

PSHE

Relationships & Sex Education

Healthy relationships

L1: Puberty

L2: Gender Stereotypes

L3: Relationship Values

L4: Human Reproduction

L5: Conception &  
Pregnancy

L6: Parents & Carers

L7: Help & Support

L8: Contraception

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Relationships & Sex Education

Healthy Relationships

Lesson One

Puberty

Understand the changes that occur during  
puberty.

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Puberty is when bodies change from children to young adults, capable of reproduction (having children), which is called sexual maturity. It normally happens between ages 8-17.

NHS Puberty Link

<https://tinyurl.com/3aynm7es>

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#### HORMONES

Hormones control the changes young people go through during puberty.

Some hormones ('adrenal androgens') cause the same changes to boys' and girls' bodies. These changes include:

- growth of pubic and underarm hair
- changes to sweat, making body odour more likely
- the skin to produce extra oil (sebum), which can cause spots or acne

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### HORMONES

In girls, some puberty hormones travel to the ovaries (oval-shaped organs either side of the uterus) and encourage them to:

- grow and release eggs
- release 'oestrogen', which causes changes to the girl's body and prepares her for pregnancy

In boys, some puberty hormones travel to the testes and encourage them to:

- start producing sperm
- release 'testosterone', which causes changes to the boy's body

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### GIRLS IN PUBERTY

Girls will usually experience:

- breast growth
- growth of their genitalia
- white vaginal discharge
- a growth spurt
- a gradual deepening of their voice
- weight gain as their body changes shape
- their hips getting wider and their waist narrower
- menstruation (they will start their period)

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### THE MENSTRUAL CYCLE

The menstrual cycle is the process through which the body:

- thickens the lining of the uterus for pregnancy
- releases an egg (which is needed for pregnancy)

If there is no pregnancy, the body releases the lining through the vagina/cervix. This is called menstruation (or 'a period').

The average menstrual cycle is 25 to 32 days.

An average period lasts 3 to 8 days (usually about 5 days).

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### THE MENSTRUAL CYCLE

Menstrual blood looks different to blood from a cut. Its colour can vary (red, pink, brown or black) and it may contain lumps. Menstruation may last a different number of days, have different lengths between them and feel and look different over time as one gets older. After a few months periods should become regular every month.

Girls may experience spotting (light bleeding from the vagina). This can be a sign menstruation is about to start. Girls may also get tender breasts before menstruation. At any point in the menstrual cycle, they may also experience mood swings or feeling emotional, stomach cramps or bloating, increased appetite, spots & vaginal discharge.



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#### MENSTRUAL PRODUCTS

Menstrual products are designed to absorb or collect menstrual blood. Menstrual 'flow' may vary, and most girls/women will need to change their menstrual products every 3 to 4 hours.

There are different kinds of menstrual products, including:

- pads which you stick on your underwear - only need to be changed as often as instructions recommend
- tampons (applicator/non-applicator) - used internally
- menstrual cups - used internally and can be reused
- washable period underwear - reusable

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#### MENSTRUAL PRODUCTS

Period pain is common. Light exercise can help, and girls should be able to carry on with day-to-day activities.

You can speak to a parent, school nurse, teacher or GP if you:

- have pain that interferes with regular activities
- are worried their period is too heavy
- are having periods that last longer than 7 days
- have questions about menstruation (e.g. questions about the look of your menstrual blood)

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### BOYS IN PUBERTY

Boys will usually experience:

- enlargement of their larynx (Adam's apple)
- their voice breaking
- muscle growth
- genitalia become bigger (testicle growth followed by penis growth)
- a growth spurt

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### UNDERSTANDING THE PENIS

Everyone's genitalia are different  
(e.g. penises and testicles are different sizes).

It is normal for testicles to hang at different heights, but they should hang outside of the body. Boys should speak to a doctor if their testicles are permanently inside their body, as this may require treatment.

Some people are also circumcised (foreskin removed).

Males:

- have testicles which produce sperm from puberty
- can produce sperm throughout their life

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#### ERECTIONS

An erection happens when vessels in the penis fill with blood.

Erections are natural and can happen:

- when someone is sexually aroused
- when the bladder is full (sometimes)
- when someone is sleeping (potentially several times a night)
- at other times, and sometimes without us knowing why

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#### WET DREAMS

Ejaculation happens when the penis is stimulated and when someone has an orgasm and sperm is released from the head of the penis.

This can take different lengths of time. The amount and strength of the ejaculation varies.

'Wet dreams', are where boys/men may have erections during their sleep and wake up having ejaculated. People should not be embarrassed about having wet dreams.

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#### EMOTIONS & BEHAVIOUR

During puberty, emotions can feel exaggerated or out of control - and this can impact on behaviour (e.g. making arguments more likely). Emotional changes can be due to fluctuating sex hormones and increased levels of cortisol (the 'stress hormone').

You can manage challenging emotions in ways such as:

- getting regular exercise
- getting enough sleep (at least 9 hours)
- talking to someone trusted
- waiting for a mood to settle before responding or making an important decision

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#### CHANGING SLEEP CYCLES

Sleep is triggered by the hormone melatonin. During puberty, melatonin is released up to 2 hours later than it was before. This can affect sleep cycles (e.g. making it harder to get up in the morning).

