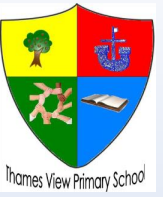


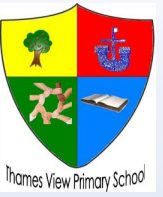
# Relationships and Health Education

Thames View Primary School



# Session Outline

- Guidance and Policy
- Lessons, Vocabulary and Images
- Q & A



# Sex Education? RSE? RHE?

RSE – Relationships and Sex Education

RHE – Relationships and Health Education

# Why learn RSE and RHE in school?



- To embrace the challenges of creating a happy and successful adult life, pupils need knowledge that will **enable them to make informed decisions** about their wellbeing, health and relationships and to **build their self-efficacy**.
- So **pupils can develop the capacity to make sound decisions** when facing risks, challenges and complex contexts.
- Everyone faces difficult situations in their lives. These subjects can support young people to **develop resilience, to know how and when to ask for help, and to know where to access support**.
- To help prepare pupils for the opportunities, responsibilities and experiences of adult life.

# Legislation (statutory regulations and guidance)



Current regulations and guidance from the Department for Education state that as of September 2020, **Relationships and Health Education is compulsory in all primary schools**. Sex education is not statutory for Primary Schools and as such will not be in scope of our PSHE and Relationships Education, unless we deem appropriate.

Our curriculum is designed to meet the needs of the children. If senior staff at Thames View deem it necessary to discuss aspects of Sex Education (beyond the Science curriculum) with upper KS2 children, parents will be consulted and have the right to withdraw their child from these lessons.

If a parent/carer requests for their child to be removed from a sex education lesson, we will make contact to discuss their concerns and to provide support. Our decision to work this way is to continue to be child focused and to tailor the curriculum to the cohort of children.

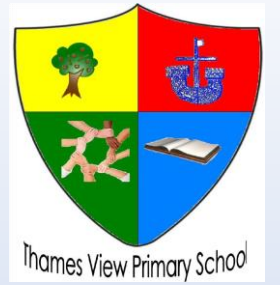
Children that are removed from the lesson will be given work to do from their teacher that is in keeping with their current learning.

# Can I withdraw my child?



- Parents have the right to request that their child be withdrawn from some or all of sex education delivered as part of statutory RSE.
- Before any such request is granted, it must be discussed with the Head Teacher to ensure that wishes are understood and that parents understand the nature and purpose of the curriculum. Potential detrimental effects will be discussed, including any social and emotional effects of being excluded, as well as the likelihood of the child hearing their peers' version of what was said in the classes, rather than what was directly said by the teacher.
- Head teachers will grant a request to withdraw a pupil from any sex education delivered in primary schools, other than as part of the science curriculum.
- **BUT... there is no right to withdraw from Relationships Education or Health Education.**
- At Thames View Primary, we are teaching Relationships and Health Education

# What is 'Relationships and Health Education'?



Relationships Education focuses on teaching the fundamental characteristics of **positive relationships**, with particular emphasis on friendships, **family and relationships with other children and adults, both on and offline**. At Thames View we believe it is important to give the children the essential skills for building enjoyable, respectful and non-exploitative relationships. Health Education focuses on **good physical and mental health, how to stay safe on and offline**, and the importance of **healthy relationships**. At Thames View we will ensure pupils are taught about the benefits of a healthier lifestyle, what determines their physical health and how to build mental resilience and wellbeing.



# Managing difficult questions

- We understand that children are curious, inquisitive individuals and will often ask their teachers or other adults questions pertaining to sex or sexuality which go beyond what is statutory in Relationships and Health Education and Science curriculums. All staff at Thames View are trained in how to answer such questions and to consider whether it is appropriate to address this on a one-to-one basis or as a whole class setting. Guidance is available for staff and parents to access, to ensure children's questions are not left unanswered, which may lead to seeking information online from inappropriate sources.
- Each year group has an 'Emotions Box' in their shared area, into which children they can place a written question or worry, or express their emotions. Children have the choice to remain anonymous if they wish; this allows pupils' voice to be heard and where appropriate, form part of our teaching.

# Safeguarding



Teaching and support staff are aware that effective Relationships and Health Education, which brings an understanding of what is and what is not appropriate in a relationship, can lead to a disclosure of a child protection issue. Teachers will consult with the designated safeguarding lead regarding an issue raised, and in their absence will consult with another member of the safeguarding team or Pastoral Support Liaison Worker.

In the instance of a disclosure, the designated safeguarding lead would follow the procedure set out in our

Child Protection and Safeguarding policy.

# Example Lessons

- The following slides give an outline / examples of key lessons for each each group (Year 1 – 6)

# Year 1 - Keeping Privates Private

Children will be able to:

- Identify parts of the body that are private;
- Describe ways in which private parts can be kept private;
- Identify people they can talk to about their private parts

## Key Vocabulary

privates

private

penis

vulva

hygiene

sore

help

change

doctor

private activity

my body is mine (body  
autonomy)

# Year 1 - Keeping Privates Private

## Introduction Discussion:

- What changes have happened to you since you were a baby?
- How do you look different from when you were a baby?
- What are the things you can do now that you couldn't do when you were younger?
- What are the things you are still learning to do?

## Needing the Toilet Activity Sheet:

Comparing how they used the toilet when they were a baby, a toddler and now  
Who helps?

## Summing up:

- Who helps you with the things that you are learning to do?
- What are the main differences between when you were a baby and now
- Who wiped them clean then and who does it now?
- What are the words that we give to the parts of our body that we need to wipe/pat? Is it the same for boys and girls?

Activity sheet

Needing the toilet

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Safety Caring Achievement Resilience Friendship

What could you do as a baby?	Me as a baby	Who helped you as a baby?
What could you do as a toddler?	Me as a toddler	Who helped you as a toddler?
What can you do now?	Me now	Who helps you now?

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# Year 2 – My body, your body

- Children will be able to:
- Identify which parts of the human body are private;
- Explain that a person's genitals help them to make babies when they are grown up;
- Understand that humans mostly have the same body parts but that they can look different from person to person

## Key Vocabulary

unique  
special  
penis  
scrotum  
vulva  
nipples  
private parts  
my body is mine (body  
autonomy)  
sperm  
eggs  
ovaries  
womb  
pregnancy

# Year 2 – My body, your body

Introduction discussion: What does your body do?

## Activity: Name the body parts

- Outline of a child/children is drawn and body parts labelled
- What parts of the body are seen when wearing a school uniform?
- What parts of the body are seen when wearing a swimming costume?
- What body are seen when having a bath or shower?

