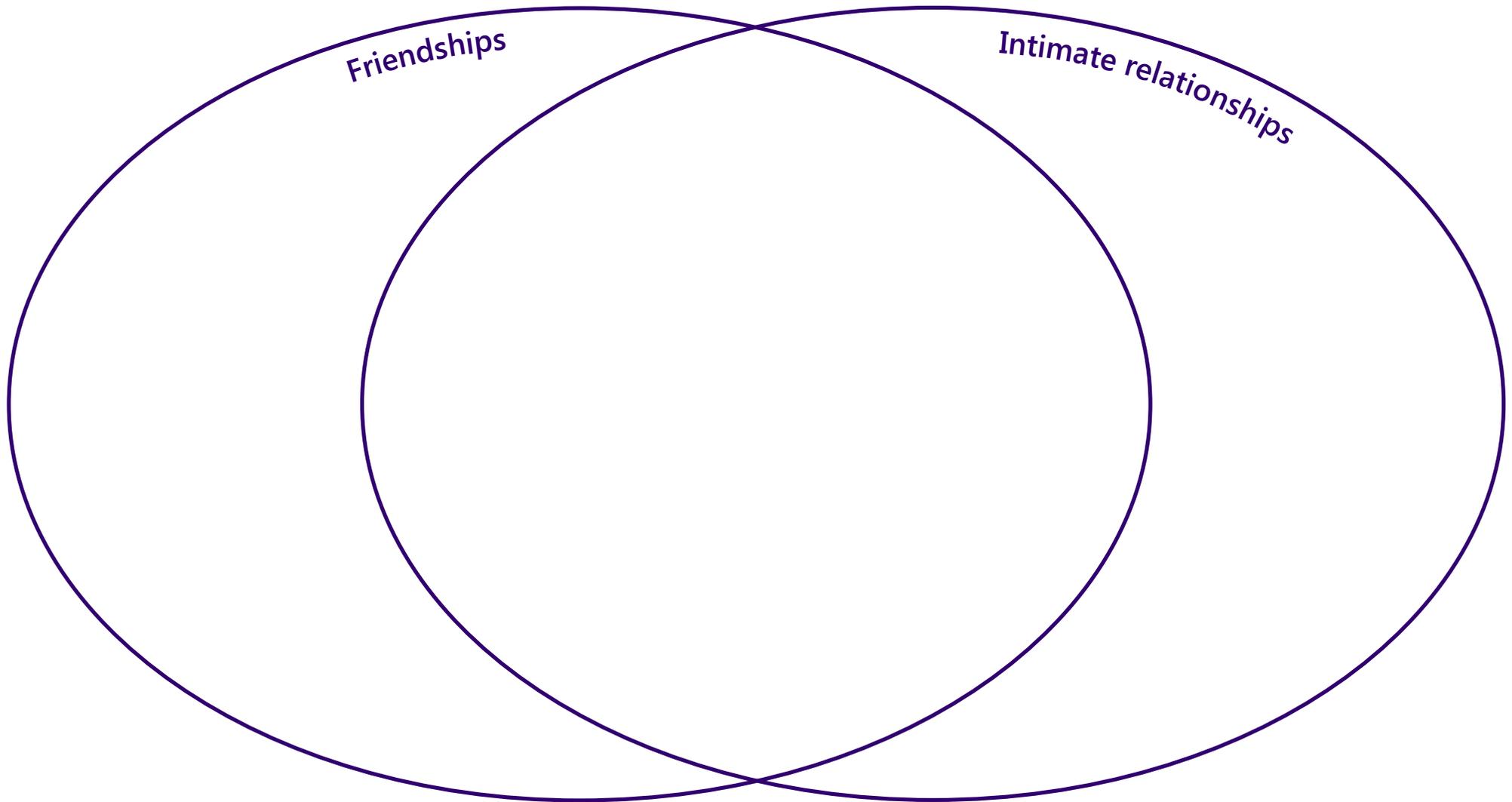


Add to the Venn diagram





Year 6 – Healthy relationships

How are babies made?

What are some skills and qualities needed by parents and carers?

--	--

How I feel about my learning (please circle)



I feel confident



I feel OK



I'm not sure / I need help

Anything else you would like to say?



Teacher comments





A glossary

Abortion

This is when a woman chooses to stop her pregnancy. Women have abortions when they are not able or do not want to carry on with their pregnancy. People hold different beliefs about abortion.

Anus

An opening where bowel movements (solid waste) comes out.

Clitoris

A spongy tissue/pea-sized bump above the vagina. It can tingle and feel nice.

Contraception

This is a way of preventing a woman from getting pregnant during sexual intercourse. Some contraceptives stop the sperm and the egg from meeting and joining together.

Condoms

Are a type of contraception. Condoms prevent a woman getting pregnant by stopping the sperm and the egg from meeting and joining together.

Ejaculation

When semen comes out of the end of the penis. The penis is usually erect when this happens.

Erection

The penis becomes stiff and upright. This happens because blood flows into the penis. Boys will notice these occurring more when they reach puberty. These are perfectly normal.

HIV

Human Immuno-deficiency Virus. HIV is a virus that can be passed on when two people have sexual intercourse with each other. There are ways to prevent this from happening.

Infertility

Some people can't make babies. There are lots of reasons for this and doctors can help some of them.

IVF

In-vitro fertilisation (this means in-glass fertilisation). Some couples cannot make a baby through sexual intercourse. Sometimes a doctor helps them by getting a sperm and an egg and putting them together in a test-tube so that they fertilise. The doctor then puts the fertilised egg inside a woman's womb and they wait to see if it will attach to the womb lining and grow into a baby.

Masturbation

This is when someone touches their own sex parts which can make them feel nice. It is a common part of

puberty as we begin to have sexual feelings. It does not cause any medical problems.

Menstruation

During puberty girls begin to release eggs, usually one egg every month. Most of the time the egg doesn't meet a sperm and grow into a baby so it leaves her body through the vagina, along with some tissue and blood from her womb. This is called menstruation or a period.

Miscarriage

Sometimes a woman becomes pregnant but the pregnancy doesn't carry on for long enough for a baby to grow and be born. A miscarriage is when a pregnancy ends suddenly. We don't always know why this happens.

Penis

Part of the male sex organs. It is made up of tissues and does not have any bones in it. It has a hole at the end so urine (waste) can pass through. It can tingle and feel nice, semen comes out of it when two people have intercourse, which can help to make a baby.

Scrotum

A loose pouch-like sac of skin behind the penis, containing the testicles (testes) and several nerves and blood vessels. It has a protective function and acts as a climate control system for the testes.

Stillbirth

Sometimes babies that are nearly ready to be born die whilst they are inside the woman's body. It can be very sad for the family as they have been waiting for many months for the baby to arrive.

Vagina

Part of the internal female sex organs. It is a tube inside a female body which leads to the uterus. During sexual intercourse the penis goes into the vagina. Most babies are born by coming out of the woman's vagina. Urine (waste) passes through another very small hole called the urethra, which is near the vagina.

Vulva

An external part (leading to the vagina) made up of the pubic mound, inner and outer lips (labia) and clitoris. Sometimes people get the words vulva and vagina confused.

Wet dreams

During puberty boys begin to produce sperm. Sometimes whilst a boy is sleeping he gets an erection and sperm comes out of the end of the penis. This is called a wet dream.



Dilemma card

Lots of other people in my class are going out with someone. Some people have been out with lots of people but I haven't been out with anyone yet.

When should you go out with someone and how do you make him or her like you?

B 12



Dilemma card

There is this really nice boy in my class. He is funny and clever and really friendly. I think I fancy him and would like to go out with him.

The problem is that whenever he is around I feel really shy and if he talks to me I blush.

T 13



Dilemma card

I have never really fancied any boys and haven't met any boys that I would like to go out with. Now there is this new girl in my class that I really like. I think I fancy her.

What should I do?

S 13



Dilemma card

My best friend is a girl. We've known each other for ages and I really like her as a friend.

Last week she tried to kiss me on the lips. I just want to be friends with her but how can I tell her that without upsetting her?

I 13



Dilemma card

My mum always buys me school shoes. She always chooses horrible flat shoes because she says my feet are still growing and they are good for me. I hate them and I think people always laugh at me.

What can I do to make her stop?

C 12



Dilemma card

My Nan never lets me go out with my friends on Saturday. The one time she said I could go she told my brother to come and meet me after the cinema and bring me home. It was really embarrassing and I got really mad at her. What can I do to make her see that I am growing up and need more freedom?

