

# Relationship and Sex Education

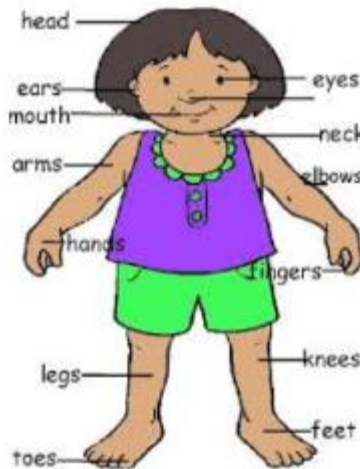
**Year 3**

• **Lesson 1  
of 4**

# Relationship and Sex Education



- Talk with your partner:
- What do you think these lessons will be about?
- Why do you think we learn about Relationship and Sex Education?



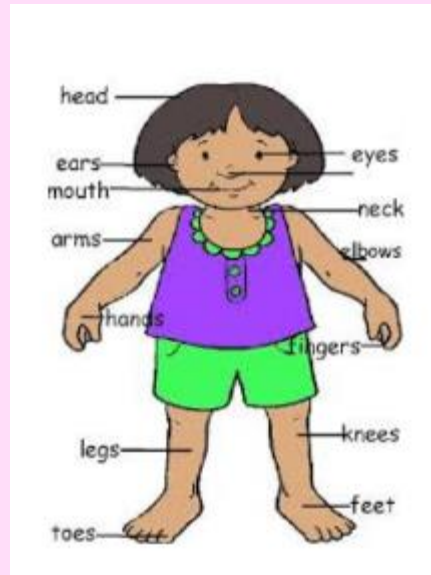
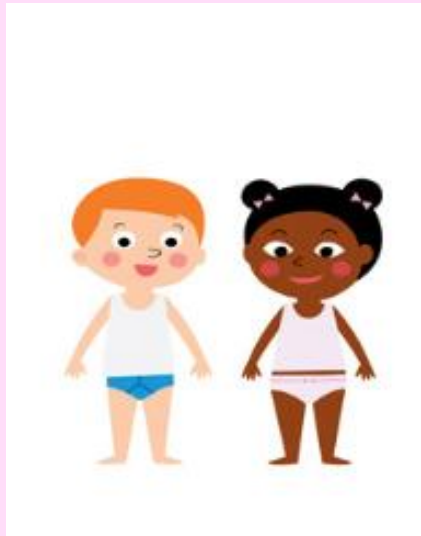
# Relationship and Sex Education



**...happier,  
healthier, and  
safer lives,  
now and in the  
future.**



# Relationship and Sex Education



## Year 3 Learning journey:

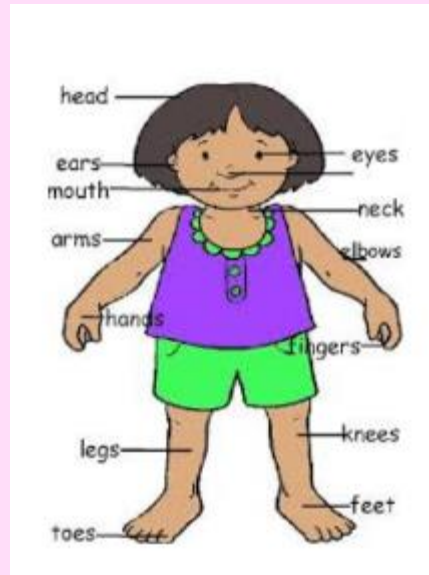
- Naming personal and private body parts
- How can we feel good about ourselves?
- What's a family?
- Growing healthy friendships

# Relationship and Sex Education



## Year 3 Lesson 1

- What are the names of female and male personal and private body parts and what do they do?
- Do bodies come in all shapes and sizes?



# Relationship and Sex Education



- How can we make sure everyone feels safe, valued and included in these lessons?

# Our community agreement for Relationship and Sex Education



ground  
rules



- Listen
- Try to join in
- Be respectful
- Encourage others
- No personal questions
- Use scientific language for personal and private parts of the body
- Think about what you share

# Question Box and Thought wall





# Same and different?



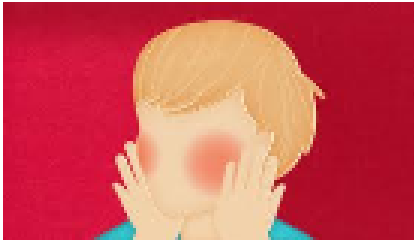
- **Talk in pairs:**
- **What is similar about most boys and most girls?**
- **What is different about most girls and most boys?**
- **Can you tell just by looking?**

# Personal and private parts of the body



- These are the parts of your body under your pants
- They are important personal and private
- They belong to you
- Usually only you, your family or a doctor or nurse might see them

# How do you feel?



- Learning about **our bodies** will help us to be healthy, happy and safe.
- What can we do if we start to feel **embarrassed?**



# Coping with embarrassment



**Grounding Exercise**  
Name 3 things

	you see
	you smell
	you hear
	you feel

**Breathe in and out slowly 3x**

- Take three slow calming out breaths
- Say to your self: this feeling will pass
- Remind yourself of the reasons for this learning
- Try a grounding technique

# What do you know already?



- Can you name any of the personal or private parts of the body?
- Can you use scientific words?
- Why do you think it is important to learn scientific words for these parts of the body?

