



**Relationships and Sex Education
Year 6 Overview**

Lesson 1 – Puberty and reproduction <ul style="list-style-type: none">To describe how and why the body changes during puberty in preparation.To talk about puberty and reproduction with confidence.	Resources <ul style="list-style-type: none">Body parts gameQuestion cards on reproduction with answer cards.Watch clip explaining the menstruation cycle (Link below).
http://kidshealth.org/teen/sexual_health/girls/menstruation.html?tracki.g=T_RelatedArticle	
Lesson 2 – Keeping safe including - Right to be safe <ul style="list-style-type: none">To know how someone can be safe and in control of their body.To know where to go for help.To understand what FGM stands for and to know that it is illegal in Britain (We do not go into detail about what happens during FGM).	Resources <ul style="list-style-type: none">Using NSPCC preventing abuse resources (Link below)
https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/underwear-rule/	
Lesson 3 – Communication in Relationships – Communication and respect <ul style="list-style-type: none">To explain some differences between a healthy and unhealthy relationship.To know that communication and permission seeking are important in relationships.	Resources <ul style="list-style-type: none">Communication and touch cardsHealthy relationships (Link below)
https://amaze.org/video/healthy-relationships-makes-relationship-healthy/	
Lesson 4 – Families, Conception and Pregnancy – Starting a family <ul style="list-style-type: none">To describe the decisions that have to be made before having children.To know some basic facts about conception and pregnancy.	Resources <ul style="list-style-type: none">Show the BBC Teach film. What's it all about? (link below)
https://www.bbc.co.uk/teach/class-clips-video/rse-ks2-sex-what-its-all-about/zht8y9q	
Lesson 5 – Online Relationships - Positive and negative ways of communication <ul style="list-style-type: none">To have considered when it is appropriate to share personal/private information in a relationship.To know how and where to get support if an online relationship goes wrong.	Resources www.thinkuknow.co.uk/8_10/
Vocabulary covered within unit: womb, sperm, egg, conception, fertilisation, pregnancy, sexual intercourse, twins, fostering, adoption, relationships, friendship, love, consent, intimacy, communication, personal/private information and internet safety.	