## Discussion:

- *Which parts of the body do boys and girls have that are the same?*
- *Which parts do they have that are different?*
- *Some parts of the body are private and no-one has the right to touch them or look at them.*

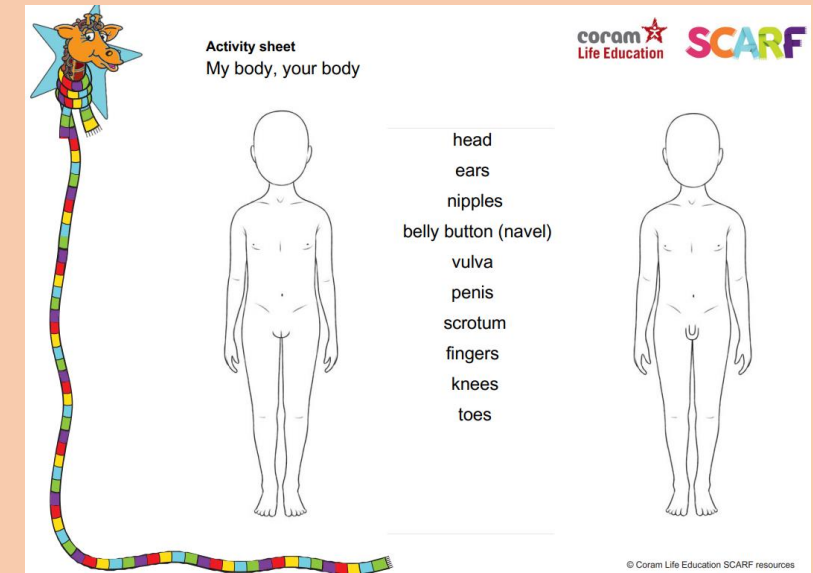
# Year 2 – My body, your body

Activity Sheet:

Children label body pictures

Summing Up:

- Our bodies are *unique* and special.



In the lesson, teachers are prepared to answer tricky questions if they arise. Here are some example answers:

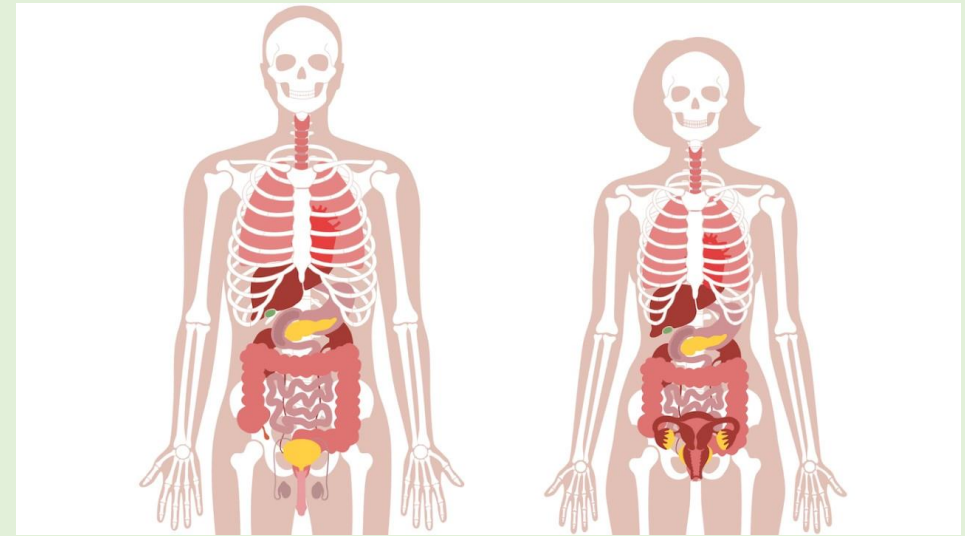
*Why do boys have a penis and girls have a vulva?* They are to help release urine (wee) from the body and, if a person wants to, create a baby when older.

*What do boys (and men) have a scrotum for?* A scrotum is a bag of skin that holds the testicles in place. When boys are older, the testicles can make and store the sperm (seed) that helps make a baby, if they choose to do this when they are grown up.

*Where do girls (and women) store their seeds/eggs?* They have something similar called ovaries which store the eggs, but they are kept inside her body between the hips above the womb.

*Why do boys have nipples?* For the first six weeks of pregnancy an embryo (the beginnings of a baby) develops the same parts of the body and this includes nipples. Then the bodies start to change depending on whether the embryo will be male or female and this is why the genitals are different for boys and girls. Girls have nipples so that when they are grown up, if they choose to have a baby then they can breastfeed their baby.

# Year 3 - My changing body

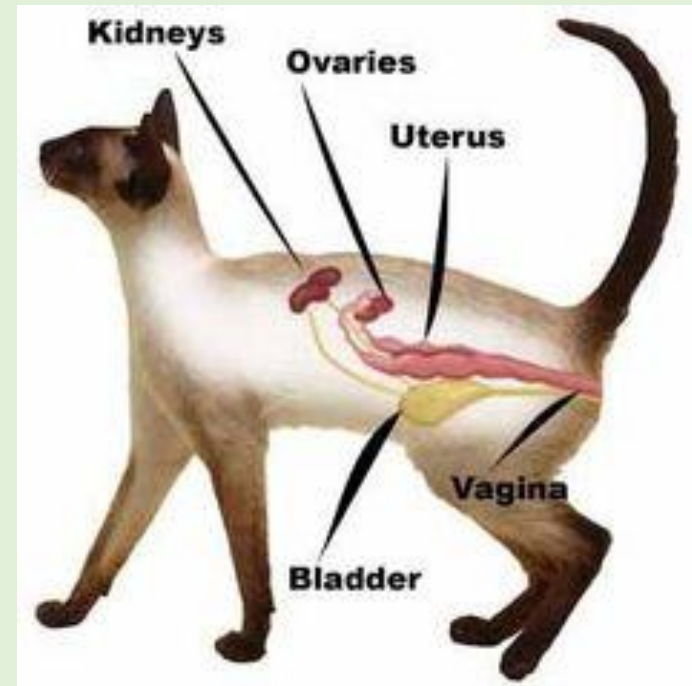


By the end of this lesson, children will be able to :

- Recognise that babies come from the joining of an egg and sperm
- Explain what happens when an egg doesn't meet a sperm
- Understand that for girls, periods are a normal part of puberty.

# How are kittens born?

- Adult female cats will have a special place in their bodies called a womb or uterus.
- This is where the kittens grow before they are ready to be born.
- Sometimes female cats can have 1-8 kittens at one time.



