

Sexuality Outline Whole School

Years 1 - 4:

Theme 1: How we grow and change

Describe changes in growth patterns and identify body parts

- Know the correct names for body parts
- Identify some ways we change over time (birth to present; adult to child; adult to elderly)
- Identify how to care for our bodies e.g. teeth, hand washing, regular bathing.

Possible Activities

- Children bring in photos of themselves as a baby. Match the child to the photo.
- What has changed what hasn't?
- What can they do now that they couldn't before?
- What can older brothers and sisters do that they can't?
- Look at (clothed) photos of adults and elderly people. What has changed? What can they do/ can't they do?
- Girls versus boys. Are there any differences?

Theme 2: Developing a sense of self

Respect themselves and others

- Identify what is unique about themselves
- What is special about their family
- Identify their role in groups/ community/ society
- Use I statements to express feelings

Theme 3: Interpersonal Relationships

- Celebrate diversity in their class
- Explore ways to make others feel accepted
- Explore how to keep themselves and others safe

Year 5 - 6

Lesson 1:

Setting the scene.

- Develop ground rules around how the sessions will run
- Introduce The Question Box
- Find out existing knowledge/misconceptions (Bus-stops)
 - What does Sexuality mean?
 - What are the differences between boys and girls (Including reproductive organs)
 - What are differences between children and adults
 - What makes us unique?
 - What qualities are important in friendship?
 - How should we treat people that are different us?

Lesson 2:

I'm Special and Unique

Identify 5 qualities that make them special and unique

- Understand the importance of individuality
- Identify what can affect our ability to feel good about who we are.

Lesson 3:

Difference between girls and boys

- Begin to correctly identify the names of parts of the body
- Increase confidence in using the correct terminology for body parts
- Explore names of female and male body parts

Lesson 4:

How we communicate with people

- Begin to think about consequences before making decisions.
- Develop awareness and understanding of the conflicting demands within relationships and the feelings associated with this

Lesson 5:

What is important in a friend?

- Clarify their own ideas about friendships and relationships and develop respect and tolerance for other people's ideas
- Friendships and relationships should involve mutual respect
- We are entitled to our own opinions
- We might have lots of friends or just a few (both is okay)

Lesson 6

Where can I go?

- Identify personal support networks
- Identify local support agencies and explore the services that they provide
- Create personal sociogram to show people they can go to for help
- Repeat Round up bus stop activity

Year 7- 8

Lesson 1:

Setting the scene.

- Develop ground rules around how the sessions will run
- Introduce The Question Box
- Find out existing knowledge/misconceptions (Bus-stops)
 - What does Sexuality mean?
 - What changes happen at puberty?
 - What are the 2 cells needed to make a baby?
 - What makes us unique
 - Where are the eggs stored in a women's body
 - Some people think that babies grow in tummies - where does the baby really grow?
 - What qualities are important in friendships?

Lesson 2:

Changing bodies and feelings.

- Begin to correctly identify the names of parts of the body
- Increase confidence in using the correct terminology for body parts
- Explore functions of reproductive systems

Lesson 3:

Changing bodies and feelings.

- Discuss the negative influences that media pressure can have on body image
 - Examine content on TV and internet and explore the messages being portrayed
 - Discuss the negative effect that this can have on young people
 - Identify ways to counteract these messages.

- Diversity is important and is what makes us unique

Lesson 4:

Communication and decision making

- Identify and use passive, assertive and aggressive communication (including when giving consent during conflict and negotiation)
- Explore and demonstrate effective communication (including body language and listening skills)

Lesson 5:

Reproduction

- Identify the stages of pregnancy
 - Viewing and ordering microscopic photos of the stages in the uterus



- Explore the link between changes at puberty and reproduction

Lesson 6

Where can I go?

- Identify personal support networks
- Identify local support agencies and explore the services that they provide
- It's okay to need support.

Year 5-8 will also be using a technique called the question box, which gives the students an opportunity to ask questions they wish anonymously, and have them answered in an appropriate manner by the teachers.