

# Relationship and Sex Education

- Year 6

- Lesson 2 of 5

# Relationship and Sex Education



## Year 6 Lesson 2

- What is body image?
- How do images in the media affect how we feel about ourselves?





# Relationship and Sex Education



## Year 6 Learning journey

- What do you know about the changes at puberty for most girls and most boys?
- What is body image?
- When do friendships feel positive online and face to face?
- What is safe to share online?
- How do human babies start and how are they born?

# Relationship and Sex Education



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



# Relationship and Sex Education

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



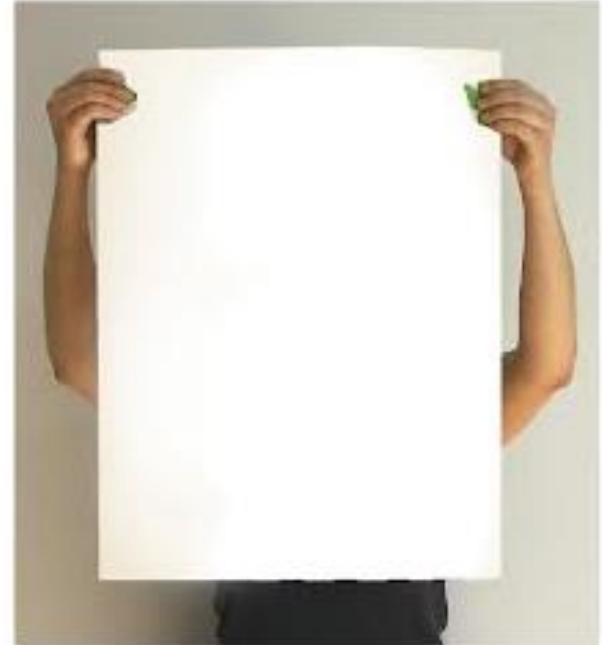
# Our community agreement for Relationship and Sex Education



- 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



# How do you feel?

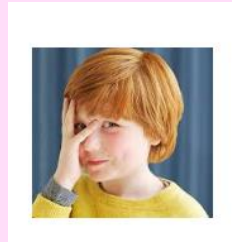


- Learning about body image and thinking about how the media uses images will help us to build our knowledge about ourselves and help to keep us safe.
- What can we do if we start to feel embarrassed?





# Coping with embarrassment



- **Let's remember our embarrassment strategies:**
- **Take three slow calming out breaths**
- **Say to yourself: this feeling will pass and let the feeling go**
- **Remind yourself of the reasons for this learning**
- **Try a grounding technique**



# I wish I had...

**Watch:**  
**Change one thing**



- **Why do you think some people wish to look different?**
- **Why do you think they don't feel happy with how they look?**
- <https://www.youtube.com/watch?v=q2CfEc-mf9c>



# Which image do you like?

- Look at your selection of images.
- Pick the image you like the best
- Discuss your choices in pairs
- Volunteers give reasons for their choice

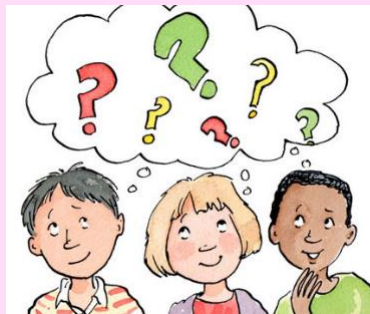


# Can you use your critical thinking skills?



**Real or Fake?**

- In Pairs:
- Look again at the images.
- Do you think these images are real or fake?
- Does it matter?
- How could these images make someone feel about themselves and their bodies?



# Can you explain the term body image?

Which other  
words come to  
mind if you hear  
this phrase?





# Body image

## What is body image?

### Body image includes:

- How we perceive our bodies visually
- How we feel about our physical appearance; how we think and talk to ourselves about our bodies
- Our sense of how other people view our bodies

- In pairs:
- Can you explain **body image** in one sentence?
- **Why do you think we are learning about this?**
- **Why do you think we are learning about this now?**
- **How does it link to our lessons about puberty?**



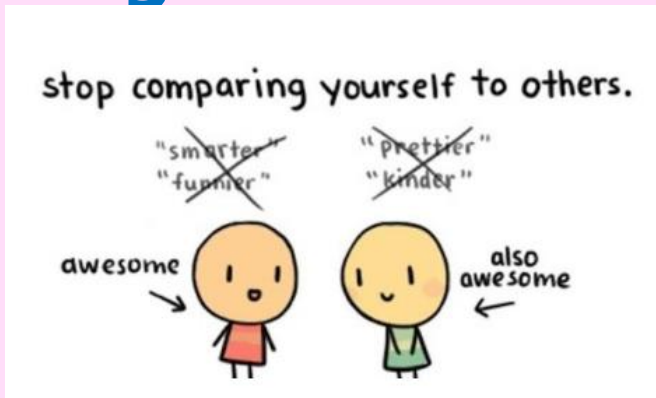
# What do you think effects someone's body image?

Positive factors?



How is  
someone's  
**body image**  
linked to  
how  
**healthy**  
they feel?

Negative factors?



