



PSHE and Citizenship

Health and Wellbeing | Growing Up

All About Periods



Aim

- I understand what periods are and I know what to expect when my first period starts.

Success Criteria

- I can explain what a period is.
- I know how to deal with my periods when I get them.
- I know who I can talk to about periods.

The Big Questions



What are periods?

How can I prepare for starting my period?



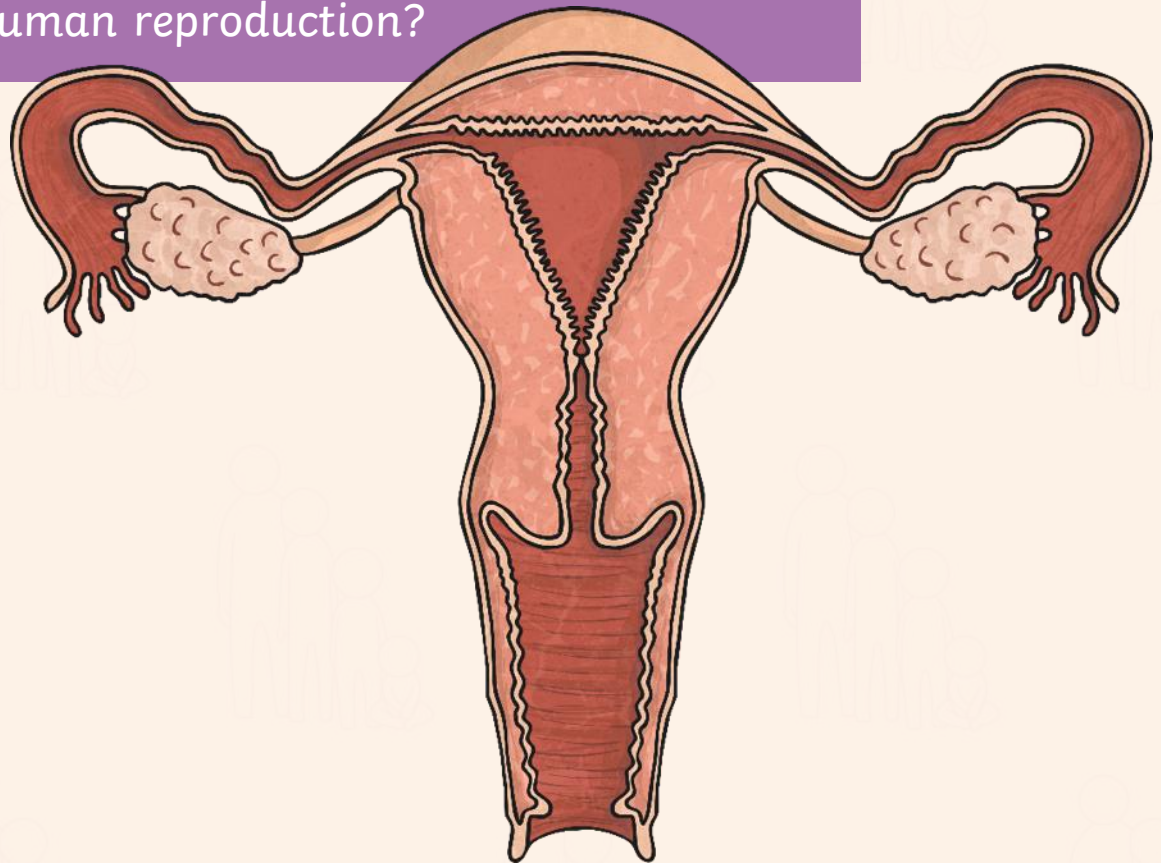
Reconnecting

Female Bodies and Periods



Look at the picture below. What do you think it is a picture of? What do you remember from our lessons on changing bodies, puberty and human reproduction?

How does it link with today's lesson all about periods?



Female Bodies and Periods



The biggest change during **puberty** for girls (though not usually the first change) is probably starting their **periods**. This is also called **menstruation**.

It happens to all females and it is perfectly natural. It's good to learn about what to expect so you understand what it is when it happens.

Girls can start their periods as young as eight or nine. Other girls can be 16 or 17 before they start theirs. The average age is somewhere in the middle - between 11 and 13.

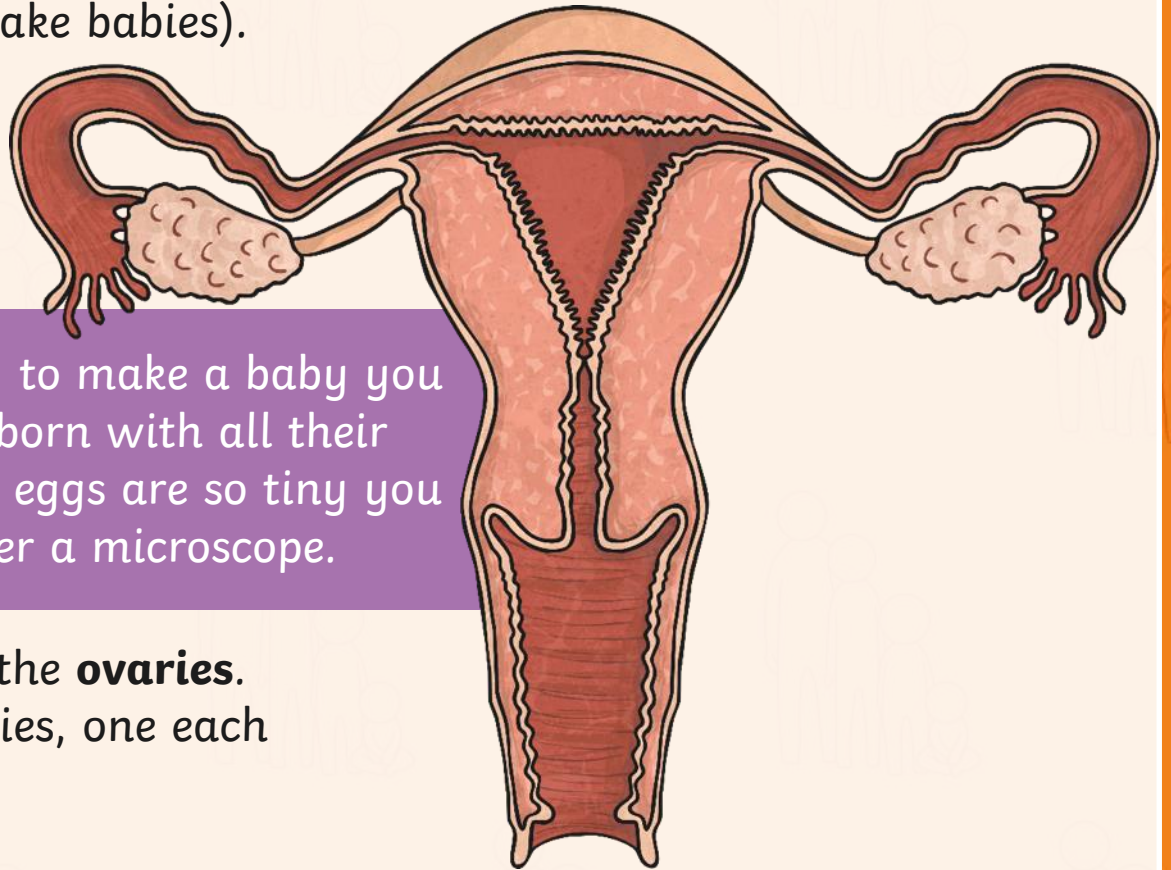


Exploring

Why Do We Get Periods?



Puberty is when young bodies get ready to become adult bodies. One thing adult bodies can do is reproduce (make babies).



As you may remember, to make a baby you need an **egg**. Girls are born with all their eggs in their body. The eggs are so tiny you can only see them under a microscope.

The eggs are stored in the **ovaries**. Females have two ovaries, one each side of the **uterus**.

Why Do We Get Periods?



When a girl starts her period, it is because her body has released an egg from one of the ovaries. This happens every month. It is called the **monthly cycle** or the **menstrual cycle**.



It doesn't mean that a girl is ready to be a mum when she starts to get her period - it means that her body is getting ready to make a baby, should she decide she wants to have children one day when she is older.

It is how humans **reproduce**. It's simply nature.

Why Do We Get Periods?



When the egg is released each month, the clever human body gets ready to look after it. The uterus makes a special lining to protect the egg.

If the egg is not fertilised by the male seed (a **sperm**), then it doesn't need protecting and the female body simply gets rid of the egg and the special lining out of the vagina. This is what is called a period (or menstruation). It means some blood comes out of the vagina for a few days.



Periods – What You Need to Know



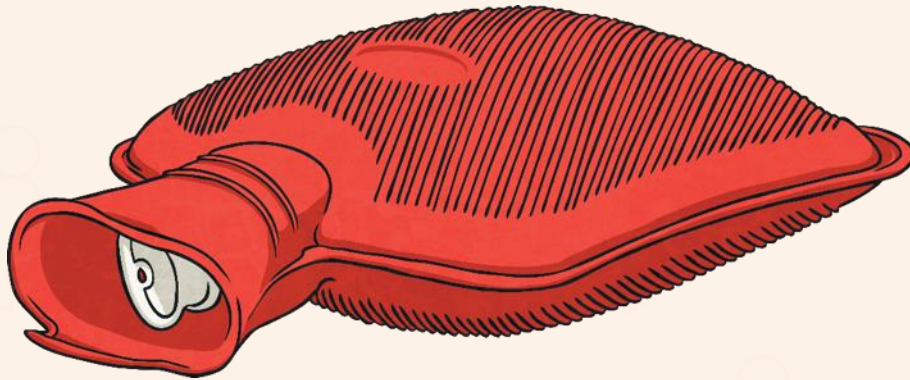
- The average time between periods for most girls is four weeks (a month) but it can be shorter or longer.
- Some females' periods only last two to three days, while others can bleed for longer (perhaps for six to seven days). Everybody is unique.
- Some girls get a bit tired and emotional before or during their period each month. This includes feeling angry or tearful. It is caused by the **hormone oestrogen** in the body at the time of a period.



