

This appendix highlights the Sexual Education unit of work embedded within our Relationships and Sex Education and Health Education curriculum. The content highlighted in **red** are the non-statutory elements to our curriculum and therefore parents have a right to withdraw from these specific aspects taught in school. All of the text in **black** is statutory guidance and therefore children must be taught those aspects in line with their peers.

This document provides you with the lesson objectives and lesson content also indicating which year group it will be taught in and at what point in the academic year.

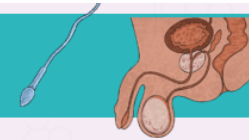
Year Group	Term	Lesson Information
Year 6	Summer Term 2	<p><u>Changing Bodies</u></p> <p>The children will recap on the changes that occur in boys' and girls' bodies during puberty. The children will understand that puberty is a word which is used to describe when a child's body starts to change and they become an adult. The children will learn how a boy becomes a man and how a girl becomes a woman, finding out that these changes happen to everyone. Boys between 9-15): start making testosterone in their testicles (sperm), body grows taller and muscular, facial hair, voices break, notice their penis becomes hard (erection). These are all completely normal. Girls between 8 and 13: Body gets curvier, hips get wider, breasts start to develop, female starts producing eggs (released through the menstruation cycle – periods), a white or clear fluid released (discharge). Both: Sweat produced, night emissions or wet dreams, spots or pimples can develop, pubic hair and under-arm hair. The children will learn that is important to be comfortable with your own body and look and touch it. The children will learn that people will start puberty at different times and it is all normal. We will also find out that is really important to look after our bodies and that other people should respect you and you have a right to protect yourself from unwanted contact.</p> <div> <div>Boys might notice that their penis sometimes becomes hard. This is called an erection. It can be embarrassing but don't worry - it is completely normal and it will happen less and less as you get older.</div> <div>Girls might notice that they have white or clear fluid coming from their vagina. It might be thin and wet or thick and sticky. This is nothing to worry about. It is called discharge and it's just another sign that hormones are changing your body.</div> </div>

Another change that young people might experience when they go through puberty is called **nocturnal emissions**, or **wet dreams**.

Males and females can experience wet dreams and, as you might have guessed from the word 'dreams', they happen when we are asleep.



If you have a penis, you might ejaculate semen (the fluid containing sperm) from your penis in the night.



If you have a vulva, you might notice it becomes wet in the night from some discharge. You might be dreaming about something of a sexual nature or you might not remember what you were dreaming about at all.



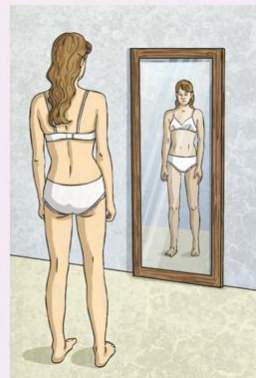
Either way, wet dreams are nothing at all to worry about. They are completely normal, but not everyone experiences them.

Getting to Know Your Own Body

It's important that you find out about your own body and feel comfortable with it. It's **your body**, so it's ok to look at it and touch it.

As young people develop, they sometimes like to touch themselves. This is called masturbation. Masturbation can be a way of exploring your body and any new feelings you may have.

Masturbation is a private thing, but it is completely normal and safe.








Your body – before it changes, during puberty and after it has changed – is **YOUR** body.

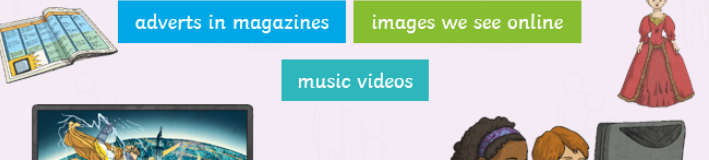
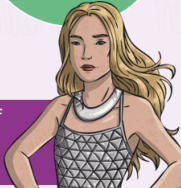

You have the right to protect yourself against any inappropriate or unwanted contact. Others should respect you and your body.