# Let's grow our critical thinking skills



## How are images changed?

Dove Evolution

<https://www.youtube.com/watch?v=iYhCn0jf46U>

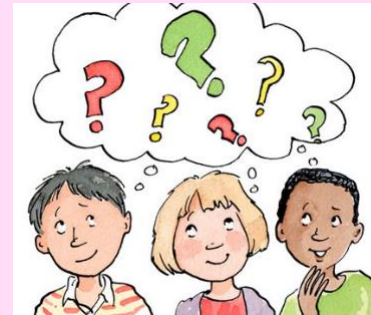




# Let's grow our critical thinking skills

## What is airbrushing?

- Airbrushing is when images are changed on a computer programme.
- The programme can make someone look completely different from how they are in real life.
- How many different ways do you think images can be changed?



# Let's grow our critical thinking skills



**In Pairs:**

**Look again at the selection of images**

**Choose one.**

**Record your thoughts about the image.**

**Think about:**

- **how someone might feel about themselves and their own body image when they look at this image**
- **Is the image real or fake?**
- **Does it promote a stereotype?**
- **Does it promote healthy or unhealthy choices?**

# Coping strategies

- What could you **say or do** to help yourself or someone else if they felt unhappy about how they look?

Body  
Kind.



# Growing body confidence

- Watch this clip
- What does Scola suggest doing or thinking that will grow body confidence?
- How can we be more body kind?

OWN IT



# Grow your body confidence!

- It's normal to have wobbles in body confidence
- Don't compare yourself to others - especially on-line
- Remember you are unique
- Look after your body: eat well and stay active
- Think positive thoughts  
Give yourself a compliment... Often!

Record the strategy you would like to try or you think would be helpful to a year 6 child

**Do not**  
underestimate  
**yourself** by  
comparing  
**yourself** with  
**others**. It's our  
**differences** that  
make us **unique**  
and **beautiful**.







# Let's practise giving ourselves a compliment

**GIVE YOURSELF  
A COMPLIMENT  
EVERYDAY**

- Inside your heart write yourself a compliment about your body
- I love my ....



# All Equal All Different

- Sometimes children get put down when their bodies start to change and also if they have not started to change .
- 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.



# Grow your body confidence!



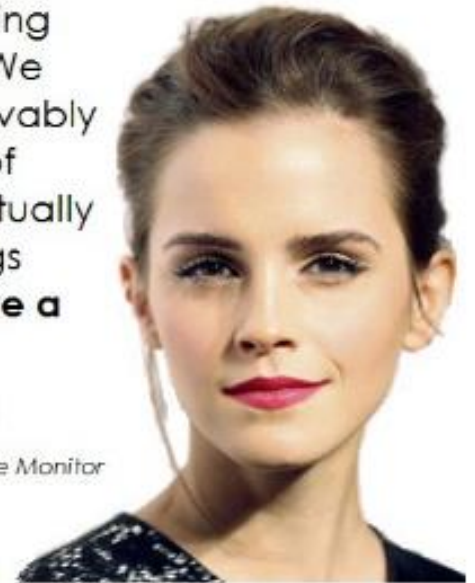
“ I keep telling myself that I'm a human being ... who's not made to look like a doll, and that **who I am as a person** is more important than whether at that moment I have a **nice figure**. It makes me sad to hear girls constantly putting themselves down. We have these unbelievably high expectations of ourselves, when actually we're human beings and **our bodies have a function**. ”

- Emma Watson

*Glamour, Oct. 2012*

*Photo: Christian Science Monitor*

beauty  
**REDEFINED**.org





# Grow your body confidence!

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



# Write a question



Write down a question that **you or a year six 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



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

Look at websites with a trusted grown up to find out more about growing up:

**Betty Bus**  
**Childline**



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

# Relationship and Sex Education

- Year 6

- Lesson 3 of 5

# Relationship and Sex Education



## Year 6 Lesson 3

**When do  
friendships  
feel positive  
online and face  
to face?**

**How can I stay  
safe online?**





# Relationship and Sex Education



## Year 6 Learning journey

- What do you know about the changes at puberty for most girls and most boys?
- What is body image?
- When do friendships feel positive online and face to face?
- What is safe to share online?
- How do human babies start and how are they born?

# Relationship and Sex Education



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

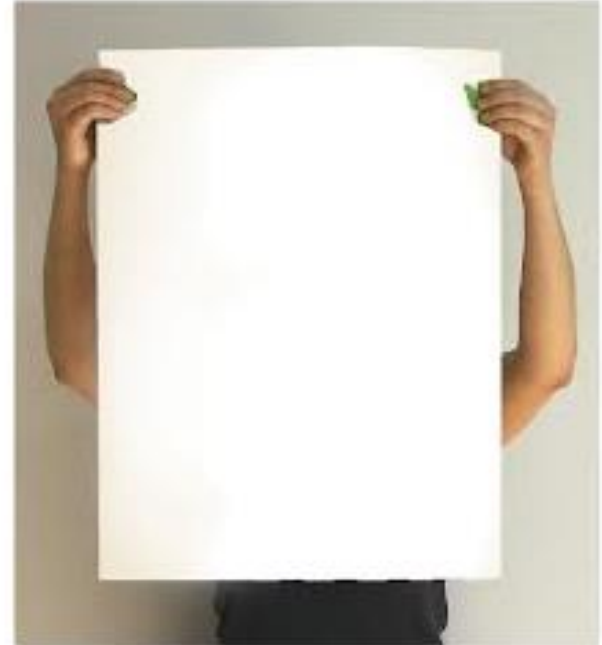
# Our community agreement for Relationship and Sex Education



