

Year 6 Relationships & Sex

Dealing with change –
becoming a
teenager



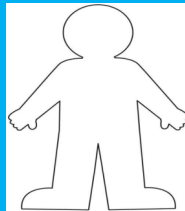
Relationships

Friendships, physical attraction, consent



Vocabulary

Including: pubic hair, menstruation, semen, facial hair, erection, tampon, breasts, hormones, wet dream, ovulation, masturbation, sanitary towel, clitoris, testicles, sperm, penis, vagina, womb, fallopian tube, trust, respect, pregnancy, embryo, foetus, placenta, umbilical



Puberty—including periods



Transition to secondary

Preparing For Secondary School

About me:

I feel:



I fear:



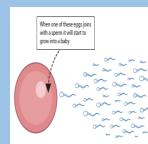
I wish:



What I would like
people to know:



Conception to birth



Consent



Useful websites/books to help you talk to your child:

It's Perfectly Normal: A Book about Changing Bodies, Growing Up, Sex and Sexual Health by Robbie H Harris
Everything you wanted to ask about periods— by Tricia Kreitman, Dr Fiona Finlay & Dr Rosemary Jones
www.childnet.com

Year 6

In each lesson, pupils will learn:

Lesson 1—dealing with change:

- What does independence mean and how it changes as you age.
- Positive and negative points about being a teenager.

Lesson 2—relationships:

- Understand how they may feel if they are physically attracted to someone.
- Similarities and differences between friendships and relationships with physical attraction.
- Effect of peer pressure.

Lesson 3 - puberty:

- Recap facts about changes that occur to boys and girls during puberty.
- Chance to anonymously ask questions or concerns they have about puberty and growing up.

Lesson 4—puberty:

- Lesson to be taught in single sex groups to allow children to ask questions without embarrassment.

Lesson 5—conception to pregnancy:

- Understand how babies change in the womb.
- What babies can do whilst in the womb.
- Basic information about contractions and labour.

Lesson 6—transition:

- Reflection on time at Thameside
- Hopes for secondary school
- Worries about secondary school

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