Year 3

• Lesson 1 of 4
Relationship and Sex Education

• Talk with your partner:
• What do you think these lessons will be about?
• Why do you think we learn about Relationship and Sex Education?
Relationship and Sex Education

...happier, healthier, and safer lives, now and in the future.
Year 3 Lesson 1

• What are the names of female and male personal and private body parts and what do they do?

• Do bodies come in all shapes and sizes?
Relationship and Sex Education

Year 3 Learning journey:

- Naming personal and private body parts
- How can we feel good about ourselves?
- What’s a family?
- Growing healthy friendships
Relationship and Sex Education

• How can we make sure everyone feels safe, valued and included in these lessons?
Our community agreement for Relationship and Sex Education

- Listen
- Try to join in
- Be respectful
- Encourage others
- No personal questions
- Use scientific language for personal and private parts of the body
- Think about what you share
Question Box and Thought wall
Same and different?

- Talk in pairs:
- What is similar about most boys and most girls?
- What is different about most girls and most boys?
- Can you tell just by looking?
Personal and private parts of the body

- These are the parts of your body under your pants
- They are important personal and private
- They belong to you
- Usually only you, your family or a doctor or nurse might see them
How do you feel?

• Learning about our bodies will help us to be healthy, happy, and safe.

• What can we do if we start to feel embarrassed?
Coping with embarrassment

- Take three slow calming out breaths
- Say to your self: this feeling will pass
- Remind yourself of the reasons for this learning
- Try a grounding technique
What do you know already?

- Can you name any of the personal or private parts of the body?
- Can you use scientific words?
- Why do you think it is important to learn scientific words for these parts of the body?
Brilliant bodies!

- We are going to watch a DVD clip which will help us to learn about the female and male personal and private body parts.
- We will see cartoon drawings of children without clothes on and some naked babies.
- What can you do if you feel embarrassed?

Unit 1
Differences
From: 4mins 50 to 8 mins 38
Can you sort the body parts?

In pairs:
• Sort your body part cards onto your Venn diagram.
• Can you tell each other what these body parts are for?
Inside or Outside?

• X-ray picture of the inside of most girls bodies.

• Do you know the names of any of the parts of girl's body that are on the inside?
Inside or Outside?
Play body part ping pong!

• Read and show the images on pages 9 to 15

Now in pairs: play body part word ping pong with the words you have learnt for these wonderful private and personal parts of the human body
Body part ping pong!

- Vulva
- Vagina
- Penis
- Testicles
- Breasts
- Clitoris
- Anus
- Scrotum
- Nipples
- Clitoris
Same or different?

Look at these noses and then look carefully at your partner's nose. What do you notice?

Do you think all private and personal parts of our bodies look exactly the same?
Let’s celebrate our wonderful bodies!

Write a question

Write down a question that you or a year three child might want to ask after this lesson.

You can choose if you want to put your name or not.

My question:

[Blank line]

[Blank line]
Where to get help

• If you have a question or you want to talk about a worry after this lesson remember it is ok to ask for help.

“"We can talk with someone about anything, even if it feels awful or small"”
Relationship and Sex Education

• Year 3

• Lesson 2 of 4
Relationship and Sex Education

Year 3 Lesson 2

• How can we feel good about ourselves?
• Should we all look the same?
• How do I pick myself up if I feel down?
Relationship and Sex Education

...happier, healthier, and safer lives, now and in the future.
Relationship and Sex Education

Year 3 Learning journey:

• Naming personal and private body parts
• How can we feel good about ourselves?
• What’s a family?
• Growing healthy friendships
Relationship and Sex Education

• How can we make sure everyone feels safe, valued and included in these lessons?
Our community agreement for Relationship and Sex Education

- Listen
- Try to join in
- Be respectful
- Encourage others
- No personal questions
- Use scientific language for personal and private parts of the body
- Think about what you share
Question Box and Thought wall
Body part ping pong!

- **Recap:** Play body part word ping pong with words that describe the personal and private body parts of boys and girls.
- **Vulva**
- **Vagina**
- **Penis**
- **Testicles**
- **Breasts**
- **Anus**
- **Scrotum**
- **Nipples**
- **Clitoris**
Same or different?

