

Relationships - Growing Up

PSHE and Citizenship | Year 6 | Planning Overview

About the Topic

This topic builds on children's knowledge of how we grow and change, both physically and emotionally and the types of relationships that people have. Children will learn about sexual relationships and sexually transmitted diseases. They will also learn about positive body images and stereotypes.



Home Learning

Growing Up and Changing: Children think about the changes that boys and girls will go through during puberty and record these around an image.

Amazing Me: Children create a profile of themselves, detailing things such as how they see themselves, what they like about themselves, how others see them and what they are proud of.



Wider Learning:

The school could hold a themed day, 'Amazing Me!' where all children are invited to celebrate their individuality, their likes, their talents and the diversity within the school. Visitors could be invited in too, to promote positive body image.

Assessment Statements

All children should be able to...

- name physical changes young people will experience during puberty;
- describe emotional changes young people might experience during puberty;
- appreciate that there is no such thing as a perfect body;
- list things that all loving relationships have in common;
- explain what a sexual relationship is;
- understand that some infections can be passed on during sexual intercourse, but that contraception can prevent this;
- explain how babies are conceived and how they are born.

Most children should be able to...

- explain how to look after their bodies during puberty;
- name some ways to cope with new or difficult emotions;
- describe some of the ways in which the media fuels the notion of a perfect body;
- describe the different types of loving relationships that exist;
- explain the laws around sexual relationships;
- explain what contraception is, how it is used and what it is used for;
- use a range of key vocabulary when discussing differences in sex, gender identity and sexual orientation;
- use scientific vocabulary to accurately explain how babies are made and how they are born;
- describe the process from conception to birth and the needs of the foetus.

Some children should be able to...

- explain why young people experience physical and emotional changes during puberty;
- tailor advice to others in specific situations, regarding managing changing emotions;
- challenge society's perceptions of a perfect body;
- discuss the way different types of relationships are viewed in society;
- consider how some couples in loving relationships have children in ways other than male-female reproduction, through sexual intercourse;
- ask mature questions about puberty and the changes people experience;
- consider the sensitive nature of this topic; why can it be difficult to discuss and what could be done to improve this.

This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association [Programme of Study](#).

1. Changing Bodies

To learn how their body will change as they approach and go through puberty.

To understand that they have the right to protect their body from inappropriate and unwanted contact.

I can describe the changes people's bodies go through during puberty and how we can look after our changing bodies.



2. Emotional Changes

To learn about the ways in which puberty can affect us emotionally.

I can describe how thoughts and feelings may change during puberty and suggest how to deal with those feelings.

- whiteboards
- pens

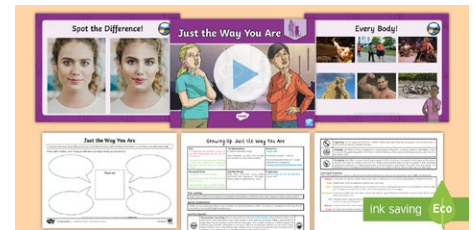


3. Just the Way You Are

To understand the influences around us that affect body image and the way we see ourselves.

I recognise that many things affect the way we feel about ourselves and I understand that there is no such thing as an ideal kind of body.

- whiteboards
- pens



4. Relationships

To learn about the difference between sex, gender identity and sexual orientation and the terms associated with sex, gender identity and sexual orientation.

To learn that forcing anyone to marry is a crime; that support is available to protect and prevent people from being forced into marriage and to know how to get support for them self or others.

I understand what a loving relationship is and that there are many types of relationships.



5. Let's Talk about Sex

To understand the term 'sexual relationship'.

I understand what a sexual relationship is and who can have a sexual relationship.



6. Human Reproduction

To learn about human reproduction.

I can describe the process of human reproduction, from conception to birth.