You can develop a healthy sleep routine, for example by:

- switching off digital devices 2 hours before sleep
- switching off phones when in bed
- going to bed early to get at least 9 hours' sleep
- having a regular routine for going to bed and getting up in the morning

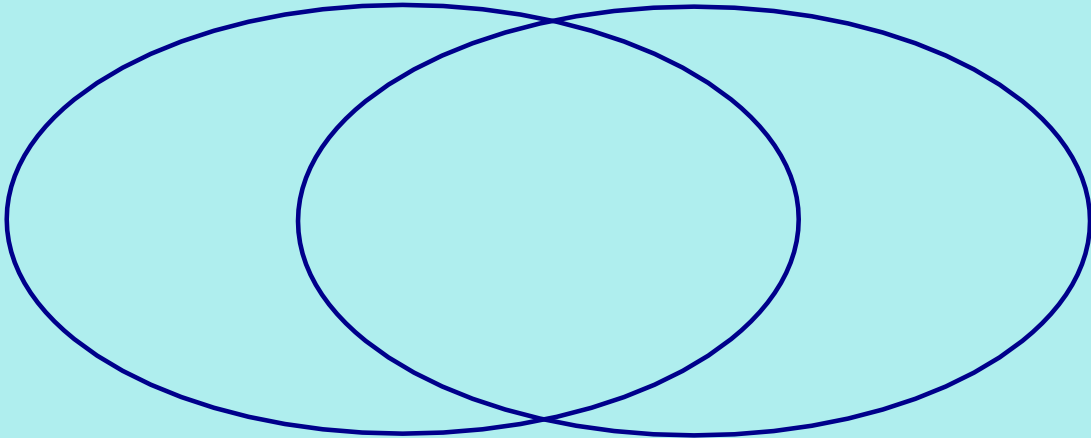
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Think about the changes that boys and girls go through during puberty.  
How you can you allocate them to the Venn diagram?

Boys


Girls



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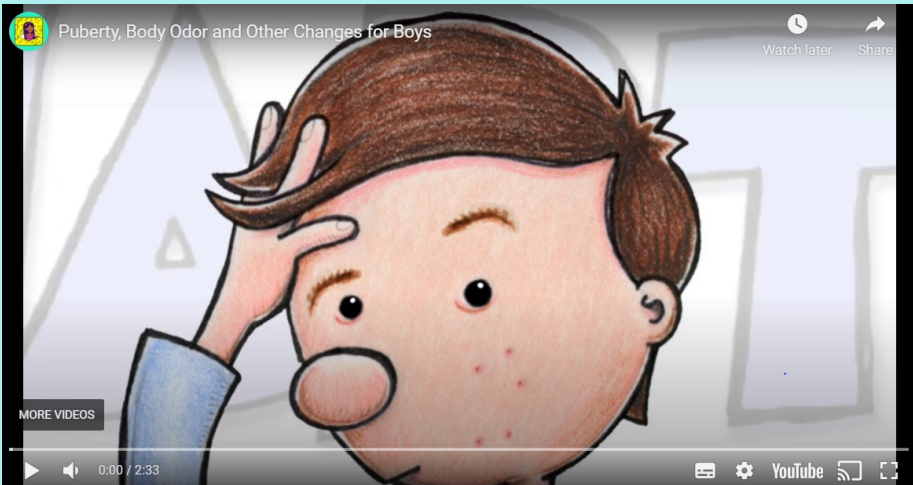
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<https://tinyurl.com/wean5p5s>



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<https://tinyurl.com/jta4s2np>



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<https://tinyurl.com/954xpeeh>



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<https://tinyurl.com/s8cp24z2>



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### Puberty thoughts and worries



Here are some worries that someone might have about physical and emotional changes that happen during puberty:

My moods are so up and down and I can't seem to control them

I haven't started my periods yet and all my friends have

I have started my period and really need to talk to someone

I had a wet dream and I feel ashamed

Someone asked me to be their girlfriend/boyfriend and I don't know what that means

I sometimes get an erection for no reason

I have started to sweat more and I am worried that I smell

My skin is so greasy and I am getting spots

I have very strong feelings about another person who I really like

My voice is changing and it's so embarrassing

I am so much taller than my friends

I am so much smaller than my friends

I want to be alone more than usual and feel I need privacy

Someone touched me and I didn't feel comfortable

Now add three more worries someone might have and write them in the blank bubbles.

[Three blank speech bubbles for writing]

Go through the thoughts and worries and discuss: Are they emotional or physical or both?  
Would the thought or worry apply to a girl or boy or both?



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### Healthy Relationships

#### Lesson Two

##### Gender Stereotypes

*Consider different attitudes and values around gender stereotyping and sexuality and consider their origin and impact.*

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*Who would you normally associate with doing these activities? Boys? Girls? Both?*

Let's do it! pictures 

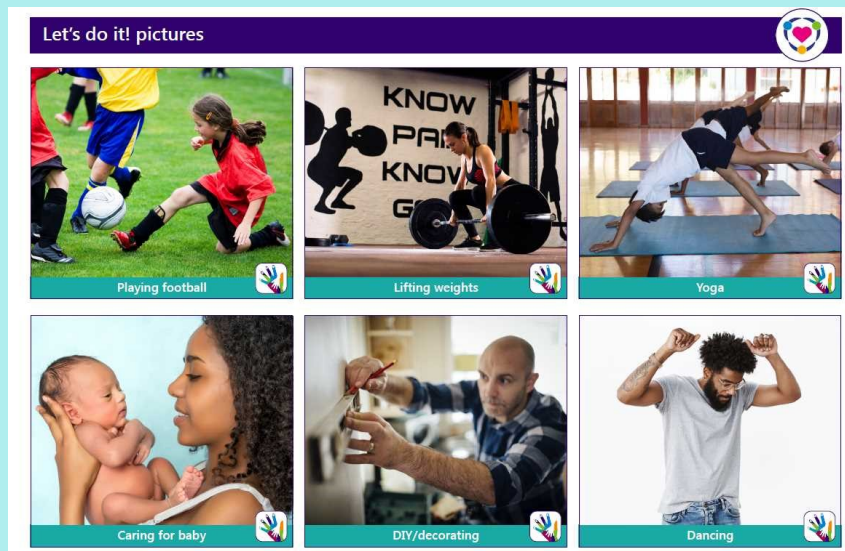
 <p>Making tea</p>	 <p>Cleaning</p>	 <p>Watching a film</p>
 <p>Sewing</p>	 <p>Cooking</p>	 <p>Running</p>



