Relationship and Sex Education

Year 6

• Optional lesson 1 of 5
• Puberty Revision
Relationship and Sex Education

- Talk with your partner:
- What do you remember about these lessons from Year 5?
Relationship and Sex Education

- Why do you think we have Relationship and Sex Education lessons?
- What do you think they will be about in year 6?
- What do you think would be important to learn about in RSE?
Relationship and Sex Education

...happier, healthier, and safer lives, now and in the future.
• What do you know about the changes at puberty for most girls and most boys?
• How do you feel about puberty?
• What questions do you have?
Relationship and Sex Education

Year 6 Learning journey
- What do you know about the changes at puberty for most girls and most boys?
- What is body image?
- When do friendships feel positive online and face to face?
- What is safe to share online?
- How do human babies start and how are they born?
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
How do you feel?

- Learning about the changes at puberty for most girls and most boys will help us build our knowledge about ourselves and help to keep us safe.
- Do you feel differently about this learning now you are older and in year 6?
- What can we do if we start to feel embarrassed?
Coping with embarrassment

- Take three slow calming out breaths
- Say to yourself: this feeling will pass and let the feeling go
- Remind yourself of the reasons for this learning
- Try a grounding technique
When I am 12...

Today we are thinking about growing up.

Watch this film clip.

• What do you think it will be like to be 12?
• What do you think might be difficult?
• Do you agree with these 12 year olds?

https://www.youtube.com/watch?v=-3Gxgv6-H3E
Let’s warm up our thinking about growing up

• Visit the statements about puberty displayed around the classroom.

• Discuss with your partner which are true or false.

• Can you give a reason?
Body part ping pong

• Let’s warm up our language skills...
• Take it in turns to either:
  • say the names of the personal and private parts of the body
  • OR
  • Describe the body part without saying its name and your partner has to guess. No slang or family words allowed!
• Why do we use scientific language to describe the personal and private parts of the body?
Growing puberty knowledge and body confidence

- Re-watch clips from Always Puberty education
- Or Amaze clips
- Split into gender groups for a question and answer session
Let’s recap: When do these changes start to happen?

In girls, these changes start when they are between the ages of 8 and 13.

But in boys, these changes start when they are between the ages of 9 and 15.
Puberty for most girls

• Let’s recap what we have learnt about puberty
  • [https://www.menstrupedia.com/comic/english](https://www.menstrupedia.com/comic/english)
Breasts start to grow

You’ll begin to develop breasts. It is normal for one breast to be slightly bigger than the other.
Body shape starts to change

Your hips begin to widen.
More body changes

Hair begins to grow in your underarms and around your genitals.

Talking about genitals, sometimes you might notice whitish or clear secretions from your vagina. This secretion is called vaginal discharge.

It is naturally secreted by the vagina. This is totally normal and nothing to worry about.
Let’s visit the Betty Bus

• Watch and listen to Betty Bus excerpts to learn more about what a period is; how to use a pad; listen to some young people talk about periods and test your knowledge with a quiz.

• Why do you think it is important for boys to know about periods?

• https://bettyforschools.co.uk/resources/8-11-year-olds/part-one
Periods

- Periods are a normal and natural part of growing up for most girls.
- They are something to celebrate and be proud of!
Let’s find out some more about pads and tampons

Look at and explore some pads and tampons and find out how they work and how to keep safe and healthy during your period.

• Any questions?
Keeping Healthy

How can you stay clean and healthy during your period?
Puberty for most boys

- Let’s recap what we have learnt about puberty
More body shape changes.

*Their chests and shoulders broaden and muscles begin to develop.*

AGE 12  

AGE 25
Hair in funny places

Hair begins to appear on their body, arms, underarms, legs and around the genitals.
Voices start to change

Voice breaking is part of what happens to boys during puberty. Everyone is different, but puberty usually begins between the ages of about 12 and 16.
A boy’s voice will start to break after his testicles and penis have gone through a growth spurt.

Find out more:
Mood swings

- The hormones that cause the changes at puberty can also cause changes in mood.
- A person going through puberty may feel happy, sad, cross all within a short span of time.
- How could someone cope with these mood swings?
Coping with mood swings

This is a normal part of puberty.
It happens to everyone.
Try counting to 10
Talk to someone on your helping hand
Stay active
Get enough sleep
Fancying people

You may often feel romantically and physically attracted to others, which is normal and nothing to feel guilty about.

All the extra hormones in a person's body at puberty can affect how someone feels about other people. A person may start to think differently about their friends and may find that they start fancying people and thinking about having a boyfriend or girlfriend. This is normal. If a person doesn't feel like this yet, that is also normal.
What have you found out about what happens for most girls and most boys at puberty?

• What happens for most girls?
• What happens for most boys?
• Mixed gender pairs.
• Share what you have found out
What do you think you should know about puberty?

