

# TMS Personal development Launchpad - 2023/2024

## Year 4

THREE  
MILE  
STONE  
Primary  
School

### Relationships and Sex Education

#### Gender and sex

Gender identity is a way that a person feels about themselves.

People may show their identity in the way they dress, speak or act.

The sex of a person means the biological body parts a person may have.

It is important that everyone shows respect and tolerance and stand up for people who may be discriminated against.



#### Families

People's families sometimes look different from their family but that they should respect those differences.

Families are important for children growing up because they can give love, security and stability.

Commitment to each other, even in times of difficulty;

Families should protect and care for children and other family members.

Relationships and friendships are important for children's security as they grow up



#### Puberty

Puberty happens in order that adults are able to reproduce in the future if they want to

Puberty usually starts between the ages of 8 and 16

Each person may experience puberty differently and changes are a normal part of growing up



#### Physical and emotional changes happen in both males and females during puberty.

Changes in both males and females: growth of pubic hair and underarm hair, grows taller, spots develop on your face, hair may become greasy



Change in males: grows hair on the face, voice gets deeper, shoulders get broader

Change in females: hips widen, breast start developing, periods start

Emotional changes: emotional, tearful, 'mood swings'



#### Bubbles to Protect



Personal space is the space you are comfortable with between you and another person.

Everyone has the right to body autonomy.

Personal space might be different for different people or in different relationships.

It is important to react by moving or using your voice if you feel uncomfortable about personal space.

It is important to talk to a trusted adult if you feel uncomfortable with touch.

#### Trust

There are trusted adults who people can go to for help and support

There are some adults who you do not know well, who you would not identify as trusted adults.

There is acceptable and unacceptable touch or use of words and it is important to speak about worries.

Trusted adults will be able to keep secrets if they are worried about keeping children safe,



Self-respect and self-love is important and links to your own happiness.

Conception is the start of a pregnancy