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# Question Box and Thought wall



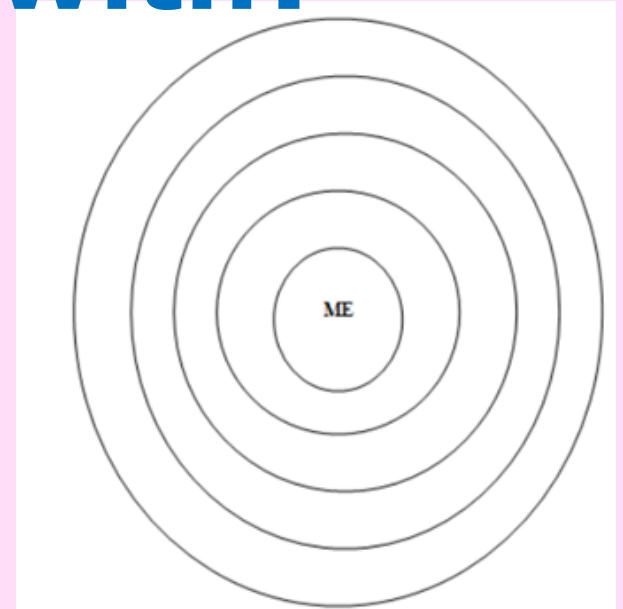
# Let's warm up our thinking about relationships

- Can you clarify the word relationship?
- What types of relationships do you have?



# Who do you have relationships with?

- **Family?**
- **Friends?**
- **Other grown ups?**
- **Acquaintances?**  
(people you see regularly but don't know well)
- **Face to face and online**
- **Today we will focus on friendships and what makes a positive, healthy friendships**





# What is a healthy friendship?



- Which of these qualities do you think are the most important in a healthy and positive friendship?
- Can you pick your top three?
- Can you explain your choices?

laugh at the same things  
stands up for you  
doesn't always agree  
Share the same likes and dislikes  
Have lots to talk about  
Look like each other  
Suggests doing things together  
Helps you  
Supportive





# What is a healthy friendship?



- Do you think what makes a healthy friendship are the **same** for online and face to face friendships?
- **Would your top three choices stay the same?**



laugh at the same things

stands up for you

doesn't always agree

Share the same likes and dislikes

Have lots to talk about

Look like each other

Suggests doing things together

Helps you

Supportive

# Relationships and puberty

- How might your relationships start to change at puberty?
- With your family?
- With your friends?
- With your classmates?
- Will this happen at the same time for everyone?
- Is that ok?



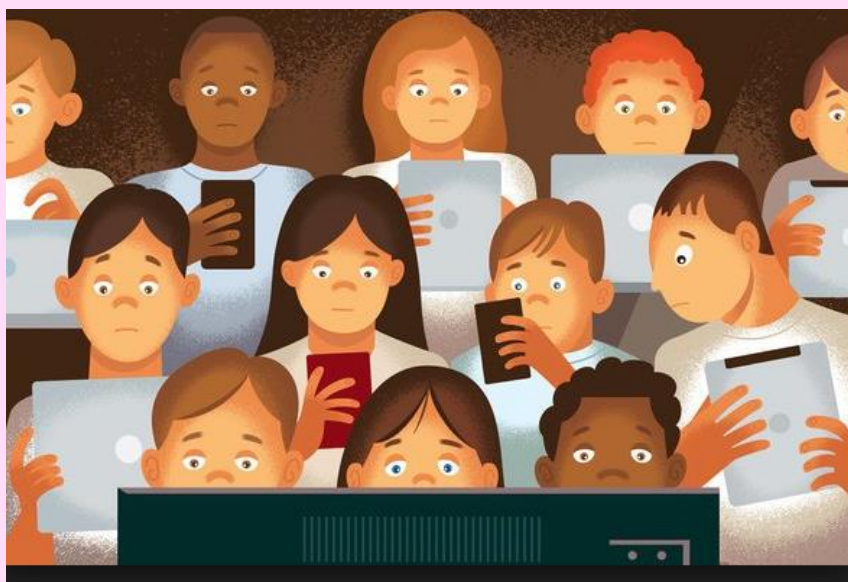


# Face to face and online friendships



**Read the online  
friendship cards.  
Sort them into  
three piles.**

**Agree, Disagree  
and Not sure**



It is easier to talk to people online about things that you might find harder to say to people face-to-face.

It's easier to stay in touch online

If you need information or advice, there are a lot more people online who might be able to help you.

Some people get upset if you haven't liked their photo

# Face to face and online friendships



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# Face to face and online friendships

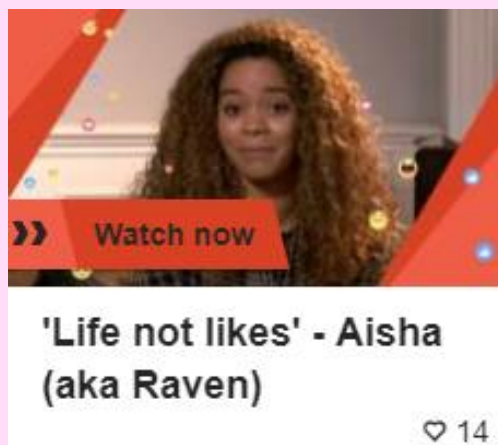


- Was there anything you thought was particularly positive about online friendships?
- Was there anything you thought was particularly challenging or difficult about online friendships?
- Any other thoughts about online and face to face friendships?