# Brilliant bodies!

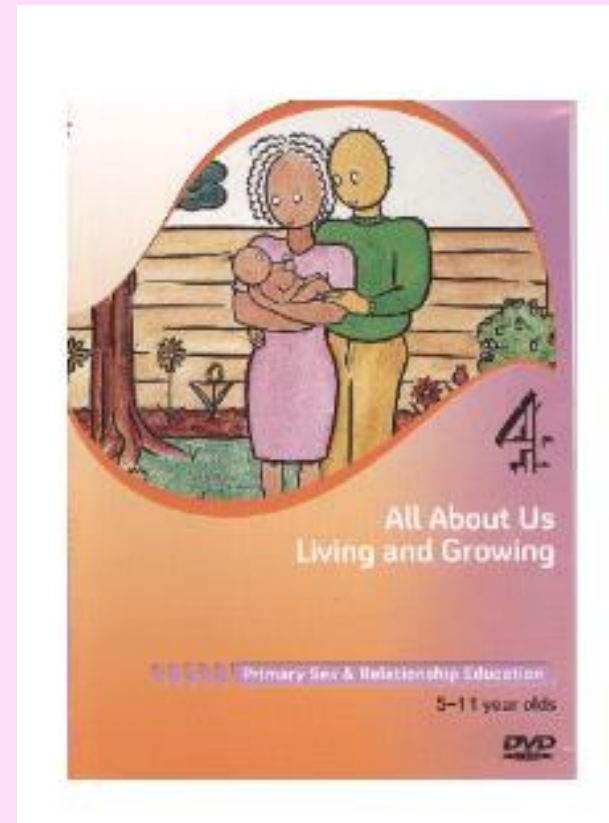


- We are going to watch a DVD clip which will help us to learn about the female and male personal and private body parts.
- We will see cartoon drawings of children without clothes on and some naked babies.
- What can you do if you feel embarrassed?

## Unit 1

## Differences

From: 4mins 50 to 8 mins 38



# Brilliant bodies!

Or watch:

- **Episode 1 Boys and Girls from The amazing true story of how babies are made, from [amazingbabies.tv](http://amazingbabies.tv)**
- **From 1 min 29 to 4mins 06**

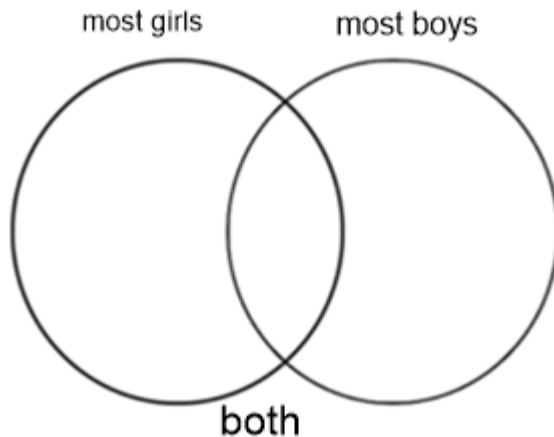


# Can you sort the body parts?



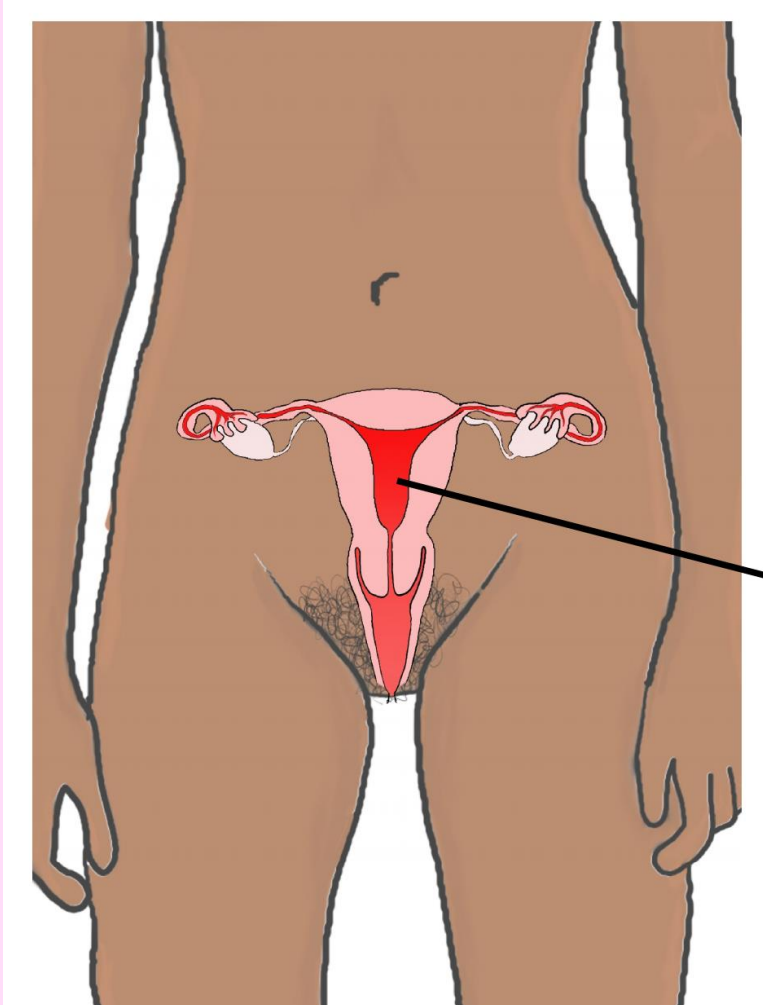
In pairs:

- **Sort** your body part cards onto your Venn diagram.
- Can you tell each other what these body parts are for?