Read a selection of these books and leaflets.

Write your own Did you know ...? fact box for a class display or book about puberty.
Be who you want to be!

• What is the problem if we say or think that only girls can talk about their feelings or only boys are good at sport?
• Who does this hurt?
• How can we safely challenge these stereotypes?
• Watch:
  • This girl can
    https://www.youtube.com/watch?v=BZoXyIxzFRc
  • Be a man
    https://www.youtube.com/watch?v=KYvWhzSKoc4
  • First minute

It was never a dress.
Let’s practise relaxation skills

• Puberty and growing up is a big time of change.

• Learning to relax is a healthy way to manage stress and feel better.

• https://app.gonoodle.com/categories/manage-stress
Write a question

Write down a question that you or a year six child might want to ask after this lesson.
You can choose if you want to put your name or not.
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.
Relationship and Sex Education

• Year 6

• Lesson 2 of 5
Relationship and Sex Education

Year 6 Lesson 2

• What is body image?

• How do images in the media affect how we feel about ourselves?
Year 6 Learning journey

- What do you know about the changes at puberty for most girls and most boys?
- What is body image?
- When do friendships feel positive online and face to face?
- What is safe to share online?
- How do human babies start and how are they born?
Relationship and Sex Education

...happier, healthier, and safer lives, now and in the future.
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
How do you feel?

- Learning about body image and thinking about how the media uses images will help us to build our knowledge about ourselves and help to keep us safe.

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

- Let’s remember our embarrassment strategies:
- Take three slow calming out breaths
- Say to yourself: this feeling will pass and let the feeling go
- Remind yourself of the reasons for this learning
- Try a grounding technique

**Grounding Exercise**

- Name 3 things you see
- Name 3 things you smell
- Name 3 things you hear
- Name 3 things you feel

Breathe in and out slowly 3x
I wish I had...

Watch:
Change one thing

- Why do you think some people wish to look different?
- Why do you think they don’t feel happy with how they look?
- https://www.youtube.com/watch?v=q2CfEc-mf9c
Which image do you like?

• Look at your selection of images.
• Pick the image you like the best
• Discuss your choices in pairs
• Volunteers give reasons for their choice
Can you use your critical thinking skills?

- In Pairs:
- Look again at the images.
- Do you think these images are real or fake?
- Does it matter?
- How could these images make someone feel about themselves and their bodies?
Can you explain the term body image?

Which other words come to mind if you hear this phrase?
Body image

- In pairs:
- Can you explain body image in one sentence?
- Why do you think we are learning about this?
- Why do you think we are learning about this now?
- How does it link to our lessons about puberty?
What do you think effects someone’s body image?

Positive factors?

Negative factors?

How is someone’s body image linked to how healthy they feel?
Let’s grow our critical thinking skills

How are images changed?

Dove Evolution
https://www.youtube.com/watch?v=iYhCn0jf46U
Let’s grow our critical thinking skills

What is airbrushing?

• Airbrushing is when images are changed on a computer programme.
• The programme can make someone look completely different from how they are in real life.
• How many different ways do you think images can be changed?
Let’s grow our critical thinking skills

In Pairs:
Look again at the selection of images
Choose one.
Record your thoughts about the image.
Think about:
• how someone might feel about themselves and their own body image when they look at this image
• Is the image real or fake?
• Does it promote a stereotype?
• Does it promote healthy or unhealthy choices?
Coping strategies

• What could you say or do to help yourself or someone else if they felt unhappy about how they look?
Growing body confidence

• Watch this clip
• What does Scola suggest doing or thinking that will grow body confidence?
Grow your body confidence!

• It’s normal to have wobbles in body confidence
• Don’t compare yourself to others - especially on-line
• Remember you are unique
• Look after your body: eat well and stay active
• Think positive thoughts
  Give yourself a compliment... Often!
• Record the strategy you would like to try or you think would be helpful to a year 6 child
Let’s practise giving ourselves a compliment

Inside your heart write yourself a compliment about your body
I love my ....
All Equal All Different

- Sometimes children get put down when their bodies start to change and also if they have not started to change.
- 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.
Grow your body confidence!

“...who’s not made to look like a doll, and that who I am as a person is more important than whether at that moment I have a nice figure. It makes me sad to hear girls constantly putting themselves down. We have these unbelievably high expectations of ourselves, when actually we’re human beings and our bodies have a function.”

- Emma Watson

Photo: Christian Science Monitor
Grow your body confidence!

• Take a breath in and as you breathe out think about all the amazing things that make you, you!
• Repeat x3
• Do this often!
Write a question

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

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

My question:

---

---
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.

- Look at websites with a trusted grown up to find out more about growing up:
  - Betty Bus
  - Childline

It’s OK to get help

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

• Year 6  • Lesson 3 of 5
Relationship and Sex Education

Year 6 Lesson 3

When do friendships feel positive online and face to face?