S 12



Dilemma card

I was going out with this really fit boy in my class. After two weeks he chucked me because I didn't want to kiss him.

I really like him and want him back.

What should I do?

N 13



Dilemma card

Every time I look in the mirror I hate myself. I try and exercise and I am on a diet but I know that I am really fat and ugly. My dad says that I'm being silly but I want to look like those models you see in magazines.

How can I make myself look like them?

P 12



Dilemma card

I used to have a really good time at home but now I can't get on with my parents anymore. We spend all the time shouting at each other. They don't like my friends and blame them for getting me into trouble at school for smoking. How can I stop them treating me like a baby? Why don't they understand that I'm growing up?

T 13



Dilemma card

Boys in my class sometimes talk about wet dreams. When I asked what it was they all laughed at me and now they keep going on about it.

How will I know when I have a wet dream and how can I stop them making fun of me?

M 12



Dilemma card

I used to spend lots of time with a good friend. Now they have started hanging out with someone else they don't seem to like me anymore. Every time I want to do something they are off somewhere together.

What have I done wrong and how can I change it?

F 11



Dilemma card

People in my class often say stuff is gay when they mean that it is rubbish. It really upsets me because my two aunts are gay. I can't tell anybody in my class because they might start saying stuff about me.

Why do people say things like that and how can I make them stop?

A 13



Dilemma card

I can't talk to anyone in my family about stuff because they get too embarrassed. I had my first period last week but I didn't tell anyone. I don't know what to do when I have it again.

How can I get sanitary towels and what do I do if I have to go swimming?
Please help.

R 12



Dilemma card

My family doesn't talk about things like sex and stuff. I've got an older sister but she is married and doesn't live with us anymore. I know about some stuff but now this boy has asked me out and I don't know what to do.

What does going out mean and how do you do it?

T 12



Dilemma card

I've been going out with someone for three weeks. We have kissed each other and I feel happy when I am with them. Does this mean I am in love?

What should I do next?

E 13



Dilemma card

I am not really into dressing up and make-up and when I grow up I want to be a pilot. People make fun of me and say that I'm not a real girl and that only boys can fly planes. Sometimes it makes me feel angry and upset.

Why do people say things like that and what can I do?

G 11



Dilemma card

I've been doing ballet since I was seven and I really enjoy it and have been in two shows. I don't tell people in my class because sometimes they laugh at me and make jokes about it.

Why do people think boys shouldn't dance and what can I do to stop them making fun?

H 12



Dilemma card

My mum says we should go shopping for a bra for me. None of my friends wear bras and I don't want to be different when we change for P.E.

What should I do?

Y 12



Dilemma card

I am the smallest in my class. Everyone else is much bigger than me and they tease me, calling me names. I am worried that I will never catch up.

Is there something wrong with me?

J 11



Dilemma card

Most of the girls in my class have started their periods and keep talking about sanitary towels and tampax. I don't really know what they are talking about.

Should I pretend I've started my periods?

T 13



Dilemma card

Some of my friends have been sent a photo of me that I don't want anyone else to see. I don't know how it ended up online.

What should I do?

E 12



Dilemma card

I love being online and spend hours playing games in my room. I'm shy so this helps me to make friends and meet other children to play with. I feel happiest when I do this but my parents say it's not healthy.

What do you think?

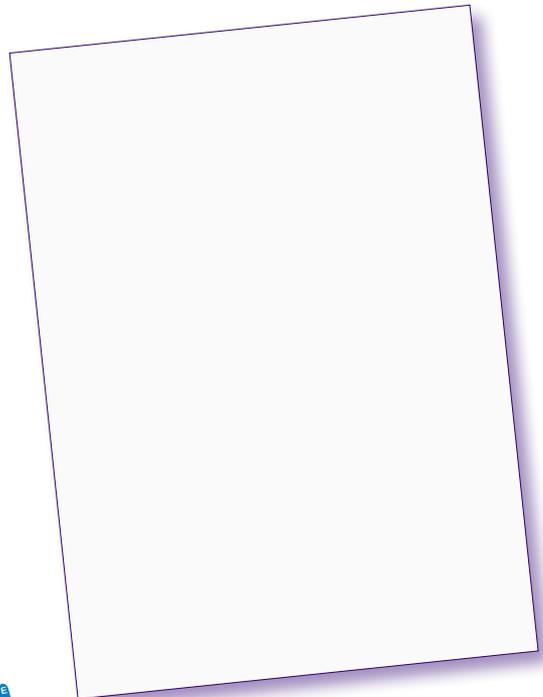
Z 12



Dilemma card



Dilemma card



Puberty thoughts and worries



Here are some worries that someone might have about physical and emotional changes that happen during puberty:

My moods are so up and down and I can't seem to control them

I haven't started my periods yet and all my friends have

I have started my period and really need to talk to someone

I had a wet dream and I feel ashamed

Someone asked me to be their girlfriend/boyfriend and I don't know what that means

I sometimes get an erection for no reason

I have started to sweat more and I am worried that I smell

My skin is so greasy and I am getting spots

I have very strong feelings about another person who I really like

My voice is changing and it's so embarrassing

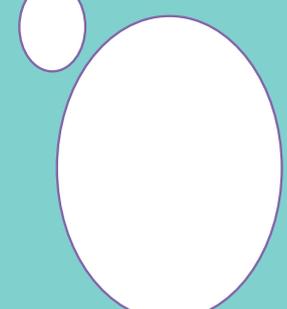
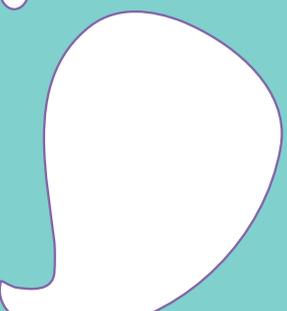
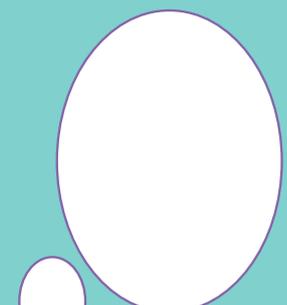
I am so much taller than my friends

I am so much smaller than my friends

Now add three more worries someone might have and write them in the blank bubbles.

I want to be alone more than usual and feel I need privacy

Someone touched me and I didn't feel comfortable



Go through the thoughts and worries and discuss: Are they emotional or physical or both?

Would the thought or worry apply to a girl or boy or both?





Making tea



Cleaning



Watching a film



Sewing



Cooking



Running





Playing football



Lifting weights



Yoga



Caring for baby

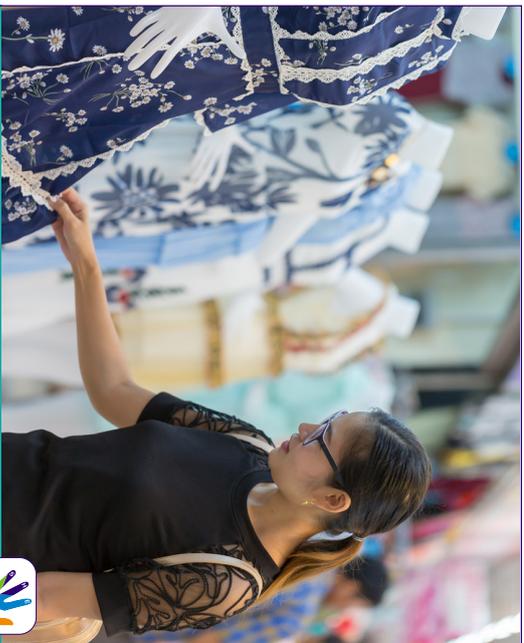


DIY/decorating



Dancing





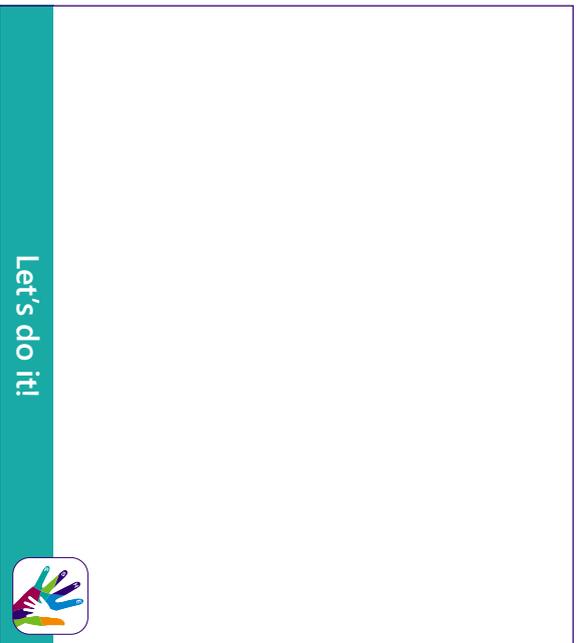
Clothes shopping



Let's do it!