## This the same for humans!

Humans are like kittens.

They are both mammals.

Mammals grow babies inside the mother until they are ready to be born.



Year 3 - My changing body

Babies are made from **two seeds**: an **egg from the female** and a **sperm from the male**.

Female humans normally release **one egg**

- Sometimes two are released to create non-identical twins;
- Identical twins occur when an egg and sperm split in half to create identical
- babies.

**We are going to learn about eggs and what happens to them when the egg from a female doesn't meet a sperm to make a baby.**



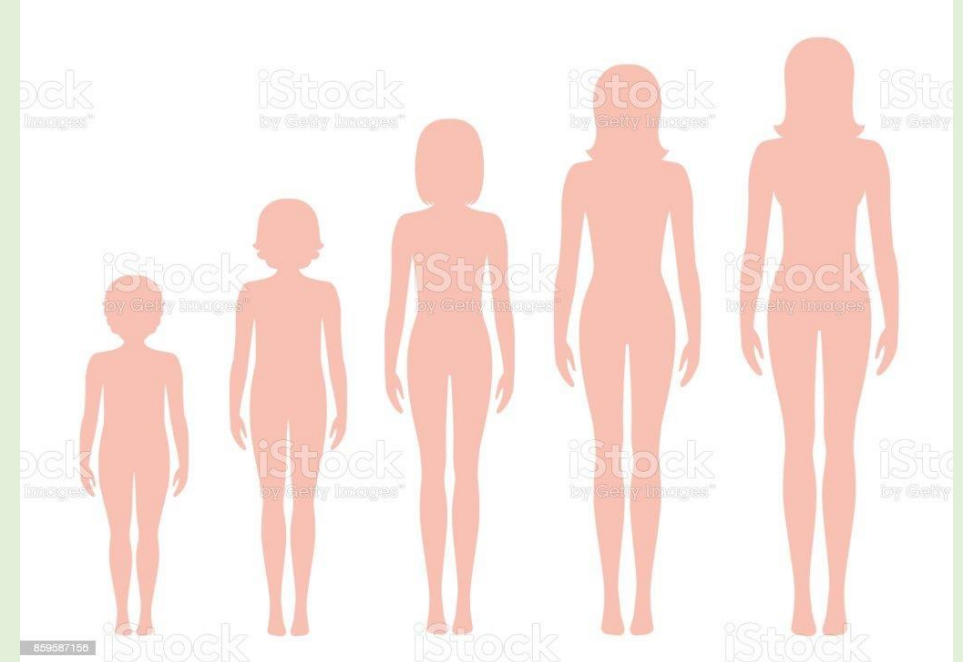
## What can you remember from lessons about your bodies in year 2?

- Why are girls and boys bodies different?
- What changes happen to a female so that it is ready to have a baby?
- What is this change called?

**Boys can reach puberty anytime from the age of 9, but usually around 10-12 years old.**

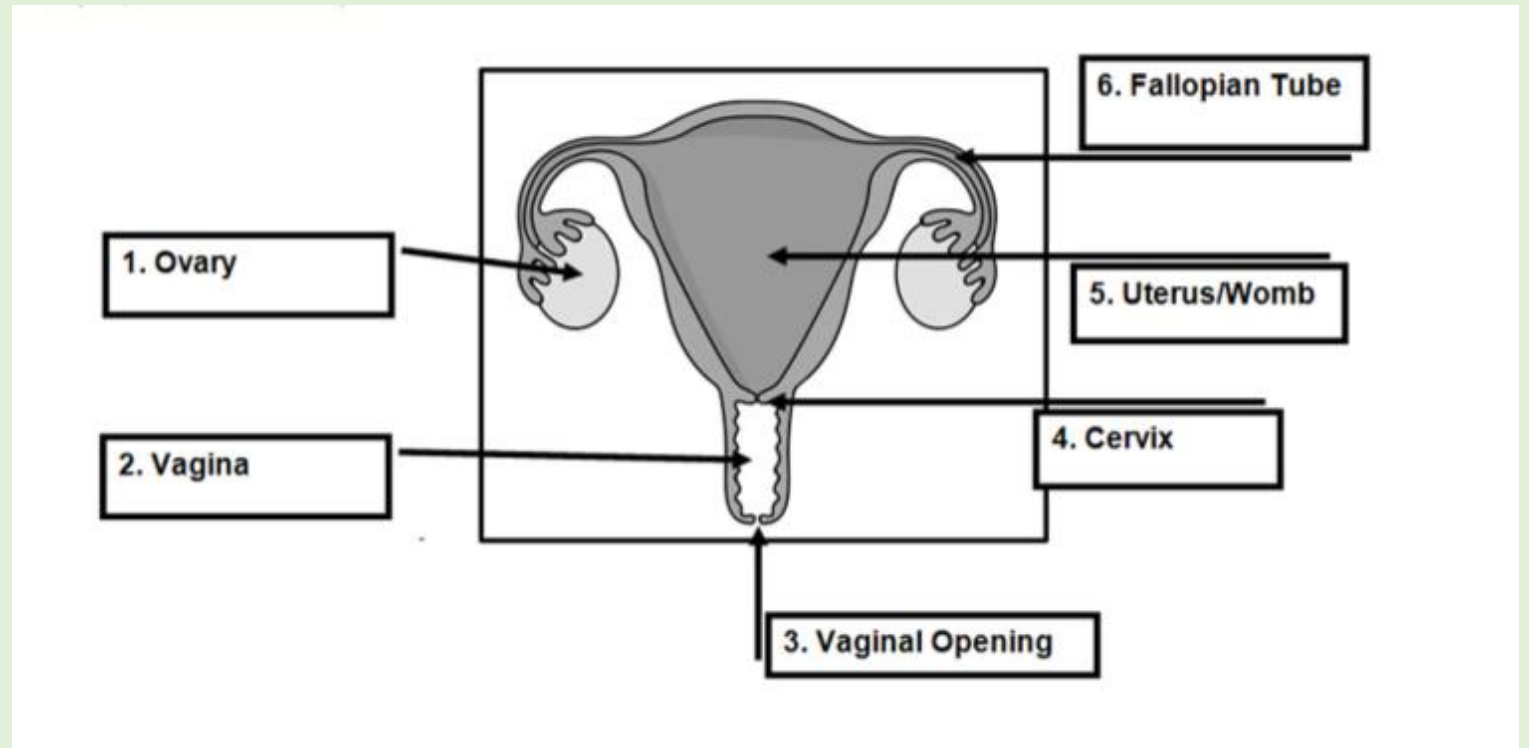
**Girls can reach puberty anytime from the age of eight, though most commonly at about the age of 12.**