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*Who would you normally associate with doing these activities? Boys? Girls? Both?*



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### CLASS BRAINSTORM

*What ideas might people have of what men/boys and women/girls should do, not do or be. For example: wear a dress, play football, be Prime Minister, look after children.*

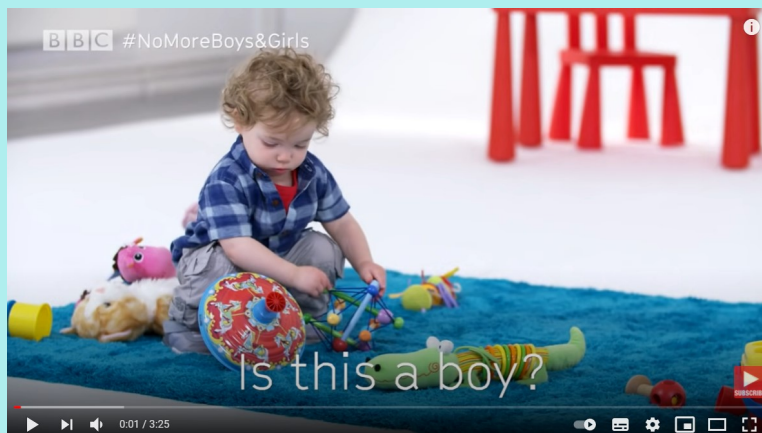
### DISCUSS

*Who/what influences our ideas around how we think boys and girls should behave and their gender roles.*

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<https://www.youtube.com/watch?v=nWu44AqFOiI>



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### ACTIVITY

Groups are given the gender 'male' or 'female'. Cut out pictures from magazines of men and women and add these to the body outlines provided.

### DISCUSS

What do you notice about the images including the roles that men and women are doing and what they look like? How might this make people feel or behave? Is this positive or negative?

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DISCUSS

Where would you place these statements on the continuum?

Boys are less mature than girls


Women are better at looking after babies

It's ok for men to wear make up


Girls can play football as well as boys

Men are better at cooking than women

Men make better firefighters



Agree



Disagree

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Lesson Three

Relationship Values

Recognise what values are important to them in relationships and appreciate the importance of friendship in intimate relationships.

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### Relationships & Sex Education

#### CLASS BRAINSTORM

How many different types of relationship can you think of?  
Which of these are intimate relationships?

#### SNOWBALL PAIRS

In pairs, write down one answer for *what makes a good friendship?* Now find another pair and add their answer.  
Repeat several times.

#### SNOWBALL PAIRS

Repeat for *what makes a good intimate relationship?*

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#### DISCUSS

What were some similarities and differences between  
friendships and intimate relationships?

There are different types of intimate relationships including marriage. Marriage is when two people commit to each other in law and is intended to be a lifelong relationship. In the UK, both opposite-sex and same-sex couples can get married and there are religious and civil marriages. The minimum age someone can be married in England is sixteen. Anyone under eighteen wanting to be married needs the consent of their parents or guardians.

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### DISCUSS

*It is important to recognise that some relationships can make people feel unhappy or unsafe.*

*Who should you trust if a relationship makes you feel this way?*

*What should you do if think someone is in an unhappy or unsafe relationship?*

*Who should you report abuse and concerns to, whether it involves you or someone you know?*

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### ALWAYS REMEMBER

<https://www.childline.org.uk/>


**childline**

ONLINE, ON THE PHONE, ANYTIME

**Call 0800 1111**

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What is love?



What do you think is important in a loving relationship? Write or draw your ideas below.

♥ ♥ ♥ Love is ♥ ♥ ♥

Finish this sentence

People know they love someone because...

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Lesson Four

Human Reproduction

Understand human reproduction in the context of the human lifecycle.

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TASK

Place the relationship cards into a timeline to show a relationship might get closer (more intimate) and become more than a friendship. Could you add any more to it?

Talk about feelings

Talk about deeper feelings

Hold hands

Eat together

Cook for each other

Kiss on the lips

Kiss on the cheek

Go out to places they enjoy (eg cinema) – just the two of them, without others

Stay overnight at each other's homes

Hug

Cuddle

Go on holiday together

Touch

Swap phone numbers

Like each other online

Message

Relationship cards to print

The order might be different for different people. Some of these actions happen in all relationships, but it can be the intensity of them and the feelings behind them that change.

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Intimate relationships can lead to sex and sexual intercourse. We are going to learn about reproduction and sexual intercourse between a man and a woman, to help us understand how a baby is made.