# Inside or Outside?

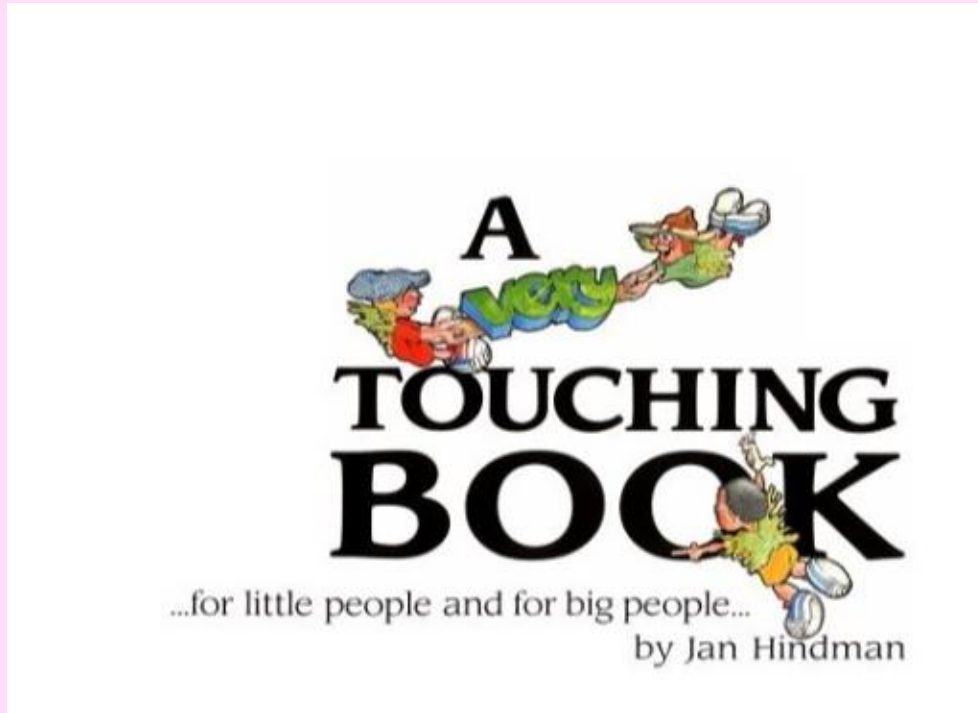


- X-ray picture of the inside of most girls bodies.
- Do you know the names of any of the parts of girl's body that are on the **inside**?

# Inside or Outside?



# Play body part ping pong!



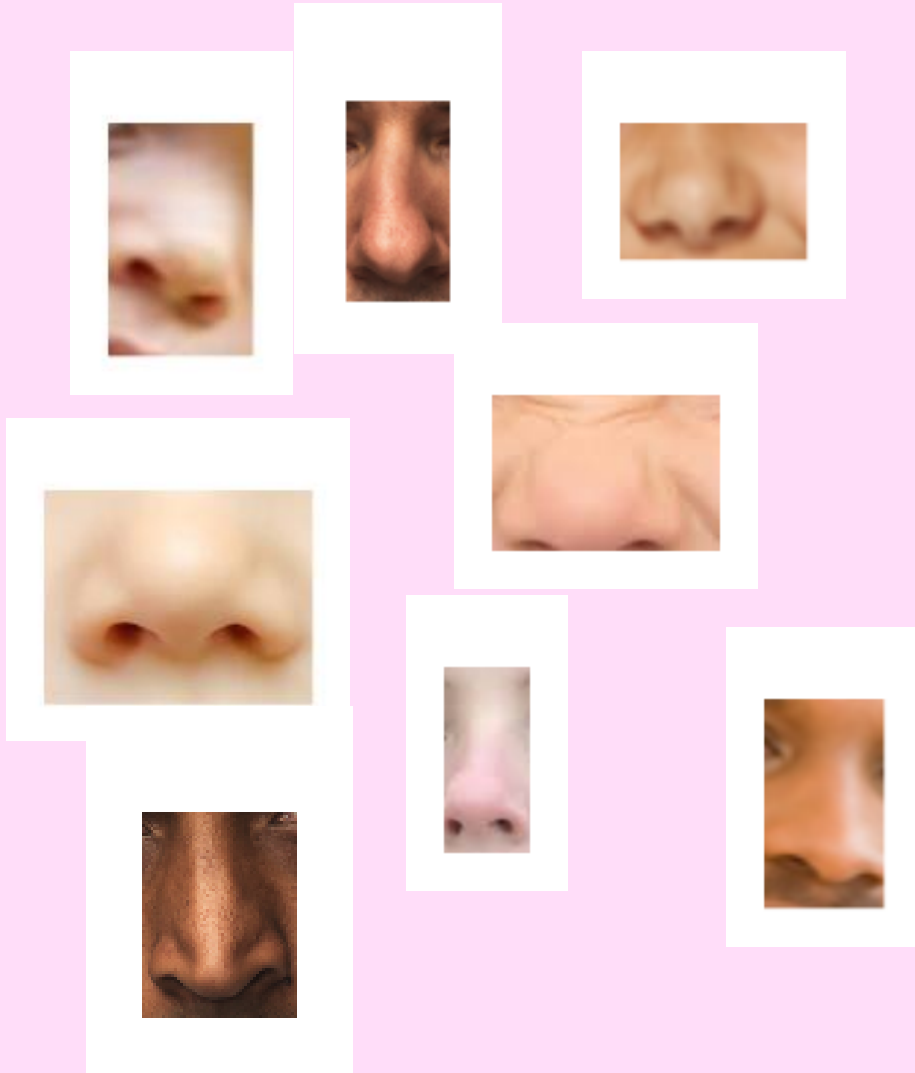
- Read and show the images on pages 9 to 15
- Now in pairs: **play body part word ping pong** with the words you have learnt for these wonderful **private and personal parts of the human body**

# Body part ping pong!



- **Vulva**
- **Vagina**
- **Penis**
- **Testicles**
- **Breasts**
- **Clitoris**
- **Anus**
- **Scrotum**
- **Nipples**
- **Clitoris**

# Same or different?

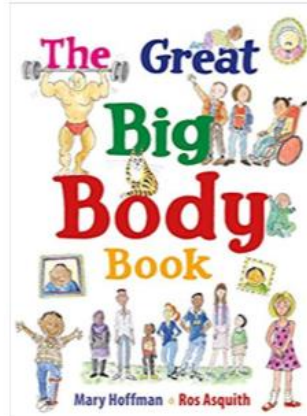


**Look at these noses and then look carefully at your partner's nose.**

**What do you notice?**

**Do you think all private and personal parts of our bodies look exactly the same?**

# Let's celebrate our wonderful bodies!



- <https://app.gonoodle.com/channels/koo-koo-kanga-roo/i-get-loose?s=category&t=Guided%20Dance>

# Write a question



Write down a question that **you or a year three child** might want to ask after this lesson.

You can choose if you want to put your name or not.

**My question:**


# Where to get help



It's OK to get help

Your Body  
Belongs To You!



- If you have a question or you want to talk about a worry after this lesson remember it is ok to ask for help.