# Growing healthy friendships online

- **Watch:**



**OWN IT**



- <https://www.bbc.com/ownit/the-basics/raven-life-not-likes>

# Growing healthy friendships



- Have a balance between time online and face to face with friends
- Have phone-free time
- Life not likes!
- Grow your critical thinking skills





# Growing healthy friendships



**Year  
7**

- Top tips for a new Year 7 student starting secondary school
- In pairs **record** your top 5 tips for growing face to face and online friendships that make you feel good!





# What makes you laugh out loud?



<https://www.youtube.com/watch?v=6fGO0SVGHAM>

- Can you make your partner laugh out loud?
- Can you make the class laugh out loud ( in a safe way!!)

# Write a question



Write down a question that **you or a year six 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



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

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Betty Bus  
Childline



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

# Relationship and Sex Education

- Year 6

- Lesson 4 of 5

# Relationship and Sex Education



## Year 6 Lesson 4

**How can I stay safe online?**

**What is safe to share online?**

**How can I find out information about growing up safely?**





# Relationship and Sex Education



## Year 6 Learning journey

- What do you know about the changes at puberty for most girls and most boys?
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# Relationship and Sex Education



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

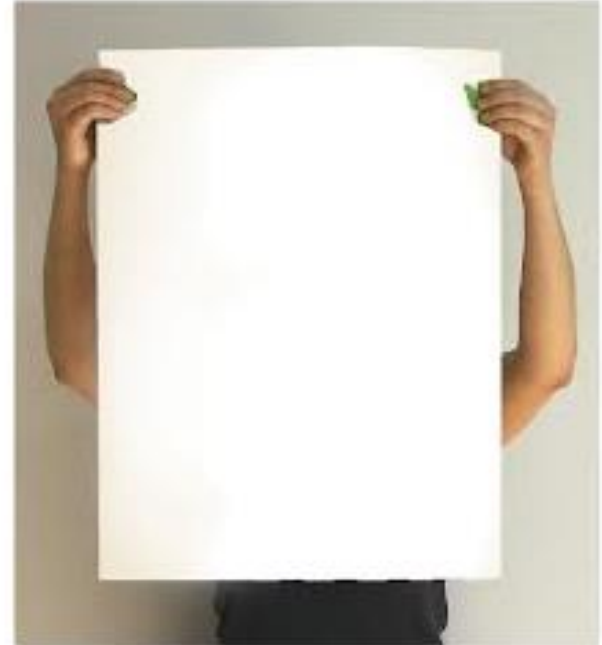
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# Question Box and Thought wall



# Posting images online

**A grown up posted  
a photo on  
Facebook of a  
family trip out  
without their  
child's permission**

- **Discuss in pairs:**
- **How would that feel?**
- **Is that ok?**



# Posting images online

- **What is it ok or not ok to share online?**
- **In pairs:**
- **Sort your cards into piles of what you think it would be safe or not safe to share online**
- **Feedback and discuss reasons**





# Posting images on-line

- Sometimes young people send images of the personal and private parts of their bodies
- Watch:
  - **I saw your willy**
  - [https://www.youtube.com/watch?v=sch\\_WMjd6go](https://www.youtube.com/watch?v=sch_WMjd6go)
- Is this ok?
- Why is this risky behaviour?

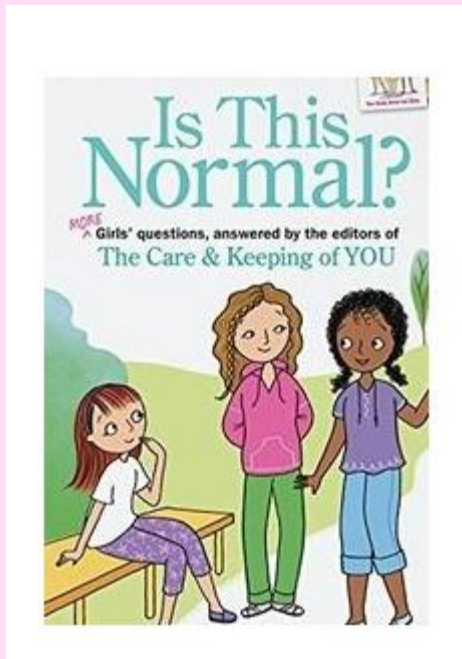


# Posting images online

- It is against the law for children to send or post naked pictures of themselves or others
- If you are worried about someone or need to ask some questions about staying safe on line talk to someone you trust.



# Searching safely online



- It is quite normal to want to find out more and feel curious about growing up and the changes at puberty.
- How could someone do this safely?

