



WELCOME TO THE YEAR 5  
AND 6 RELATIONSHIPS,  
HEALTH AND SEX  
EDUCATION MEETING

# THE STATUTORY CURRICULUM

- Split into relationships education and health education
- Relationship and health education is statutory, as such children must be taught it and can not be withdrawn from it.

# CARING RELATIONSHIPS



1. It doesn't just happen once: it goes on over time and happens again and again
2. It is deliberate: hurting someone on purpose, not accidentally
3. It is unfair: the person doing the bullying is older, stronger and more powerful (or there are more of them) and even if the bully is enjoying it, the person being bullied is not.

## Power and Control Scenario Cards - Ages 10-11 - Piece 4

A group of girls are bullying one of their classmates. Every time Ellie makes a new friend the group persuades the friend to join them and not be Ellie's friend any more. Ellie is lonely and doesn't understand why they are doing this.

Ben joined a gang but now he doesn't want to be part of it any more. The gang are always getting into fights and in trouble with the police. Some of the gang carry knives and sell illegal drugs. Ben has been told he is part of the gang now and if he leaves, he will be disrespecting them.

Faye and Alisha posted a photo of themselves in their prom outfits on social media without using their privacy settings. A man who they didn't know has liked their photo and has been private messaging with them ever since. He seems really friendly and is always saying things that make them feel grown up. The man has asked them if they would like to meet up so he can take them shopping. He has promised to buy them clothes and an iPhone each.

Jasper has recently arrived in this country from Eastern Europe. He doesn't speak good English just yet but is trying to learn fast. Some of the older boys are exploiting him by trying to teach him swear words instead of the correct words for things he needs at school.

Poppy and Argent's friendship group have been watching videos on YouTube that challenge or dare people to do different things. All of the challenges have been easy so far. Everybody in the group has done them and shared pics or videos online. Just lately one of the group has been encouraging them to look at videos of people doing more extreme challenges. These show people hurting themselves or doing something risky.

# RESPECTFUL RELATIONSHIPS

1) A child tells another child at lunchtime that their food smells disgusting.

2) A child gets called names for wearing a turban or another religious item.

3) A child tells another child that their religion is wrong.

4) A child makes fun of a new child because they speak a different language.

5) A child says it is not normal to have two mums.



## The Equality Act, 2010 (England)

It is against the law to discriminate against anyone because of

- age
- *gender reassignment*
- being married or in a civil partnership
- being pregnant or on maternity leave
- disability
- race, including colour, nationality, ethnic or national origin
- religion or belief
- sex
- sexual orientation

These are called 'protected characteristics'

# ONLINE RELATIONSHIPS, INTERNET SAFETY AND BEING SAFE

## Easier statements

- Sending a picture of yourself to your Mum/Dad/ Gran
- Texting a happy emoji to your friend
- Sending someone an unkind message
- Snap chatting with someone you don't know
- Watching a children's TV programme online that a trusted adult has found for you
- Playing a puzzle game online and answering a message from somebody else playing who you don't know
- Posting your phone number online so anybody can see it
- Joining in with something online that someone says is a secret

## Harder statements

- Playing a computer game with a 16-age limit
- Joining a social network about a favourite sport or hobby
- Sending a picture of yourself in your underwear
- Joking about someone's appearance in a text
- Making your gaming username and personal details public
- Keeping an online 'streak' with a friend going for 200 days or more
- Posting a funny video of a cat playing the piano on Youtube
- Chatting live to an online gamer who has just joined in with your game
- Agreeing to have a private chat with someone online