"We can talk with someone about anything, even if it feels awful or small"

ChildLine

0800 1111





# Relationship and Sex Education

- Year 3

- Lesson 2  
of 4

# Relationship and Sex Education



## Year 3 Lesson 2

- How can we feel good about ourselves?
- Should we all look the same?
- How do I pick myself up if I feel down?



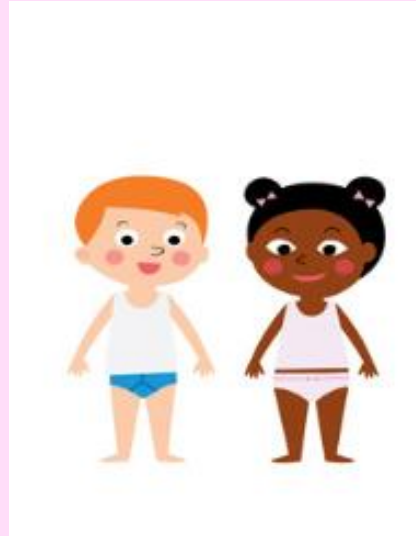
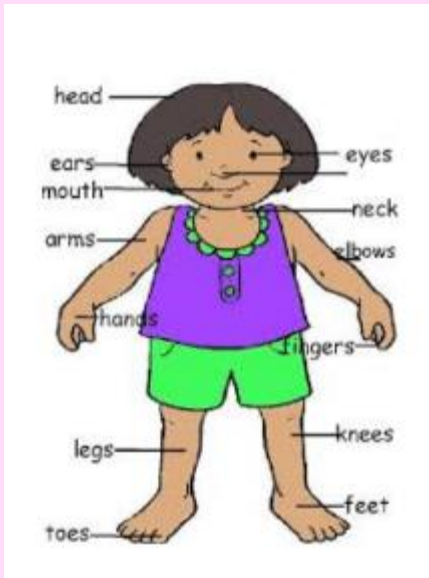
# Relationship and Sex Education



**...happier,  
healthier, and  
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future.**



# Relationship and Sex Education



## Year 3 Learning journey:

- Naming personal and private body parts
- How can we feel good about ourselves?
- What's a family?
- Growing healthy friendships



# Relationship and Sex Education



- How can we make sure everyone feels safe, valued and included in these lessons?

# Our community agreement for Relationship and Sex Education



ground  
rules



- Listen
- Try to join in
- Be respectful
- Encourage others
- No personal questions
- Use scientific language for personal and private parts of the body
- Think about what you share

# Question Box and Thought wall



# Body part ping pong!

- **Recap:** Play body part word ping pong with words that describe the personal and private body parts of boys and girls.
- **Vulva Vagina**  
**Penis**
- **Testicles Breasts**
- **Anus Scrotum**
- **Nipples Clitoris**





# Same or different?



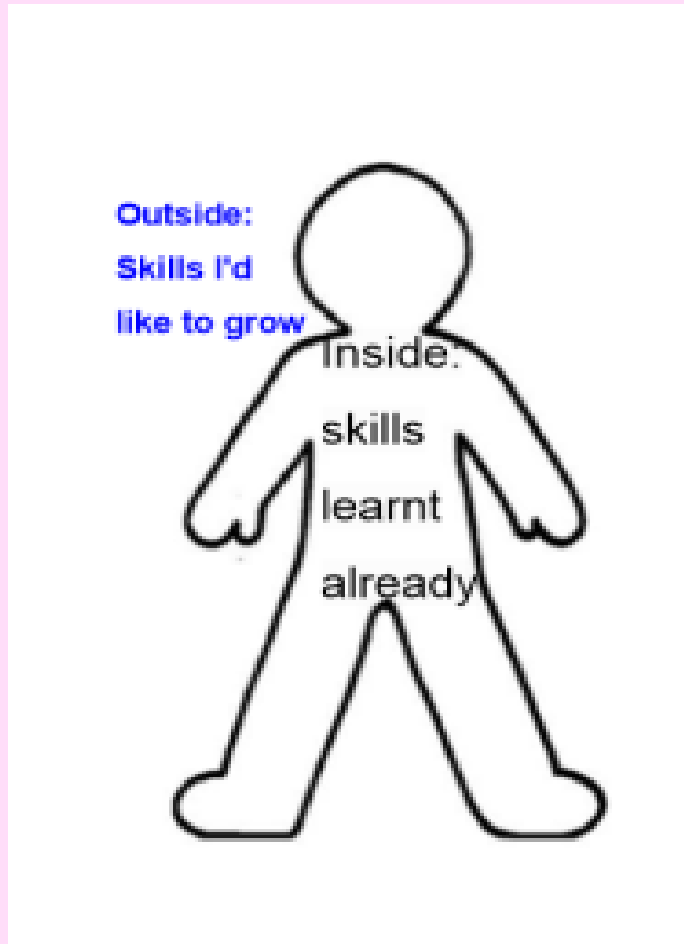
- In pairs: Take it in turns to say something that is the same about your hair and something that is different.
- Tell your partner something you like about their hair.
- How did that feel?
- Should we all look the same?
- How can you make sure you keep each other safe and included?