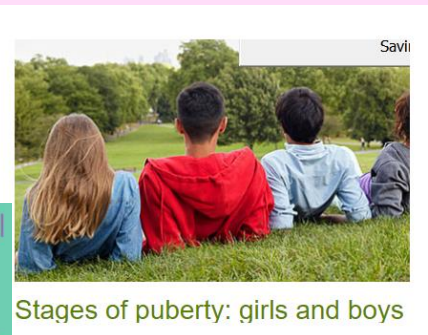
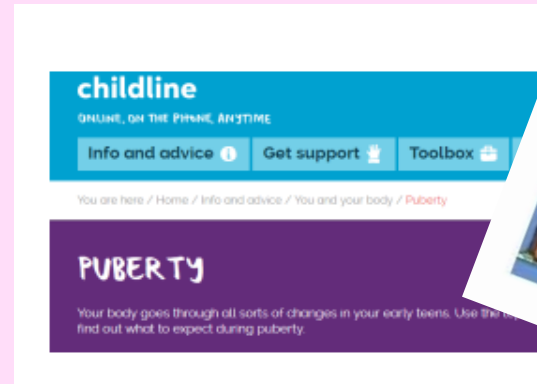


# How can you stay safe when finding out about puberty?

- There are lots of books and leaflets available to read more about puberty and growing up.
- Ask your teacher

Let's check out some safe websites to find out about puberty and growing up:

- Childline
- NHS Live Well
- Amaze puberty
- Betty Bus

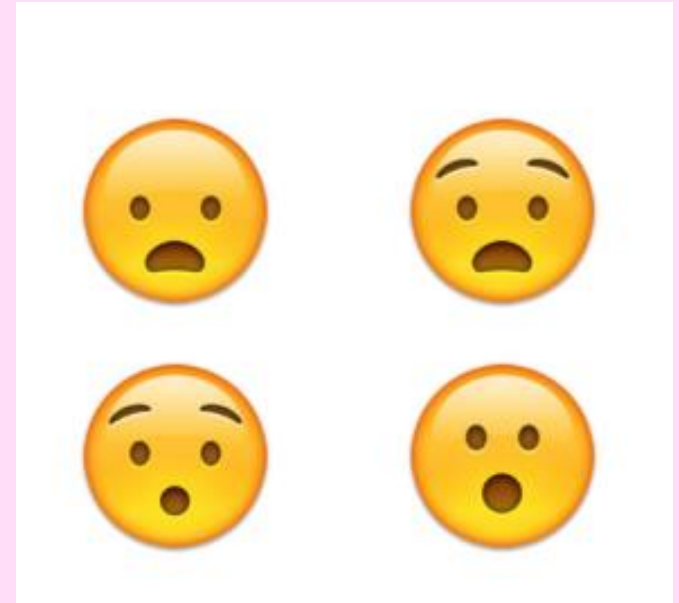


Stages of puberty: girls and boys



# Staying safe on line

- Sometimes young people come across images on the internet that are shocking and upsetting.
- In films, magazines and on the internet there is something called **pornography**
- Some adults choose to look at this
- Pornography is imagery of women and men taking part in sex activities





# Staying safe on line



**It is against the law to show pornography to someone who is under 18. Pornography is unsafe for children and young people.**

- Sex in pornography is different to how people have sex in real life. People are acting and putting on a performance
- The images have usually been changed and do not present real bodies or real relationships or safer sex
- They are often full of stereotypes about gender
- Pornography does not show healthy, loving, respectful relationships

# What to do if you see something shocking or upsetting



If someone sees something upsetting online on a computer or on someone's phone that makes them feel worried or scared - remember that is a normal reaction. These are your Early Warning signs and means you need to get some help.

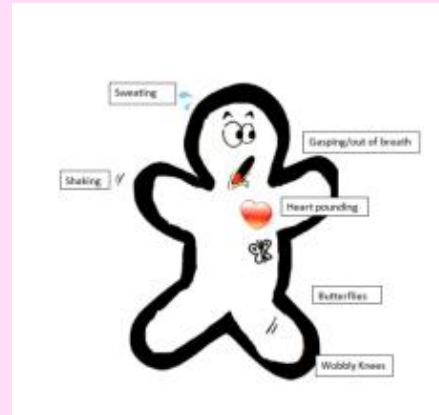
If this happens:

Talk to someone you trust.

Share how you feel.

Report it. A grown up can show you how to do this.

There are also websites to help like Childline.



- <https://www.bbc.com/ownit/dont-panic/what-to-do-if-you-see-something-upsetting-online>

# Let's relax



- Growing up and changing can be an exciting and challenging time.
- Relaxation skills will help to keep you calm!

- <https://app.gonoodle.com/channels/empower-tools/release-your-warrior-1?s=Search&t=inner%20warrior>

# Where to get help



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# Relationship and Sex Education

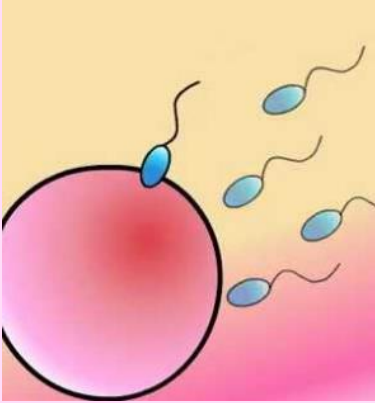
- Year 6
- Lesson 5 of 5

# Relationship and Sex Education



## Year 6 Lesson 5

- What is the difference between grown-up relationships and friendships?
- How do human babies start?
- How are human babies born?





