

Nisha and Joe: *supporting teaching notes*



This resource is designed to help children start to talk about growing up and changes their bodies will go through as they reach puberty. It supports the statutory programme of delivery of Relationships Education in primary schools.¹ Relationships Education provides the fundamental building blocks, skills and characteristics needed for positive relations with friends, families and other adults and children. This comic is an introduction to this. It includes illustrations for a teacher/parent or carer to work with a child on outlining the developmental process in a gentle way.

Lesson plan development

Let's grow with Nisha and Joe can help illustrate the differences between boys and girls.

From being a baby, to a gentle introduction to the male and female body. Teachers/parents/carers can read the comic with the children and discuss its contents.

Use to plan teaching and make any necessary amendments to ensure that this lesson is planned in line with school policy and practice, and builds on learning from previous years.

- Consider how you set the room up and ensure flexible seating arrangements to enable pupils/children to work together. A comfortable setting can contribute to a confidence-building atmosphere.
- Consider the best time of day: before a break or lunch time will perhaps enable children to seek help or ask further questions if they need to.

Children can complete part of the comic either at school and then take it home and personalise it by writing and adding their own photos and drawings. Or complete all of it at home.

You may want to find out how productive the comic was by using it as the focus of a circle-time session to find out which children completed it, who got help at home, and whether it led to any further discussion.

If you need further information or more support, including fully developed lesson plans, covering topics included in this comic, but in much more detail. Please see:

Growing up with Yasmine and Tom, an intuitive and lively teaching resource.

Developed by teachers for teachers.

For further details on costs or to request a free trial.

Email: fpadirect@fpa.org.uk or visit fpa.org.uk/yasmineandtom

1. The Relationships Education, Relationships and Sex Education and Health Education (England) Regulations 2019, under sections 34 and 35 of the Children and Social Work Act 2017, made Relationships Education and Health Education compulsory for all pupils receiving primary education.



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