**This is why we are learning about girls puberty today.**



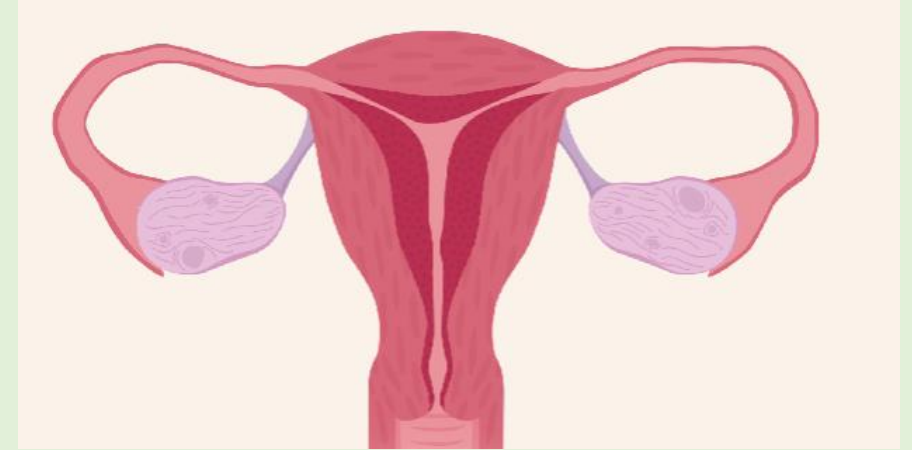
## Where are females eggs stored?

- All females are born with eggs in their ovaries
- When a female reaches puberty, an egg can be released inside the body. This happens in the female reproductive system which looks like this...



# What happens when an egg is released?

- When an egg is released, it is called a period.
- About once a month, when a female has reached puberty she releases one egg from an ovary. This egg travels along the fallopian tube towards the uterus (womb).
- In preparation for the egg, the lining of the uterus thickens.
- But if the egg is not fertilized inside the female's body - it doesn't meet the male seed – (the sperm)- the lining isn't needed and so the woman/girl passes this lining, in the form of blood, along with the tiny egg, out through her vagina.



## What does a female do when they get their period?

- The amount of blood in total is small – only about 3-5 tablespoons. This is all perfectly normal and shows that a girl's body is getting ready for adulthood and will enable her to have a baby if she wants to.
- There are lots of different ways you can protect your clothing when on your period. Most females choose what method they prefer.



# Question Time



# Year 4 – Preparing for changes at puberty

- Children will be able to:
- Know the key facts of the menstrual cycle;
- Understand that periods are a normal part of puberty for girls;
- Identify some of the ways to cope better with periods.

# Year 4 – Preparing for changes at puberty

Discussion:

**What happens to a boy's body when he starts puberty?**

(Increased body hair, get bigger and taller, voice deepens, may get spots, greasy hair, testicles start to make and store sperm, may have wet dreams)

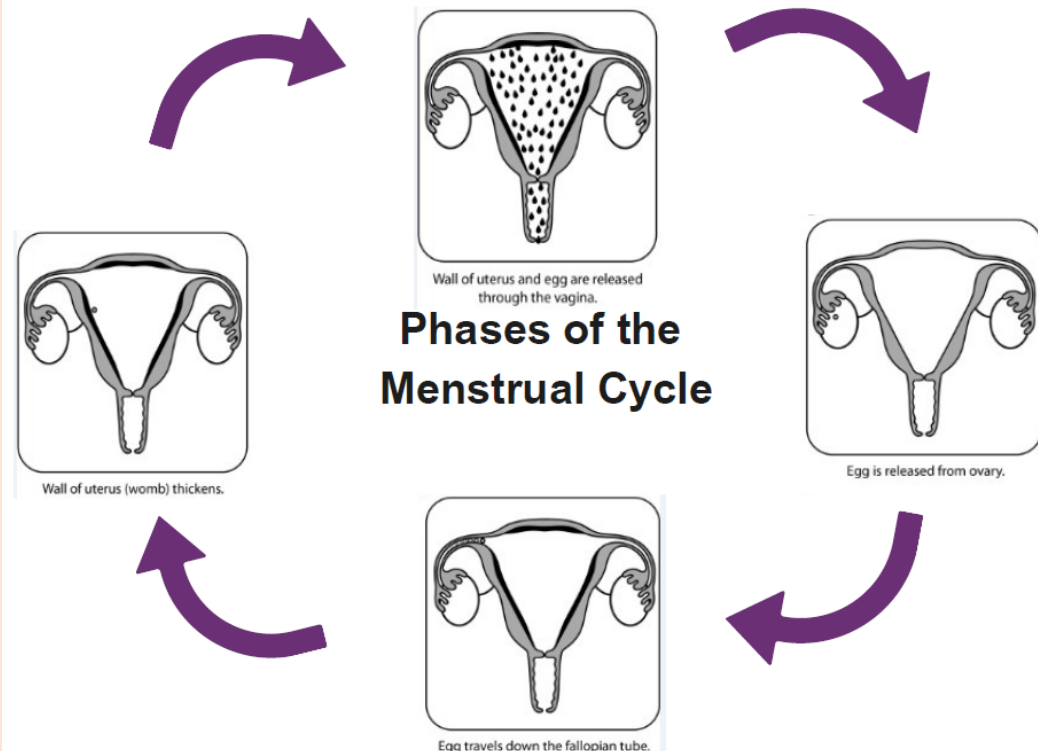
**What happens to a girl's body when she starts puberty?**

(Increased body hair, get bigger and taller including widening of hips and breast development, voice can deepen slightly, may get spots, greasy hair, eggs get released/periods/menstruation).

# Year 4 – Preparing for changes at puberty

What happens with periods?