Let's do it!



Let's do it!



Let's do it!



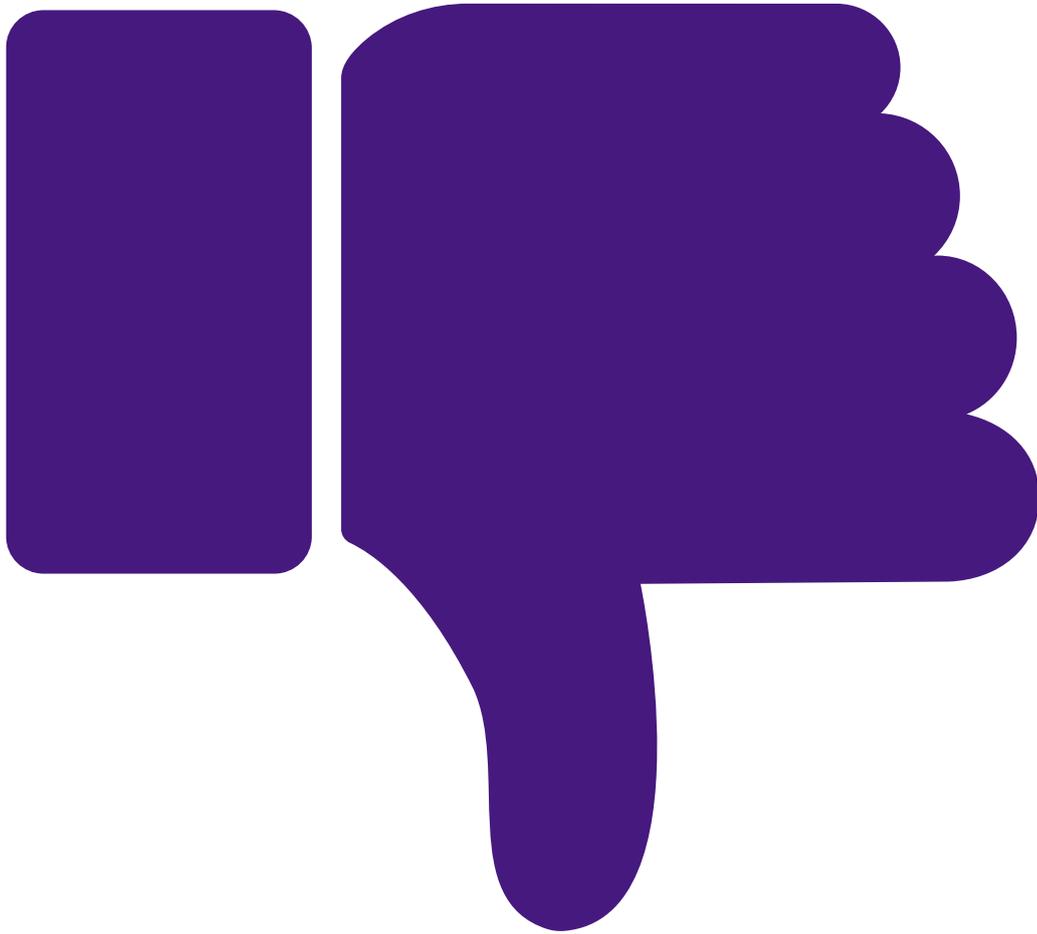
Let's do it!





Agree





Disagree





Gender statements

Cut out these gender statements. Write four of your own in the blank spaces below.



Women are better at looking after babies

It's ok for men to wear make up

Boys are less mature than girls

Girls can play football as well as boys

Men make better firefighters

Men are better at cooking than women





What is love?

What do you think is important in a loving relationship? Write or draw your ideas below.

♥ ♥ ♥ Love is ♥ ♥ ♥

Finish this sentence

People know they love someone because...





Relationships cards (1)

Here are some things that people might do in relationships as they become closer (more intimate). Place the cards to show how the things might change as people become closer.