• In pairs: Take it in turns to say something that is the same about your hair and something that is different.
• Tell your partner something you like about their hair.
• How did that feel?
• Should we all look the same?
• How can you make sure you keep each other safe and included?
Step up to the line!

- If you have freckles
- If you like to run and jump ....
- If you wear glasses...
- If you are tall...
- If you like to swim...
- If you can ride a bike....
- How does this activity make you feel about yourself?
I am I can

- In 3s:
- **Inside** the body outline record the skills you have already grown
- **Outside** of the body outline: record skills you would like to grow
I am I can

- How does this activity help us to feel good about ourselves?
- How does it help to say: I can’t do it yet
I wish I was...
I wish I had...

• Why do some people want to look different to how they are?
• How could we help them to feel happy as they are?
All equal all different

• Sometimes children get put down for how they look, for their hair colour, skin colour, body shape and size.
• This is mean behaviour.
• What could you safely say or do if this happened to you or a classmate?
• When would this become bullying behaviour?

When would this become bullying behaviour?

Share and display your ideas.
Give yourself a hug,
When you feel unloved.
Give yourself a hug,
When people put on airs to make you feel a bug.
Give yourself a hug,
When everyone seems to give you a cold shoulder shrug.
Give yourself a hug,
A big, big hug,
And keep on singing...
Only one in a million like me,
Only one in a million-billion-thrillion-zillion like me

http://www.bbc.co.uk/learning/schooloradio/subjects/english/poetry/grace_nichols/give_yourself_a_hug
Give yourself a hug

• When is the poet suggesting you might need to give yourself a hug?
• What can we do to make ourselves feel better if we feel a bit a down?
• Share ideas
Give yourself a hug

- Share and record your ideas
- Date
- Ways to give myself a hug
Let’s practise!

https://app.gonoodle.com/channels/flow/chin-up?s=category&t=Manage%20Stress
What makes you, you?

- Take a breathe in and as you breath out think about all the amazing things that make you, you!
- Repeat x3
Where to get help

- If you have a question or you want to talk about a worry after this lesson remember it is ok to ask for help.

“We can talk with someone about anything, even if it feels awful or small”
Relationship and Sex Education

• Year 3
• Lesson 3 of 4
Relationship and Sex Education

Year 3 Lesson 3

What is a family?
Are all families the same?
How do families change?
Relationship and Sex Education

Year 3 Learning journey:

• Naming personal and private body parts
• How can we feel good about ourselves?
• What’s a family?
• Growing healthy friendships
Relationship and Sex Education

• How can we make sure everyone feels safe, valued and included in these lessons?
Body part ping pong!

• Play word ping pong with words that describe the personal and private body parts of boys and girls.
  • Vulva Vagina
  • Penis
  • Testicles Breasts
  • Anus Scrotum
  • Nipples Clitoris
Our community agreement for Relationship and Sex Education

- Listen
- Try to join in
- Be respectful
- Encourage others
- No personal questions
- Use scientific language for personal and private parts of the body
- Think about what you share
Question Box and Thought wall
Listen to this poem

- What do you predict we are going to be learning about today?
- https://www.poetryarchive.org/poet/valerie-bloom
All equal all different

- Watch this film 3mins47 [https://www.youtube.com/watch?v=JG0yqhzVuYA](https://www.youtube.com/watch?v=JG0yqhzVuYA)

What are these children talking about?

- Can you say a sentence to your partner to describe your family?
What is a family?
Who is in a family?

- Look carefully at your photocards.
- How many different family types can you spot?
- Who is in a family?
- What might have changed in this family?
- Share and record your ideas.
Who is in a family?
What is the same and what is different about families?
All equal all different

Watch one of these film clips.

- How many types of family can you spot?
- Do all families start in the same way?
- Do families change?
- How?
- What do they all have in common?
- Share and record your ideas.