Periods – What You Need to Know



- Some women get some pain in their abdomen (just below the stomach) around the time of their period and may experience headaches or slight backache. A hot water bottle can soothe the pain or an adult might give you some painkillers.

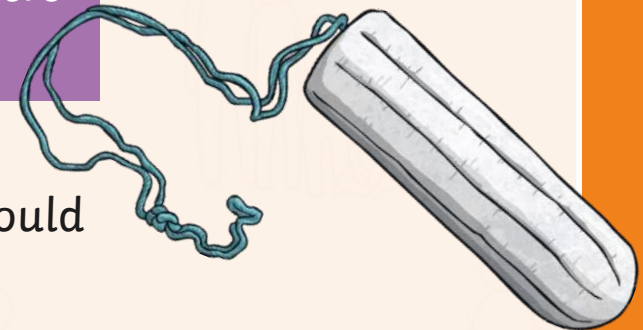


- Although it might seem like a lot, the average menstrual fluid loss during a period is two to eight tablespoons.
- Most girls will find their first few periods very light and not much blood is lost at all.
- The colour of the blood can vary from dark brown to a light pinky-red.

Periods – What You Need to Know



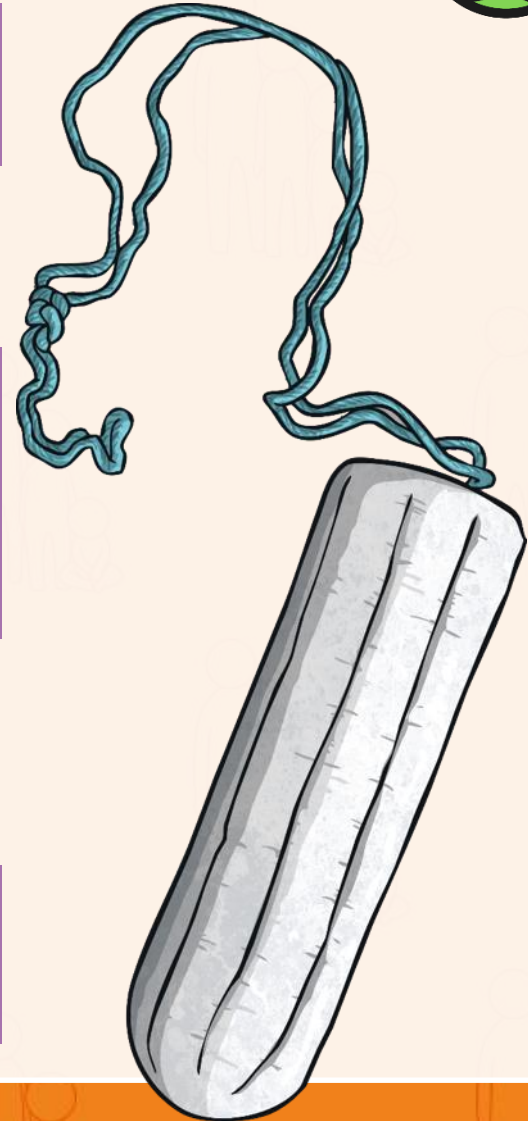
- During your period, you will need to wear a sanitary towel to soak up the blood you lose from your vagina.
- Sanitary towels or pads have a sticky strip, which holds them in place inside your knickers. Some have 'wings' to fold around the edge of your knickers.
- You can buy these in any supermarket or chemist.
- Sanitary towels come in different sizes. Panty liners are thin, for when you have light blood loss. Others are thicker for when your period is heavier.
- It is a good idea to carry some in a cosmetics or toiletry bag, inside your bag, just in case you should need them when you are out and about.



Periods – What You Need to Know



- Many girls move on from sanitary towels to use tampons.
- A tampon goes up inside your vagina and absorbs the blood.
- Tampons are great if you want to carry on with activities, such as swimming, and don't want your period to stop you from doing all the things you normally do.
- Tampons can take a while to get used to and it may take lots of tries before you get the hang of them.
- Some girls just stick to sanitary towels. It's your choice!



Periods – What You Need to Know



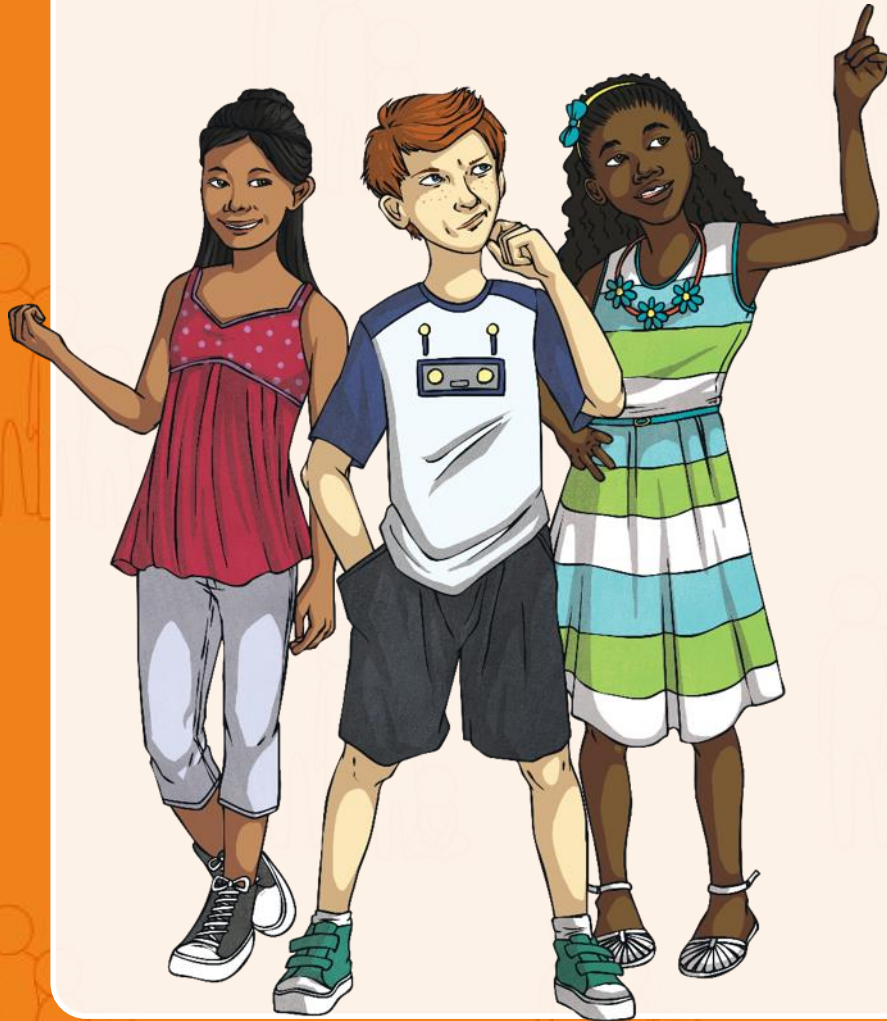
- Whether you use a sanitary towel or a tampon, you need to change it every three to four hours.



- When you remove the old towel or tampon, you need to dispose of it in the correct way. Wrap them up in toilet paper or the wrapper they came in and put them in the bin.
- Many public toilets, or toilets at school, have special bins next to the toilet for you to put them in.
- Do not flush them down the toilet.



Periods – What You Need to Know



- Remember, you are never alone when it comes to going through puberty and starting your first period.
- Girls all around the world, from different countries and different cultures, will get their period when they go through puberty.
- There is always someone you can talk to or ask questions about periods, whether it is your mum, an auntie, a big sister, a friend or a teacher at school.

Reflecting

Periods – Questions and Answers



Why do boys and men not have periods?

What is the average age for a girl to start her period?

What different sanitary products can you use when you have your period?

Who could you ask for help from if you had concerns about periods?

How can you prepare for starting your periods?



Periods – Questions and Answers



Do you still have questions you would like to ask about periods?

If so, jot them down and put them in the Question Box. We can then read through them and answer them together.

Maybe there was something mentioned in today's lesson that you didn't quite understand or maybe there is something that we didn't cover today.



No question is 'silly' and it might turn out that someone else wanted to know the same thing as you!

The Big Questions



What are periods?

How can I prepare for starting my period?



Aim

- I understand what periods are and I know what to expect when my first period starts.