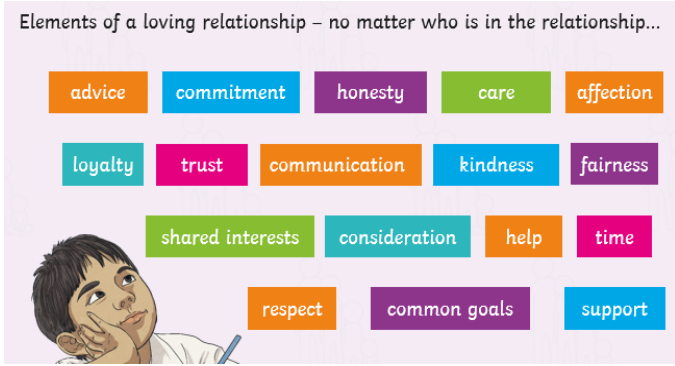
If you ever have any concerns about someone wanting to do something to your body, you should report it to an adult you trust. They could advise you and get the help and support you need.

Take care of your body and stay safe.



Year 6	Summer Term 2	<div data-bbox="521 218 801 252"> <h3>Emotional Changes</h3> </div> <div data-bbox="521 268 2072 539"> <p>The children will think about how their thoughts and feelings might change during puberty. The children will recap about puberty describing the phase when a child's body develops into an adults. We will understand that puberty can be confusing and even a worrying times and it is important to understand what is happening to your body. We will unpick scenarios about different feelings (having a crush, feeling angry, feeling sad and lonely, feeling like a failure) and offer advice back to each situation. The children will find out that changing moods and strong emotions during puberty happen to everyone and that hormones are responsible for the mixed emotions. We will find out about who you can go to for help (friends, family, adult in school, health professional etc). The children will be shown an information page about child line.</p> </div> <div data-bbox="689 579 911 603"> <h4>Who can you go to for help?</h4> </div> <div data-bbox="696 619 1039 675"> <p>Talking to friends you trust can be a great idea. It will probably turn out that they have had similar feelings.</p> </div> <div data-bbox="1055 571 1182 683">  </div> <div data-bbox="696 691 1034 766"> <p>Try talking to people you live with, this could be your parents, or maybe an older brother or sister. They were your age once and probably remember going through the same emotions.</p> </div> <div data-bbox="1055 691 1182 786">  </div> <div data-bbox="696 780 1016 820"> <p>Is there an adult at school you can trust? They could listen to you and give advice.</p> </div> <div data-bbox="1055 786 1182 898">  </div> <div data-bbox="696 836 1043 892"> <p>Talk to health professionals, such as your doctor or nurse, or use health websites, such as the NHS, to get advice and support.</p> </div> <div data-bbox="602 941 956 965"> <h4>Why do these emotional changes happen?</h4> </div> <div data-bbox="604 975 1193 1110"> <p>Changing moods and strong emotions during puberty happen to everyone. They are caused partly by the many changes and challenges that happen when you are growing up; at home, at school, in your bodies and in the way you think and act. Times when there are lots of changes in your life can make you feel unsettled and unsure about yourself.</p> </div> <div data-bbox="604 1123 1064 1324"> <p>Hormones are also partly responsible for the emotional changes you might feel. Hormones are chemical messengers inside our bodies. Different hormones have different jobs to do and control different things in our bodies, ranging from hunger and sleep, to growth and stress levels. Certain hormones start to be produced during puberty to help our bodies to grow. These new hormones can make us feel different or strange. They can affect our mood as our body gets used to them.</p> </div> <div data-bbox="1055 1110 1240 1334">  </div> <div data-bbox="1344 553 1404 577"> <p>Hello,</p> </div> <div data-bbox="1344 598 1955 687"> <p>I am a bit embarrassed about this, but I hope someone can help. I really, really like this boy in my class. I get strange feelings whenever I see him, like I am excited and a bit sick at the same time. I think about him loads and sometimes dream about him.</p> </div> <div data-bbox="1344 708 1946 778"> <p>It's so weird because I have known him for ages and he has always been my friend. I never used to feel like this around him and it's really awkward. I get nervous every time he talks to me!</p> </div> <div data-bbox="1344 798 1924 845"> <p>I can't talk to my friends, because I think they'll make fun of me, or (even worse) they might tell him and that would be awful!</p> </div> <div data-bbox="1344 865 1612 888"> <p>Please help! What should I do?</p> </div> <div data-bbox="1326 919 1576 943"> <h4>Is it normal to feel this way?</h4> </div> <div data-bbox="1328 960 1942 1072"> <p>Everyone goes through these changes. Some people will be affected by their hormones more than others and people may be affected in different ways. There is no right or wrong way to feel, but it is important to remember that you are not the only person feeling the way you do. Changing emotions are a normal part of growing up.</p> </div> <div data-bbox="1328 1096 1628 1294"> <p>But just because it is normal to feel changes in your moods when you are growing up, doesn't mean that your feelings are not important. If you are feeling like you can't cope with your strong emotions, or if you feel angry or unhappy a lot of the time, it is important that you talk to someone you trust.</p> </div> <div data-bbox="1632 1094 1960 1302">  </div>