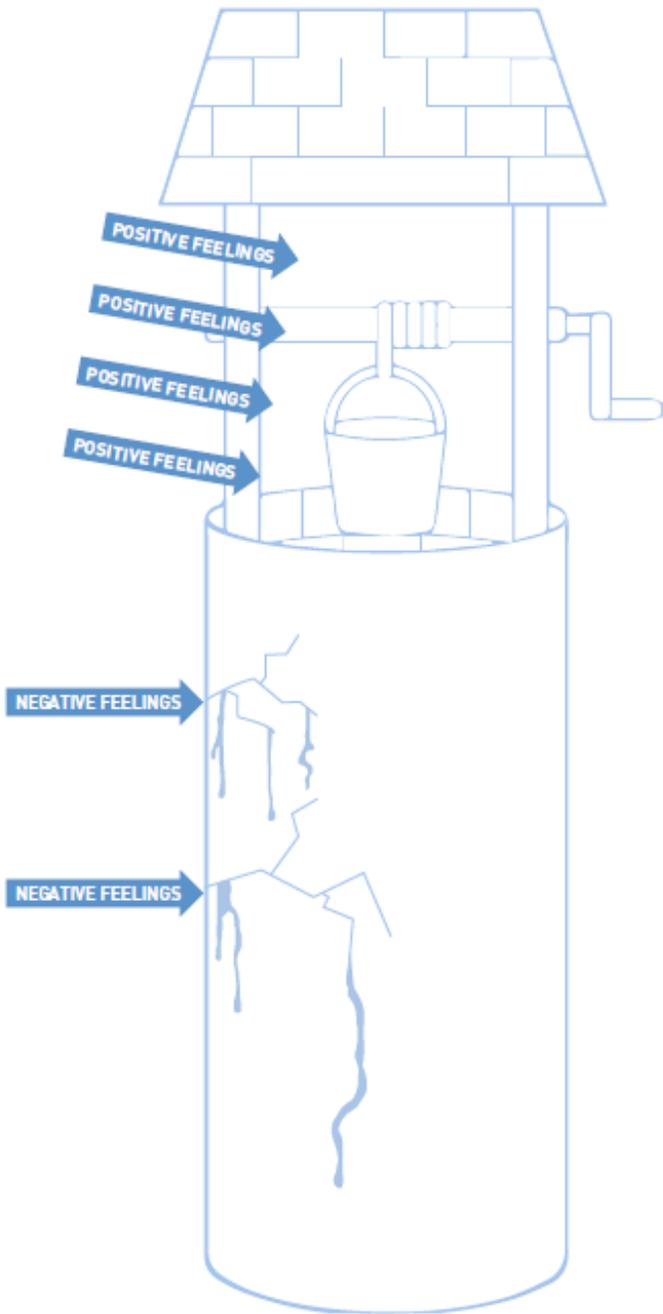
Jacob comes home and turns on his laptop. He logs in to his emails and there is one from someone he doesn't recognise. He opens the email which has a YouTube link that says 'Click if you dare'. He clicks because it feels a bit exciting. The link takes him to a terrifying YouTube video with violent images of people being hurt. It looks real. He can't seem to get it to stop. At the end of the video a message says 'If you do not share this video with 10 of your friends, you'll know what's coming to you.' Jacob is really scared because he only has 5 friends' email addresses so is unable to send the email on. That night he can't sleep properly and has awful nightmares because he is so worried.

Claire is chatting away on instant Messenger when a message comes in from someone she hasn't met before. It reads "Wow, your profile pic is so cute, how old are you?" Claire is 11 years old but thinks it would be fun to make up an age and replies that she is 16. She gets another message straight away saying "Really, you look like you should be a model, why don't we swap some pics." Claire is interested in seeing what the mystery messenger looks like and they seem really nice, so she takes a picture and sends it. As the conversation goes on, she sends more pictures and more requests come through about where she lives and hangs out. The person on the other end doesn't send a picture back. It's starting to make Claire feel uncomfortable but now she has sent pictures of herself she is too embarrassed to tell her Mum about it.