Talk about feelings

Talk about deeper feelings

Hold hands

Eat together

Cook for each other

Kiss on the lips

Kiss on the cheek

Go out to places they enjoy (eg cinema) – just the two of them, without others





Stay overnight at
each other's homes

Hug

Cuddle

Go on holiday
together

Touch

Swap
phone numbers

Like each other
online

Message





Body part labels



feet



Body part labels



hands



Body part labels



fingers



Body part labels

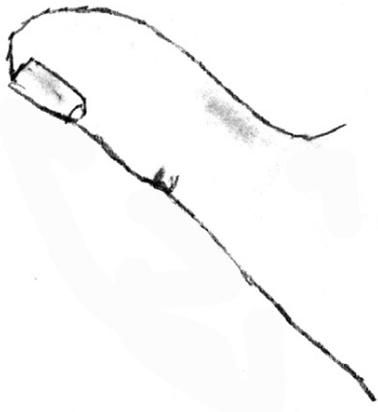


mouth





Body part labels



thumb



Body part labels



penis



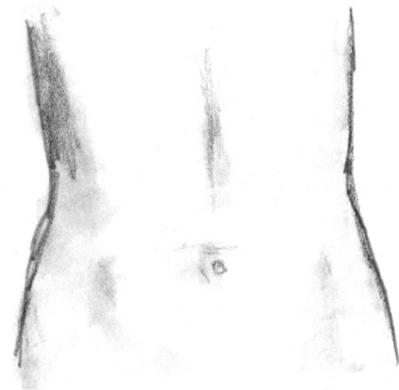
Body part labels



eyes



Body part labels

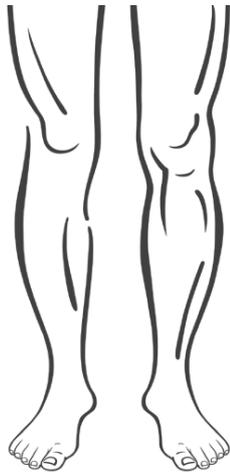


tummy





Body part labels



legs