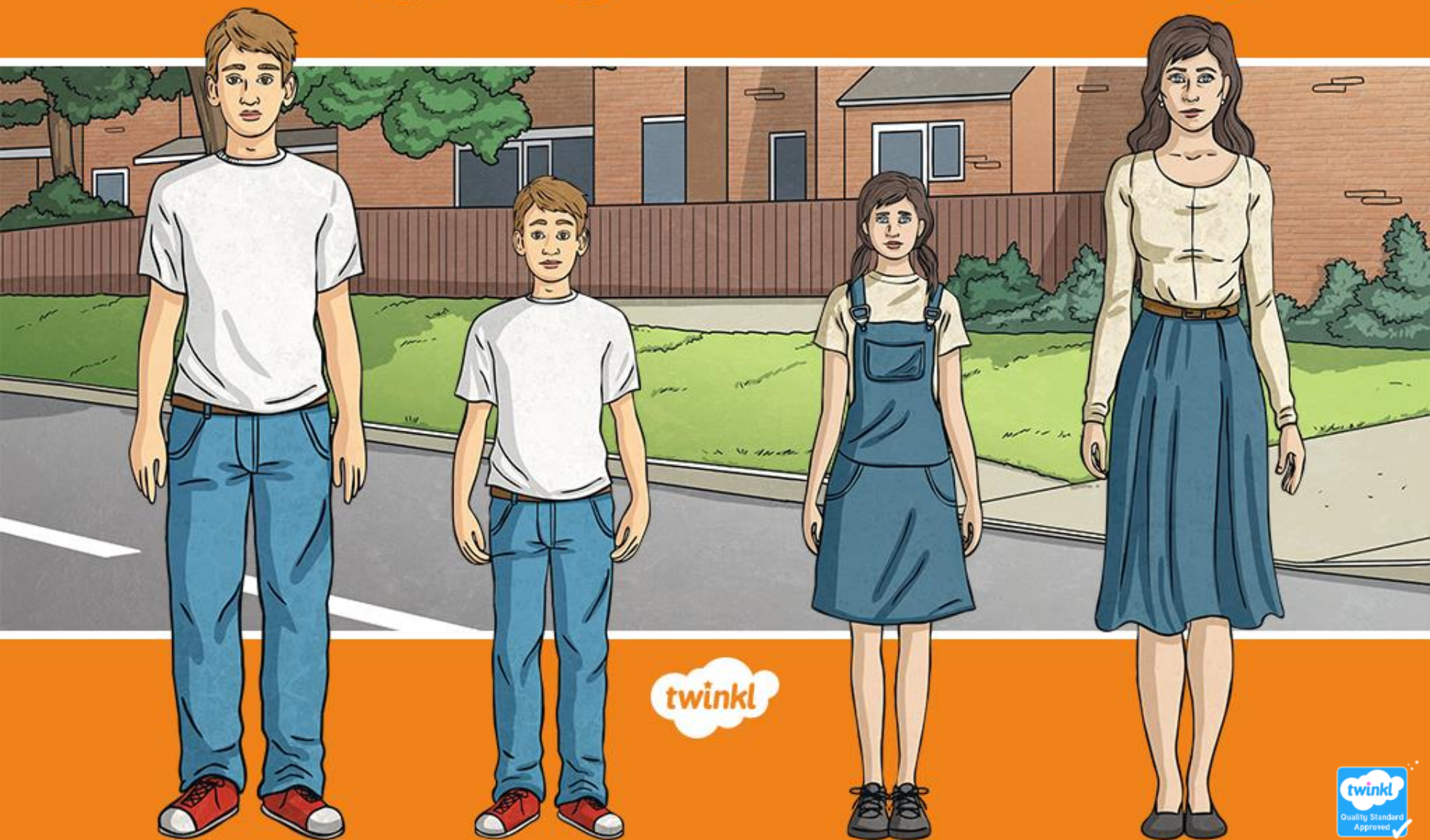
Success Criteria

- I can explain what a period is.
- I know how to deal with my periods when I get them.
- I know who I can talk to about periods.



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Changing Bodies



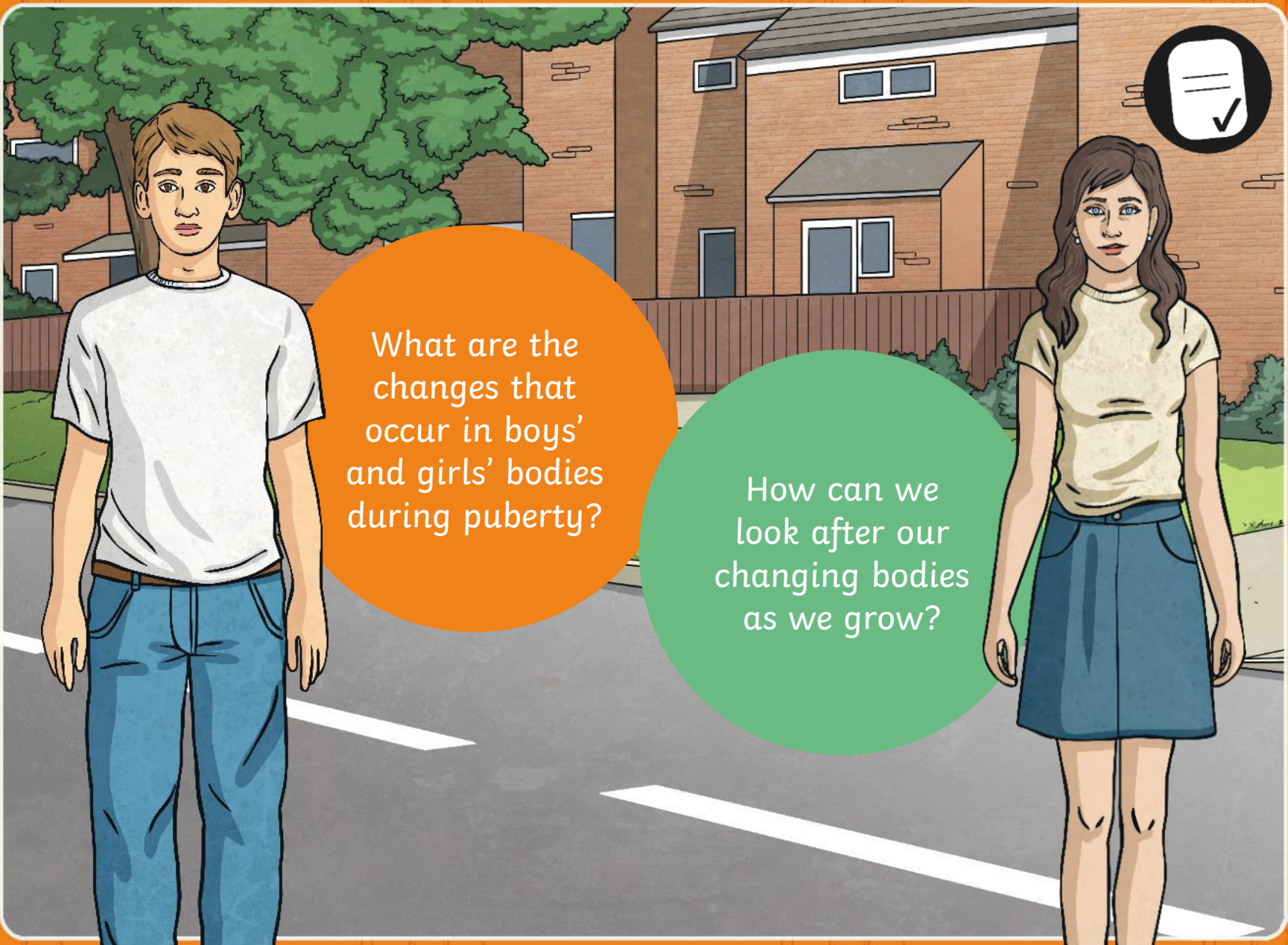
Aim

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

Success Criteria

- I can use scientific vocabulary when talking about the human body.
- I can discuss changes my body will go through and I know what to expect.
- I can explain how to look after my changing body.
- I can explain how to protect my body and stay safe.

The Big Questions



What are the changes that occur in boys' and girls' bodies during puberty?

How can we look after our changing bodies as we grow?

Reconnecting

Puberty



Today we will be learning about how peoples' bodies change as they go through puberty.

Write down what you already know about puberty. Think back to previous learning about how our bodies change as we grow.

On the pieces of paper provided, write down any questions you have about puberty that you would like answered in this lesson or at a later date.



Puberty



Talk to your talk partner about the changes you have listed.



With a partner, list the changes you think people might go through during puberty.



How might young people feel when their body starts to change?

Exploring

How Bodies (and Emotions) Can Change During Puberty



What is puberty?

Puberty is the word to describe the phase when a child's body starts to change as they become an adult.



Apart from when you were a baby, this is the time when your body will grow the fastest.

How Bodies (and Emotions) Can Change During Puberty



So, what sorts of changes should we expect?



How does a boy
become a man and
how does a girl
become a woman?



How Bodies (and Emotions) Can Change During Puberty



It helps to know about the changes your body will go through before they happen so you know what to expect.



It is important to remember that everyone goes through these changes, no matter who they are, what they are like or where they live.

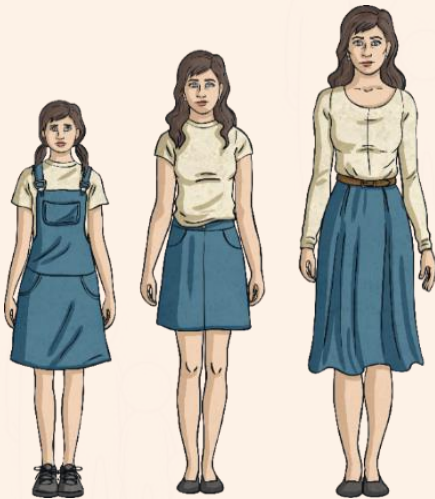
We are all different but we all go through puberty!

How Bodies (and Emotions) Can Change During Puberty



Puberty usually starts between the ages of 8 and 13 in females.

Let's take a look at some changes that happen in the female body during puberty...



The female body gets curvier, as the hips get wider and breasts develop.

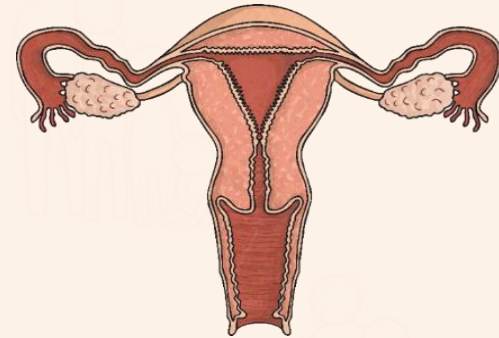
How Bodies (and Emotions) Can Change During Puberty



Puberty usually starts between the ages of 8 and 13 in females.

Let's take a look at some changes that happen in the female body during puberty...

Girls might notice that they have white or clear fluid coming from their vagina. It might be thin and wet or thick and sticky. This is nothing to worry about. It is called discharge and it's just another sign that hormones are changing your body.



The female body makes and stores eggs in the ovaries.

When these are not fertilised, they leave the body. This is called menstruation or 'periods'.

How Bodies (and Emotions) Can Change During Puberty



So, male and female bodies both go through some changes that don't happen to the other gender.

However, there are some changes that both boys and girls can experience.



The hormones stimulate the glands in your skin, including the sweat glands under your arms. This can cause body odour.

How Bodies (and Emotions) Can Change During Puberty



Another change that young people might experience when they go through puberty is called nocturnal emissions, or wet dreams.

Males and females can experience wet dreams and, as you might have guessed from the word 'dreams', they happen when we are asleep.