## What is menstruation?



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## Disposable period products

Menstruation pad (with wings)



Menstruation pads



Tampon with applicator



Tampon without applicator

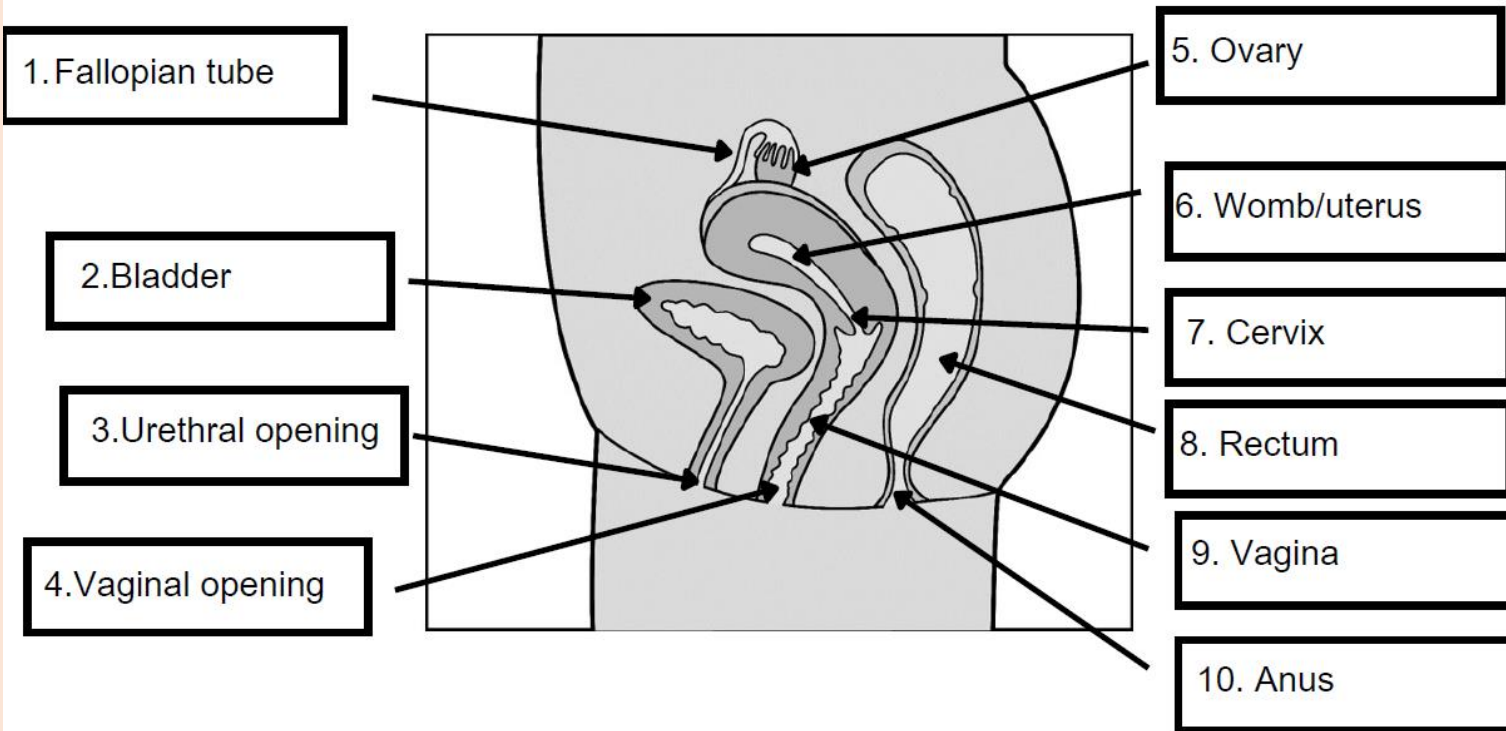
# Year 4 – Preparing for changes at puberty

## Activity

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Labelling female reproductive organs



\*Bladder \*Vaginal opening \*Fallopian tube \*Womb/uterus \*Cervix \*Rectum  
\*Urethral opening \*Vagina \*Ovary \*Anus

# Year 4 – Preparing for changes at puberty

What is a wet dream?

In the same way people manage the blood from a period being released from their body by using products to stop their clothes from being stained, people who have wet dreams may need to think about how they keep their nightclothes, e.g. pyjamas, and bedding clean.

A wet dream is when a boy releases semen from their penis during the night while they are asleep or a girl produces some extra vaginal fluid. **It is totally normal to experience them and totally normal not to.** It's just the body's way of testing things out as it is changing and growing into an adult body. It's more noticeable for boys as the fluid is released externally.

[Wet dreams explained - cartoon](#)

# Year 4 – Preparing for changes at puberty

## Summing Up:

- Periods and wet dreams are a normal part of growing up and show that it's the body's way of working as it should.
- They are nothing to be ashamed of.
- But they are private things.

# Year 5 – Changing bodies and feelings

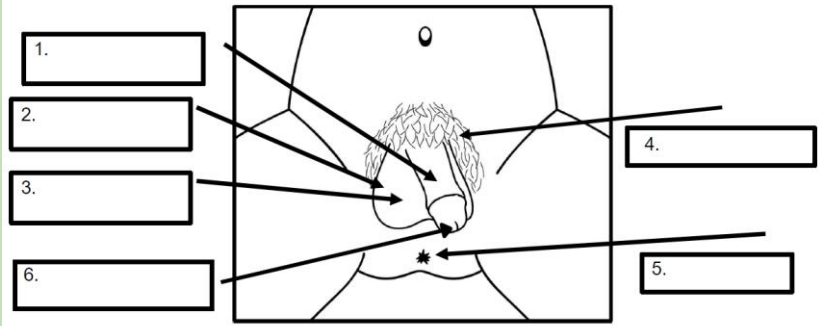
- Children will be able to:
- Know the correct words for the external sexual organs;
- Discuss some of the myths associated with puberty.

# Year 5 – Changing bodies and feelings

Introduction – class agreement

Activity: Labelling male and female external body parts

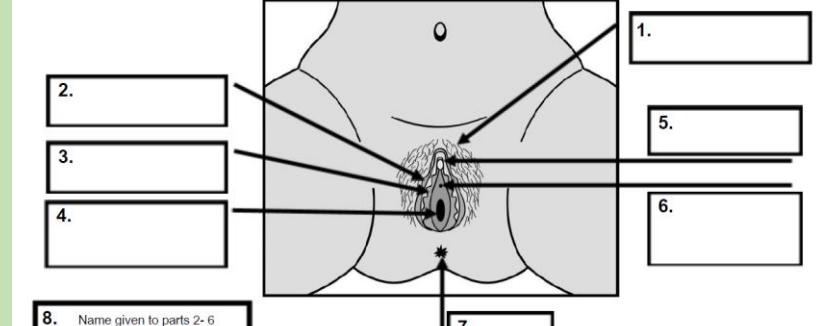
Activity sheet (b)  
Labelling male external body parts  
Can you correctly label the following diagram, using the words in the box below?



The diagram shows a male torso from the waist up, focusing on the pubic area. Six numbered boxes (1-6) have arrows pointing to specific parts: 1 points to the pubic hair, 2 to the penis, 3 to the testicle, 4 to the scrotum, 5 to the urethral opening, and 6 to the anus.