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Year 6	Summer Term 2	<div data-bbox="521 218 815 252"> <h3>Just the way you are</h3> </div> <div data-bbox="521 268 2074 606"> <p>The children will look around at people in the world and understand the different types of bodies they have, that everyone is unique and that is what is wonderful. We will find out that it is important that we look after the body we have. The children will then learn where stereotypical 'ideal' or 'perfect' bodies are shown (adverts, toys, magazines, images online, music videos). We will discuss why we think that the above tend to feature people with these bodies and what sort of message it brings. The children will then be told about how the media alter photographs and it is not a true reflection of what the person actually looks like. This can be known as retouching. We will then learn that it isn't just the media that photoshop images. Modern technology on phones always facilitates to edit or add filters to images. We will play a game of spot the difference between original and edited photographs. We will finish by discussing how that your identity is more than just what you look like. It is about your personality along with lots of other things. We will finish with a something I like about you...game.</p> </div> <div data-bbox="521 651 1227 997"> <p>Every day we see images of 'ideal' bodies.</p> <p>With your partner, list some places you see images of 'ideal' or 'perfect' bodies.</p> <div> <div>adverts on the television</div> <div>toys, such as dolls representing women</div> <div>adverts in magazines</div> <div>images we see online</div> <div>music videos</div> </div>  </div> <div data-bbox="660 1037 1198 1369"> <p>Did you know that people in the media, film and photography industry are able to alter images?</p> <p>Technology is amazing and so advanced that images we see of people in magazines or on the screen have often been changed to make them look more how the company want them to look.</p> <p>It isn't a true reflection of the person, but sadly companies are allowed to do it.</p> <p>So a make-up model who has spots on the day of the photo shoot can magically have their spots erased with computer technology before the image is turned into an advert.</p> <p>Sometimes, people are made to look taller, thinner, or more muscly than they are in real life.</p>  </div> <div data-bbox="1243 619 2063 1024"> <p>We need to remember that a lot of images we see are not real. A photo like this might have had lots of things done to it to make the model look like this. This is called retouching.</p> <p>Look around and you will see real people in the real world. We are all different shapes and sizes, with different hair and faces. There is no 'ideal' way to look.</p>  </div>
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Year 6	Summer Term 2	<p><u>Relationships</u></p> <p>The children will think about what a relationship is? What types of relationships you can think of? What is a loving relationship? The children will be exposed to the useful vocabulary (shown below). The children will understand that a loving relationship can be many different things (friends, elderly couple, family) and that we have different loving relationships with different people at different times in our lives. We will discuss that all loving relationships have different elements (shown below). The children will understand that a living relationship between two people in mutual and consensual (both people want to be in the relationship) and that forcing someone to marry is a crime.</p> <div data-bbox="577 531 1205 898"> <p>Useful vocabulary for today's lesson...</p>  </div> <div data-bbox="1249 523 1921 890"> <p>Elements of a loving relationship – no matter who is in the relationship...</p>  </div>
Year 6	Summer Term 2	<p><u>Let's Talk about Sex</u></p> <p>Children will be introduced to the term sexual intercourse through a dictionary definition and understand that sex is short for sexual intercourse. Children will understand that sexual intercourse is one way that two adults in a loving relationship (link back to previous learning) may show love for one another and that it is also the start of the reproduction process (link back to human reproduction). The children will then be provided facts about Sex and the Law (shown below). We will find out that the media (songs and TV) would make use believe that everyone is having sex and being sexy is important when we know that it is not the case (linking back to just because you have a crush on somebody it doesn't mean you love them or want to have sex with them). The children will then find out that sexual intercourse is necessary for reproduction (in animals including humans). It is how the sperm meets the egg (link back again to human reproduction). The children will then be told that sexual intercourse doesn't always mean that a baby will be conceived. That contraception (condoms or the pill) can be used. We will then learn that just like we sneeze and cough into our arms to stop passing germs etc (masks – COVID), we can also pass infection through sexual intercourse. These are known as sexually transmitted infections and some can be serious and make people very ill. We will inform the children that using contraception (condom) prevents infections passing. We will then discuss that looking</p>