How Bodies (and Emotions) Can Change During Puberty



If you have a vulva, you might notice it becomes wet in the night from some discharge.

You might be dreaming about something of a sexual nature or you might not remember what you were dreaming about at all. Either way, wet dreams are nothing at all to worry about. They are completely normal but not everyone experiences them.

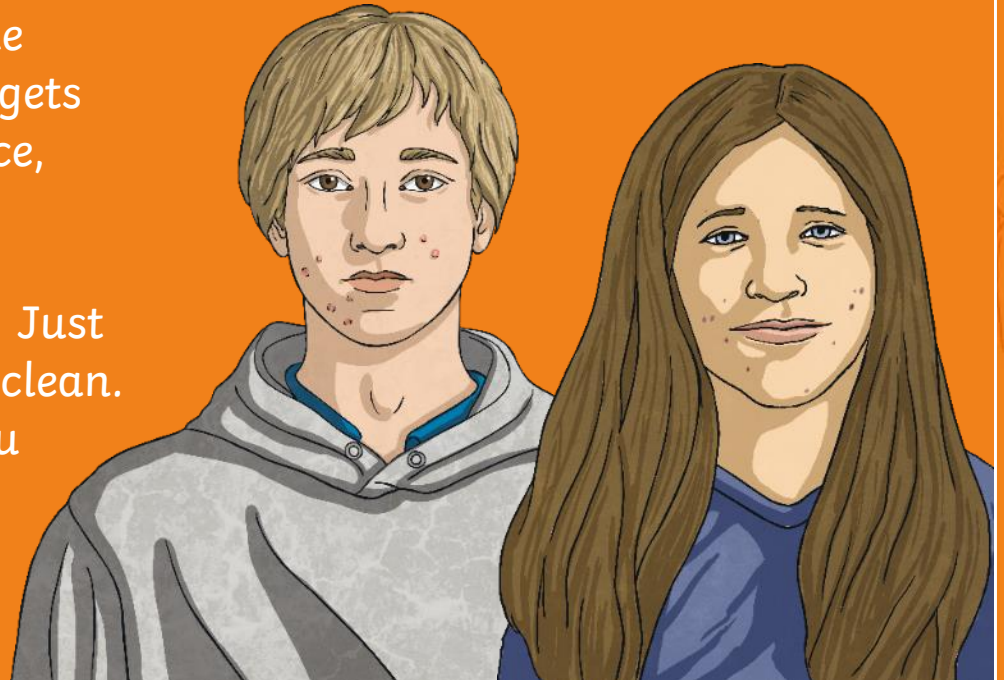


How Bodies (and Emotions) Can Change During Puberty



Some young people develop acne (pimples or spots) as their skin gets oilier. These might be on the face, upper-back or upper-chest.

It's important not to pick spots. Just try to keep your face and body clean. If they get particularly bad, you could get some medical treatment, such as facial wash, cream or gel.



How Bodies (and Emotions) Can Change During Puberty



Under-arm hair and pubic hair (hair around the genitals) begins to grow.

Some people choose to trim or remove some or all of their body hair but you don't have to. It's up to the individual. If you do decide to remove body hair, get help to make sure you do it safely and hygienically.

How Bodies (and Emotions) Can Change During Puberty



Getting to Know Your Own Body

It's important that you find out about your own body and feel comfortable with it. It's your body, so it's OK to look at it and touch it.



How Bodies (and Emotions) Can Change During Puberty

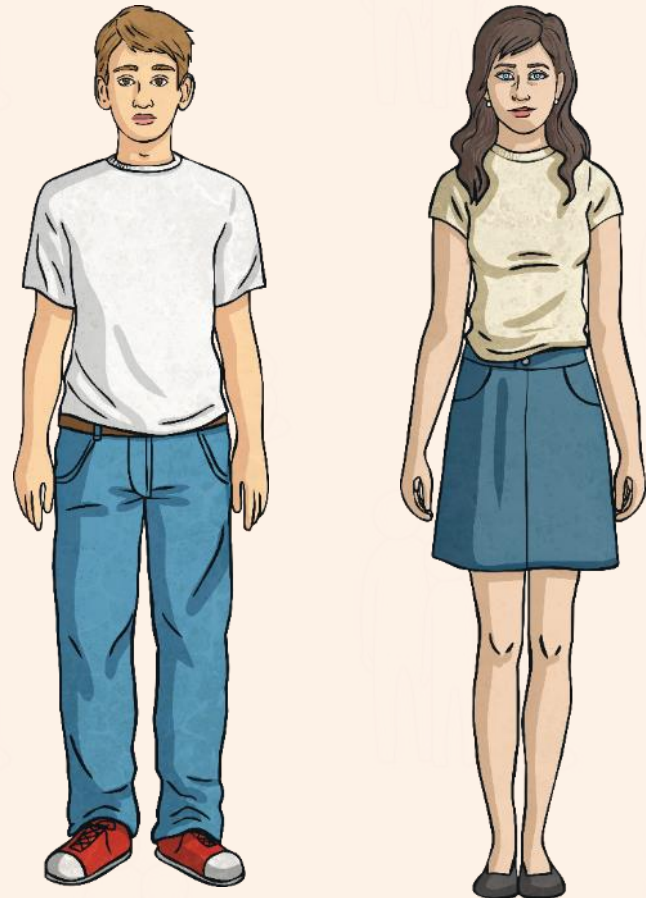


All girls and boys go through these changes as they become women and men.

These changes happen at different times for different people. Some people may start puberty before or after their friends.

This is completely normal and no reason to worry. There is no 'right' or 'wrong' time to start puberty!

Do you have any questions?



Looking After Our Changing Bodies



What ways can you think of for young people to look after their bodies during puberty?

Wash well!

Eat healthily!

Wash often!

Ask for advice!

Chat to friends about the changes!

Wear comfortable underwear!

Leave spots alone!

Use deodorant!

Get plenty of sleep!

Be prepared!

Get lots of exercise!



Looking After Our Changing Bodies



Your body – before it changes, during puberty and after it has changed – is **YOUR** body.

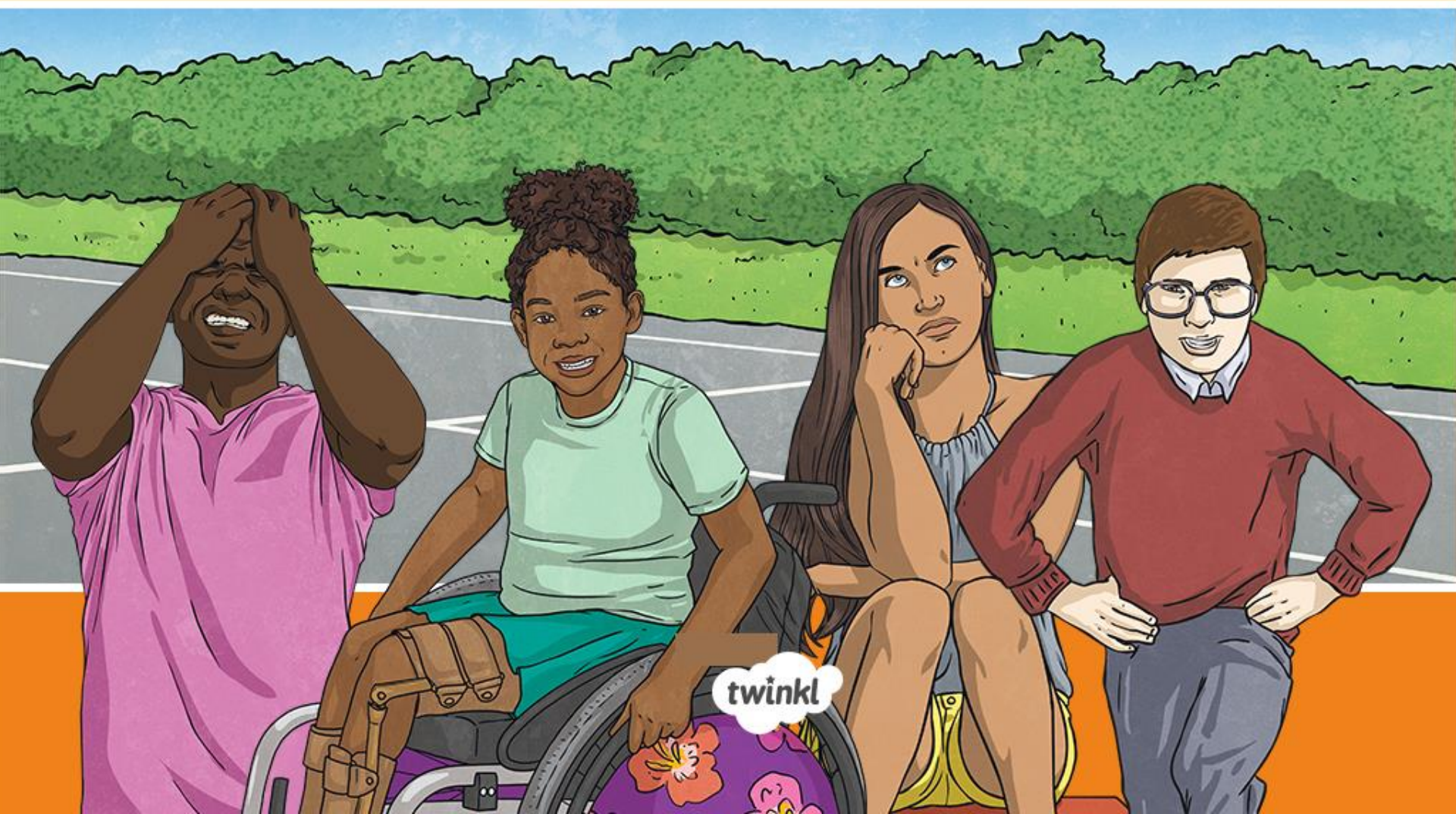
You have the right to protect yourself against any inappropriate or unwanted contact. Others should respect you and your body.

If you ever have any concerns about someone wanting to do something to your body, you should report it to an adult you trust. They could advise you and get the help and support you need.