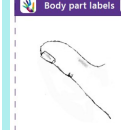
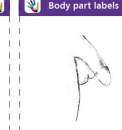
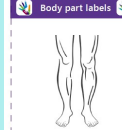
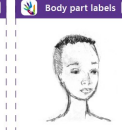
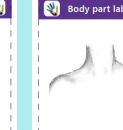
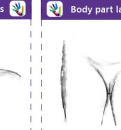


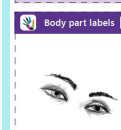
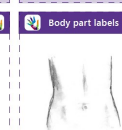
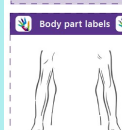
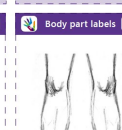
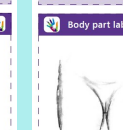
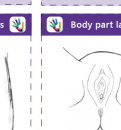
We are going to discuss sexual intercourse by using the correct, scientific names for parts of the body. This is important so that we can explain ourselves clearly to other people (like doctors).

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## Relationships & Sex Education

### TASK

Decide whether males, females or both have these body parts.

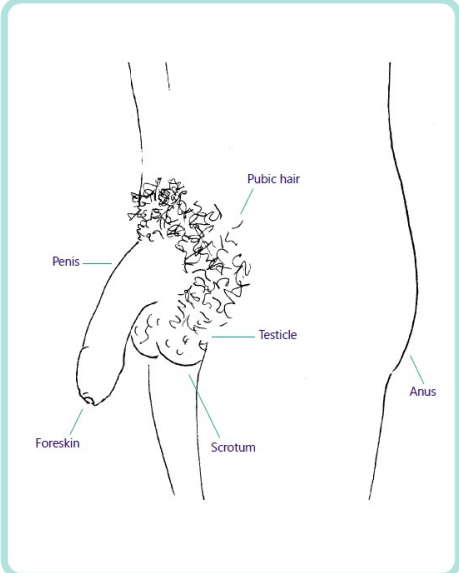
 feet	 hands	 thumb	 penis	 legs	 head	 shoulder	 vulva
 fingers	 mouth	 eyes	 tummy	 arms	 knees	 clitoris	 clitoris

Printout

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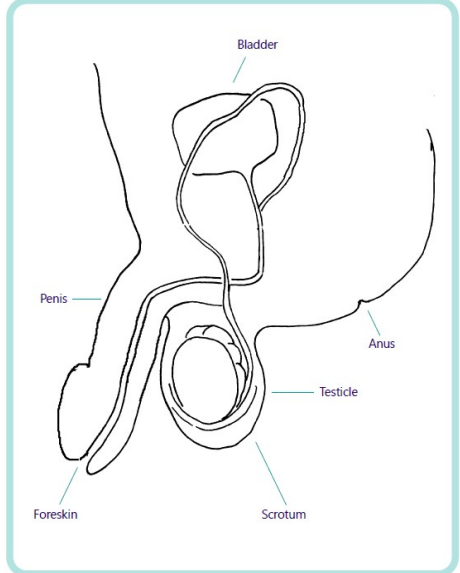
## Relationships & Sex Education

Male reproductive organs (external)



Labels: Penis, Pubic hair, Testicle, Foreskin, Scrotum, Anus

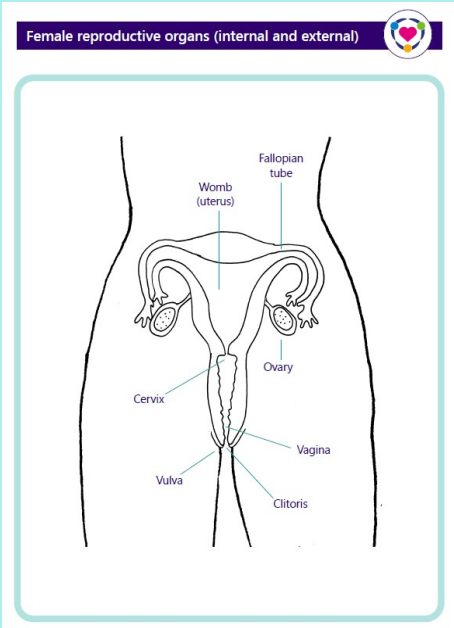
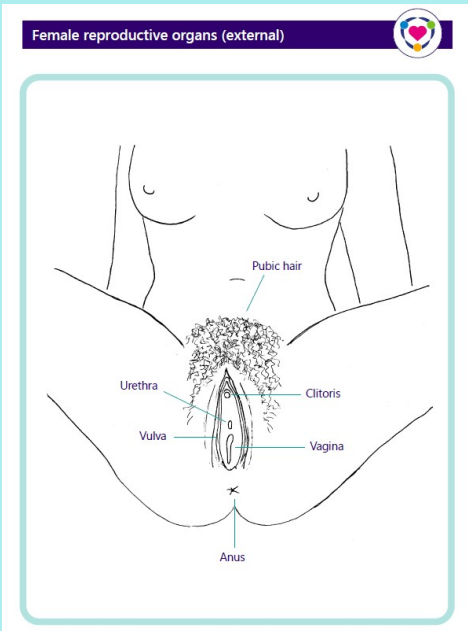
Male reproductive organs (internal and external)



Labels: Bladder, Penis, Anus, Testicle, Foreskin, Scrotum



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<https://youtu.be/wW627gpkWbw>



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<https://youtu.be/4uLqoSh55M8>



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*It is important that there is consent and both people agree and want this intimate physical contact.*

*Sexual intercourse is just one part of sex.*

*Sex is one way that two willing adults show they care about each other using intimate touching.*