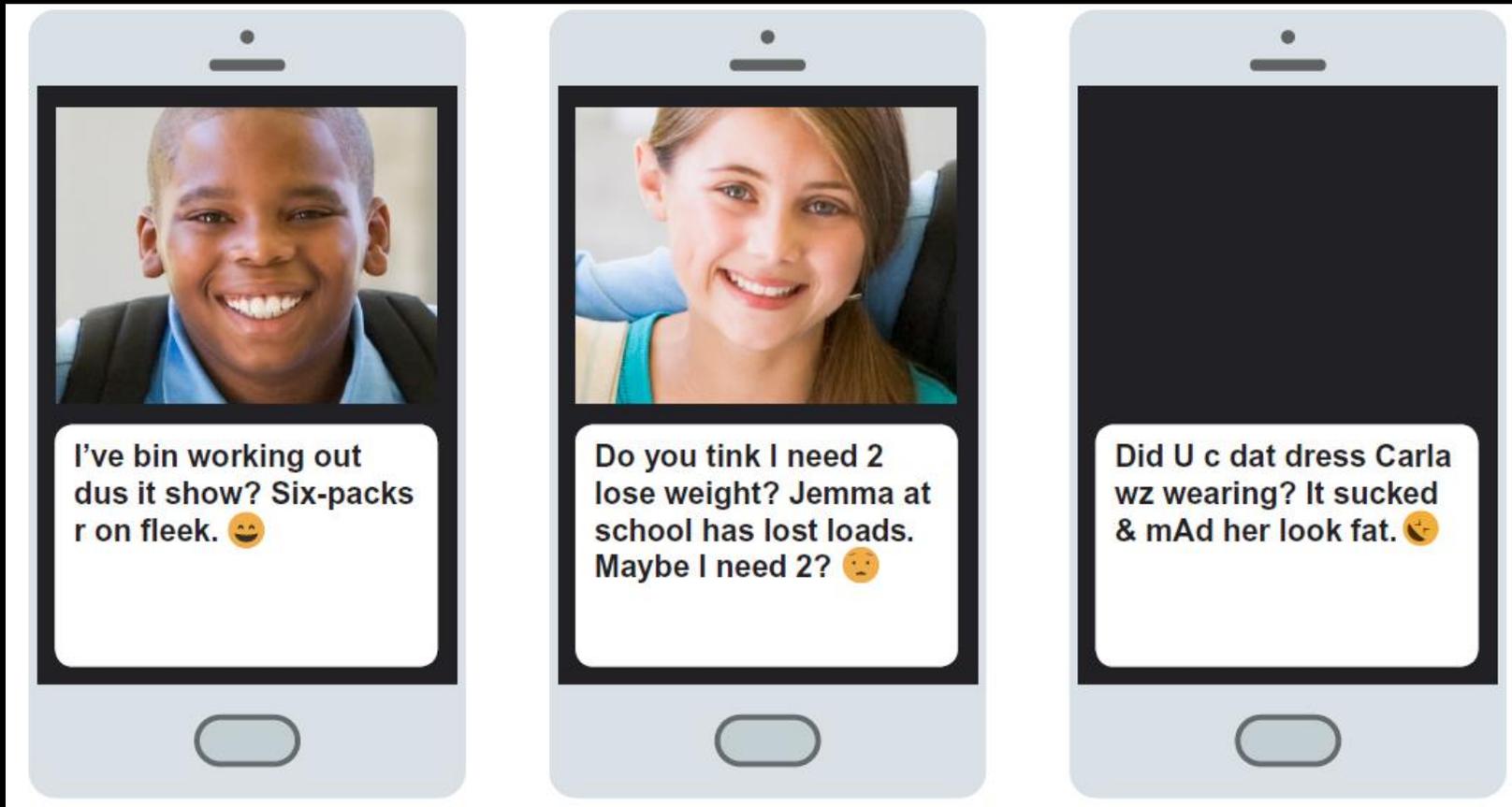
Logan and his friends are chatting at school about some of the things they have been watching on YouTube. A boy called Ian recommends a video that shows a person taking risks and getting hurt. He thinks it's funny. He says everyone should watch it. Later that day Logan searches for the video and plays it on his tablet. It is really disgusting and makes him feel sick. The next day the group talk about the video and joke about how funny it was. Logan goes along with it but he doesn't think it was funny at all and wished he had never seen it. Ian recommends a new video that is even worse. He says the group should make a video like that and post it on YouTube. Everyone agrees but Logan doesn't speak up.

Shelley has been posting pictures of another pupil in school without their permission as a joke. She has used filters to make them stupid and loads of people have shared the images. At school, Shelley had a lesson about what to post on the internet and what not to post. The visitor who was teaching the lesson said that people needed to be careful about what they posted and what they shared because it stays there forever. They said even if stuff was deleted it can be recovered. The visitor said they have known people not to get their dream job because of posts they sent years ago. Shelley is really worried because she wants to be a doctor and thinks these pictures might be a problem.