**Take care of your body
and stay safe.**



Changing Emotions



Aim

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

Success Criteria

- I can use scientific vocabulary when talking about puberty and changes.
- I can discuss the emotional changes I might experience and I know what to expect.
- I know where to get help and advice if I need it.

The Big Questions



How might our thoughts
and feelings change
during puberty?

How can we deal
with difficult feelings
and moods?



Reconnecting

Changing Emotions



Today we will be learning about how people's feelings and emotions may change as they go through puberty – a time of change in all young peoples' lives.

With your talk partner, list the range of feelings and emotions you think people might experience during puberty.



**Think about why
young people might be
feeling these emotions.**

Exploring

How Emotions Can Change



What is puberty?

Puberty is the word used to describe the phase when a child's body starts to change as they become an adult. Apart from when you were a baby, this is the time when your body will grow the fastest.



We have already learnt about the physical changes we can expect to see during puberty, but what about the emotional changes?

How Emotions Can Change



Puberty can be a confusing - even worrying - time for many young people. That's why it is important to understand what is happening to your body and to know where to get help or advice if you need to.

It may feel like you are the only person going through these emotions and that nobody else understands how you feel, but that isn't true. Puberty happens to everyone!



How Emotions Can Change



Let's read about some children who are experiencing new or difficult emotions as their bodies change and develop.

On the following slides are some letters written to a problem page website.

Think about what advice you could give the young people who wrote these letters or what you might do if you were them.



How Emotions Can Change



Hello,

I am a bit embarrassed about this, but I hope someone can help. I really, really like this boy in my class. I get strange feelings whenever I see him, like I am excited and a bit sick at the same time. I think about him loads and sometimes dream about him.

It's so weird because I have known him for ages and he has always been my friend. I never used to feel like this around him and it's really awkward. I get nervous every time he talks to me!

I can't talk to my friends because I think they'll make fun of me, or (even worse) they might tell him and that would be awful!

Please help! What should I do?

How Emotions Can Change



Hi,

I'd really like some advice, please. I have been feeling angry all the time and I don't know what to do. I keep losing my temper at home with my parents and especially with my younger brother. No one understands how I feel and I just keep getting into trouble. I have also started to get really angry at school and got in a fight the other day.

I don't feel like myself. I never used to get angry all the time. I feel out of control and I am worried that I will hurt someone or get into big trouble soon.

Any advice please?

How Emotions Can Change



Hey there,

I'm hoping someone might have some advice they can give me, as I am desperate and have no one to turn to. Lately I have been feeling really, really down. I keep crying all the time and feel so lonely. Often I don't even know why I am so down. I have started staying in more, rather than going out with my friends, just in case I cry in front of them or make them miserable, too.

But now I feel so lonely and sad. Everyone else seems so happy. I have no real reason to be feeling down. Things at home are fine and I'm doing OK at school.

Why do I keep crying all the time?

How Emotions Can Change



Please, please, can someone help?

I am drowning in school work and I just don't know what to do. The workload has increased and the pressure is all too much. Every lesson I struggle to keep up and every day I have loads of homework. Sometimes I don't get anything done because I just don't know where to start. I sit there looking at it and just feel overwhelmed. Then I have to make up excuses at school about why I haven't brought my homework in.

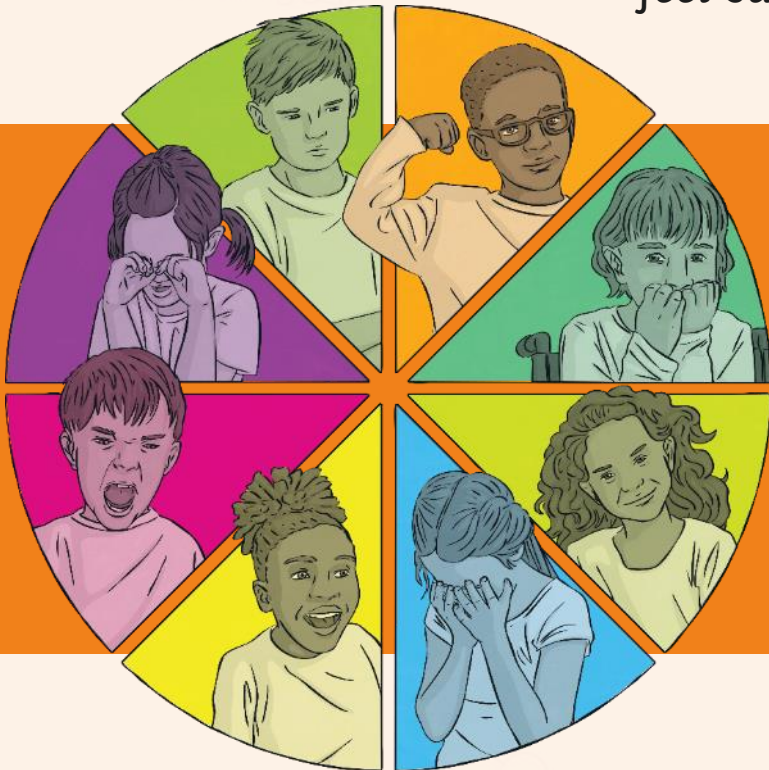
I don't want to look like a failure – everyone else seems to be coping just fine. But I am getting further and further behind.

What can I do?

How Emotions Can Change



During puberty, feelings can seem more intense and they can change rapidly. These are called mood swings. One moment, you might feel excited about something, then suddenly, something upsets you and you feel super angry!



It's normal to feel out of control of your emotions and to feel confused by them.

During puberty, you're kind of in between a child and an adult. This means you might experience conflicting emotions, stuck between wanting to be independent and grown up and wanting help - or even just a cuddle!

Questions and Answers



You probably have lots of questions about how and why your emotions may change and where you can go for help.

Questions and Answers



Why do these emotional changes happen?

Changing moods and strong emotions during puberty happen to everyone. They are caused partly by the many changes and challenges that happen when you are growing up; at home, at school, in your bodies and in the way you think and act. Times when there are lots of changes in your life can make you feel unsettled and unsure about yourself.

Certain hormones start to be produced during puberty to help our bodies to grow. These new hormones can make us feel different or strange. They can affect our mood as our body gets used to them.



Questions and Answers



Is it normal to feel this way?

Everyone goes through these changes. Some people will be affected by their hormones more than others and people may be affected in different ways. There is no right or wrong way to feel but it is important to remember that you are not the only person feeling the way you do. Changing emotions are a normal part of growing up.

However, just because it is normal to feel changes in your moods when you are growing up, it doesn't mean that your feelings are not important. If you are feeling like you can't cope with your strong emotions, or if you feel angry or unhappy a lot of the time, it is important that you talk to someone you trust.



Questions and Answers



Who can you go to for help?

Talking to friends you trust can be a great idea. It will probably turn out that they have had similar feelings.

Try talking to people you live with - this could be your parents, or maybe an older brother or sister. They were your age once and probably remember going through the same emotions.

Is there an adult at school you can trust? They could listen to you and give advice.

Talk to health professionals, such as your doctor or nurse, or use health websites, such as the NHS, to get advice and support.



Questions and Answers



What is Childline?

Childline is a free, private and confidential service that offers young people support and advice with any issues that they are going through.

You can call Childline at any time for free on 0800 1111, send them an email, or post on their online message board.

There is always someone available to help. No problem is too big or small.

Childline is a 'confidential' service. This means that they won't tell anyone else that you have contacted them.



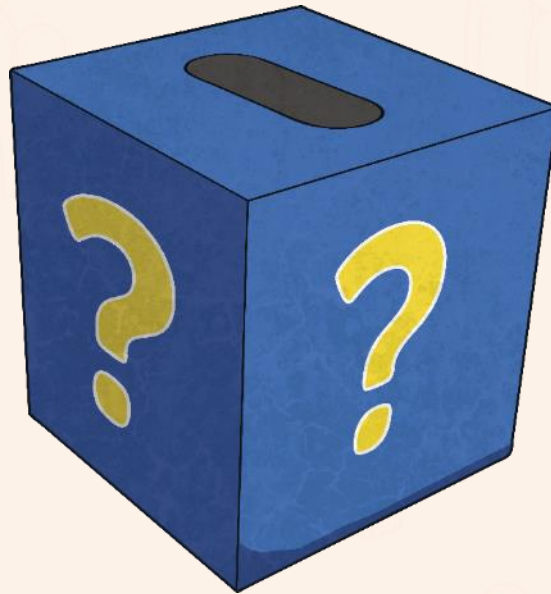
Questions and Answers



Any other questions?

Don't forget that you can write your questions down and put them in the 'Question Box' if you would prefer.

Consolidating



Reflecting

Consolidating

Giving Advice



Choose one of the problems that was sent in to the problem page website.

Think carefully about the advice you would give to that child and how you could reassure them that what they are going through is normal.

How can you explain about hormones and where will you tell them to go for support?



Reflecting

Think of Three...



Work with a talk partner.