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# Healthy Relationships

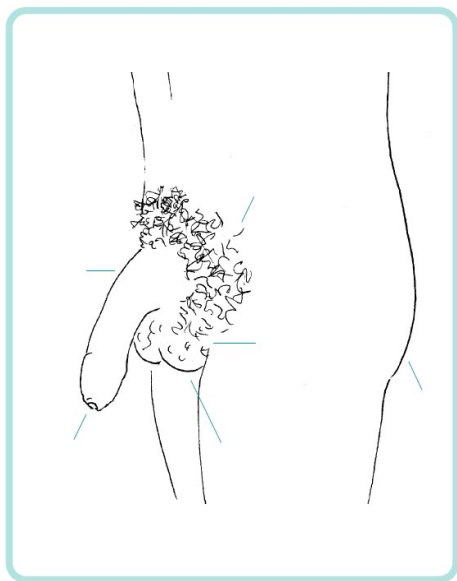
## Lesson Five

### Conception & Pregnancy

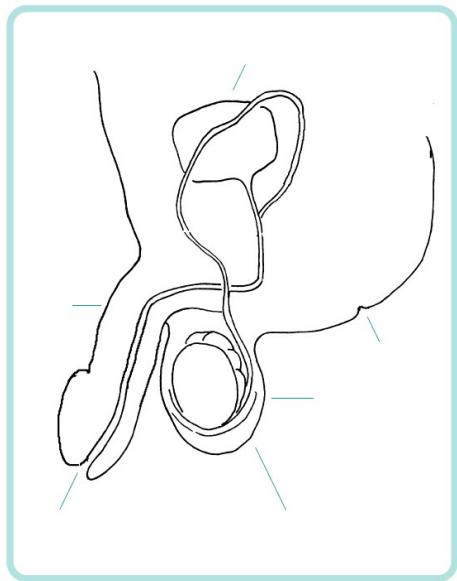
Explain how a baby is made and grows  
(conception and pregnancy).

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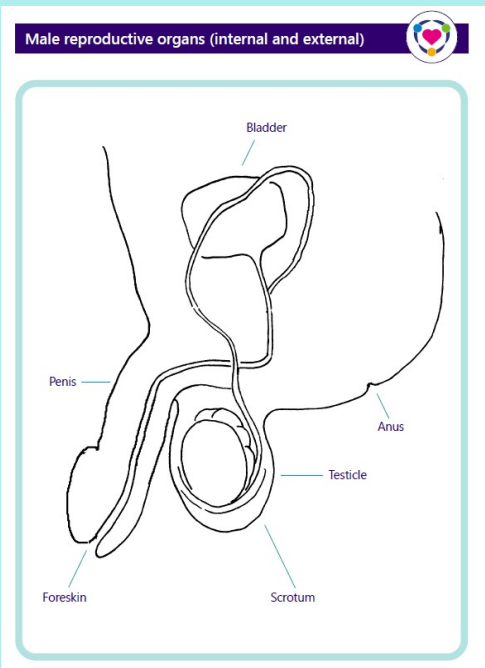
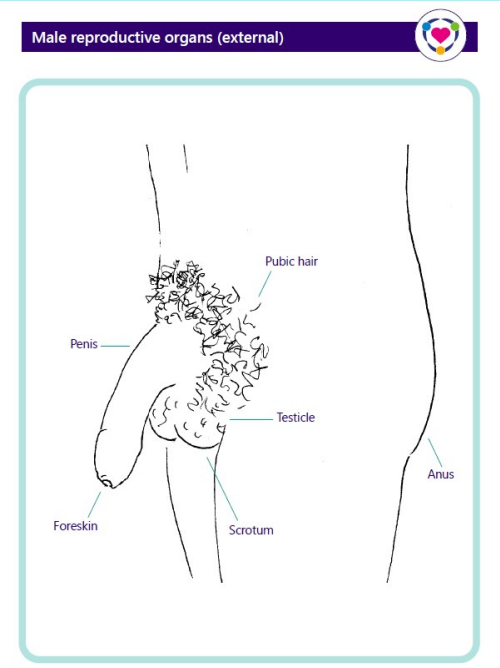
Male reproductive organs (external)



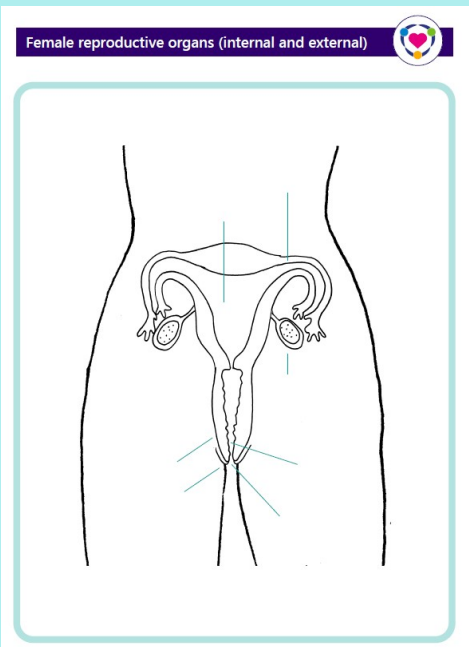
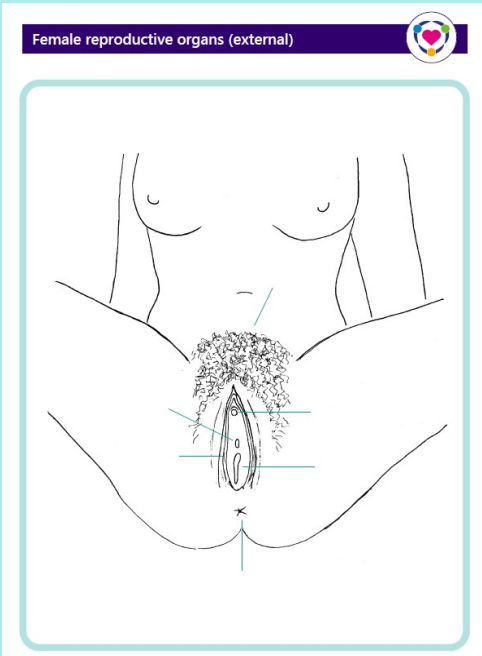
Male reproductive organs (internal and external)