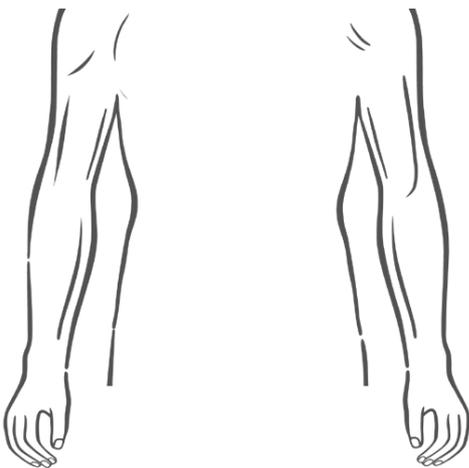
Body part labels



head



Body part labels



arms



Body part labels

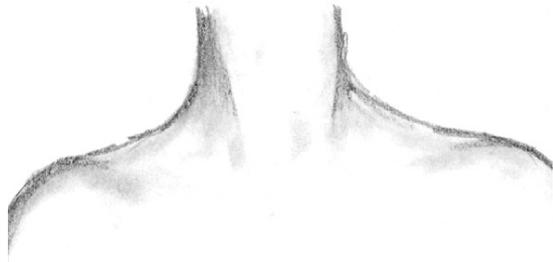


knees





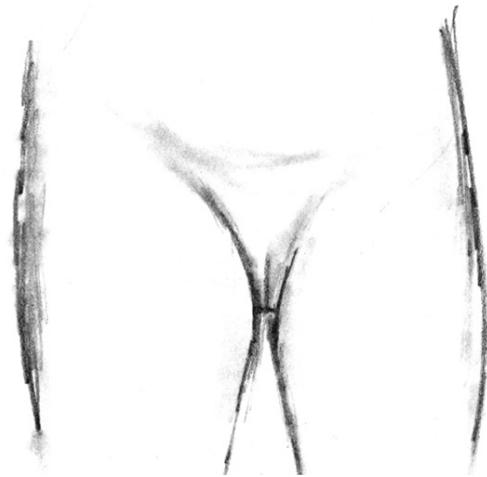
Body part labels



shoulder



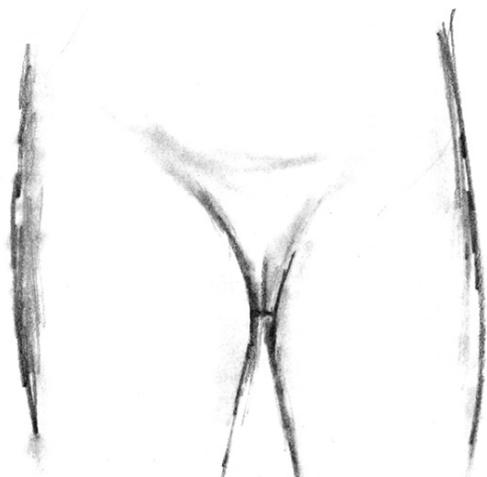
Body part labels



vulva



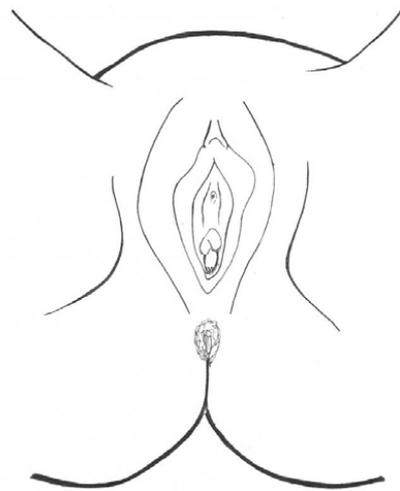
Body part labels



clitoris

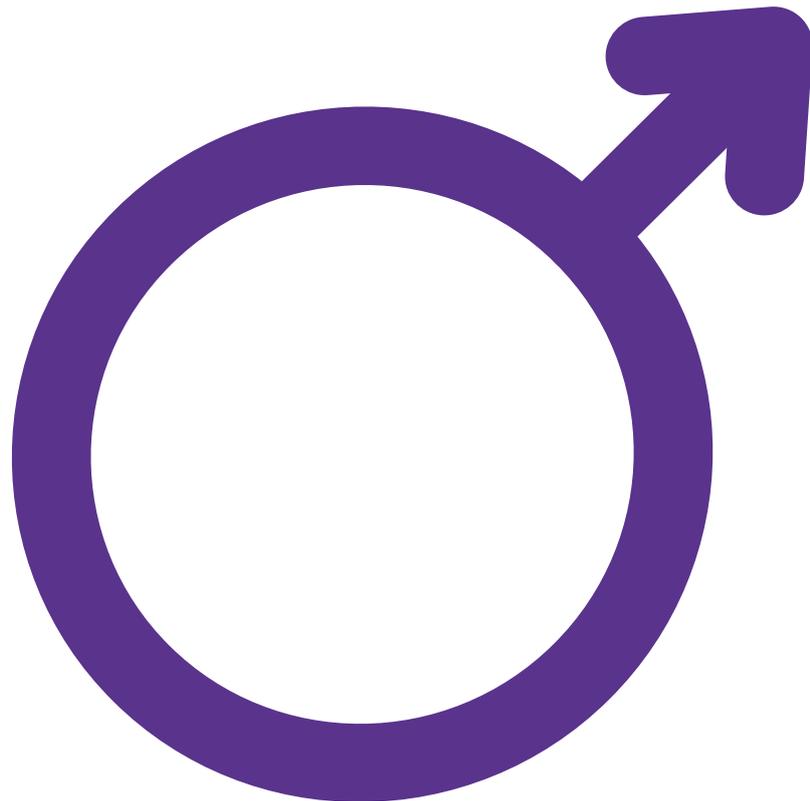


Body part labels



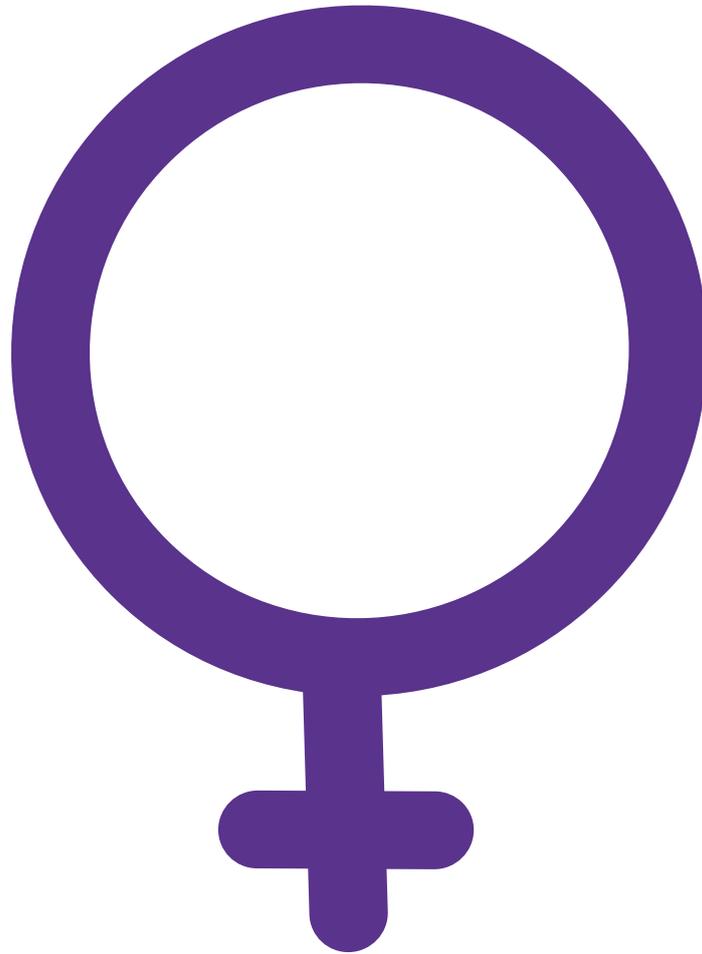
clitoris

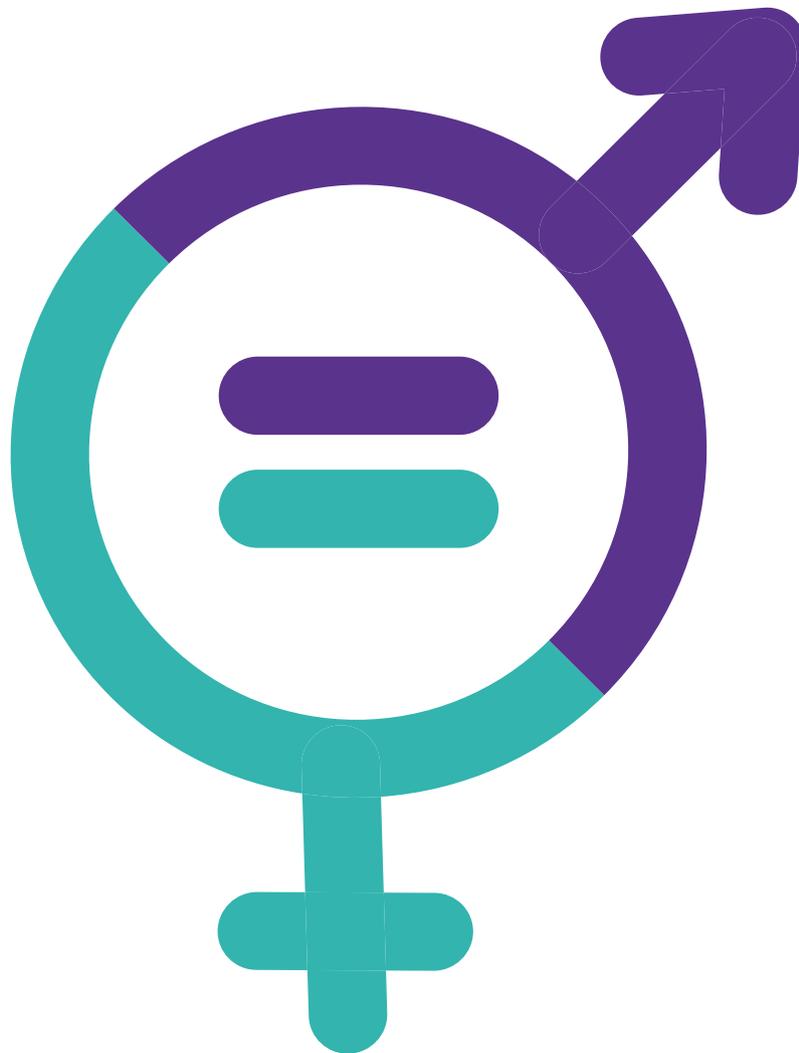




male







both



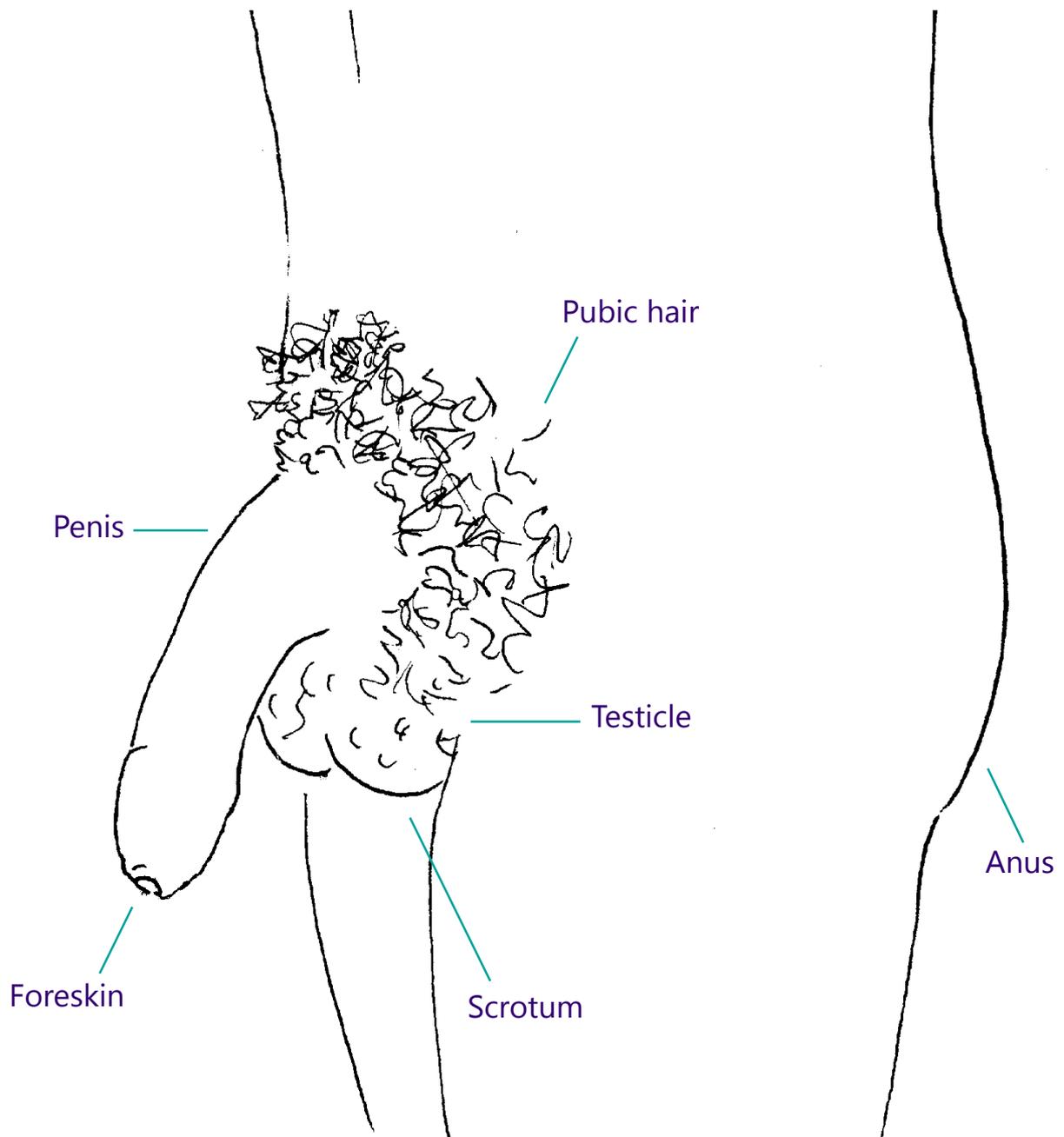


unsure



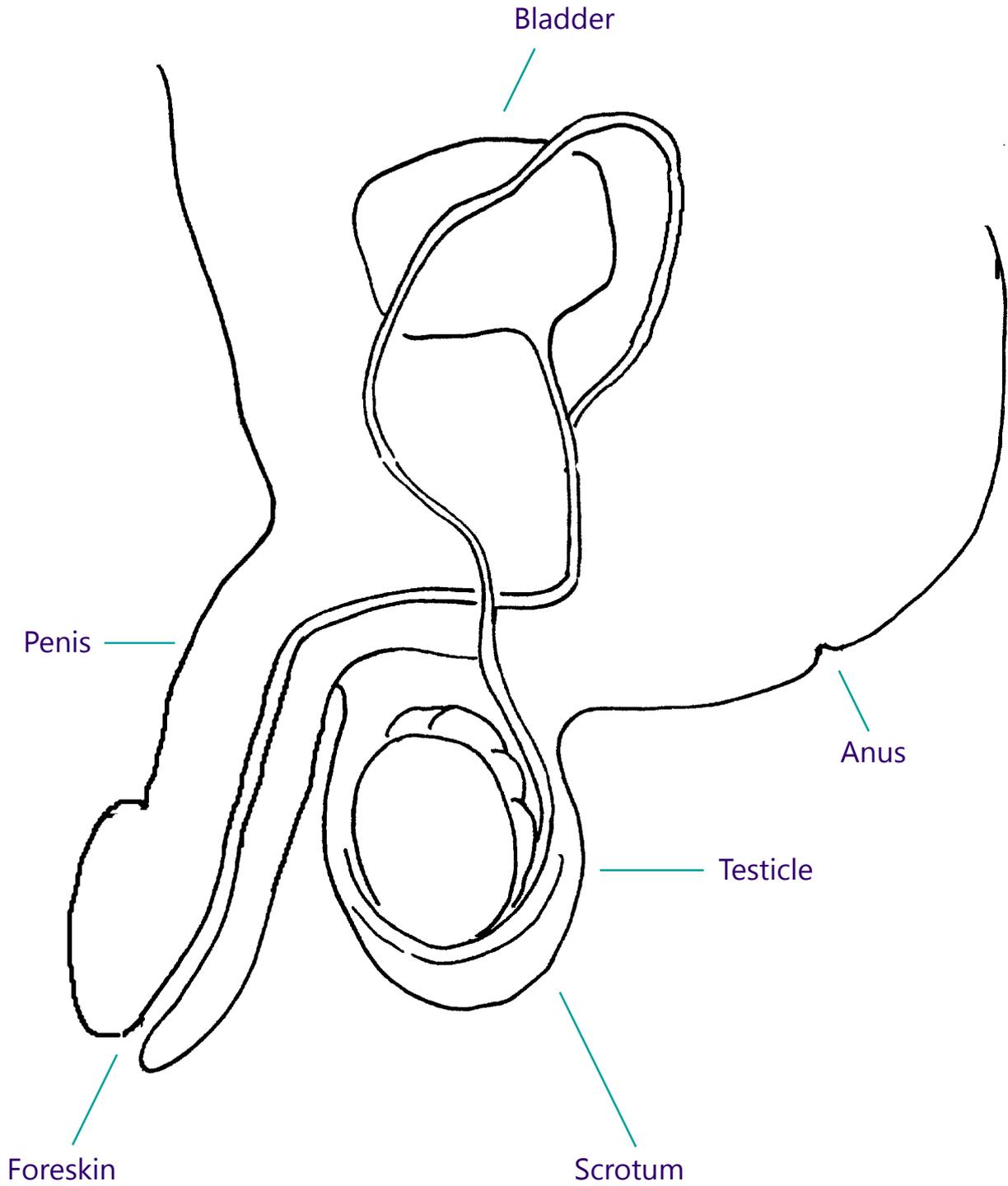


Male reproductive organs (external)





Male reproductive organs (internal and external)