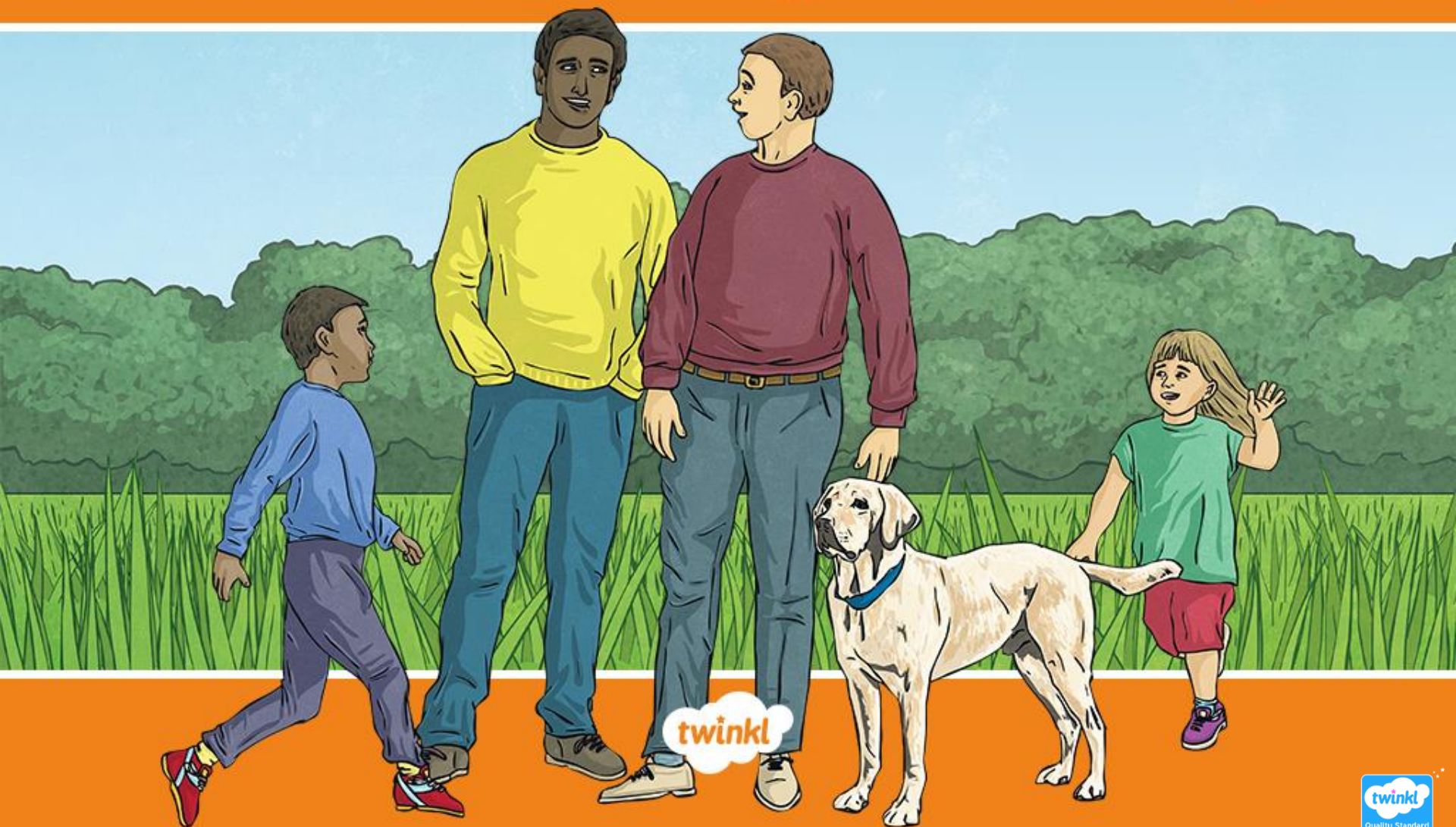
Think of **three** emotions people might feel during puberty.

Think of **three** words to describe these emotions.

Think of **three** things that you could do to help yourself if you are upset or confused by these new emotions.



Relationships



Aim

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

Success Criteria

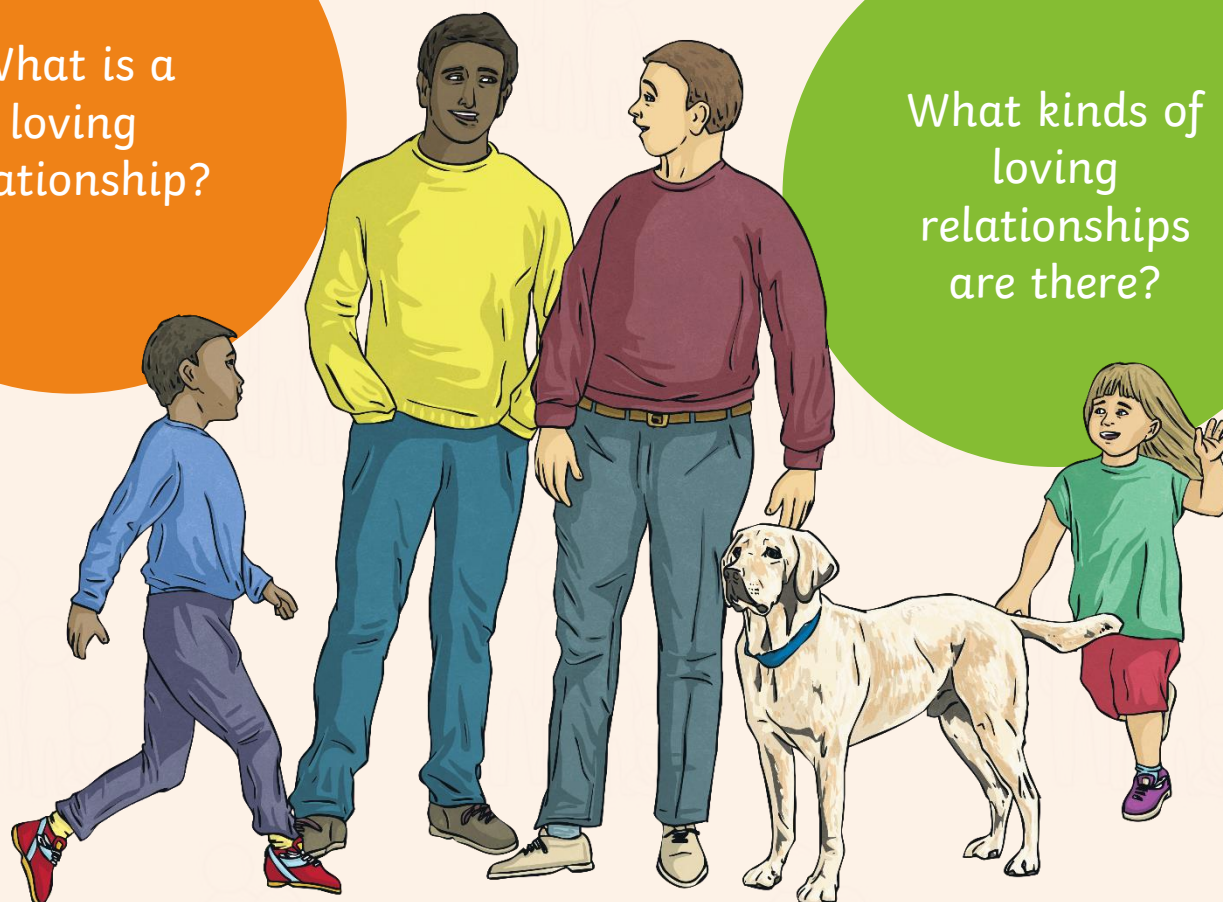
- I understand the terms associated with love, relationships and sexual orientation.
- I appreciate that people differ in terms of sexual orientation and who they love.
- I can describe what makes a loving relationship.

The Big Questions



What is a
loving
relationship?

What kinds of
loving
relationships
are there?

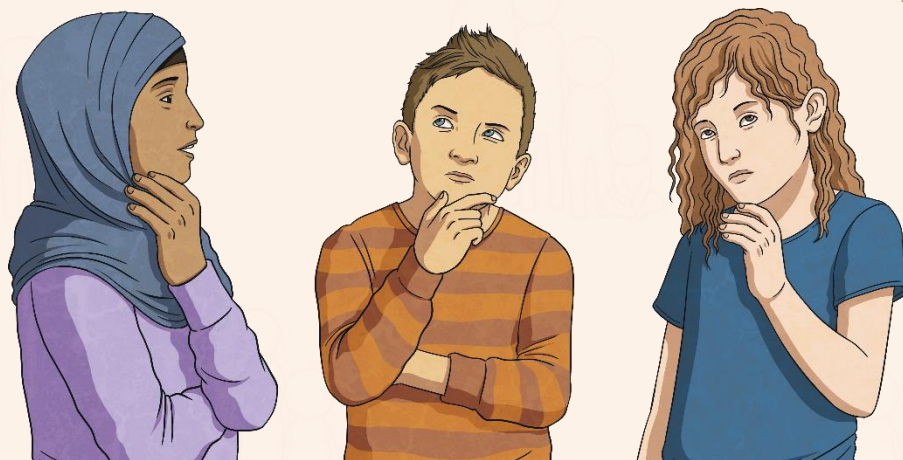


Reconnecting

Relationships



What words and phrases come to mind when you think of the term 'loving relationship'?



What different types of relationships can you think of?

With your talk partner, create a mind map or chart of ideas with any words and phrases you think might be useful for today's lesson. It is OK to use any vocabulary you know relating to relationships.

Relationships



Useful vocabulary for today's lesson...

lesbian

bisexual

gay

same-sex

marriage

asexual

adopted

age

religion

gender identity

homosexual

race

heterosexual

couple

LGBTQ+

sexual orientation

partnership

siblings

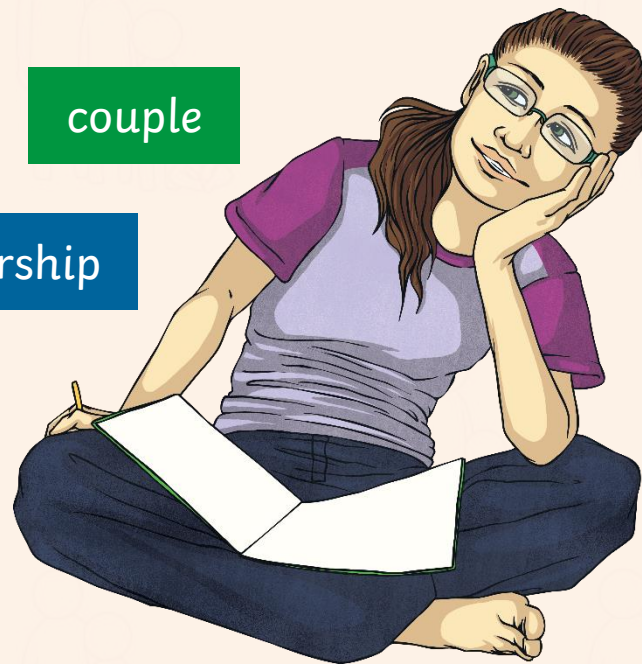
disabled

love

family

commitment

parent



Exploring

Loving Relationships



We are going to start the lesson by watching a video.