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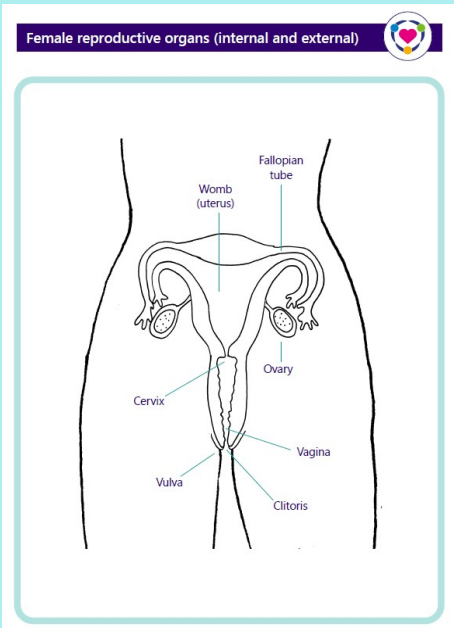
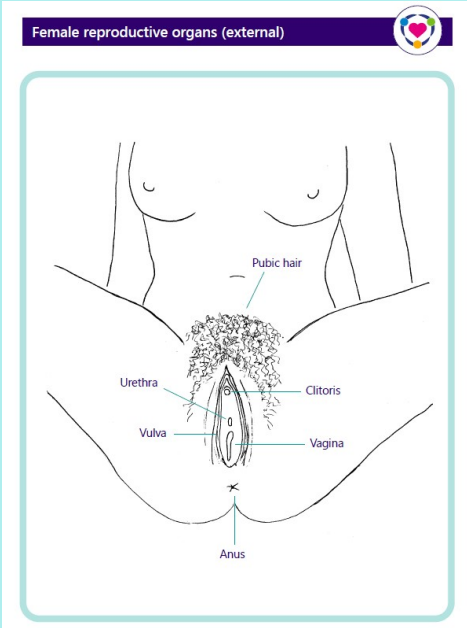


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## Relationships & Sex Education



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How does pregnancy begin?

When a man and a woman are in a relationship they may choose to make love. This is when both people consent to and take pleasure in touching each other. Both people need to feel safe and comfortable and it should make them happy.

How does pregnancy begin?

Sometimes when a man and woman are making love, the man's penis gets stiff and the woman's vagina gets slippery.

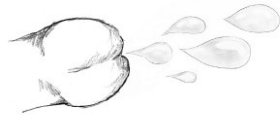
How does pregnancy begin?

Now the woman's vagina is slippery, the man's penis can slide inside easily. This action is called sexual intercourse.

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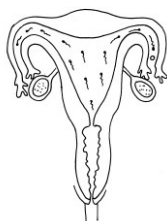
How does pregnancy begin?



After a while liquid comes out of the end of the man's penis.



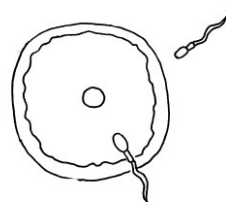
How does pregnancy begin?



The sperm swim into the woman's womb and then onto the fallopian tubes.



How does pregnancy begin?



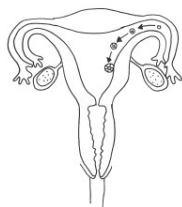
If there is an egg in one of the tubes it may join up with one of the sperm.



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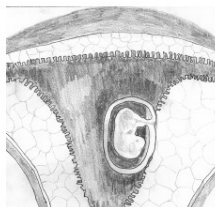
How does pregnancy begin?



The fertilised egg travels down the tube to the womb. As it travels it grows. The two cells, one from the egg and one from the sperm, divide into four cells, then eight, then sixteen and so on...



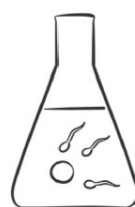
How does pregnancy begin?



About eight days later the fertilised egg reaches the womb and attaches itself to the side. The woman is now pregnant. The baby should grow in the womb for nine months until it is born.



How does pregnancy begin?



Sometimes a sperm is implanted in the woman using IVF, when a sperm and egg are joined outside a woman's body and then implanted into the woman's womb.





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### PARTNER TASK - VERBALLY

Use the words listed to create 10 sentences describing how a pregnancy begins:

1. Man, woman, relationship

2. Like, enjoy, friends

3. Trust, share, feelings

4. Intimate, touch, feelings

5. Comfortable, safe

6. Intercourse, love, consent
7. Erection, penis, sperm, vulva

8. Sperm, fallopian tubes, egg, fertilize

9. Travels, womb, grows

10. Attach, grow, nine months

11. Baby, born, family

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### TRUE OR FALSE?

Conception and pregnancy

A girl can become pregnant just before she has her first period

1

Conception and pregnancy

It only takes one sperm to fertilise an egg

2

Conception and pregnancy

Pregnancy begins when the sperm fertilises the egg

3

Conception and pregnancy

The first time a woman has sexual intercourse she cannot get pregnant

4

Conception and pregnancy

A woman can become pregnant without having sexual intercourse

5

Conception and pregnancy

A woman can have a pregnancy test to find out if she is pregnant

6

Conception and pregnancy

The ovum (egg) meets the sperm in the woman's vagina

7

Conception and pregnancy

When a woman is pregnant her periods stop

8

Conception and pregnancy

All pregnant women feel sick in the morning

9

Conception and pregnancy

All babies are born after being inside their mothers for nine months

10

Conception and pregnancy

Sperm leaves a man's body when he ejaculates

11

Conception and pregnancy

The umbilical cord provides the foetus with oxygen and nutrition in the mother's blood

12

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## Relationships & Sex Education

Conception and pregnancy answer sheet

What do we know about conception and pregnancy?

