

## RSE 2021

### Year 6- Content of lessons:

#### Lesson 1:

Set up a question box. Discuss different types of relationships, why relationships are important and how they are presented in the media. Discuss how different relationships should be respected.

#### Lesson 2:

Discuss what makes a good parent. Develop the idea of equipping children with the skills to grow in the future – physically, mentally and in the ability to have relationships with others. An aspect of this is safety – discuss social media / adverts etc and pressures they might experience. Discuss impact on mental health.

#### Lesson 3:

Puberty: Discussion about bodies changing from child to adult and emotions / feelings changing too. Watch films 'Girl Talk' and 'Boy Talk'. Then split into two single sex groups. General discussion picking up queries/ points from the DVDs. Girls discuss menstruation in more detail – show samples and answer any questions. Boys also discuss menstruation and look at sanitary samples. Both groups to discuss importance of hygiene and healthy lifestyles.

#### Lesson 4:

Watch film 'How babies are made'. This discusses loving relationships, life cycles and different types of families and relationships. There is an animation of sexual intercourse and it explains how fertilisation occurs. After the film the teacher will briefly discuss contraception and sexually transmitted diseases along with the law, what to do if they feel pressure and where to go for help advice.

#### Lessons 5:

Discuss what they might need to think about before embarking on having a family – healthy mother, finances etc. Watch film 'How babies are born'. Discuss points from the DVD, including the stages of pregnancy.

#### Lesson 6:

Follow up sessions to check understanding from the unit of work – quiz, Q & A (refer to question box)