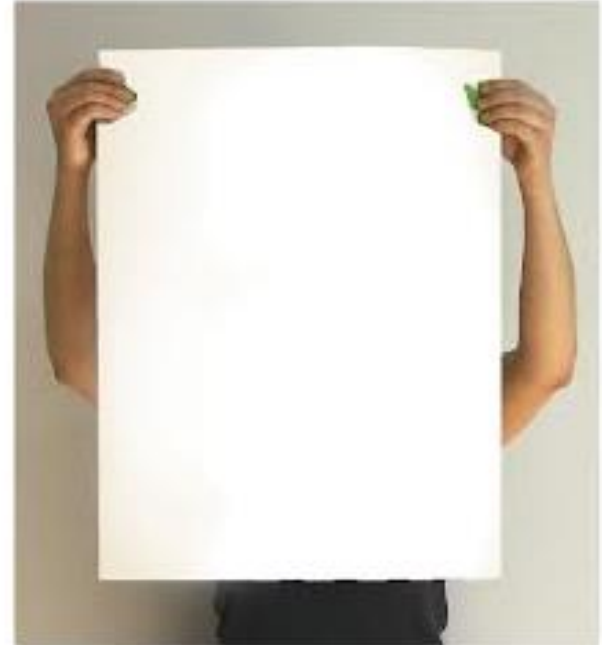
# Relationship and Sex Education



## Year 6 Learning journey

- What do you know about the changes at puberty for most girls and most boys?
- What is body image?
- When do friendships feel positive online and face to face?
- What is safe to share online?
- How do human babies start and how are they born?

# 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



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# Relationship and Sex Education



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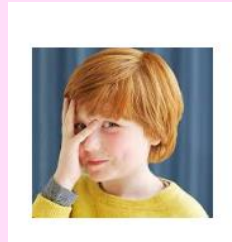
# How do you feel?



- Learning about how **human babies are made and born** will help us to build our knowledge about ourselves and help to keep us safe.
- **What can we do if we start to feel embarrassed?**



# Coping with embarrassment



- **Let's remember our embarrassment strategies:**
- **Take three slow calming out breaths**
- **Say to yourself: this feeling will pass and let the feeling go**
- **Remind yourself of the reasons for this learning**
- **Try a grounding technique**

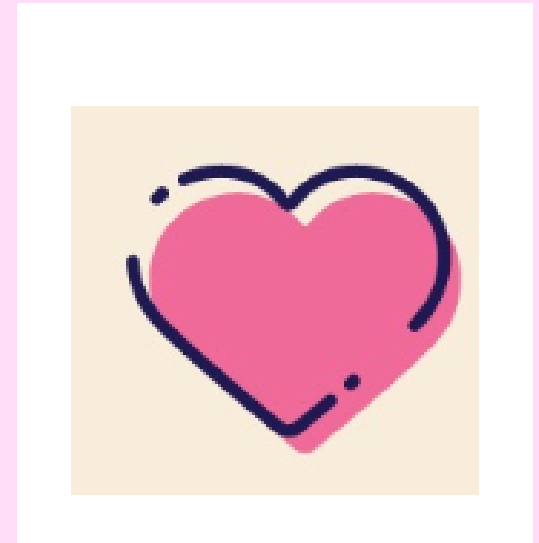
**Grounding Exercise**

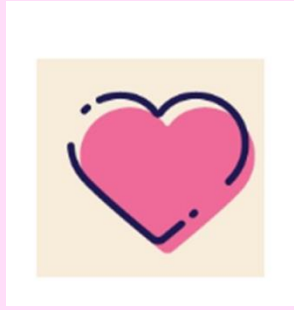
**Name 3 things**

	<b>you see</b>
	<b>you smell</b>
	<b>you hear</b>
	<b>you feel</b>

**Breathe in and out slowly 3x**

# What is the difference between grown-up relationships and friendships?





# Grown-up relationships



**In pairs:**

**Can you match the information and pictures to the different types of grown-up relationships?**

**Civil  
Partnership**

**Marriage**

In the UK, grown-ups can choose to have a marriage ceremony in a religious building, a registry office or another place they think is special.

A civil partnership is a way that two grown-ups can show in law, their love and their wish to be together

# Grown up relationships

**What have you found out about how grown ups show their love for each other in different ways?**

**Remember: It's never ok to put someone down because of who they love**

**Any questions?**





# Grown up relationships

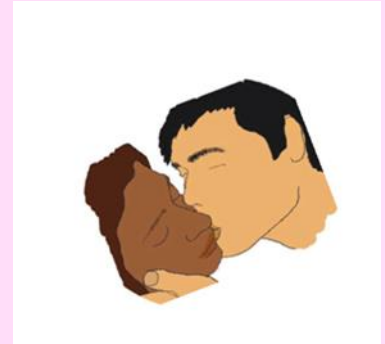
Some grown ups who are in loving relationships show their love by having sex.

- In some communities, it important to be married before you have sex
- Sex should always be something both grown ups agree to and should be feel good and be fun.