1. A girl can become pregnant just before she has her first period • TRUE  
Yes, she could get pregnant just before her first period. An egg/ovum would be present but she would have no idea that she was just about to start menstruating.

2. It only takes one sperm to fertilise an egg • TRUE  
It only takes one sperm to fertilise an egg although when having sex a man will ejaculate about one teaspoonful of semen containing around 300 million sperm.

3. Pregnancy begins when the sperm fertilises the egg • FALSE  
Conception/fertilisation does not always lead to pregnancy. Current law says that pregnancy actually begins when the cells settle in the womb/uterus lining (implantation) where they can become established and developed the life-support systems that an embryo needs. (Be aware that cultural and religious beliefs about when pregnancy/ life starts will vary). Many fertilised eggs do not implant – they pass out of the body without a woman noticing.

4. The first time a woman has sexual intercourse she cannot get pregnant • FALSE  
As long as egg and sperm can meet that's all you need.

5. A woman can become pregnant without having sexual intercourse • TRUE  
IVF, surrogacy. Used for couples who cannot have own children. If this is a medical problem it is called infertility.

6. A woman can have a pregnancy test to find out if she is pregnant • TRUE  
Yes, from chemists or doctors. Should go to the doctor to confirm it so that she can decide what to do next.

7. The ovum (egg) meets a man's sperm in the woman's vagina • FALSE  
The ovum and sperm meet in the fallopian tubes. This is so they can travel into the womb/ uterus and implant. If the egg is in the vagina the woman is menstruating.

8. When a woman is pregnant her periods stop • TRUE  
Yes as the womb lining needs to stay inside her body as the embryo is implanted in it. Some women experience some bleeding during pregnancy and they will go to the doctor to see if they need any help.

9. All pregnant women feel sick in the morning • FALSE  
Some do. Some feel sick in the evening. What other signs of pregnancy are there?

10. All babies are born after being inside their mother for 9 months • FALSE  
9 months is 40 weeks which is term. Introduce idea of premature babies and special care if appropriate.

Conception and pregnancy answer sheet

11. Sperm leaves a mans body when he ejaculates • TRUE  
Ejaculation occurs when strong muscles at the base of the penis contract and send the sperm shooting out of the penis. This is to ensure they travel as far as possible and get as close a possible to the egg.

12. The umbilical cord provides the foetus with oxygen and nutrition in the mother's blood • TRUE  
A foetus doesn't breathe using its lungs and it doesn't digest food like we do. The mother eats and breathes and then nutrients and oxygen are passed into her blood. Her blood then passes through the umbilical cord into the foetus' body where it absorbs what it needs. The umbilical cord becomes our belly button.

# PSHE

## Relationships & Sex Education

<https://youtu.be/sOL8dbiRhpg>





## PSHE

### Relationships & Sex Education

*Anonymously write down any questions you have about conception and pregnancy that can be answered in lesson seven.*



The graphic shows a white rectangular box with a teal header bar at the top. Inside the header bar, the text "Your questions" is written in white. To the right of the text is a small circular icon containing a heart and two hands. Below the header bar is a large, light blue speech bubble shape with a white border, intended for writing questions.

## PSHE

### Relationships & Sex Education

## Healthy Relationships

### Lesson Six

#### Parents & Carers

*Describe the roles and responsibilities of carers and parents.*

# PSHE

## Relationships & Sex Education

### CONCEPTION & PREGNANCY RECAP

## Conception and pregnancy quiz (A)

Are the statements true or false?

		True	False	Unsure
1	<i>A girl can become pregnant just before she has her first period</i>			
2	<i>It only takes one sperm to fertilise an egg</i>			
3	<i>Pregnancy begins when the sperm fertilises the egg</i>			
4	<i>The first time a woman has sexual intercourse she cannot get pregnant</i>			
5	<i>A woman can become pregnant without having sexual intercourse</i>			
6	<i>A woman can have a pregnancy test to find out if she is pregnant</i>			
7	<i>The ovum (egg) meets a man's sperm in the woman's vagina</i>			
8	<i>When a woman is pregnant her periods stop</i>			
9	<i>All pregnant women feel sick in the morning</i>			
10	<i>All babies are born after being inside their mother for 9 months</i>			
11	<i>Sperm leaves a man's body when he ejaculates</i>			
12	<i>The umbilical cord provides the foetus with oxygen and nutrition in the mother's blood</i>			

# PSHE

## Relationships & Sex Education

### DISCUSSION TASKS

A person or couple will have a lot to think about before deciding to have a baby. What might they have to consider?

Does anyone know anyone who has had (or is having) a new baby? What will it be like for them?

Let's make a note of the practical and emotional changes that might take place.

PSHE

Relationships & Sex Education

Having a baby means extra responsibility and can be exciting as well as needing careful thought.

GROUP ACTIVITY

Look at your card. What do parents need to do to look after the child/baby at their stage of development? Think about skills needed, challenges, who can help and the roles of men and women.

Newborn baby      Toddler      Year 1 child      Year 6 child

PSHE

Relationships & Sex Education

Where can parents and carers go for support?

Who else has a role in bringing up children?