It is called 'Love Has No Labels'. What do you think that could mean?

While watching, think about the different types of relationships featured in the video.

You might like to try using some of the vocabulary we have just looked at to describe some of the relationships you see.



Love Has No Labels



If the video is not working, please see the video on <https://www.youtube.com/watch?v=PnDgZuGIhHs>

Loving Relationships



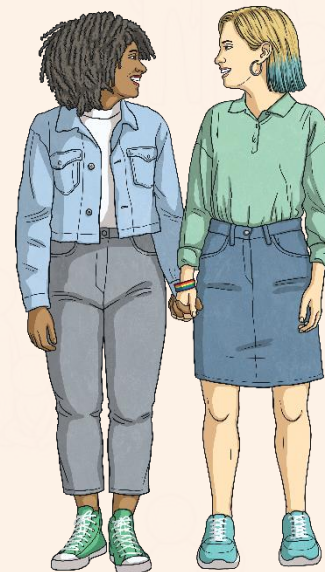
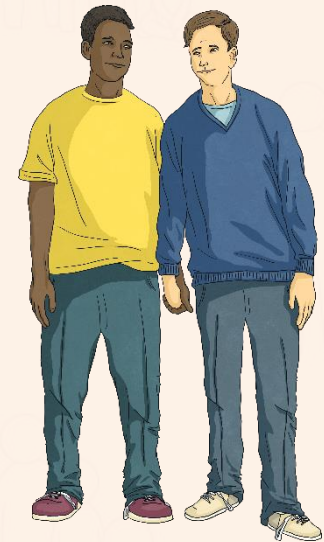
What did you think of the video?

Talk to your partner about the different types of relationships you observed and make a list together.

Were there any relationships that surprised you?

How did the crowd react to the different types of relationships?

Would you have reacted the same way if you had been there?



Identity and Relationships



These women love each other.



This girl loves her friend.



These men are in a loving relationship.



This elderly couple are in love.



This couple love each other and their child.



This mother loves her baby.

Identity and Relationships



A loving relationship can be between couples, friends or members of a family.

There are many types of loving relationships. We have different sorts of relationships with different people in our lives, at different times.

While loving relationships may involve different combinations of people, they will all have some things in common.

With your talk partner, list things that you think a loving relationship has or needs.



Identity and Relationships



No matter who is in the relationship, there should be the following elements of a loving relationship:

advice

commitment

honesty

care

affection

loyalty

trust

communication

kindness

fairness

shared interests

consideration

help

time

respect

common goals

support



Identity and Relationships



Here are some useful terms to remind ourselves of.

heterosexual

being attracted to someone of the opposite gender

lesbian

a girl or woman who is attracted to another girl or woman

gay

a boy or man who is attracted to another boy or man

bisexual

a person who is attracted to men and women

transgender

a person whose gender doesn't align with their biological sex

cisgender

a person whose gender does align with their biological sex

Identity and Relationships



As we grow up, we get to know ourselves better and discover our identities.



How a person identifies is unique to that person. We all have identities that are shaped by our families, our communities, our religion, our beliefs, our interests, our friends and so many other things, including who we are attracted to.

Our identities can influence the type of relationships we have with others.

Identity and Relationships



Some people are not **physically attracted** to others but are attracted to someone's personality, once they have a close emotional connection with that person – these people identify as **demisexual**.

Some people are not attracted to others at all and choose not to be in a relationship – these people identify as **asexual**.



Marriage and Commitment



Many couples in a loving relationship want to show their **commitment** to one another.

They may choose to get married or enter into a **civil partnership** – legally binding commitments, intended to be lifelong.



Civil partnerships are similar to **marriage**. They are available to same-sex couples and opposite-sex couples.

Some couples are committed to each other but just live together. Others live apart but are still committed to each other.

Marriage and Commitment



A loving relationship between two people is mutual and consensual.

This means that both people in the relationship want to be in the relationship.

Forcing someone to marry is a crime. Unfortunately, this does sometimes happen, but there is support available to prevent and protect people from being forced into marriage.



If you have any worries or concerns about forced marriage, talk to your teacher or another trusted adult.

Consolidating



Reflecting



Reflecting

What Is a Loving Relationship?



Reflect quietly on the following questions...

What do all the loving relationships we have seen in the video and images today have in common?

Why do some people want to be in a loving relationship?



Let's Talk About Sex



Aim

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

Success Criteria

- I can describe the terms 'sexual relationship' and 'sexual intercourse'.
- I can explain who can have a sexual relationship, according to the law.
- I can explain what an STI is and I know how these can be prevented.
- I can judge when physical contact is unacceptable and I know how to respond.

The Big Questions



What is a sexual relationship and who can have one?

What is an STI and how can they be prevented?

What type of physical contact is unacceptable and how should we respond?



Reconnecting

Relationships



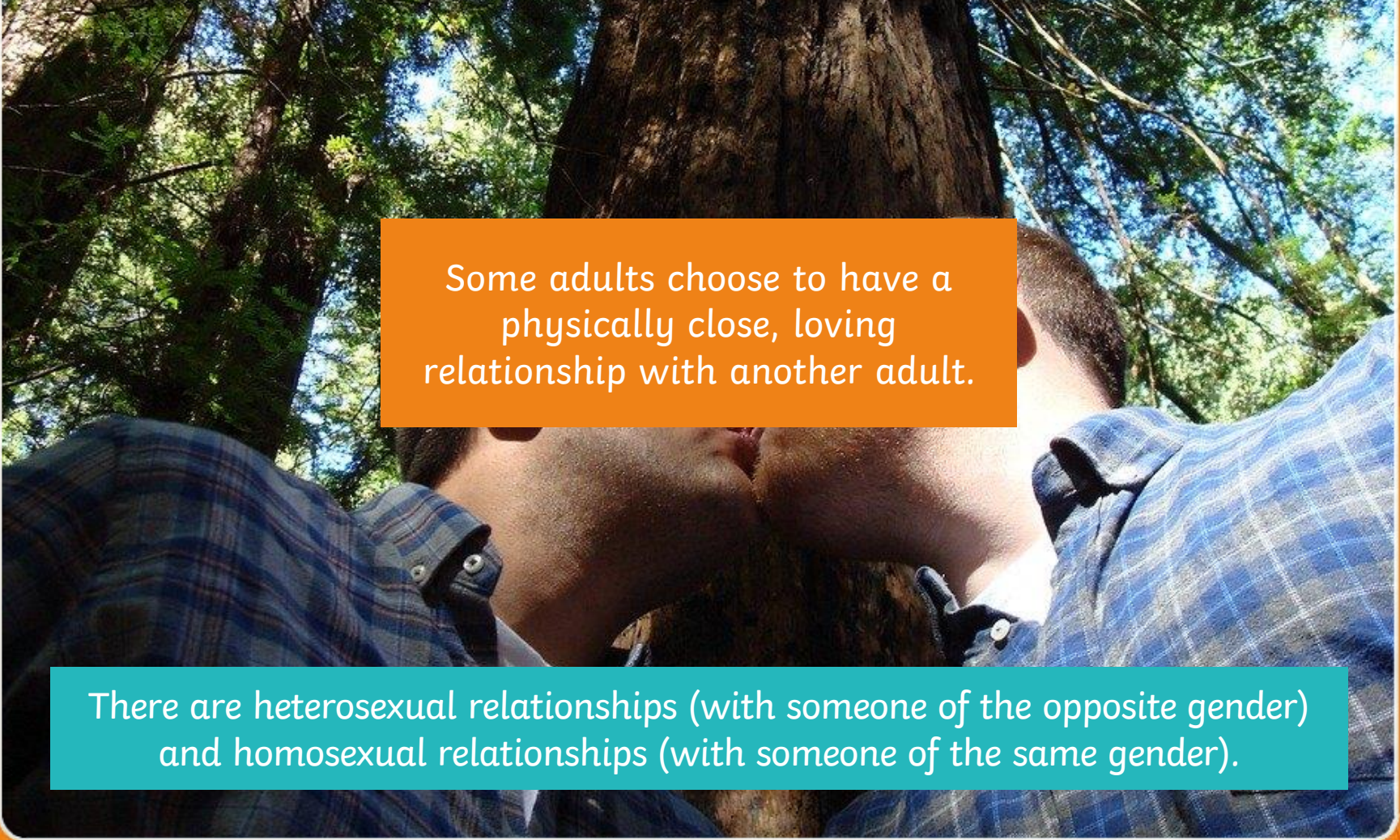
Write down any questions you may have about sex on a sticky note.

Think back to the last lesson, which was all about different relationships.



What different types of relationship can you remember?

Relationships

A photograph of two men in a forest, wearing blue plaid shirts, kissing. The background shows large trees and sunlight filtering through the leaves.

Some adults choose to have a physically close, loving relationship with another adult.

There are heterosexual relationships (with someone of the opposite gender) and homosexual relationships (with someone of the same gender).

Relationships



Someone who is 'asexual' isn't interested in having a physical relationship with anyone. They are not sexually attracted to others.