# Step up to the line!



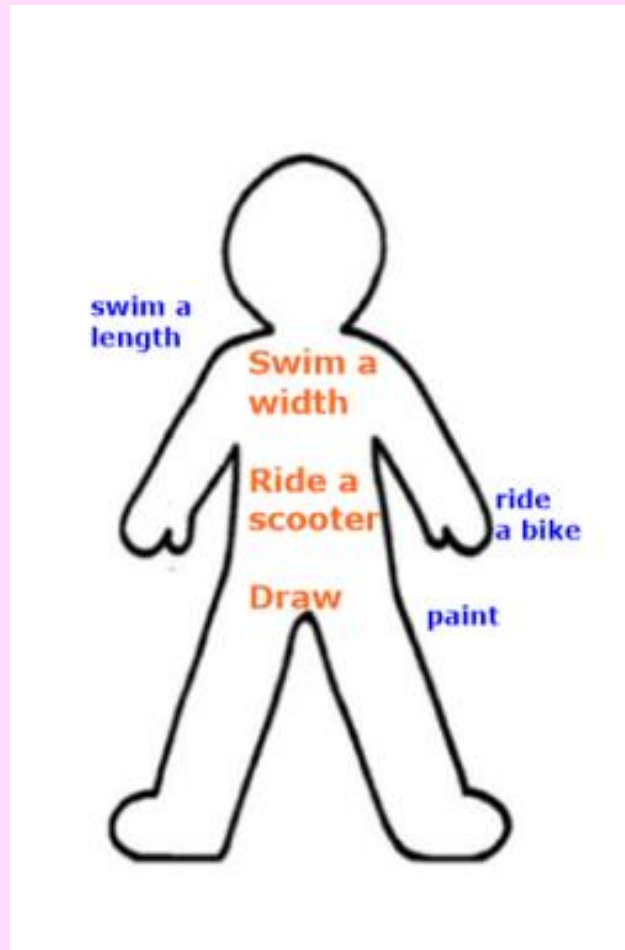
- If you have freckles
- If you like to run and jump ....
- If you wear glasses...
- If you are tall...
- If you like to swim...
- If you can ride a bike....
- How does this activity make you feel about yourself?

# I am I can



- In 3s:
- **Inside** the body outline record the skills you have already grown
- On the **outside** of the body outline: record skills you would like to grow

# I am I can



- How does this activity help us to feel good about ourselves?
- How does it help to say: I can't do it **yet**

# I wish I was...

# I wish I had...

- **Why do some people want to look different to how they are?**
- **How could we help them to feel happy as they are?**



Taller

Curly hair

shorter

brown hair

straight hair

# All equal all different



- Sometimes children get put down for how they look, for their hair colour, skin colour, body shape and size.
- **This is mean behaviour.**
- **What could you safely say or do** if this happened to you or a classmate?

**When would this become bullying behaviour?**

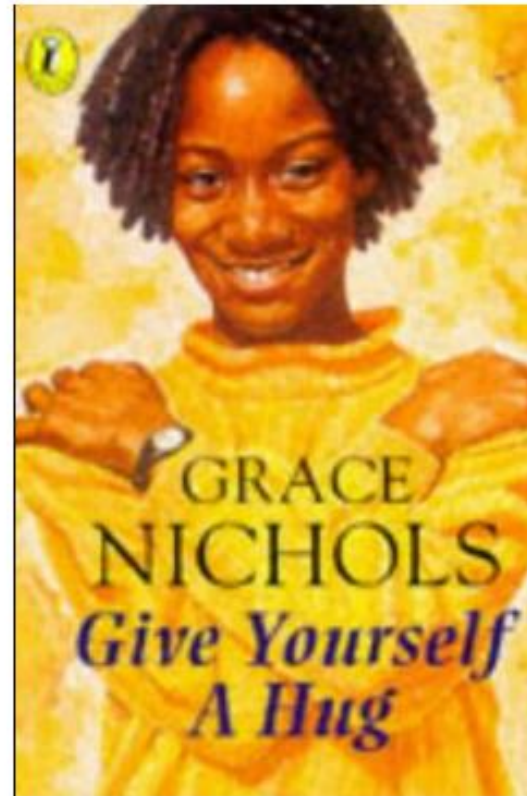
**Share and display your ideas.**



# Give yourself a hug by Grace Nichols

Give yourself a hug,  
When you feel unloved.  
Give yourself a hug,  
When people put on airs to  
make you feel a bug.  
Give yourself a hug,  
When everyone seems to  
give you a cold shoulder  
shrug.  
Give yourself a hug,  
A big, big hug,  
And keep on singing...  
Only one in a million like me,  
Only one in a million-billion-  
thrillion-zillion like me

- [http://www.bbc.co.uk/learning/schoolradio/subjects/english/poetry/grace\\_nichols/give\\_yourself\\_a\\_hug](http://www.bbc.co.uk/learning/schoolradio/subjects/english/poetry/grace_nichols/give_yourself_a_hug)



# Give yourself a hug

- **When is the poet suggesting you might need to give yourself a hug?**
- **What can we do to make ourselves feel better if we feel a bit a down?**
- **Share ideas**

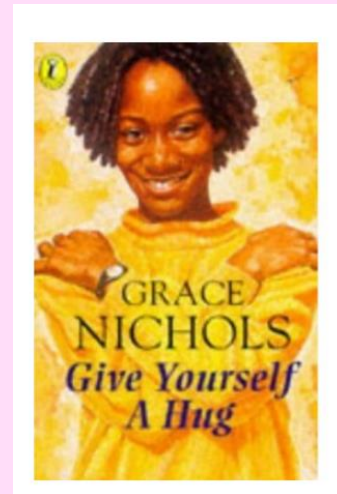




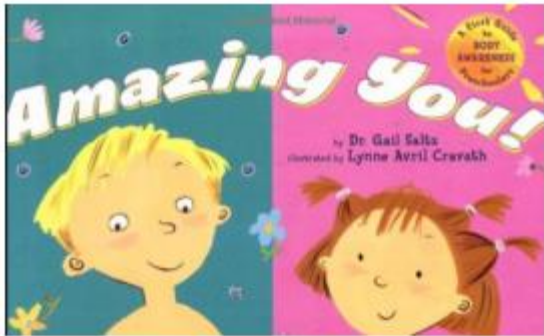
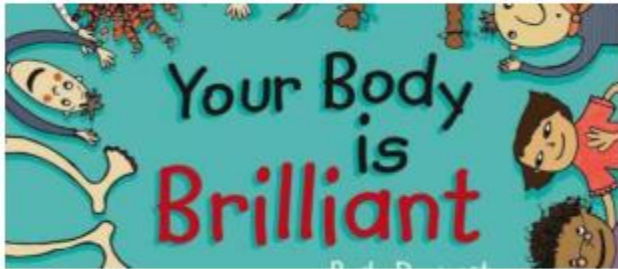
# Give yourself a hug



- **Share and record your ideas**
- **Date**
- **Ways to give myself a hug**



# Let's practise!



<https://app.gonoodle.com/channels/flow/chin-up?s=category&t=Manage%20Stress>

# What makes you, you?



- Take a breathe in and as you breath out think about all the **amazing** things that make you, you!
- Repeat x3

# Where to get help



It's OK to get help



- If you have a question or you want to talk about a worry after this lesson remember it is ok to ask for help.