after your body is essential and people make sensible choices through safe sex (wearing a condom), that you are in charge of your own body and nobody should touch you in a place which makes you feel uncomfortable.

What is 'Sex'?

We may hear the word 'sex', 'sexy' and 'sexual', especially in modern pop songs or in films, but what does it actually mean?

- The term 'sex' is short for 'sexual intercourse'. It can also mean gender.
- The dictionary definition of 'sexual intercourse' is:

Sexual contact between individuals involving penetration, especially the insertion of a man's erect penis into a woman's vagina.



Looking after your body and protecting yourself against sexually transmitted infections (STIs) is an important part of staying safe and healthy when you are older.



You wouldn't know by looking at someone if they had an STI. They may not even know themselves! Knowing the other person very well and trusting them is as important as using protection, such as a condom.



Taking care and making sensible choices in a sexual relationship is called having 'safe sex'. This includes being able to say 'no' to something you don't want to do, even if you love the other person.



Why Do People Have Sex?

Sexual intercourse, or 'sex' for short, is one way that two adults in a loving relationship may show their love for one another.

It is also the start of the reproduction process, when a couple want to make a baby.



Some parts of our bodies are private, such as the genitals and the mouth. If someone ever tries to touch you in a place on your body that you are not comfortable with, or in a way that does not feel right, you must tell them to stop, say it is not appropriate and push them away. You should then tell a trusted adult straight away so that it doesn't happen again.



It's never your fault if somebody touches you in a way that makes you feel uncomfortable, and it's very important that you tell someone so that they can help to keep you safe.

Sex and the Law

The legal age that people can have sex in the UK is 16 years old.

Both people in the sexual relationship must be 16 years old or over.

Both people must consent (**want** to have sexual intercourse). If one person forces another person to have sex, it is called rape. Rape is against the law.

In most modern societies, it is illegal for two people closely related to each other to have a sexual relationship, such as having sex with a parent, child, brother, sister, or grandparent. This crime is called incest.

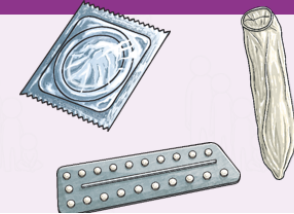


Why do you think these laws exist?