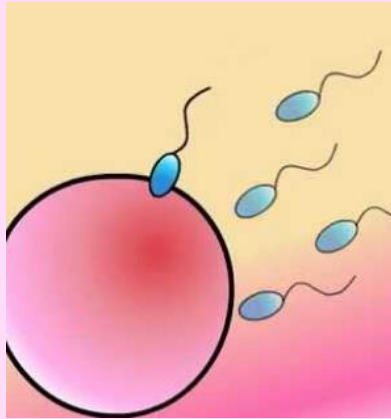


# Grown up relationships

- Some grown ups, in a loving relationship or marriage, may choose to have sex for fun and pleasure
- Some grown ups who are in a loving relationship together may choose to have a baby
- Both people should agree that this is what they want to do



# What do you know already about how human babies are made?

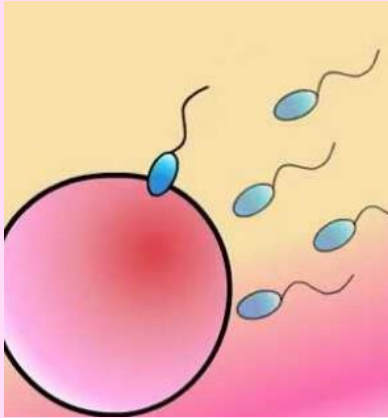


**Watch these children talking with their grown ups. (to 2mins 50)**



<https://www.youtube.com/watch?v=a3MyLt6l5n0>

# What do you know already about how human babies are made?



- Talk with your partner.
- Record:
- What you are sure that you know about how human babies start
- Anything you are not sure about how human babies start?
- Any questions? What would you like to know more about?
- Share and Feedback

# Growing our understanding about how human babies begin?



Human reproduction

Duration 01:03



- What do all human babies need to start growing?

- <https://www.bbc.co.uk/education/clips/zpmqxb>

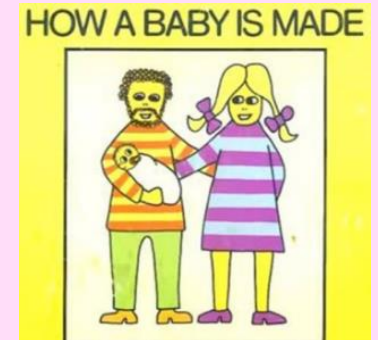
# Let's find out some more about how human babies are made

- These clips include people talking about sex and having a baby. There will also be cartoon drawings of naked bodies, sex and birth.

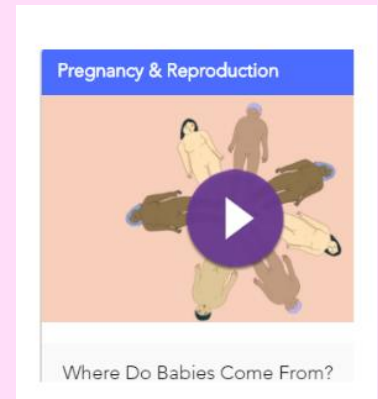
- Remember your embarrassment strategies to help you with this learning!

- **Watch a film clip:**

- <https://vimeo.com/27847934>



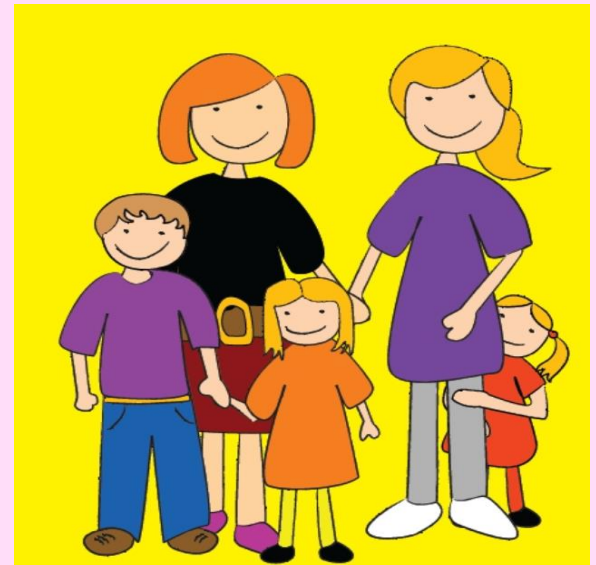
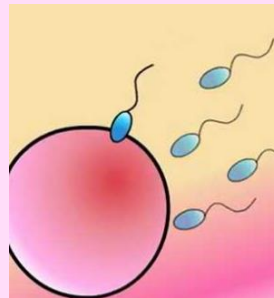
- <https://www.youtube.com/watch?v=vudZePDq8Bw>





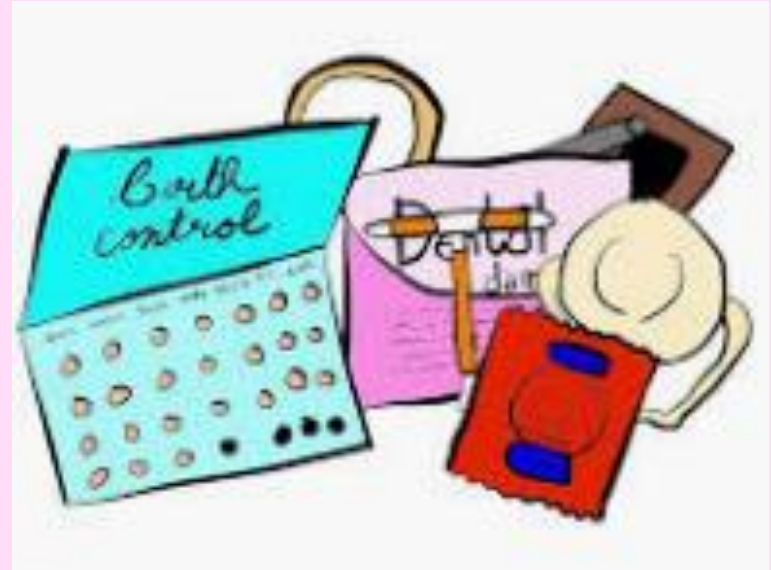
# Do you agree or disagree?