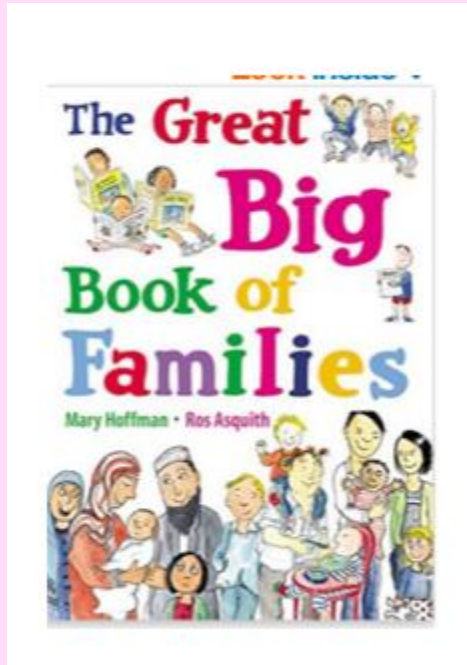
"We can talk with someone about anything, even if it feels awful or small"

# Relationship and Sex Education

- Year 3

- Lesson 3 of 4

# Relationship and Sex Education



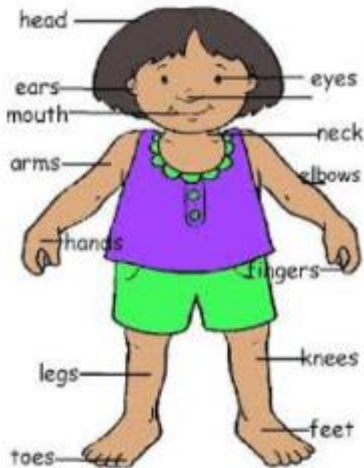
## Year 3 Lesson 3

What is a family?

Are all families the same?

How do families change?

# Relationship and Sex Education



## Year 3 Learning journey:

- Naming personal and private body parts
- How can we feel good about ourselves?
- What's a family?
- Growing healthy friendships

# Relationship and Sex Education



- How can we make sure everyone feels safe, valued and included in these lessons?



# Body part ping pong!

- **Play word ping pong with words that describe the personal and private body parts of boys and girls.**
- **Vulva Vagina**
- **Penis**
- **Testicles Breasts**
- **Anus Scrotum**
- **Nipples Clitoris**



# Our community agreement for Relationship and Sex Education



ground  
rules



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- No personal questions
- Use scientific language for personal and private parts of the body
- Think about what you share

# Question Box and Thought wall



# Listen to this poem



- **What do you predict we are going to be learning about today?**



# All equal all different



- Watch this film  
**3mins47** <https://www.youtube.com/watch?v=JG0yqhzVuYA>

What are these children talking about ?

- Can you say a sentence to your partner to describe your family?



# What is a family?

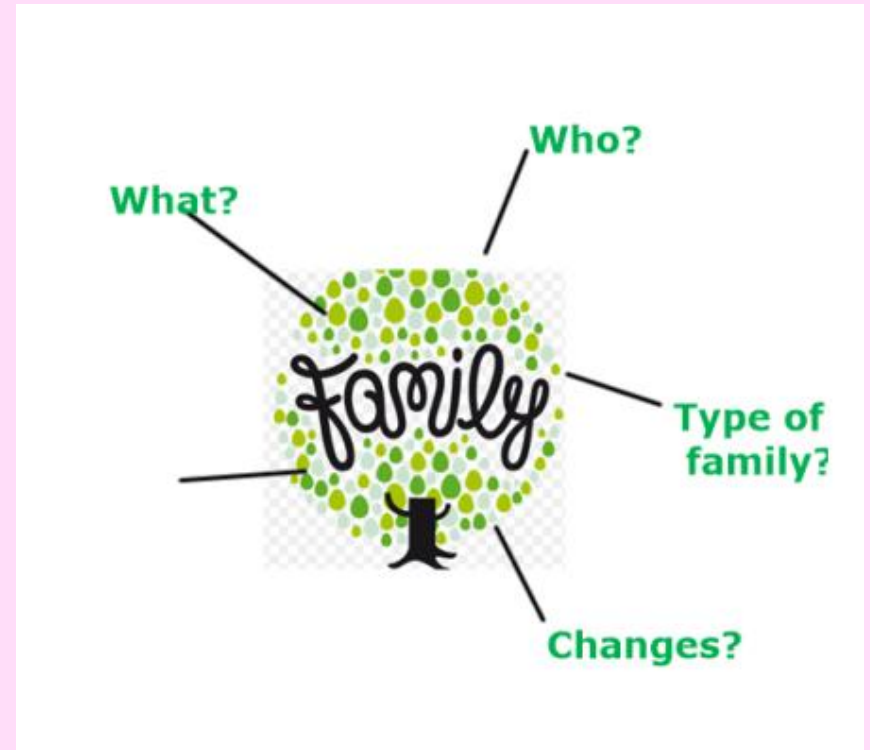


# Who is in a family?



- Look carefully at your **photocards**.
- How many **different family types** can you spot?
- **Who** is in a family?
- What might have **changed** in this family?
- **Share and record your ideas.**

# Who is in a family?





# What is the same and what is different about families?

What  
Makes  
a Family?

© Clark by nbaa firm



# All equal all different



**That's  
a  
Family!**



Watch one of these film clips.