\*Pubic hair \* Penis \* Testicle \* Scrotum  
\*Urethral Opening \* Anus

Labelling female external body parts  
Can you correctly label the following diagram, using the words in the box below?



The diagram shows a female torso from the waist up, focusing on the pubic area. Eight numbered boxes (1-8) have arrows pointing to specific parts: 1 points to the pubic hair, 2 to the outer lips (labia), 3 to the clitoris, 4 to the inner lips (labia), 5 to the vaginal opening, 6 to the vulva, 7 to the urethral opening, and 8 to the anus.

\*Pubic Hair \*Outer Lips (labia) \*Vaginal Opening \*Vulva  
\*Clitoris \*Urethral opening \*Anus \*Inner Lips (labia)

Teacher shares answers and pupils correct if needed. Teacher led discussion.

# Year 5 – Changing bodies and feelings

## Activity: Emotions and feelings (True or False?)

- Pupils discuss with a partner
- Pupils organise into true or false

Teacher led discussion



Activity sheet (c)

Emotions and feelings: true or false?

1. It's normal for a person to put on weight when going through puberty.	2. It is wrong for a person to want to touch their own penis or vulva.
3. If a girl doesn't wear a bra by the time she goes to secondary school something's wrong.	4. You should always talk to someone you trust if you are worried about your body changing.
5. Girls should always shave their body hair when it starts growing.	6. Stretch marks are a sign that someone is getting too fat.
7. If a boy doesn't get wet dreams, there's something wrong with him.	8. If someone is shorter than their friends when they start secondary school, they are always going to be short.
9. If a boy starts getting erections it means he is ready for reproduction.	10. If a person has a crush on someone it means they want them to be their girlfriend/boyfriend.



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# Year 6 - Making Babies

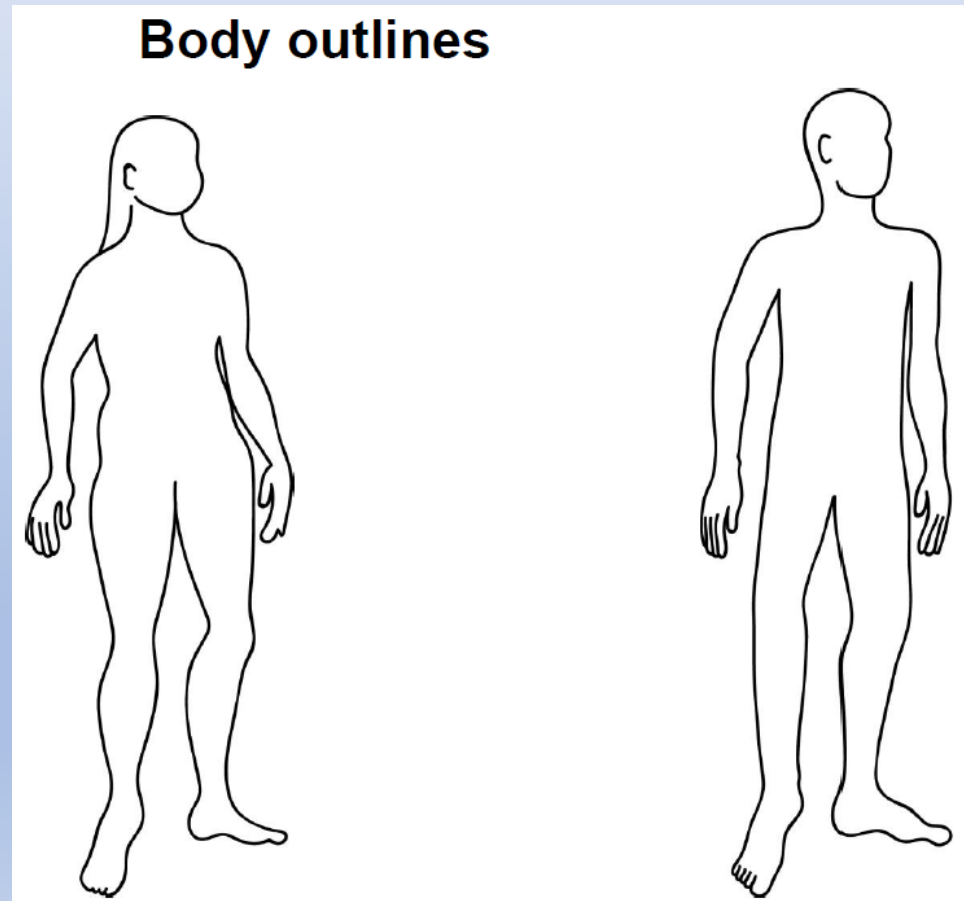
Pupils will:

- identify the changes that happen through puberty to allow sexual reproduction to occur.
- know a variety of ways in which the sperm can fertilise the egg to create a baby.
- know the legal age of consent and what it means.

# Year 6 - Making Babies

What changes take place during puberty so that our bodies can reproduce?