# MENTAL WELLBEING



# PHYSICAL HEALTH AND FITNESS



# DRUGS, ALCOHOL AND TOBACCO

Drug groups: which drugs go in which group?

**Unrestricted:** anyone can buy these drugs

**Restricted:** there are some rules saying who can buy/use these drugs

**Prescribed:** only a doctor can legally give these drugs

**Illegal:** these drugs can ONLY be bought/used illegally

# BASIC FIRST AID

## Emergency Situation Cards - Ages 9-10 - Piece 3

1. Your friend is skateboarding in the park, falls off and bangs their head on the concrete. They are breathing but not conscious. The park is empty of people but there are some shops nearby.

2. Your friend is knocked off their bike by a car. They are unconscious and have lots of bad cuts and bruises. The car driver who caused the accident gets out to help but is very upset and in a panic. The road is very busy with lots of other traffic and people around.

3. A 2-year old has wandered into the room where the washing (laundry) machine is kept. You find that the child has put a laundry tablet/pod in their mouth. It had been accidentally dropped on the floor and they thought it was a sweet. The rest of your family is outside talking to a neighbour.

4. One of your family suffers from epilepsy (or diabetes) and they sometimes collapse unexpectedly. You are out shopping together in town and they collapse.

5. An adult in your family is doing an outside job and they cut their finger on a sharp blade. It won't stop bleeding. You are the only other person at home.

6. You run down the stairs and accidentally twist your ankle. The rest of the family are outside and you're on your own inside.

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With the person lying on their back, kneel on the floor at their side. Extend their arm nearest you at a right angle to their body with their palm facing up.



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Take their other arm and fold it so the back of their hand rests on the cheek closest to you, and hold it in place.



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Use your free hand to bend the person's knee farthest from you to a right angle.



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Carefully roll the person onto their side by pulling on the bent knee. Their bent arm should be supporting the head, and their extended arm will stop you rolling them too far. Make sure their bent leg is at a right angle.



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Open their airway by gently tilting their head back and lifting their chin, and check that nothing is blocking their airway. Stay with the person and monitor their condition until help arrives.



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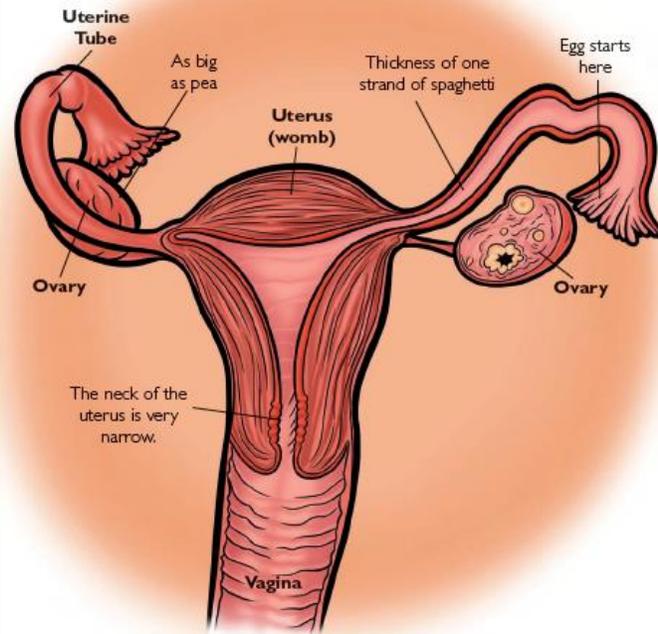
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If there is a risk that someone has broken bones or has injured their back or spine, don't use the recovery position. If you aren't sure don't use it and get emergency help as quickly as possible.

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# THE CHANGING ADOLESCENT BODY

## Menstruation



## Periods

What do you know?

Can you help Boz, Baz and their friends with their questions?



What is a period?

A period is...



How old are girls when their periods start?

Girls are...



How many days do periods last for?