# PSHE

## Relationships & Sex Education

### Healthy Relationships

#### Lesson Seven

#### Help & Support

*Answer each other's questions about sex and relationships with confidence and seek support and advice when they need it.*

# PSHE

## Relationships & Sex Education

<https://www.bbc.com/ownit/its-personal/what-is-your-digital-footprint>



# PSHE

## Relationships & Sex Education

*Let's discuss your questions from a couple of lessons ago.*

*Set 1) Questions for the teacher to answer*

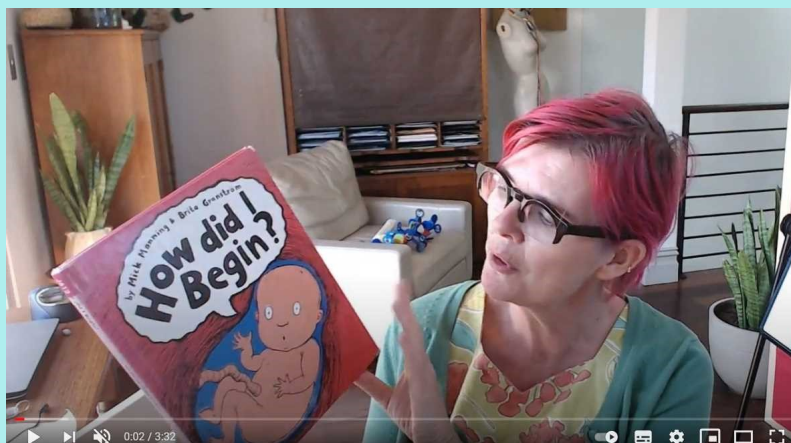
*Set 2) Questions for you to help each other answer*

Your questions

# PSHE

## Relationships & Sex Education

<https://www.youtube.com/watch?v=Sd25FnTX-3c>



PSHE  
Relationships & Sex Education  
Printout

Year 6 – Healthy relationships

Name:

Add to the Venn diagram

Friendships

Intimate relationships

PSHE  
Relationships & Sex Education  
Healthy Relationships  
Lesson Eight  
Contraception

Know that contraception can be used to stop a baby from being conceived.

# PSHE

## Relationships & Sex Education

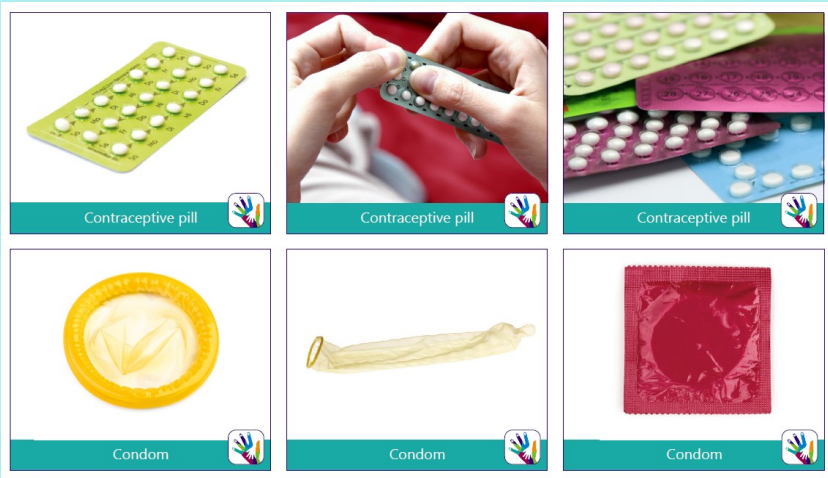
When two people have sexual intercourse and sperm enters the vagina, a pregnancy could begin. Not all couples who have sex want to have a baby and some couples want to limit the number of babies they have. Contraception is a way of preventing or reducing the likelihood of a baby being made when two partners have sexual intercourse. This is also known as birth control.

What types of contraception have you heard of?

# PSHE

## Relationships & Sex Education

There are lots of different types of contraception. Today we are going to be looking at the condom and the pill.



## PSHE

### Relationships & Sex Education

A condom can be bought from a shop, chemist, clinic or dispensing machine, without a prescription. It is made from thin rubber or plastic and can only be used once. It fits onto an erect penis and needs to be put on before sex. When the penis is erect and then ejaculates, the liquid (semen) stays in the condom. The woman cannot get pregnant because the sperm (which is in the semen) and egg cannot meet.

Some germs and infections can be passed on during sex. Using a condom also reduces the risk of this happening.

## PSHE

### Relationships & Sex Education

Women can take the pill - it's a tablet that is swallowed, obtained from a sexual health clinic or a doctor. It contains a small amount of hormone which will stop them from becoming pregnant. There are different types of pill that come in a small packet and need to be taken every day.

The pill can prevent pregnancy but does not protect against germs or infections.



PSHE

Relationships & Sex Education

Both of these methods are everyone's responsibility and are free from a clinic or doctor. No method is 100% effective as there always exceptions. It is important to be sage - emotionally and physically.

Printouts

a plastic covering or sheath	a tablet (pill)	used by women	used by men
Contraception	Contraception	Contraception	Contraception
worn (put on a man's erect penis)	swallowed	can only be used once	used continuously
Contraception	Contraception	Contraception	Contraception
barrier method	hormonal method	it is both partners' responsibility	people can get them from shops and clinics
Contraception	Contraception	Contraception	Contraception
people can only get them from their doctor	people can get them from dispensing machines in some places	free from a clinic or doctor	people's decision will be affected by their personal preferences, culture and/or religion
Contraception	Contraception	Contraception	Contraception
is 100% effective	stops a baby being made	protects against HIV and other germs	
Contraception	Contraception	Contraception	Contraception

