



Thursday 7th January
Support and advice around
hygiene / growing and
changing
Chloe Flanagan

Aims



- To gain understanding of how to explain and assure young people of body changes through puberty that is consistent with schools approach.
- To gain knowledge and confidence in delivering appropriate hygiene routines to young people with SEND that is consistent with schools approach.
- To know where to source resources to support the above.

Hygiene - How do we encourage young people to manage their own hygiene routines?



- Pupils access PHSCE lessons in school that are differentiated and tailored to individual pupil need.
- Hygiene and independence skills form a large part of this curriculum
- Extra sessions are currently timetabled in response to the Pandemic to address personal hygiene - this includes topics such as thorough handwashing, showering, changing of clothes etc.

Hygiene - How do we encourage young people to manage their own hygiene routines?



- Our pupils are encouraged to take control of their own personal hygiene on a level that is appropriate for them.
- Lessons teach pupils how to develop and follow a routine that incorporates hygiene and personal care.
- School welcome requests from home to support with this - it is beneficial for our pupils to receive the same/consistent messages and use of resources in both home and school

Hygiene - Resource Examples



- Experiential and ASD/Complex needs - use of objects of reference, consistent and continual verbal communication with pupils throughout personal care, symbol supported schedules, social stories, sequencing activities and modelling where appropriate.
- KS3, 4 & 5 - Symbol supported resources, social stories, hygiene records that pupils can take control of themselves, sequencing activities and 1:1 or group discussion.

Hygiene - Resource Examples



Name: _____ Date: _____

Hygiene Checklist

	Monday	Tuesday	Wednesday	Thursday	Friday
brush teeth 					
shower 					
wash face 					
deodorant 					
clean nails 					
brush/style 					
clean clothes 					

My shower chart
 Please return chart every Monday.
 Please read your social story with adult at home every day and make sure you have a shower at least once every day and wash your hair at least twice a week.
 If I bring my chart into school every Monday and Parent/Carer has signed the appropriate boxes I can have 10 minutes choose time.

I have:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
had a shower 							
changed my underwear 							
washed my hair 	Hair could be washed today but doesn't have to be. X	Hair could be washed today but doesn't have to be. X	Hair must be washed today. 	Hair could be washed today but doesn't have to be. X	Hair could be washed today but doesn't have to be. X	Hair must be washed today or Sunday. 	Hair must be washed today or Saturday.

Hygiene - Resource Examples

I know the sequence of washing my hands

T/TA/independent

Self-assessment

like	don't like	easy	hard
<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



When I use the Toilet



Every day I must put on clean boxer shorts and put my dirty ones in the wash basket.

I use the toilet at home and school

I know that when I have finished using the toilet:

1. I need to wipe my bottom properly with toilet paper and toilet wipes
2. I put the toilet paper in the toilet
3. I flush the toilet and check I have left it clean.
4. If it is dirty I will use the toilet brush.

This is a good idea to keep me clean and smelling fresh.

I shower regularly at home. This helps to keep my body clean and makes sure that I do not smell.



When I am in the shower I close the door, showering is private.



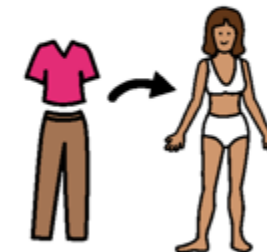
When I am finished my shower I will use a towel to dry myself and dry my hair.



When I feel dry I will begin to get dressed. I will put on my underwear and I will also put on my clothes or a dressing gown.



Because I am growing into a woman it is important to wear clothes so that other people cannot see the private parts of my body.



By doing this I can make sure that my private parts stay private.



Changes to our bodies/puberty



- Our pupils access RSE lessons as part of their curriculum, these are usually delivered in the Summer term, though this year pupils also accessed them in the Autumn term.
- These lessons are designed to help pupils understand the changes that are happening to their bodies, both physical and emotional on a level that is appropriate for them.
- Topics covered include puberty, private and public and relationships.

Changes to our bodies/puberty - language we use



- Where appropriate we always use correct terminology with our pupils regarding their body and puberty.
- We have symbols that depict body parts, including both male and female genitalia.
- We believe this is important as it creates consistency and eliminates confusion for both them and us during conversations.