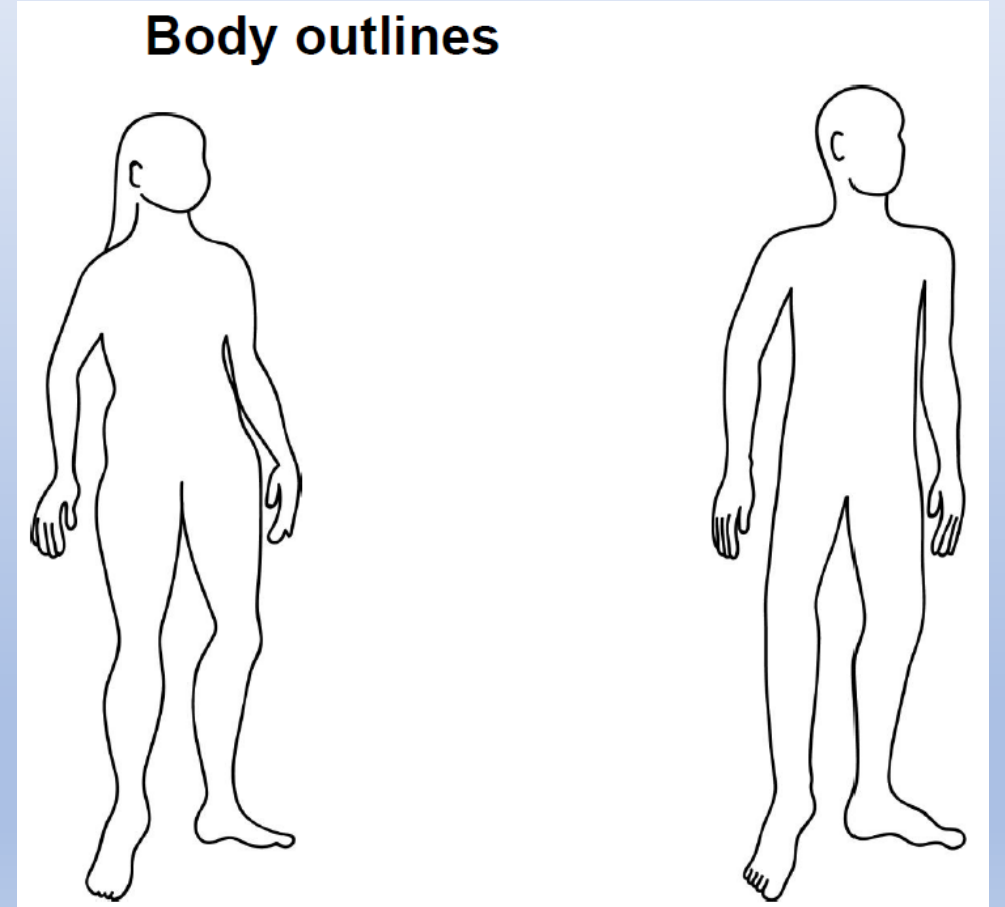
- Discuss in pairs



# Year 6 - Making Babies

What changes take place during puberty so that our bodies can reproduce?

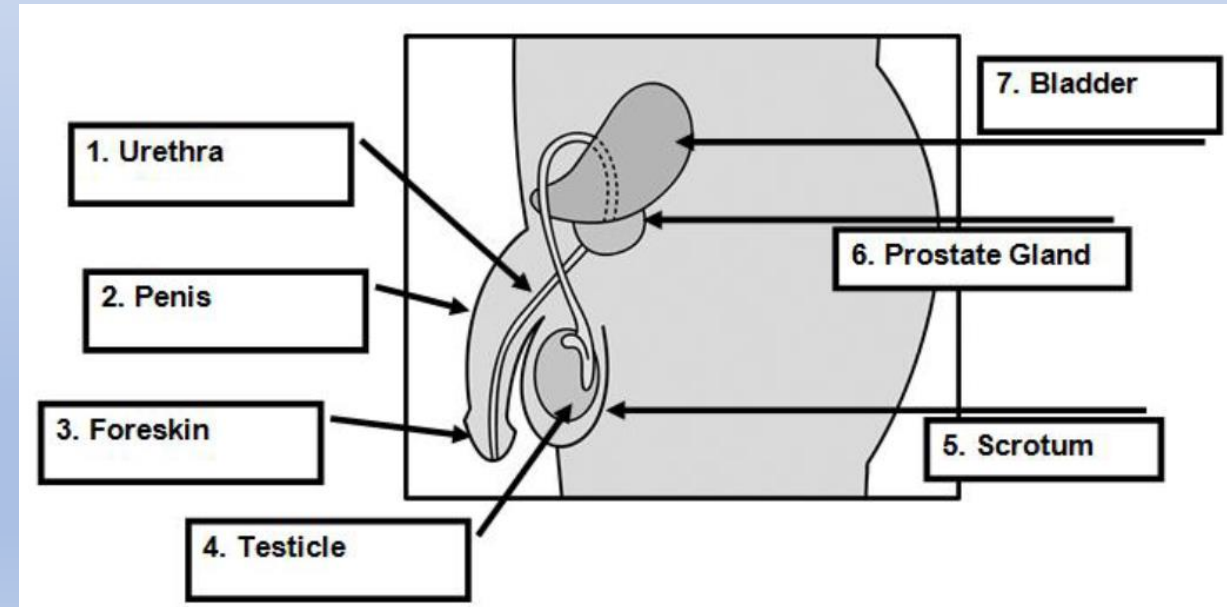
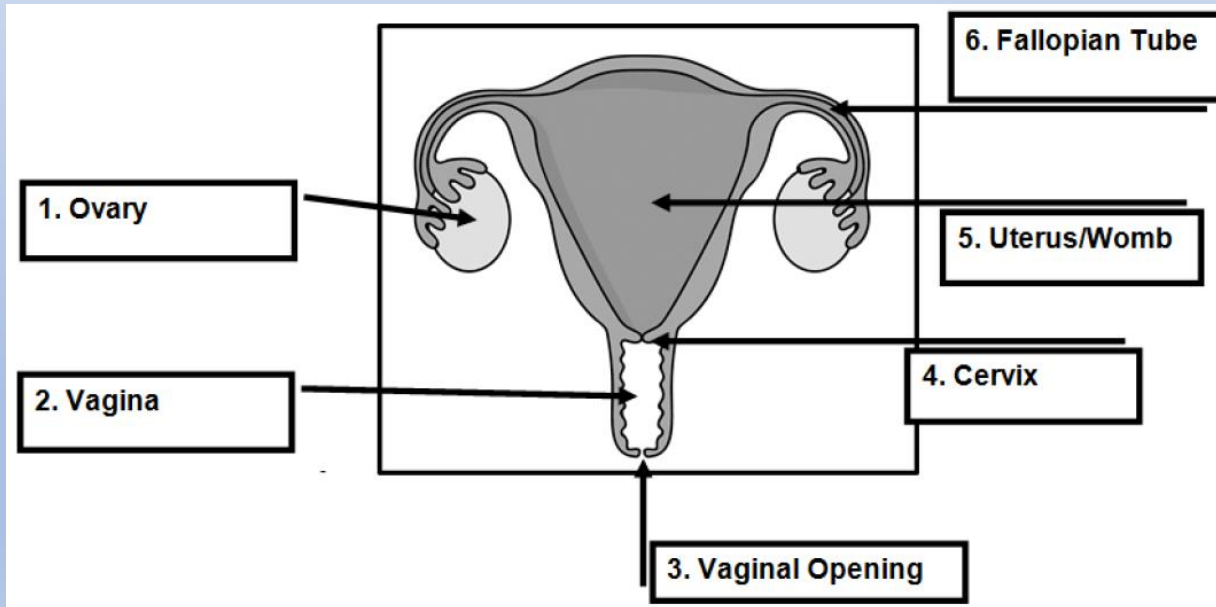
- Eggs released (periods start) - female
- Hips widen - female
- Breasts develop (to enable breastfeeding) - female
- Sperm produced (sometimes wet dreams) - male
- Erections happen - male
- Did you know that girls are born with all the eggs already inside their ovaries?
- Boys don't start producing sperm in their testicles until they start puberty.