How can I stay safe online?
Relationship and Sex Education

Year 6 Learning journey

• What do you know about the changes at puberty for most girls and most boys?
• What is body image?
• When do friendships feel positive online and face to face?
• What is safe to share online?
• How do human babies start and how are they born?
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
Let’s warm up our thinking about relationships

- Watch this film clip.
- Can you tell your partner three words to describe how the people in these relationships feel?

https://www.youtube.com/watch?v=PnDgZuG1hHs
What is a healthy relationship?

- Can you clarify the word relationship?
- Can you finish the sentence:
- A healthy relationship makes you feel...
- An unhealthy relationship makes you feel...
What is a healthy friendship?

• Which of these qualities do you think are the most important in a healthy and positive friendship?

• Can you pick your top three?

• Can you explain your choices?
What is a healthy friendship?

• Do you think what makes a healthy friendship are the same for online and face to face friendships?

• Would your top three choices stay the same?

laugh at the same things
stands up for you
doesn't always agree
Share the same likes and dislikes
Have lots to talk about
Look like each other
Suggests doing things together
Helps you
Supportive
Relationships and puberty

- How might your relationships start to change at puberty?
  - With your family?
  - With your friends?
  - With your classmates?
- Will this happen at the same time for everyone?
- Is that ok?
Face to face and online friendships

Read the online friendship cards.
Sort them into three piles.
Agree, Disagree and Not sure

<table>
<thead>
<tr>
<th>Agree</th>
<th>Disagree</th>
<th>Not sure</th>
</tr>
</thead>
<tbody>
<tr>
<td>It is easier to talk to people online about things that you might find harder to say to people face-to-face.</td>
<td>If you need information or advice, there are a lot more people online who might be able to help you.</td>
<td>Some people get upset if you haven’t liked their photo.</td>
</tr>
</tbody>
</table>
## Face to face and online friendships

<p>| | |</p>
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<tr>
<td>It is easier to talk to people online about things that you might find harder to say to people face-to-face.</td>
<td>If you need information or advice, there are a lot more people online who might be able to help you.</td>
</tr>
<tr>
<td>It’s easier to stay in touch online</td>
<td>Some people get upset if you haven’t liked their photo</td>
</tr>
</tbody>
</table>
Face to face and online friendships

- Was there anything you thought was particularly positive about online friendships?
- Was there anything you thought was particularly challenging or difficult about online friendships?
- Any other thoughts about online and face to face friendships?
Growing healthy friendships online

- Watch:
  - "Life not likes" - Aisha (aka Raven)
Growing healthy friendships

- Have a balance between time online and face to face with friends
- Have phone-free time
- Life not likes!
- Grow your critical thinking skills
Growing healthy friendships

- Top tips for a new Year 7 student starting secondary school
- In pairs record your top 5 tips for growing face to face and online friendships that make you feel good!
What makes you laugh out loud?

• Can you make your partner laugh out loud?
• Can you make the class laugh out loud (in a safe way!!)

https://www.youtube.com/watch?v=6fGO0SVGHAM
Write a question

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

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

My question:

_________________________

_________________________
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.
- Look at websites with a trusted grown up to find out more about growing up
- Betty Bus
- Childline

It's OK to get help

“We can talk with someone about anything, even if it feels awful or small”
How can I stay safe online?
What is safe to share online?
How can I find out information about growing up safely?
Relationship and Sex Education

Year 6 Learning journey

- What do you know about the changes at puberty for most girls and most boys?
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Question Box and Thought wall
Posting images online

A grown up posted a photo on Facebook of a family trip out without their child’s permission

• Discuss in pairs:
• How would that feel?
• Is that ok?
Posting images online

- What is it ok or not ok to share online?
- In pairs:
- Sort your cards into piles of what you think it would be safe or not safe to share online
- Feedback and discuss reasons
Posting images on-line

- Sometimes young people send images of the personal and private parts of their bodies

- Is this ok?
- Why is this risky behaviour?

- Watch:
  - I saw your willy
  - https://www.youtube.com/watch?v=sch_WMjd6go
Posting images online

• It is against the law for children to send or post naked pictures of themselves or others.

• If you are worried about someone or need to ask some questions about staying safe on line talk to someone you trust.
Searching safely online

• It is quite normal to want to find out more and feel curious about growing up and the changes at puberty.
• How could someone do this safely?
How can you stay safe when finding out about puberty?