Changing bodies - Resource Examples




- Experiential and ASD/Complex needs - use of objects of reference, symbol supported resources and worksheets, social stories and sequencing activities.
- KS3, 4 & 5 - Symbol supported resources, social stories, appropriate videos and books and single sex group and 1:1 discussions.


Changing bodies - Resource Examples





Name: _____ Date: _____

L/O— Label the different stages of our changing bodies and identify key changes that happen.

 Stage:
What happens in this stage?
.....
.....


 Stage:
What happens in this stage?
.....
.....


 Stage:
What happens in this stage?
.....
.....

 Stage:
What happens in this stage?
.....
.....

Name: _____ Date: _____

L/O— Label the different stages of our changing bodies and identify key changes that happen.

 Stage:
What happens in this stage?
.....
.....

 Stage:
What happens in this stage?
.....
.....

Word Bank
Stages
Baby/Toddler Child Teenager Young Adult Middle Aged Old Aged
Changes key words
Crawl walk talk school grow spots sweat smell hair pubic hair
periods menstruation leave school work family grey hair ache
slow tired retire

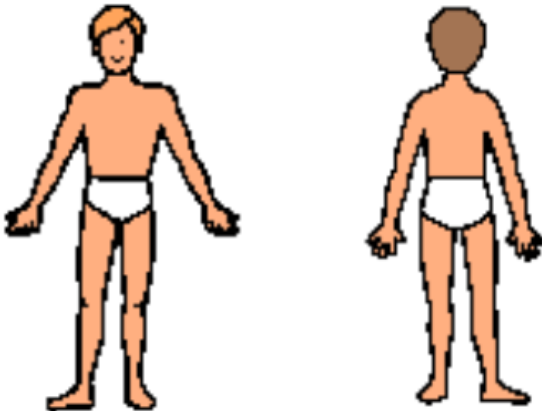
Changing bodies - Resource Examples



Name: _____ Date: _____


L/O— To learn and understand the difference between private and public


Find and label the body parts that are private. Draw arrows and label. Use the correct names for your body parts.





Comments: _____

Self-assessment

like 

don't like 

easy 

hard 

Name: _____ Date: _____


L/O— To learn and understand the difference between private and public


Create a list of private and public spaces.


Private	Why?	Public	Why?


Comments: _____

Self-assessment

like 

don't like 

easy 

hard 

Changing bodies - Resource Examples



Social Story

Touching My Body

My body is special and it is okay for me to touch my body.

Public Places

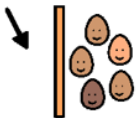


It is okay to touch my hands, legs, arms, head, face, back and feet in public places when people are watching.

It is not okay to touch my private areas when people are watching.

My private areas are my penis, my testicles, and my bottom

Private Places



It is okay to touch my private areas when I am alone in my bedroom or in the bathroom with the door shut. Sometimes it will feel good to touch myself and that is ok because it means I am growing up and becoming a man.

I will not touch or rub my private areas or put my hands inside my trousers or underwear when I am in public places.



It is not okay to touch my private areas in the classroom, in the canteen or where there are other people.

Touching my private area is something I do alone and in private.

Changing bodies - Resource Examples



Social Story

I am growing up into a young lady.



Once a month I will have a period.
This is normal for girls of my age.



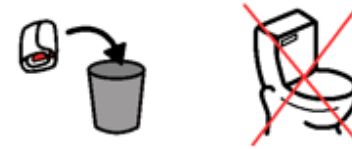
When I have a period it is important that I change my towel regularly.

In the morning	At breaktime	At lunchtime	When I get home	At bedtime
✓	✓	✓	✓	✓

I must use a new sanitary pad every time I change. I must wear it all the time I have my period.



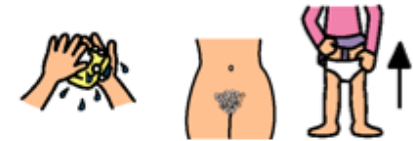
I will put my dirty pad into a bin and not down the toilet.



It is important that when I am on my period I have a shower or a bath every day.