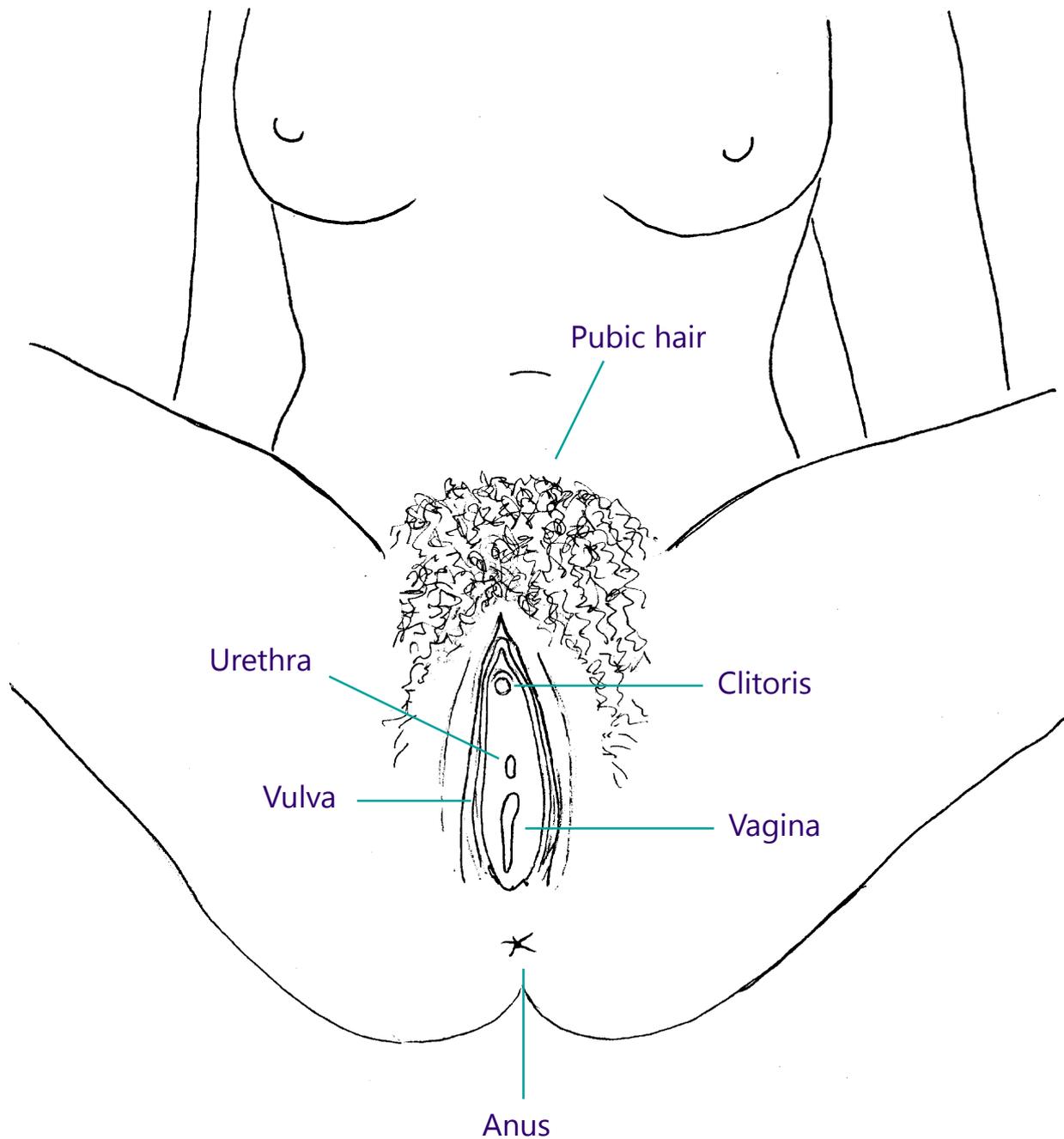


Male reproductive organs (external)



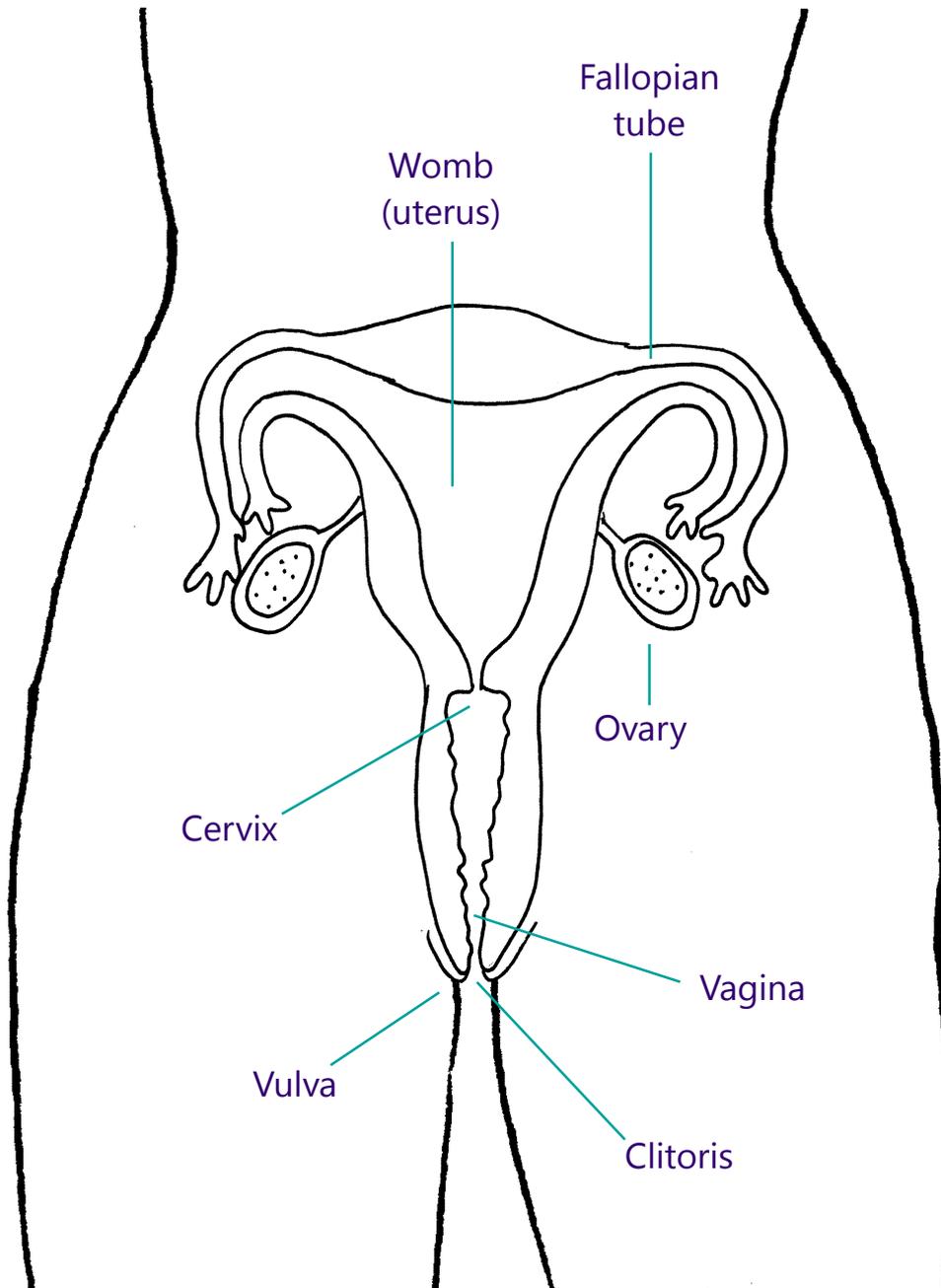


Female reproductive organs (external)