- https://www.youtube.com/watch?v=KD695hbkT8Y
- https://www.youtube.com/watch?v=DzIxG2B2neU
All equal all different

- Families can begin in all kinds of different ways.
- Families are made up of all sorts of different people.
- Families can stay the same and families can change.
- In some families the grown ups are married, and in some families they are not.

What do they all have in common?
• Can you write a calculation for your family?
All equal all different

- Sometimes children get put down for having a certain type of family, for example having two mums or two dads.
- This is mean behaviour.
- What could you safely say or do if this happened to you or a classmate?
- When would this become bullying behaviour?

Share and display your ideas.
What could you safely say or do?

Two dads! You can't have a family without a mum.

All families must look like each other.
All different all equal

• How does this message help to keep everyone feeling safe and included?
Let’s celebrate our families!

https://www.youtube.com/watch?v=lWRzoffHz1Q
Where to get help

• Sometimes family relationships can be difficult.

• Sometimes our families might argue or get upset with each other.

• It can help to talk about this.

If you have a question or you want to talk about a worry after this lesson remember it is ok to ask for help.
Relationship and Sex Education

• Year 3

• Lesson 4 of 4
What is a healthy relationship?

When does friendship feel good?
Relationship and Sex Education

Year 3 Learning journey:

• Naming personal and private body parts
• How can we feel good about ourselves?
• What’s a family?
• Growing healthy friendships
Question Box and Thought wall
Relationship and Sex Education

• How can we make sure everyone feels safe, valued and included in these lessons?
Our community agreement for Relationship and Sex Education

- Listen
- Try to join in
- Be respectful
- Encourage others
- No personal questions
- Use scientific language for personal and private parts of the body
- Think about what you share
Relationship and Sex Education

...happier, healthier, and safer lives, now and in the future.
Body part ping pong!

- Play word ping pong with words that describe the personal and private body parts of boys and girls.
  - Vulva Vagina
  - Penis
  - Testicles Breasts
  - Anus Scrotum
  - Nipples Clitoris
Can you explain the word: relationship?

In pairs: Talk about:
What does relationship mean?
Who do we have relationships with?
Lots of relationships!

We have relationships with lots of different people. Some are close to us and we see them often like family and friends. Other relationships are with people whose job it is to care for us.
When does friendship feel healthy?

In pairs:
How do we feel when we are healthy?
How would we know when our friendships are healthy, both face to face and online?
What is the link?
When does friendship feel healthy?

• Let’s join in with Koo Koo Kangaroo!
  • [https://www.youtube.com/watch?v=Vm7K5XzSpU](https://www.youtube.com/watch?v=Vm7K5XzSpU)

• What do friends like to do together?

• Can you record a list?

• Use another colour to record feelings words next to these activities?

happy cheerful glad joyful excited
All friendships have their ups and downs.

Usually we can sort out the 'downs' by talking and sometimes with some grown up help.
When does friendship feel unhealthy?

Sometimes we can’t solve all the problems in a friendship.

- What do our bodies feel like when we are unhealthy?
- When does friendship feel like this?
- Can you make a list (not using any names) in your PSHE Think Book?
- Use another colour to record feelings words.

upset cross sad tearful frustrated
Healthy Friendships

- Thinking question:
- Is having a best friend always healthy?
- Who can this hurt?
Growing healthy friendships

• How can we grow our friendship skills?

• Watch:
  • [https://www.youtube.com/watch?v=9PYD3oNYPwM](https://www.youtube.com/watch?v=9PYD3oNYPwM)

• In pairs: What do you think would help the most?
Growing healthy friendships

• What little thing will you say or do today to be a good friend, both face to face and online?

• Closing round:
• Today the little thing I’m going to do to be a good friend is...
You can count on me!

- Sing along!

https://www.youtube.com/watch?v=Yc6T9iY9SOU
Where to get help

• If you have a question or you want to talk about a worry after this lesson remember it is ok to ask for help.

It’s OK to get help

ChildLine
0800 1111

“We can talk with someone about anything, even if it feels awful or small”
Reflection on learning

- What have I learnt?
- What have I enjoyed?
- What would I like to know more about?
- Any questions?