- There are lots of books and leaflets available to read more about puberty and growing up.
- Ask your teacher

Let’s check out some safe websites to find out about puberty and growing up:

- Betty Bus
- Childline
- NHS Live Well

https://www.childline.org.uk/info-advice/you-your-body/puberty
Staying safe online

- Sometimes young people come across images on the internet that are shocking and upsetting.
- In films, magazines, and on the internet, there is something called pornography.
- Some adults choose to look at this.
- Pornography is imagery of women and men taking part in sexual activities.
Staying safe on line

- Sex in pornography is different to how people have sex in real life. People are acting and putting on a performance.
- The images have usually been changed and do not present real bodies or real relationships or safer sex.
- They are often full of stereotypes about gender.
- Watching pornography online if you are under 18 is against the law.
What to do if you see something shocking or upsetting

If someone sees something upsetting online on a computer or on someone's phone that makes them feel worried or scared - remember that is a normal reaction. These are your Early Warning signs and means you need to get some help.

If this happens:
Talk to someone you trust.
Share how you feel.
Report it. A grown up can show you how to do this.
There are also websites to help like Childline.

- [https://www.bbc.com/own](https://www.bbc.com/own)
- nit/dont-panic/what-to-do-if-you-see-something-upsetting-online
Let’s relax

• Growing up and changing can be an exciting and challenging time.

• Relaxation skills will help to keep you calm!

• https://app.gonoodle.com/channels/empower-tools/release-your-warrior-1?s=Search&t=inner%20warrior
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.

Look at websites with a trusted grown up to find out more about growing up:

Betty Bus
Childline
Relationship and Sex Education

• Year 6

• Lesson 5 of 5
Relationship and Sex Education

Year 6 Lesson 5

• How do human babies start?
• How are human babies born?
Relationship and Sex Education

Year 6 Learning journey

• What do you know about the changes at puberty for most girls and most boys?
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Question Box and Thought wall
Relationship and Sex Education

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

...happier, healthier, and safer lives, now and in the future.
How do you feel?

• Learning about how human babies are made and born will help us to build our knowledge about ourselves and help to keep us safe.

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

• Let’s remember our embarrassment strategies:
• Take three slow calming out breaths
• Say to yourself: this feeling will pass and let the feeling go
• Remind yourself of the reasons for this learning
• Try a grounding technique
Body part ping pong

- Let’s warm up our language skills...
- Take it in turns to either:
  - Say the names of the personal and private parts of the body
  - OR
  - Describe the body part without saying its name and your partner has to guess. No slang or family words allowed!
- Why do we use scientific language to describe the personal and private parts of the body?

- Testicles • Scrotum • Vulva
- Breasts • Nipples • Vagina
- Anus • Clitoris • Penis
What is the difference between grown up relationships and a friendship?
Grown up relationships

Some grown ups show their love for each other in different ways:

• This may include getting married or living together.
• Some grown ups who in loving relationship show their love by having sex.
• Some grown ups who are in a loving relationship together choose to have a baby
• Both agree that this is what they want to do
Grown up relationships

• Read aloud a section from Welcome to the family
• How do human babies begin?
• Families can begin in lots of different ways
• How many different ways do you know?
What do you know already about how human babies are made?

Watch these children talking with their grown ups. (to 2mins 50)

https://www.youtube.com/watch?v=a3MyLt6l5n0
What do you know already about how human babies are made?

- Talk with your partner.
- Record:
- What you are sure that you know about how human babies start
- Anything you are not sure about how human babies start?
- Any questions? What would you like to know more about?
- Share and Feedback
Growing our understanding about how human babies begin?

- What do all human babies need to start growing?

  - https://www.bbc.co.uk/education/clips/zpmqxnb
Let’s find out some more about how human babies are made?

• These clips include people talking about sex and having a baby. There will also be cartoon drawings of naked bodies, sex and birth.

• Remember your embarrassment strategies to help you with this learning!

• Watch a film clip:
  • https://www.youtube.com/watch?v=daicVwxbcPO  3mins
  • https://www.youtube.com/watch?v=vudZePDq8Bw
How are human babies made?
How are human babies born?

• Can you explain to your partner?
• Take it in turns to share what you have found out.

• Any questions?
How are human babies made?
How are human babies born?

• Grow your knowledge and understanding by doing a sequencing activity or a quiz with a partner

Conception and Pregnancy Quiz

1. A woman has to have sexual intercourse with a man in order to have a baby
   - True
   - False
   - Unsure

2. When a woman is pregnant her periods stop
   - True
   - False
   - Unsure
Taking care of yourself during puberty

• Keep talking to your trusted friends and family. Ask questions and talk about how you feel.

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

• What have I learnt?
• What have I enjoyed?
• What would I like to know more about?
• Any questions?
Unique you!

• Although everyone is growing and changing, you are still, unique you ...  

• With every Rainbow Breath think about everything that makes you, you!

https://app.gonoodle.com/channels/flow/rainbow-breath?&t=Boost%20Confidence
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.

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  - Betty Bus
  - Childline

“Children can talk with someone about anything, even if it feels awful or small.”

ChildLine
0800 1111

It’s OK to get help