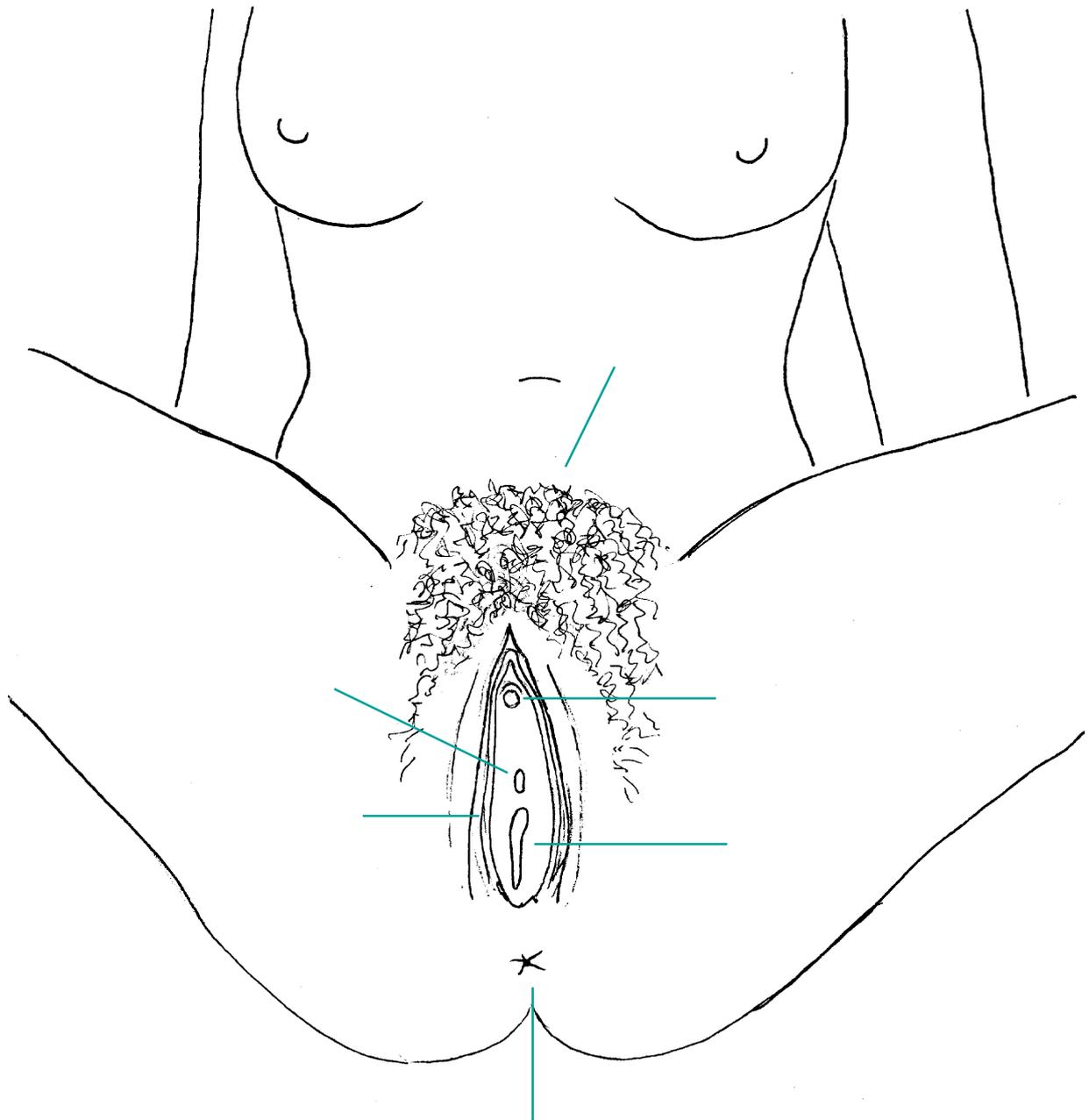


Female reproductive organs (internal and external)



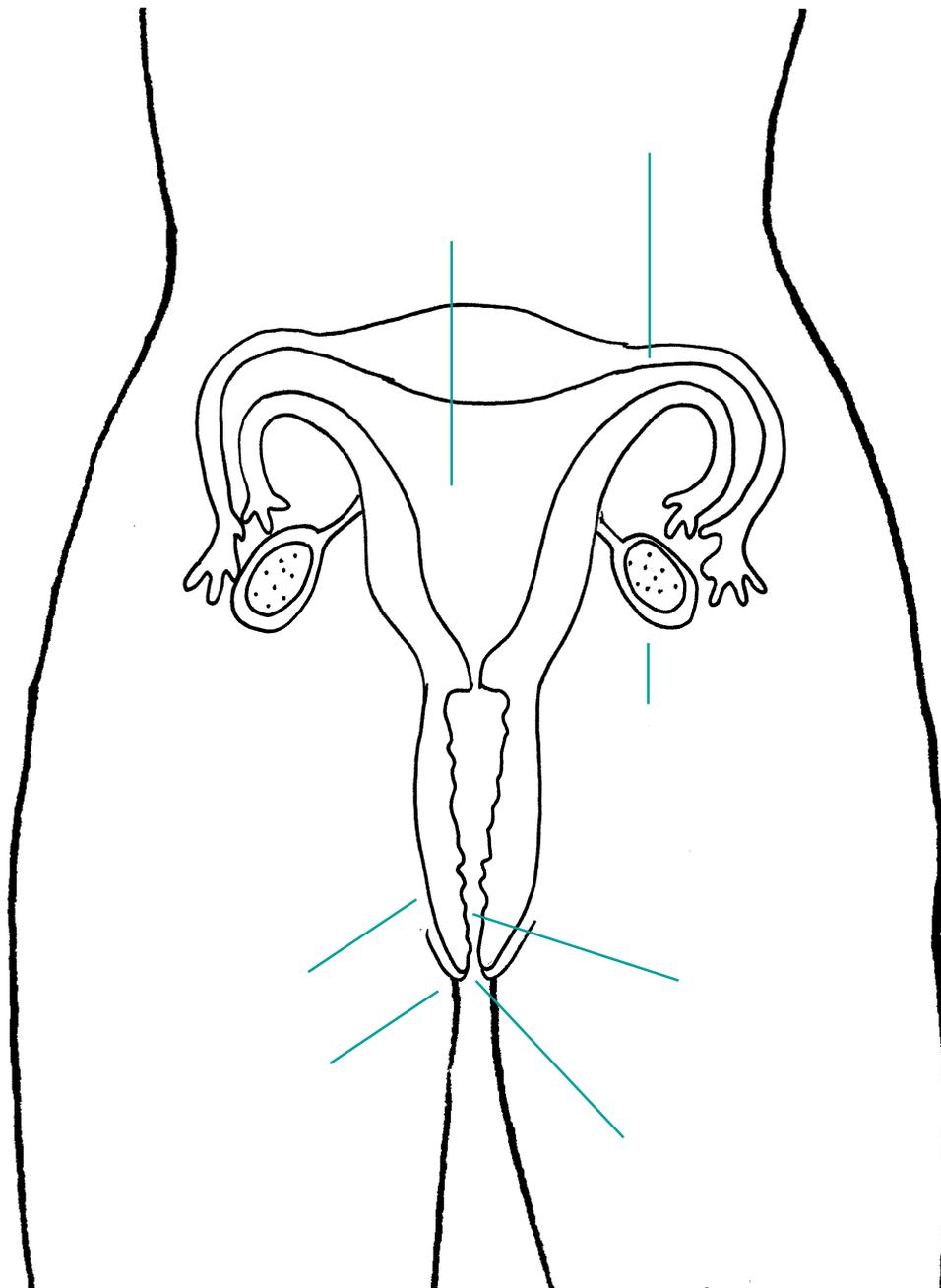


Female reproductive organs (external)





Female reproductive organs (internal and external)



How does pregnancy begin?



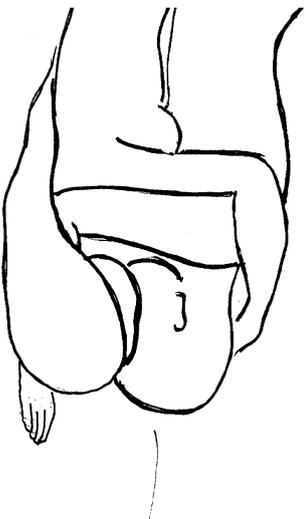
How does pregnancy begin?



When a man and a woman are in a relationship they may choose to make love. This is when both people consent to and take pleasure in touching each other. Both people need to feel safe and comfortable and it should make them happy.



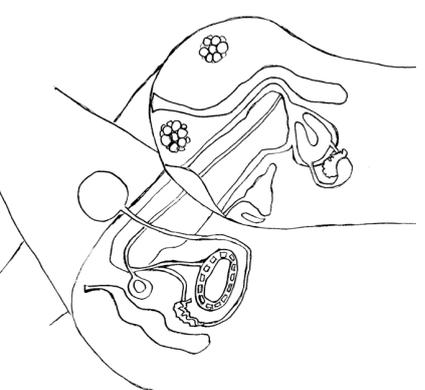
How does pregnancy begin?



Sometimes when a man and woman are making love, the man's penis gets stiff and the woman's vagina gets slippery.



How does pregnancy begin?