Periods last for...



What do you use to soak up the blood?

You use...

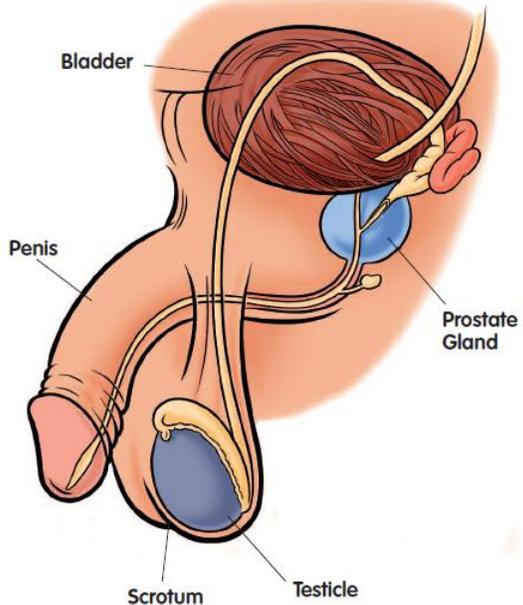


Can you still do PE and go swimming?

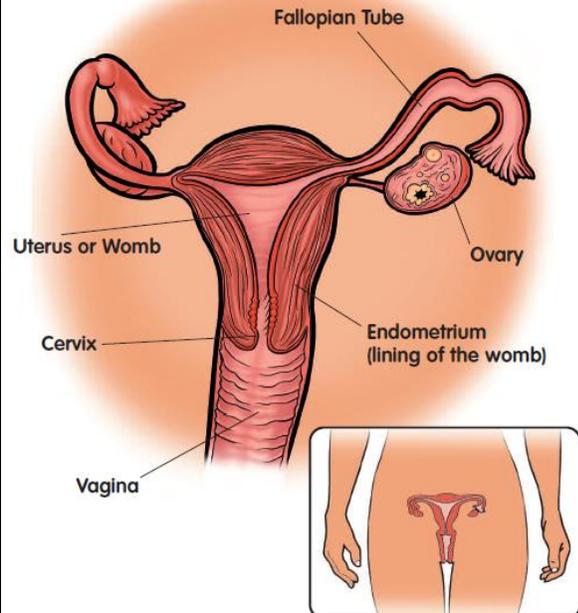
You can...

# THE CHANGING ADOLESCENT BODY

## Male Reproductive Organs



## Female Reproductive Organs



## Puberty Quiz

Read the sentences below

Decide if the statements are true or false.

Circle the T if you think it is True or F if you think it is False.

- Both boys and girls go through puberty T F
- Puberty involves physical changes and emotional changes T F
- Puberty starts at the same time for everyone T F
- Puberty happens because of hormones T F
- Name two changes, physical or emotional, that happen for girls during puberty:

a

b

- Name two changes, physical or emotional, that happen for boys during puberty:

a

b

## Puberty Quiz

## Answer Sheet

- Both boys and girls go through puberty **T** What is puberty?  
Puberty is a time when the body starts to change from being a child into an adult. It is part of sexual development.
- Puberty involves physical changes and emotional changes **T**  
Both physical and emotional changes take place during puberty. This is part of growing up and your body preparing you to become an adult.
- Puberty starts at the same time for everyone **F** When does Puberty start?  
Puberty can start at any time from ten to sixteen, it is a process and takes place over several years. Everyone is different, people develop at different times and at different speeds. It makes no difference when you start. Puberty can last between two and four years.
- Puberty happens because of hormones **T** What causes Puberty?  
Hormones are chemicals produced by the brain. They cause your body to change and grow. They also affect the way you think and feel about things.
- The physical and emotional changes - **Boz**
  - Nipples and breasts will start to grow
  - Body shape will change - broader hips, slimmer waist
  - Pubic hair around the vulva
  - Start to have periods
- The physical and emotional changes - **Baz**
  - Penis and testicles will grow larger
  - Pubic hair will grow at the base of the penis
  - More hair will grow on the arms and legs and start growing on the face
  - Getting taller
  - Sweat more between legs and underarms
  - Wet dreams may start
  - Muscles will develop and chest will get broader
  - The voice will change and get deeper
  - Hair will grow under arms, between legs
  - More spots