# Year 6 - Making Babies

## Conception

Most babies are created when a man and a woman have sexual intercourse. This usually happens when a man and woman are in a loving relationship and agree to make a baby. A baby is made when the sperm of the man meets with the egg of the woman inside the woman's body.



## Year 6 - Making Babies

# Conception

In order for the sperm to meet the egg inside a woman's body, the man and woman often hug, cuddle, kiss and feel very loving towards each other. They get very close to each other without their clothes on and touch each other's bodies in a way that feels nice so that the man's penis becomes hard and the woman's vagina becomes wet (lubricated). This is so that the man's penis can slide inside the woman's vagina more easily.

## Year 6 - Making Babies

# Conception

- During this whole process the man and the woman will both get very excited. If a woman reaches the peak of her excitement, called an orgasm, she will have a very pleasurable feeling where the muscles in her vagina contract.
- If a man has an orgasm he will also have a very nice feeling and release millions of sperm from his penis into the woman's vagina. The sperm will then swim up inside the woman's body to find the egg.

## Year 6 - Making Babies

# Conception

- If an egg and one sperm meet, the beginning cells of a baby can start to grow. Those cells will need to then implant into the side of the womb so it can grow into a baby over the next 9 months.





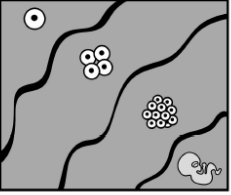
# Year 6 - Making Babies

## Conception and pregnancy timeline

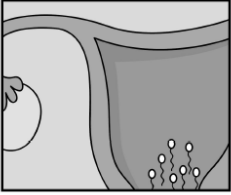
- Arrange the timeline cards in the right order.

Sorting activity: conception and pregnancy timeline  
Cut out the 8 pictures and related text and arrange in the correct order.


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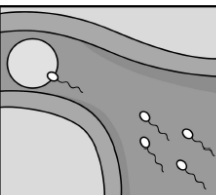
About 1½ days later the fertilised egg (egg and sperm combined) begin to change and grow.



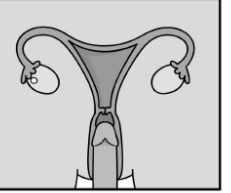
During sexual intercourse the man's penis enters the woman's vagina. He has an orgasm, releasing millions of sperm into her vagina. The sperm swim up the vagina. A few make it right to the fallopian tube, where the egg is.



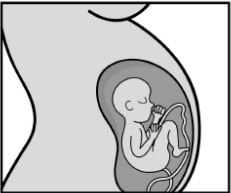
Eventually around nine months later, the baby is ready to be born. Most babies are born head first and will leave the womb, travel down through the cervix and out through the vagina. This is called the labour.



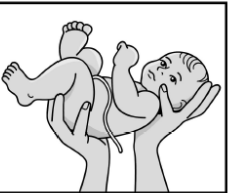
One sperm meets the egg and enters it, beginning the first phase of making a baby. This is called fertilisation.



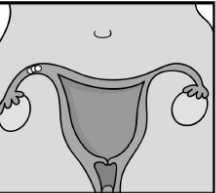
A man and woman have sexual intercourse. All this happens at the time of the month when the woman's body is releasing an egg from the ovary. This is called ovulation.



About six days later the egg, now called an embryo, implants in the lining of the womb. This is where the embryo will continue to grow (if the pregnancy continues).



The baby arrives and now needs lots of milk and attention to ensure it grows happy and healthy.



Ovulation- The egg is released from the ovary into the fallopian tube (passage the leads from the ovary to the womb). It starts to travel down the tube very slowly, towards the womb. It will stay in the fallopian tube for a few days.

## Year 6 - Making Babies

# Legal Facts

- Legally, a person (male or female) has to be to 16 years of age to have sexual intercourse.
- This is to protect children from adults who might try to have sex with children under 16 years old.
- Even if **one** of the people is 16 or over, it is illegal before this age.
- Anyone under 16 years old should tell a trusted adult (e.g. parent or teacher) if someone is trying to have sex with them.
- **Both people MUST agree** to have sex, even if they are not trying to make a baby. If one person forces the other person to have sex or carries on having sex when the other person hasn't agreed, this is sex without consent and is illegal.

# Other ways to have a baby

- What if the two people in a relationship and wanting to be parents are a man and a man, or a woman and a woman?
- What if a man and woman aren't able to make babies themselves through sexual intercourse: how else can people make babies or become parents?
- Adoption, Surrogacy, IVF

# Other ways to have a baby

- **Adoption**

This is when an adult or adults take on legal responsibility for a baby or child whose birth parents are not able to care for them.

# Year 6 - Making Babies

## Other ways to have a baby

- **Surrogacy**

This is a way for a couple who cannot make a baby themselves to become parents. A surrogate mother become pregnant with their child.

A surrogate is a woman who agrees to become pregnant, either by: putting a man's sperm inside her vagina to meet one of her own eggs to make a baby (artificial insemination), or where a specialist doctor places an embryo into her womb created by the egg and sperm (through IVF) of the couple wanting a baby or donated egg and/or sperm. Surrogacy is legal in the UK provided that the surrogate receives no payment.

## Year 6 - Making Babies

# Other ways to have a baby

- **IVF**

IVF stands for 'In vitro fertilisation'. It is a process where the egg from a female is combined with the sperm from a male outside the body, in vitro (Latin word for glass - hence the term test-tube babies).

IVF is when where specialist doctors fertilise the egg of the woman with the sperm of the man, but outside of the body.

The fertilised egg creates an embryo which is then put it back inside the woman so she becomes pregnant and grows the baby inside her uterus/womb.

Sometimes a couple use either an egg or sperm - or both - donated from someone else, (if they can't make a baby with their own for some reason).

## Year 6 - Making Babies

# Can conception be prevented?

- It is possible for a man and a woman to have sex but not make a baby. They can use something to stop the egg and sperm meeting, such as a condom - a rubber or plastic tube that fits over a man's penis and catches the sperm when it comes out.



## Year 6 - Making Babies

# Remember...

1. Sexual intercourse is legal only for those aged 16 and over in a ***consensual*** relationship (meaning both people want to have sex).
2. If anyone under 16 years old is in a situation where someone (of any age) wants to have sex with them they should tell a trusted adult (e.g. parent, teacher).
3. Not all babies are created through sexual intercourse, and not all babies have a mum and a dad; there are a number of different family structures, including; two mums, two dads, one mum or dad, or a granny and /or grandad, for example.