- When grown-ups have sexual intercourse, they will always have a baby
- Sometimes doctors help grown-ups to have a baby



# Having sex does not mean a baby will always be conceived

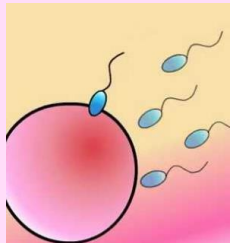
- Some grown ups in a loving relationship or marriage , may chose to have sex for fun and pleasure and can use different methods, called contraception, to prevent a baby being made
- In some religions, contraception is not allowed
- Sometimes doctors help couples to have a baby (for example: egg and sperm donors, and fertility treatment)



# How are human babies made?

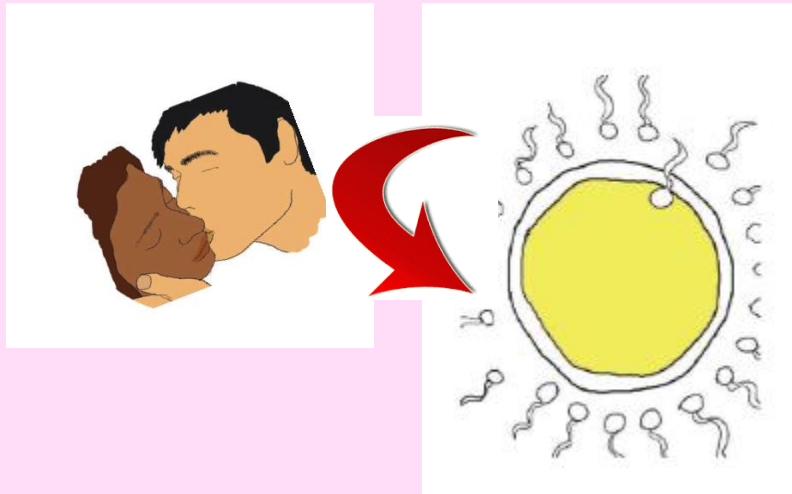
## How are human babies born?

- Can you explain to your partner?
- Take it in turns to share what you have found out.
- Any questions?



# How are human babies made?

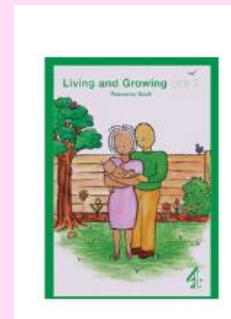
## How are human babies born?



- **Grow your knowledge and understanding by doing a sequencing activity or a quiz with a partner**

### Conception and Pregnancy Quiz

	True	False	Unsure
1. A woman has to have sexual intercourse with a man in order to have a baby	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. When a woman is pregnant her periods stop	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Identical twins come from one egg	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>





# Safe ways to find out more about puberty and how human babies are made



- Childline
- NHS Live Well
- Amaze puberty
- Betty Bus

# Taking care of yourself during puberty

- Keep **talking** to your trusted friends and family. Ask questions and talk about **how you feel**.





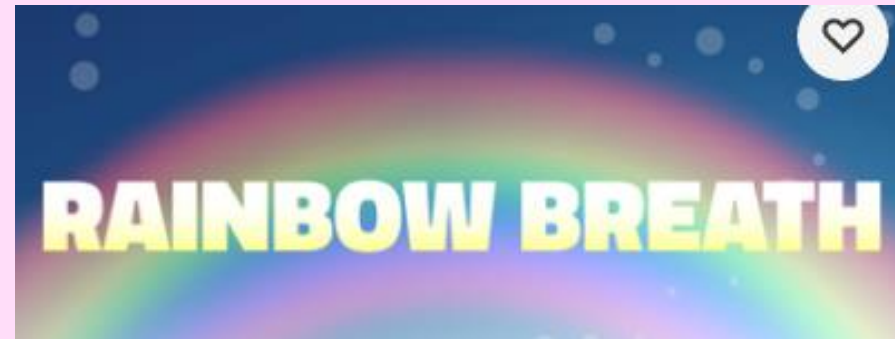
# Reflection on RSE learning



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

# Unique you!

- Although everyone is growing and changing you are still, unique you ...
- With every Rainbow Breath think about everything that makes you, you!



<https://app.gonoodle.com/channels/flow/rainbow-breath?s=category&t=Boost%20Confidence>



# Where to get help



It's OK to get help



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

- If you have a question or you want to talk about a worry after this lesson remember it is ok to ask for help.
- Look at websites with a trusted grown up to find out more about growing up:
  - Betty Bus
  - Amaze
  - Childline