# THE CHANGING ADOLESCENT BODY

<b>(C)</b> Breasts	3. This is also known as 'menstruation'. It starts in puberty in young women and happens about once a month. The average blood loss is approx. 4 to 6 tablespoons over 2 to 8 days.
<b>(D)</b> Penis	4. This is the name for something that happens to boys when they have an erection and ejaculate semen in their sleep.
<b>(E)</b> Testicles	5. This is the name for hair that grows around the genitals in both girls and boys

1.8

<b>(I)</b> Body Hair	9. This is the name for a body part. the main purpose is to produce milk for feeding babies
<b>(J)</b> Ovary & Ovulation	10. Where small eggs are produced in women's bodies and when a ripe egg is released
<b>(K)</b> Womb / Uterus	11. The place where a baby grows in a woman's body

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# SEX EDUCATION

- Sex Education is taught in year 5.
- This year children in year 6 will also be taught this as they missed it last year.
- Children can be withdrawn from sex education as it is beyond what it is in the science curriculum which is about how babies grow.
- These lessons will be taught after half term.

# RESOURCES USED IN YEAR 5

## Lesson 1

## Lesson 2

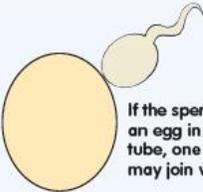
## Lesson 3

### How a Baby is Made

The man and woman have an adult cuddle. They put their bodies very close together.



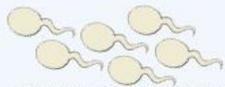
The sperm swim up into the woman's womb and tubes.



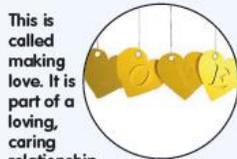
If the sperm meet an egg in the tube, one of them may join with it.



Afterwards the man and woman often cuddle because they feel so happy together



Eventually sperm travel from the end of the man's penis into the woman's vagina.



This is called making love. It is part of a loving, caring relationship.



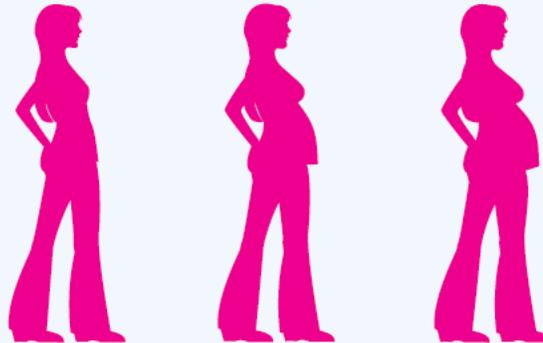
The man's penis gets stiffer and slides inside the woman's vagina.



When a sperm and an egg join together a baby can start to grow.

### Nine Months

Match each description to the right picture stage.



The foetus is fully formed. It has all its organs, muscles, limbs and bones. It still has to grow and mature. The sex organs are well developed and the baby is moving about.

The baby is growing plumper. Its skin, which was quite wrinkled, is now smooth. It is probably lying head-downwards ready for the birth.

The hair is beginning to grow, including eyebrows and eyelashes. The baby moves and responds to touch and sound, often by kicking. Sometimes it may get hiccups. It wakes and sleeps. Its heartbeat can be heard through a stethoscope.

### How is a Baby Born

Cut out the pictures and stick them in the correct order. Then write a sentence for each, explaining what happens. You can use the words at the bottom of the page to help you.



# RIGHT TO WITHDRAW

- You have the right to request that your child is removed from the above sex education.
- They will still complete the work on their changing adolescent bodies and all other teaching that falls into relationships and health education as outlined previously.
- Should you wish to withdraw your child from sex education you will need to call the office to make an appointment with Mrs Stolic, she will make a note of your child being withdrawn and your child will be offered other work to complete whilst this teaching is taking place.
- We recommend your child is taught sex education with the rest of their peers to ensure that they get a factual, age appropriate education rather than hearing myths and whispers from other children.