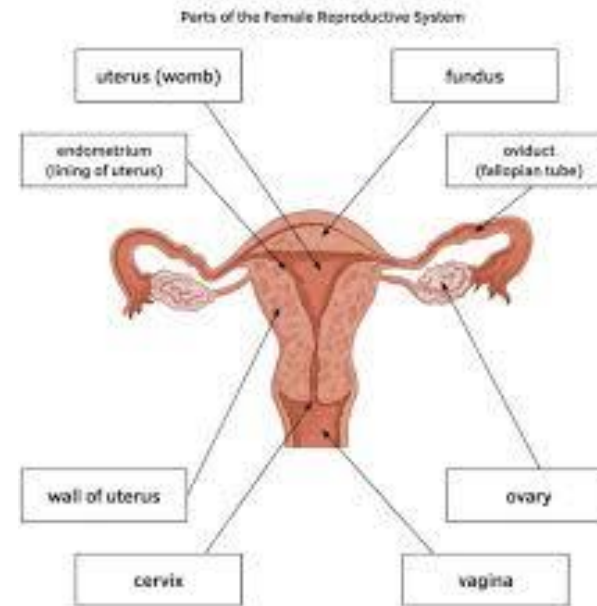
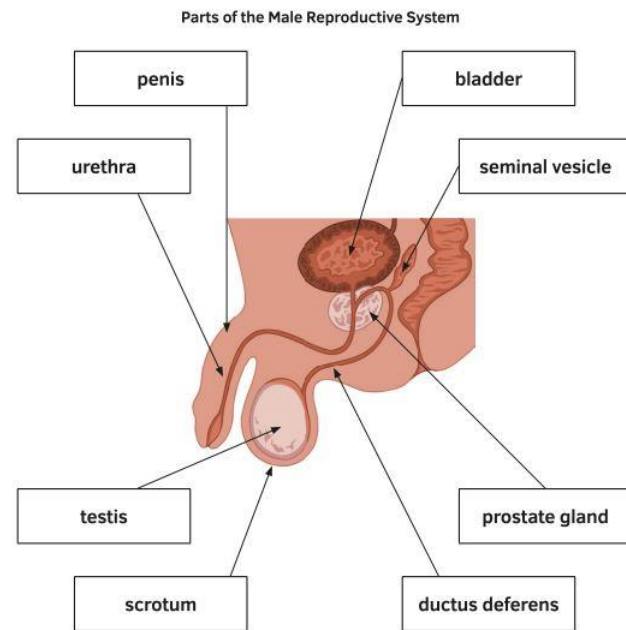


# Relationships and Sex Education - Year 6



## Key Knowledge

### Prior

- know and understand the appropriate scientific names for the external and internal sexual parts of the body, and be able to explain basic functions.
- understand the main changes that happen at puberty, know some ways to manage them, and how it affects people differently.
- have a basic understanding about body image, and have learnt some ways to support a positive body image for themselves and others.
- understand the importance of washing regularly and of maintaining other hygiene routines during puberty.
- understand ways they can prevent the spread of some bacterial and viral diseases.

### Current and suggested progression

- be able to describe the main stages of sexual reproduction, using some scientific vocabulary
- be able to describe some emotions associated with the onset of puberty and have strategies to deal with these positively
- understand that puberty affects people in different ways, both physically and emotionally
- understand that the way they behave affects others and that they have some responsibility to others to make sure they are not hurt
- describe some characteristics of loving, trusting relationships
- understand a few reasons a couple might choose to have children
- show awareness of some family arrangements which are different from
  - their own.

Key vocabulary	
<b>Vagina</b>	The muscular tube leading to the cervix of the uterus.
<b>Cervix</b>	The narrow passage forming the lower end of the uterus.
<b>Uterus/womb</b>	The organ in the lower body of a female where offspring are conceived and in which they gestate before birth.
<b>Ovary</b>	A female reproductive organ in which eggs are produced.
<b>Fallopian tube</b>	A pair of tubes along which eggs travel from the ovaries to the uterus.
<b>Sexual reproduction</b>	The production of new living organisms by combining genetic information from two individuals of different sexes.
<b>Sexual intercourse</b>	Sexual contact between individuals.
<b>Testis</b>	An organ which produces male reproductive cells.
<b>Penis</b>	The male genital organ carrying the duct for the transfer of sperm.
<b>Urethra</b>	The duct by which urine is conveyed out of the body from the bladder.
<b>Prostate gland</b>	A gland surrounding the neck of the bladder in males.
<b>Fertilisation</b>	The act of fertilising an egg.
<b>Puberty</b>	The period during which adolescents reach sexual maturity.
<b>Relationships</b>	The way in which two people are connected and love each other.
<b>Love</b>	An intense feeling of deep affection.
<b>Marriage</b>	The legally recognised union of two people that love each other.
<b>Civil partnership</b>	The legally recognised union of two people of the same sex that love each other.

## Emotional changes that can occur during puberty



The infographic features a blue background with white thought bubbles containing text, each accompanied by a cartoon illustration of a teenager experiencing the emotion.

- Mood swings and intense emotions and reactions**: Illustration of a girl jumping and a boy with a frustrated expression.
- More sensitive to the world around them**: Illustration of a boy with a sad, tearful face.
- Confusion, uncertainty and indecisiveness**: Illustration of a girl holding her head in her hands, looking distressed.
- Feeling self-conscious about appearance**: Illustration of a girl looking in a mirror with a worried expression.
- Feeling more pressure from peers to 'fit in'**: Illustration of a boy sitting at a desk with a laptop, looking stressed.
- Confusion about sexual feelings and identity**: Illustration of a girl with her hands on her face, looking overwhelmed.
- Changes in relationships with others**: Illustration of two girls talking, one looking thoughtful and the other looking slightly annoyed.
- Increased desire to spend time alone**: Illustration of a girl sitting alone, looking pensive.