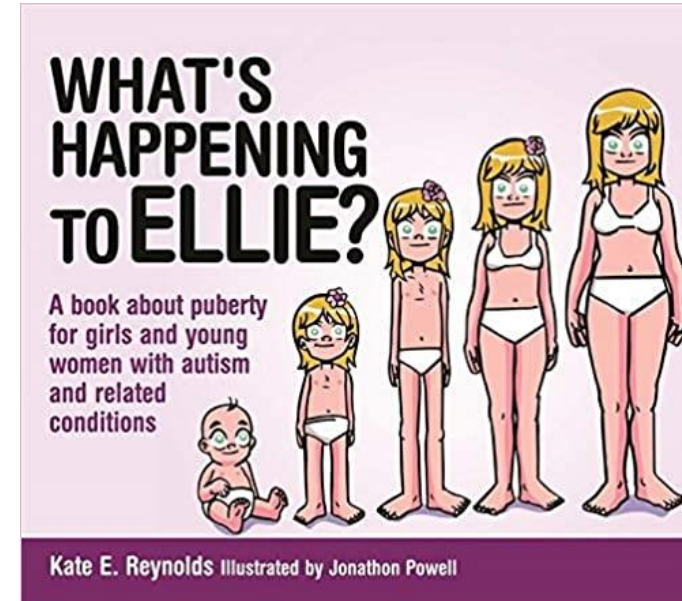
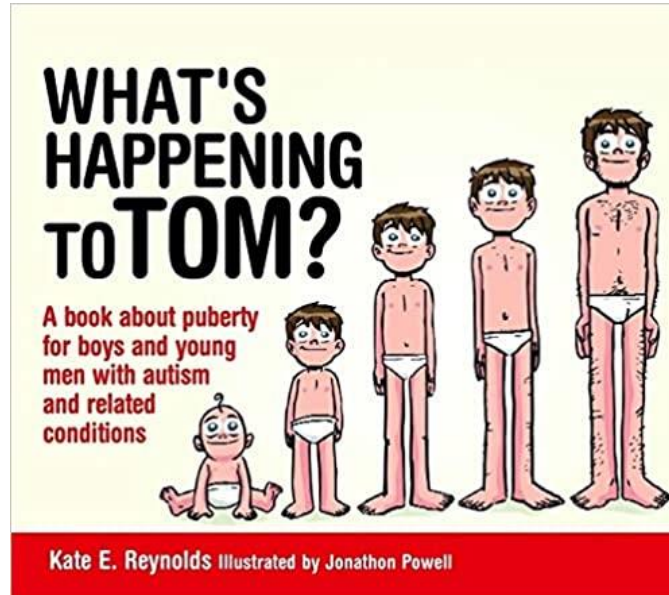
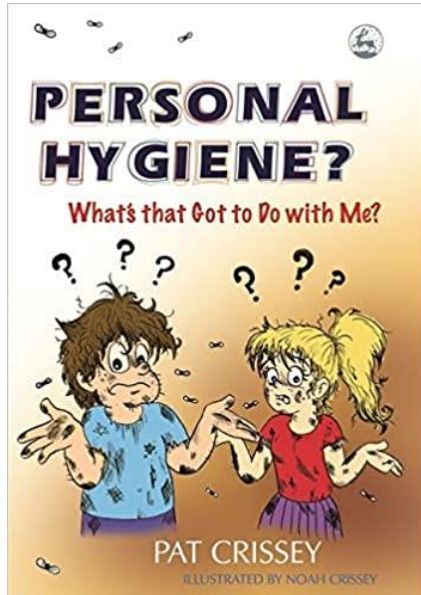
I need to wash my private areas thoroughly; this will stop me smelling during my period.



After my shower or bath, I will put a clean sanitary pad into my knickers.



Resources - Books



Resources - Online



- <https://www.brook.org.uk>
- <https://www.twinkl.co.uk/>

Resources - From School



Please do ask the school for support in creating resources, we can ensure that the learning and information content is consistent with that we use in school.

<https://northridge.manchester.sch.uk/parents-page/phsce-and-rse/>

There are a number of resources around changing bodies, emotions, relationships and hygiene in the PHSCE/RSE area of our website.

Summary



- Resources should be designed to allow our young people to complete personal care tasks as independently as possible.
- Where appropriate, correct language/terminology should be used for body parts.
- Parents are encouraged to ask school for resources to support you with implementing consistent hygiene routines at home.

Any questions?



Please use the chat facility to ask any questions.

Alternatively, if you have any questions at a later date please don't hesitate to contact school via email

parentcarergroup@northridge.manchester.sch.uk

