**YEAR 6**

**HEALTHY LIFESTYLES 24 – SEX AND RELATIONSHIP EDUCATION**

It begins with a focus on sexual intercourse and the human lifecycle. The children will examine how puberty brings about changing feelings and emotions with friends and family and consider ways to manage emotions so that they are able to express their feelings and concerns positively. They will explore the meaning of love and consider their responsibilities to care for themselves and others. They will consider the need for trust and love relationships. In this context, there is the opportunity to discuss responsible parenting choices and the use of contraception.

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

* the human lifecycle
* growing up
* personal responsibilities
* parents, carers and families

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

* be able to describe the main stages of how a baby is made, using some scientific vocabulary
* be able to describe some emotions associated with the onset of puberty and have strategies to deal with these positively
* understand that puberty affects people in different ways both physically and emotionally
* understand that the way they behave affects others and that they have some responsibility to others to make sure they are not hurt needlessly
* describe some characteristics of a loving trusting relationship
* understand some basic reasons why a couple might choose to have children
* show awareness of some family arrangements which are different from theirs

**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 |  |

**From Year 5**

|  |  |  |  |
| --- | --- | --- | --- |
| 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 |  |  |  |

**Additional language**

|  |  |  |  |
| --- | --- | --- | --- |
| reproduction | ejaculation | zygote | cells |
| sexual intercourse | marriage | condom | contraceptive pills |

**Points to note:**

* children will learn about how babies are made including sexual intercourse
* puberty and the changed that take place will be discussed including fluctuating feelings that may occur
* discussions will be held around methods of contraception