- How many types of family can you spot?
- **Do all families start in the same way?**
- Do families change?
- How?
- **What do they all have in common?**
- **Share and record your ideas.**
- <https://www.youtube.com/watch?v=KD695hbkT8Y>
- <https://www.youtube.com/watch?v=DzlxG2B2neU>

# All equal all different



- Families can begin in all kinds of different ways.
- Families are made up of all sorts of different people
- Families can stay the same and families can change
- In some families the grown ups are married, and in some families they are not.

**What do they all have in common?**

# All equal all different



- Can you write a calculation for your family?

# All equal all different



- Sometimes children get put down for having a certain type of family, for example having two mums or two dads.
- **This is mean behaviour.**
- What could you safely **say or do** if this happened to you or a classmate?
- **When would this become bullying behaviour?**

**Share and display your ideas.**



# What could you safely say or do?



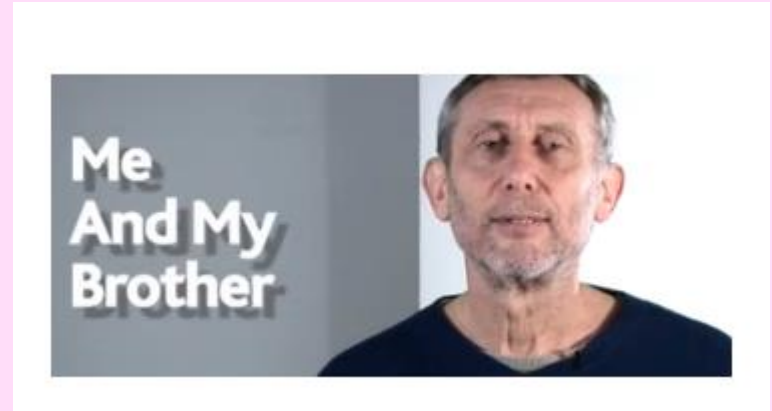
Two dads!  
You can't  
have a family  
without a mum.



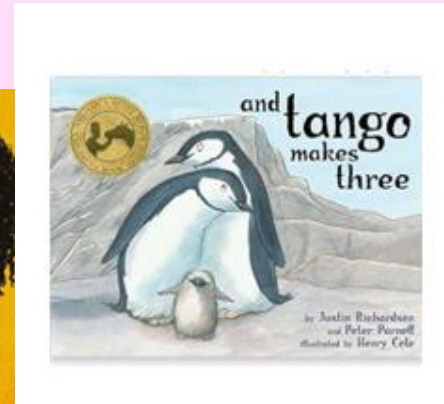
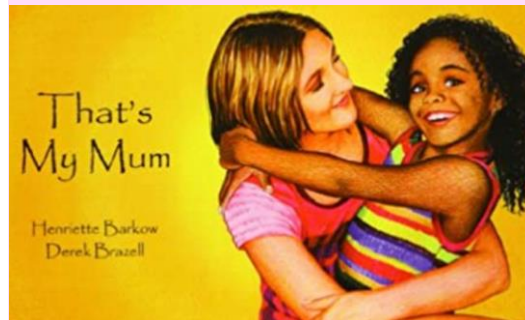
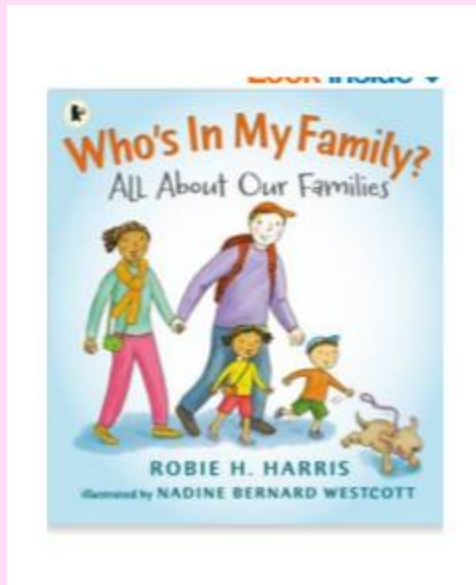
All families  
must look  
like each other



# Let's celebrate our families!



<https://www.youtube.com/watch?v=IWRzoffH-z1Q>





# Where to get help



**“We can talk with someone about anything, even if it feels awful or small”**

- **Sometimes family relationships can be difficult.**
- **Sometimes our families might argue or get upset with each other.**
- **It can help to talk about this.**



It's OK to get help

**If you have a question or you want to talk about a worry after this lesson remember it is ok to ask for help.**

# Relationship and Sex Education

- Year 3

- Lesson 4 of 4



# Relationship and Sex Education

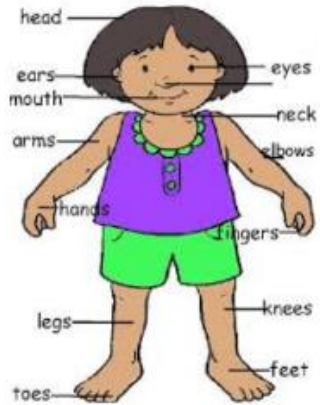


## Year 3 Lesson 4

- **What is a healthy relationship?**
- **When does friendship feel good?**



# Relationship and Sex Education



## Year 3 Learning journey:

- Naming personal and private body parts
- How can we feel good about ourselves?
- What's a family?
- Growing healthy friendships



# Question Box and Thought wall



# Relationship and Sex Education



- How can we make sure everyone feels safe, valued and included in these lessons?