Now the woman's vagina is slippery, the man's penis can slide inside easily. This action is called sexual intercourse.



How does pregnancy begin?



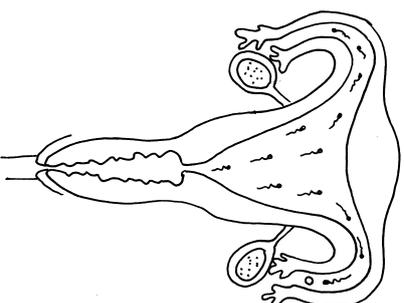
How does pregnancy begin?



After a while liquid comes out of the end of the man's penis.



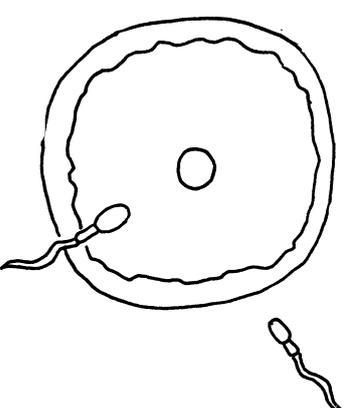
How does pregnancy begin?



The sperm swim into the woman's womb and then onto the fallopian tubes.



How does pregnancy begin?



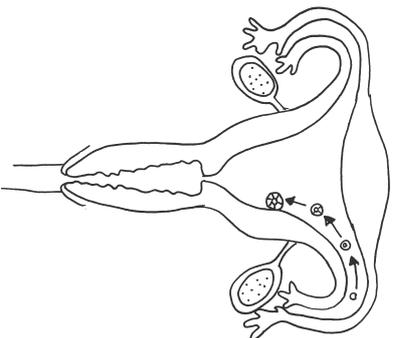
If there is an egg in one of the tubes it may join up with one of the sperm.



How does pregnancy begin?



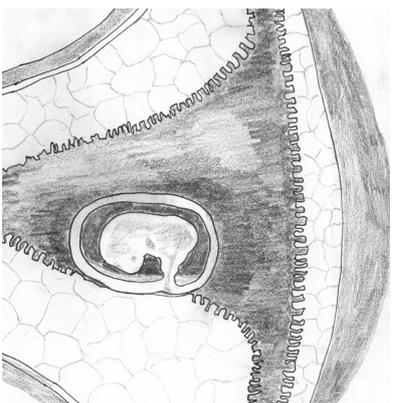
How does pregnancy begin?



The fertilised egg travels down the tube to the womb. As it travels it grows. The two cells, one from the egg and one from the sperm, divide into four cells, then eight, then sixteen and so on...



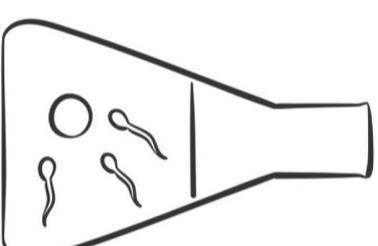
How does pregnancy begin?



About eight days later the fertilised egg reaches the womb and attaches itself to the side. The woman is now pregnant. The baby should grow in the womb for nine months until it is born.



How does pregnancy begin?



Sometimes a sperm is implanted in the woman using IVF, when a sperm and egg are joined outside a woman's body and then implanted into the woman's womb.





How does pregnancy begin?

Use the words listed to create 10 sentences describing how a pregnancy begins:

1. Man, woman, relationship
2. Like, enjoy, friends
3. Trust, share, feelings
4. Intimate, touch, feelings
5. Comfortable, safe
6. Intercourse, love, consent
7. Erection, penis, sperm, vulva
8. Sperm, fallopian tubes, egg, fertilize
9. Travels, womb, grows
10. Attach, grow, nine months
11. Baby, born, family



Conception and pregnancy

A girl can become pregnant just before she has her first period

1



Conception and pregnancy

It only takes one sperm to fertilise an egg

2



Conception and pregnancy

Pregnancy begins when the sperm fertilises the egg

3



Conception and pregnancy

The first time a woman has sexual intercourse she cannot get pregnant

4



Conception and pregnancy

A woman can become pregnant without having sexual intercourse

5



Conception and pregnancy

A woman can have a pregnancy test to find out if she is pregnant

6



Conception and pregnancy

The ovum (egg) meets the sperm in the woman's vagina

7



Conception and pregnancy

When a woman is pregnant her periods stop

8



Conception and pregnancy

All pregnant women feel sick in the morning

9



Conception and pregnancy

All babies are born after being inside their mothers for nine months

10



Conception and pregnancy

Sperm leaves a man's body when he ejaculates

11



Conception and pregnancy

The umbilical cord provides the foetus with oxygen and nutrition in the mother's blood

12





What do we know about conception and pregnancy?

- 1. A girl can become pregnant just before she has her first period • TRUE**
Yes, she could get pregnant just before her first period. An egg/ovum would be present but she would have no idea that she was just about to start menstruating.
- 2. It only takes one sperm to fertilise an egg • TRUE**
It only takes one sperm to fertilise an egg although when having sex a man will ejaculate about one teaspoonful of semen containing around 300 million sperm.
- 3. Pregnancy begins when the sperm fertilises the egg • FALSE**
Conception/fertilisation does not always lead to pregnancy. Current law says that pregnancy actually begins when the cells settle in the womb/uterus lining (implantation) where they can become established and developed the life-support systems that an embryo needs. (Be aware that cultural and religious beliefs about when pregnancy/ life starts will vary). Many fertilised eggs do not implant – they pass out of the body without a woman noticing.
- 4. The first time a woman has sexual intercourse she cannot get pregnant • FALSE**
As long as egg and sperm can meet that's all you need.
- 5. A woman can become pregnant without having sexual intercourse • TRUE**
IVF, surrogacy. Used for couples who cannot have own children. If this is a medical problem it is called infertility.
- 6. A woman can have a pregnancy test to find out if she is pregnant • TRUE**
Yes, from chemists or doctors. Should go to the doctor to confirm it so that she can decide what to do next.
- 7. The ovum (egg) meets a man's sperm in the woman's vagina • FALSE**
The ovum and sperm meet in the fallopian tubes. This is so they can travel into the womb/ uterus and implant. If the egg is in the vagina the woman is menstruating.
- 8. When a woman is pregnant her periods stop • TRUE**
Yes as the womb lining needs to stay inside her body as the embryo is implanted in it. Some women experience some bleeding during pregnancy and they will go to the doctor to see if they need any help.
- 9. All pregnant women feel sick in the morning • FALSE**
Some do. Some feel sick in the evening. What other signs of pregnancy are there?
- 10. All babies are born after being inside their mother for 9 months • FALSE**
9 months is 40 weeks which is term. Introduce idea of premature babies and special care if appropriate.





Conception and pregnancy answer sheet

11. Sperm leaves a mans body when he ejaculates • TRUE

Ejaculation occurs when strong muscles at the base of the penis contract and send the sperm shooting out of the penis. This is to ensure they travel as far as possible and get as close a possible to the egg.

12. The umbilical cord provides the foetus with oxygen and nutrition in the mother's blood • TRUE

A foetus doesn't breathe using its lungs and it doesn't digest food like we do. The mother eats and breathes and then nutrients and oxygen are passed into her blood. Her blood then passes through the umbilical cord into the foetus' body where it absorbs what it needs. The umbilical cord becomes our belly button.



Your questions



Your questions





Conception and pregnancy quiz (A)

Are the statements true or false?

		True	False	Unsure
1	<i>A girl can become pregnant just before she has her first period</i>			
2	<i>It only takes one sperm to fertilise an egg</i>			
3	<i>Pregnancy begins when the sperm fertilises the egg</i>			
4	<i>The first time a woman has sexual intercourse she cannot get pregnant</i>			
5	<i>A woman can become pregnant without having sexual intercourse</i>			
6	<i>A woman can have a pregnancy test to find out if she is pregnant</i>			
7	<i>The ovum (egg) meets a man's sperm in the woman's vagina</i>			
8	<i>When a woman is pregnant her periods stop</i>			
9	<i>All pregnant women feel sick in the morning</i>			
10	<i>All babies are born after being inside their mother for 9 months</i>			
11	<i>Sperm leaves a man's body when he ejaculates</i>			
12	<i>The umbilical cord provides the foetus with oxygen and nutrition in the mother's blood</i>			





Conception and pregnancy quiz (B)

Are the statements true or false?

		True	False	Unsure
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				