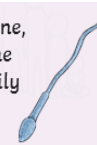
Sexual intercourse is also necessary for reproduction (in other animals as well as humans). It is how the sperm meets the egg, as you might remember from other lessons.

Although sexual intercourse doesn't always mean that a baby will be conceived (made), it might. If a couple want to have sex, but do not want to make a baby, they can use contraception to stop the woman becoming pregnant.

Contraception methods include condoms, which the man wears on his penis to catch the sperm, or a pill that a woman takes to prevent her ovaries from releasing an egg. If there is no egg to be fertilised, the woman can't get pregnant.



Just as we can share germs by sharing a drink with someone, or by sneezing near them, infections can be passed from one person to another through sexual intercourse, through bodily fluids such as sperm.



There are several sexually transmitted infections (commonly called STIs for short). Some can be very serious and make people very ill.

Using contraception such as a condom prevents an infection being passed from one person to another when they have sex. Not all forms of contraception protect against these diseases though. For example, the contraceptive pill would not protect someone from sharing an infection with their partner.



Year 6

Summer
Term 2

Human Reproduction

The children recap on Human Reproduction from their prior learning in Lower Key Stage 2. The children will know that human contraception is a sperm cell fertilising an egg (known as conception) to the birth of a baby. They will then find factual information about sperm fertilising the egg. The specific information is shown in the pictures below. The children will then watch a short video from conception to birth – link provided
<https://www.youtube.com/watch?app=desktop&v=SK72lu8TbF4> .

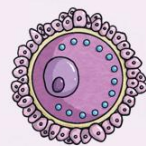
The video just shows scientific, under the microscope, pictures of the conception with images of a baby growing inside the womb. The children will then understand what a Foetus needs: minerals, oxygen, fats, vitamins, protection, protein. The children will find out that after 9 months of growing inside its mother, the baby is ready to be born. This is called labour (building on prior learning). There will be brief explanation explaining the difference when a baby is born by caesarean section.

Using what you already know about human reproduction, see if you can complete the following statements with your partner.

- A man produces sperm in his testicles.
- Once a month, the woman's body releases an egg.
- A man and a woman in a loving relationship might decide to have sexual intercourse to try to make a baby.
- Only one sperm can fertilise the egg.
- A fertilised egg takes nine months to grow into a baby.
- The woman carries the baby inside her womb (uterus).
- Two people who want to have sexual intercourse, but do not want to make a baby, might use a method of contraception, such as a condom or a pill.



Wow! From just two cells (a sperm and an egg) to 37.2 trillion cells in a human being!



zygote



embryo



fetus

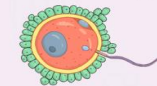
From Conception to Birth



If a man and a woman want to conceive a baby, they have sexual intercourse. The man's penis ejaculates sperm which race to find the woman's egg.



The woman's body releases one egg once a month. The egg only lives for about 12 – 24 hours and sperm can live for 5 – 7 days.



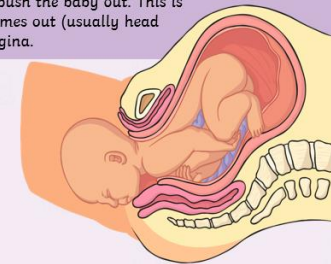
If a sperm reaches the egg, the egg is fertilised, starting a new life form.

If the couple do not want to conceive a baby, they can use contraception, such as a condom, to stop the sperm reaching the egg.



After nine months of growing inside its mother, the baby is ready to be born.

The muscles in the uterus push the baby out. This is called **labour**. The baby comes out (usually head first) from the mother's vagina.



Some babies are born through a **caesarean section** or **C-section** for short. This is when the baby cannot be delivered through the vagina, for example the baby may be breech (meaning it is feet first in the womb, rather than head first ready to be born).



In a C-section an incision is made through the woman's tummy and into her womb. It is a common operation and is safe for the baby and mother.