# Our community agreement for Relationship and Sex Education



ground  
rules



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- Try to join in
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# Relationship and Sex Education



**...happier,  
healthier, and  
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# Body part ping pong!

- **Play word ping pong with words that describe the personal and private body parts of boys and girls.**
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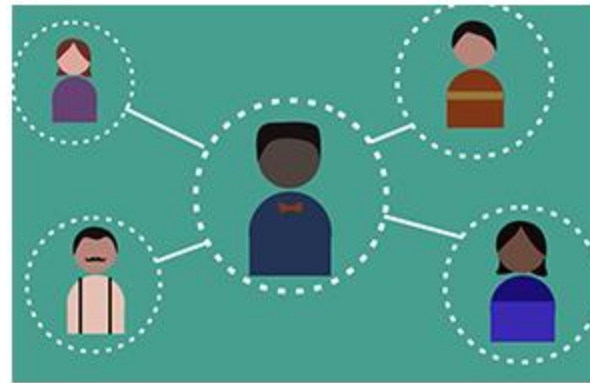


# Can you explain the word: relationship?

**In pairs: Talk  
about:**

**What does  
relationship  
mean?**

**Who do we have  
relationships  
with?**



# Lots of relationships!



**This might be face to face or online (like zoom)**

**Relationship means: how one person is connected to another person**

- **Most people have relationships with lots of different people**
- **Some are close to us and we see them often like family (relatives) and friends**
- **Other relationships are with people whose job it is to care for us**
- **Some relationships are with acquaintances: these people are someone a person might see regularly but does not know them well (for example, a neighbour, a shop worker, someone from school in another class or year etc)**

# When does friendship feel healthy?

**In pairs:**

**How do we feel when we are healthy?**

**How would we know when our friendships are healthy, both face to face and online?**

**What is the link?**



# When does friendship feel healthy?



Let's warm up our thinking about friendship and join in with Koo Koo Kangaroo!

# When does friendship feel healthy?



What do friends like to do together?  
Let's make a list  
Use another colour pen to record feelings words next to these activities?

happy cheerful glad joyful excited

# What do friends like to do together?

- Look at the class list and pick your top 2 or 3 favourite things to do with a friend
- Share one of these with your partner
- Can you give a reason for your choice?



# When does friendship feel unhealthy?

Sometimes we can't solve all the problems in a friendship



upset cross sad tearful frustrated

- What do our bodies feel like when we are unhealthy?
- When does friendship feel like this?
- Let's make a list (not using any names)...
- Use another colour to record feelings words.



# Healthy and unhealthy friendship

**In pairs:**

**Read through the sentences.**

**Use your highlighter pen and mark the sentences that are examples of healthy or happy friendships.**

**Put a \* next to the your top three clues that a friendship is happy one**

<b>Play games together</b>	Moans about me to someone else
Tells me what to do	<b>Do something that needs doing together</b> (like tidying up; class monitor job - give out exercise books; help in the book corner etc)
<b>Teach each other about different things</b>	Teases me for what I say



# All friendships have their ups and downs



Usually we can sort out the 'downs' by talking and sometimes with some grown up help.

**PROBLEM SOLVING**  
FOR THOSE TIMES WHEN YOU DON'T KNOW WHAT TO DO!

**READY**  
Are you calm enough to think clearly?  
Use your best calming down tricks

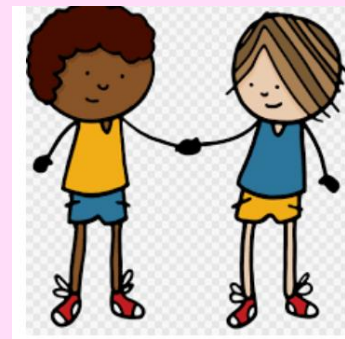
**STEADY**  
How are you feeling?  
Why are you feeling like this?  
How would you like things to be different?  
Set a goal  
What are all the different things you can do?  
Which would be best?  
Make a plan

**GO**  
Try out your idea!

**REPLAY  
IN SLOW MOTION**  
Think about how you did it  
Check if things are OK



# What can you do or say if a friend upsets you?



# Healthy Friendships

- Thinking question:
- **Is having a best friend always healthy?**
- **Who can this hurt?**



# Growing healthy friendships



**How can we grow our friendship skills?**

**Watch:**

- <https://www.youtube.com/watch?v=9PYD3oNYPwM>

**What do you think would help the most?**



# Growing healthy friendships



I Am a Good Friend Because...

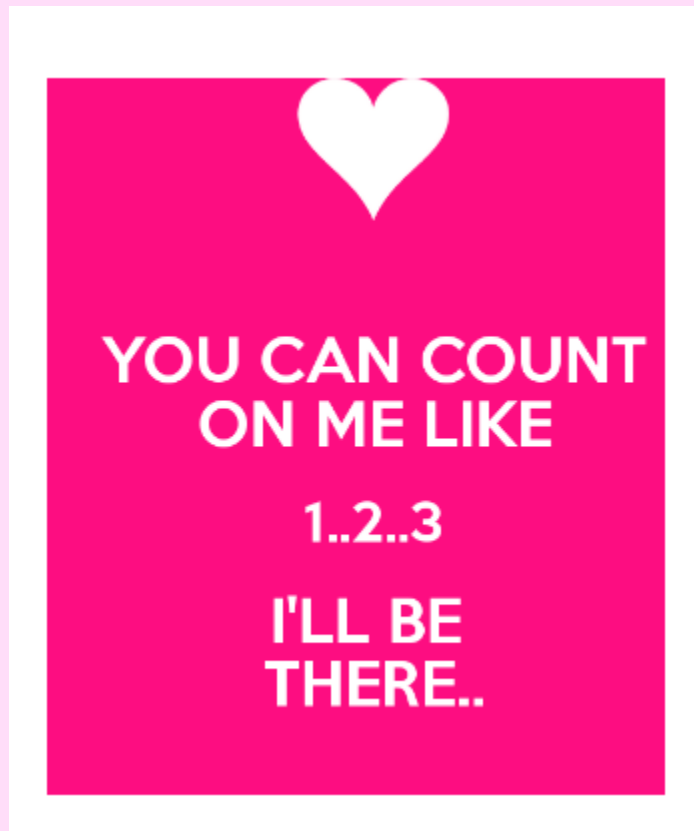


What little thing will you **say or do** today to be a good friend, both face to face and online?

**Closing round:**

- Today the little thing I'm going to do to be a good friend is...

# You can count on me!



- **Sing along!**
- <https://www.youtube.com/watch?v=Yc6T9iY9SOU>



# Where to get help



- If you have a question or you want to talk about a worry after this lesson remember it is ok to ask for help.





# Reflection on learning



- **What have I learnt?**
- **What have I enjoyed?**
- **What would I like to know more about?**
- **Any questions?**