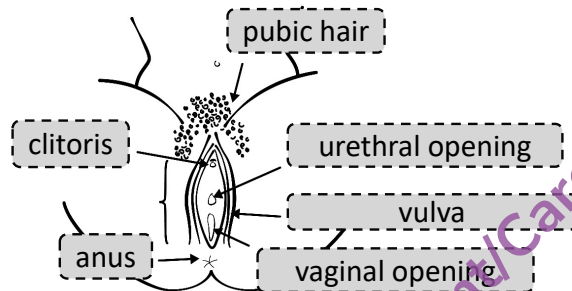
## Female genitalia and reproductive organs

Match the labels to the correct part of the pictures.



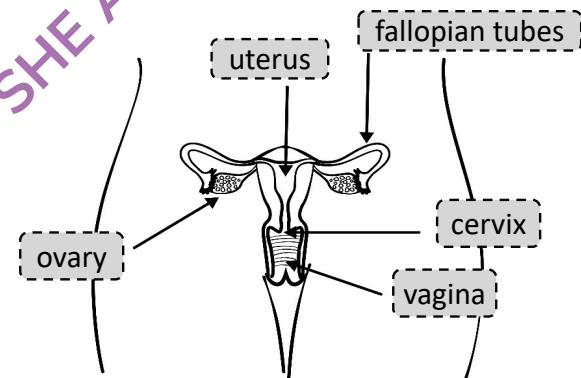
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## Female genitalia



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## Female reproductive organs



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## Menstrual cycle



- What happens during the menstrual cycle?
- Why do periods happen?

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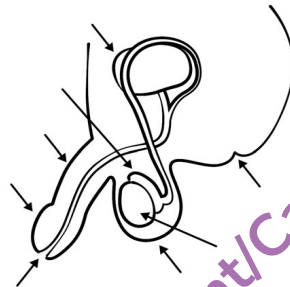
## Period products



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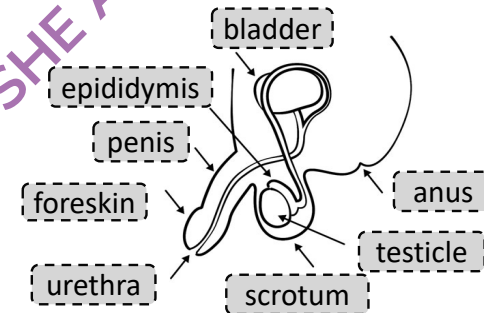
## Male body parts and wet dreams

Match the labels to the correct part of the pictures.



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## Male body parts and wet dreams



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## Wet dreams

Watch the video



- What is a wet dream and why do they happen?

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## What has been learnt?

Go back to the questions about Kelly's and Leo's diaries.

- Make any changes to your ideas if you think necessary.
  - Add your new learning from the lesson.
- Use a different colour pen or pencil



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## Signposting support

If you have any questions or worries about menstruation or wet dreams, it is important to speak to a trusted adult – a parent/carer or teacher at school. [www.childline.org.uk](http://www.childline.org.uk) can provide support too (phone 0800 1111 to talk to someone).



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## More activities

Create a list of top tips for someone experiencing a period or a wet dream.

You could include:

- Information on what might happen
- Advice on different period products
- What to do if they are worried about having a period or wet dream.



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