**YEAR 5**

**HEALTHY LIFESTYLES 20 – SEX AND RELATIONSHIP EDUCATION**

Focuses on basic anatomy, including the physical differences between female and male bodies. It examines the changes that happen to people’s bodies at various stages in their lives, especially at puberty. The children will learn about the benefits of carrying out regular hygiene routines, including how good hygiene is important for preventing the spread of viruses and bacteria. They will examine their own personal hygiene practices and consider new personal hygiene routines relevant to puberty. They will examine the ways in which they will have new responsibilities for their personal hygiene in the future.

It is essential to remember that the DFEE Sex and Relationship Education Guidance 2000 states that ‘All children, including those who develop earlier than the average, need to know about puberty before they experience the onset of physical change’.

**The main themes of this unit are:**

* body knowledge
* body functions
* body awareness/image
* personal hygiene
* prevention of illness and disease

**At the end of the unit most pupils will:**

* know and understand the appropriate use of the scientific names for the external and internal sexual parts of the body, and be able to explain basic functions
* understand the main changes that will happen at puberty, know some ways to manage them, and how it affects people differently
* have a basic understanding about body image, and have learnt some ways to support a positive body image for themselves and others
* understand the importance of washing regularly and of maintaining other hygiene routines during puberty
* understand ways they can prevent the spread of common diseases, and have a rudimentary understanding of HIV

**Language that will be introduced in this unit:**

**From Year 1**

|  |  |  |  |
| --- | --- | --- | --- |
| penis | nipple | testes | vagina |
| testicles | vulva | anus | private |
| privacy | male | female |  |

**From Year 3**

|  |  |  |  |
| --- | --- | --- | --- |
| nipple | scrotum | breast |  |

**Additional language**

|  |  |  |  |
| --- | --- | --- | --- |
| bladder | spine | moods | hair |
| greasy | growth spurt | muscles | hips |
| body image | self-esteem | self-confidence |  |
|  |  |  |  |
| pubic hair | sperm | opening to the urethra | |
| clitoris | inner labia | sperm duct | urethra |
| pubic bone | prostate gland | ovary | fallopian tube |
| endometrium | cervix | outer labia | semen |
| period | menstruation | sanitary products | HIV |
| AIDS |  |  |  |

**Points to note:**

* names of sexual organs of males and females that can be seen from the outside will be shared
* discussion around sexual organs and their functions
* acknowledge that there are some rude words that are used for sexual organs and parts – not appropriate for school
* puberty and the changes that will take place will be discussed
* children will be shown a variety of sanitary products and their merits will be discussed
* illnesses will be discussed including HIV and the development of AIDS