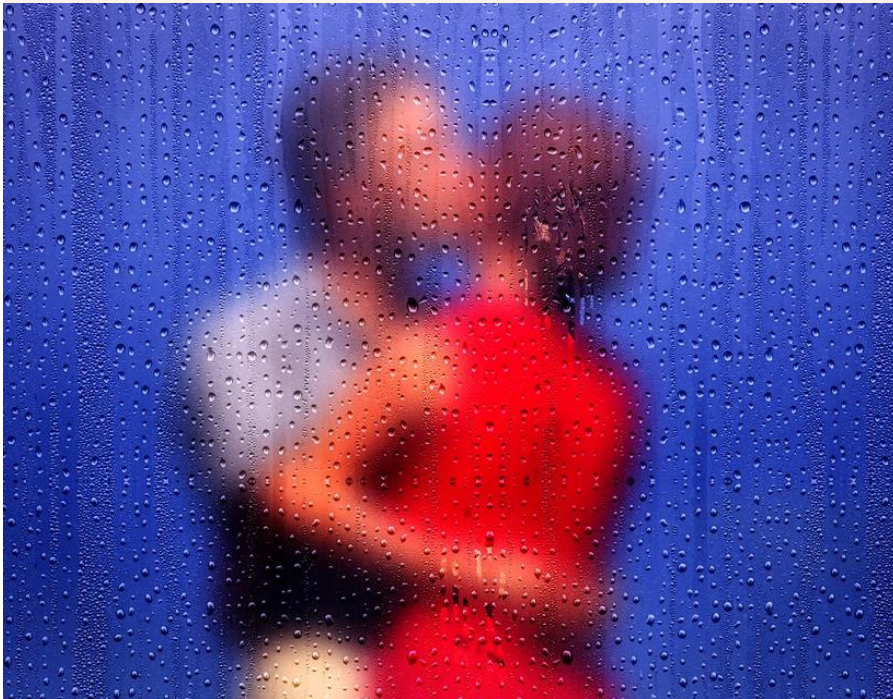
Exploring

Let's Talk About Sex



What Is 'Sex'?

We may hear the words 'sex', 'sexy' and 'sexual' in everyday life, especially in modern pop songs or in films, but what does it actually mean?



- The term 'sex' can refer to biological sex - whether someone is female or male.
- It can also refer to the physical activity in which people touch each other's bodies and cuddle and kiss each other, which may lead to sexual intercourse.

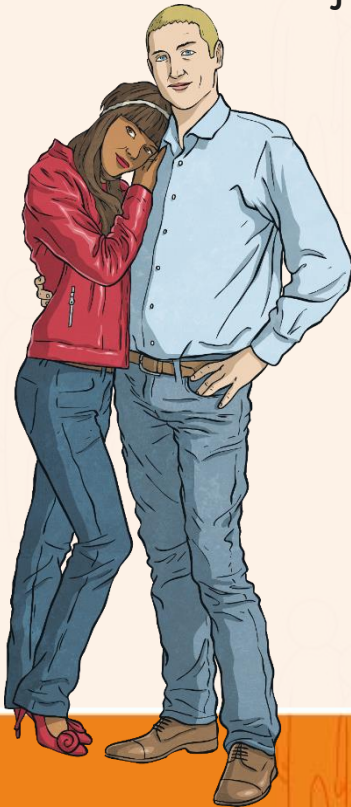
Let's Talk About Sex



Why Do People Have Sex?

Sexual intercourse, or 'sex' for short, is one way that two adults in a loving relationship may show their love for one another.

It is also the start of the reproduction process, when a couple want to make a baby.



Let's Talk About Sex



Sex and the Law

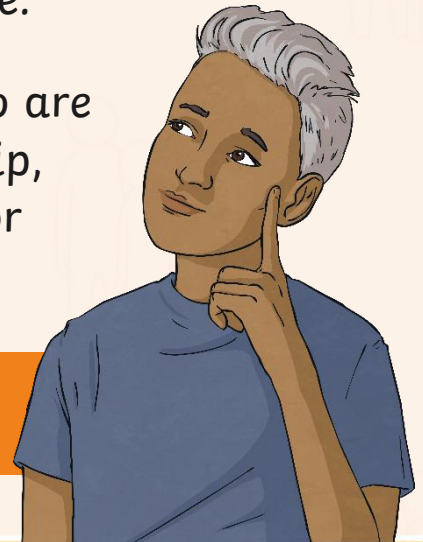
In the UK, the legal age that people can have sex is 16 years old.

Both people in the sexual relationship must be 16 years old or over.

Both people must consent - this means that both people **want** to have sexual intercourse. If one person forces another person to have sex, it is against the law. This crime is called rape.

In most modern societies, it is illegal for two people who are closely related to each other to have a sexual relationship, such as having sex with a parent, child, brother, sister or grandparent. This crime is called incest.

Why do you think these laws exist?



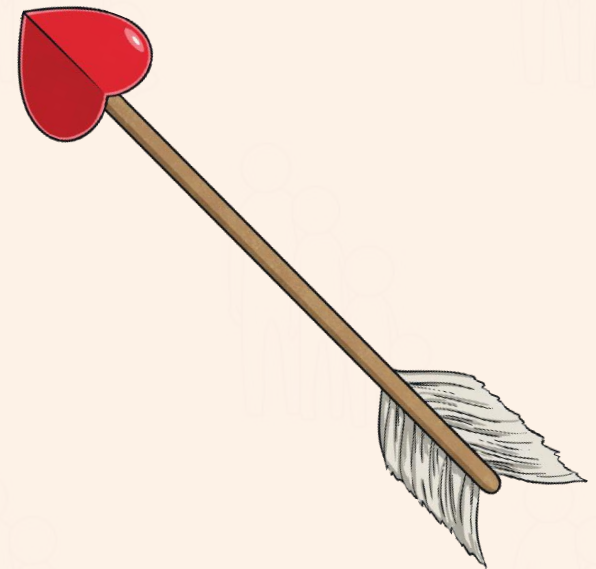
Let's Talk About Sex



Media, such as pop songs and television programmes, would have us believe that everyone is having sex and that being 'sexy' is really important!

In reality, this is not the case. Two people, who are 16 or over, may decide to have sexual intercourse if they are attracted to one another and both feel ready to be physically close in this way.

As you go through puberty and your body and emotions change, you may start to feel sexually attracted to others.



Let's Talk About Sex



Media, such as pop songs and television programmes, would have us believe that everyone is having sex and that being 'sexy' is really important!

In reality, this is not the case. Two people, who are 16 or over, may decide to have sexual intercourse if they are attracted to one another and both feel ready to be physically close in this way.

Having a 'crush' on someone or fancying them is normal. It might be someone you think is good looking or who you admire. It might be someone you know or someone you have never met (like a celebrity). It doesn't mean you love them and it doesn't mean you want to have sex with them.



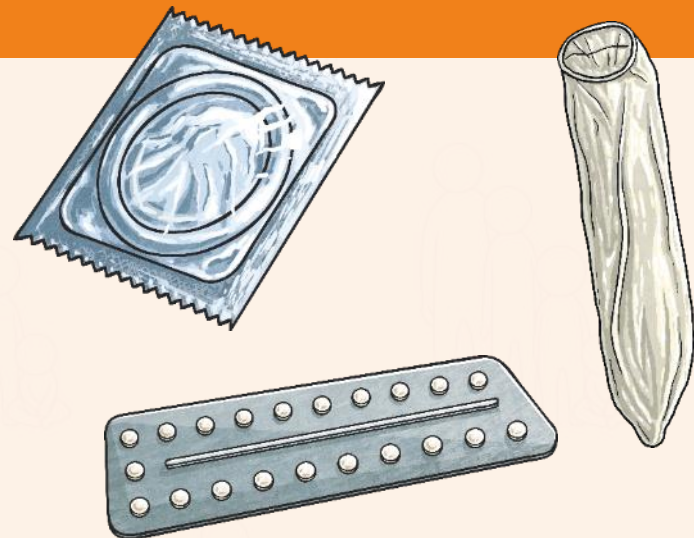
Let's Talk About Sex



Sexual intercourse is also necessary for reproduction (in other animals, as well as humans). It is how the sperm meets the egg, as you might remember from other lessons.

Although sexual intercourse doesn't always mean that a baby will be conceived (made), it might. If a heterosexual couple want to have sex but do not want to make a baby, they can use contraception to stop the female becoming pregnant.

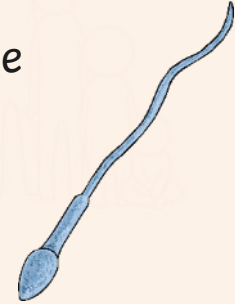
Contraception methods include condoms, which the man wears on his penis to catch the sperm, or a pill that a woman takes to prevent her ovaries from releasing an egg. If there is no egg to be fertilised, the woman can't get pregnant.



Staying Safe and Healthy



Just as we can share germs by sharing a drink with someone or by sneezing near them, infections can be passed from one person to another through sexual intercourse – this happens through bodily fluids, such as sperm.



There are several sexually transmitted infections (commonly known as STIs). Some can be very serious and make people very ill.

Using contraception, such as a condom, prevents an infection being passed from one person to another when they have sex. Not all forms of contraception protect against these diseases though. For example, the contraceptive pill would not protect someone from sharing an infection with their partner.



Staying Safe and Healthy



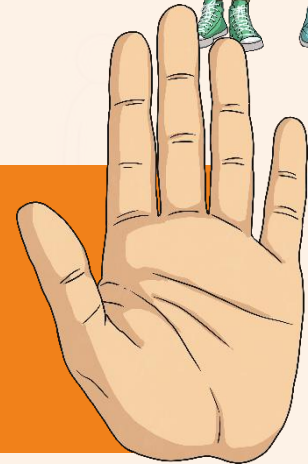
Looking after your body and protecting yourself against sexually transmitted infections (STIs) is an important part of staying safe and healthy when you are older.



You wouldn't know by looking at someone if they had an STI. They may not even know themselves! Knowing the other person very well and trusting them is as important as using protection (e.g. a condom).



Taking care and making sensible choices in a sexual relationship is called having 'safe sex'. This includes being able to say 'no' to something you don't want to do, even if you love the other person.

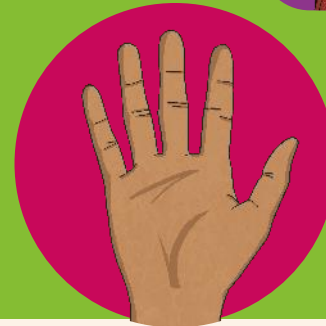


Staying Safe and Healthy



Staying safe also refers to being in charge of what happens to your body. Your body is your own and no one else can touch it without your consent.

Some parts of our body are private, such as the genitals and the mouth. If someone ever tries to touch you in a place on your body that you are not comfortable with, or in a way that does not feel right, you must tell them to stop, say it is not appropriate and push them away. You should then tell a trusted adult straight away so that it doesn't happen again.



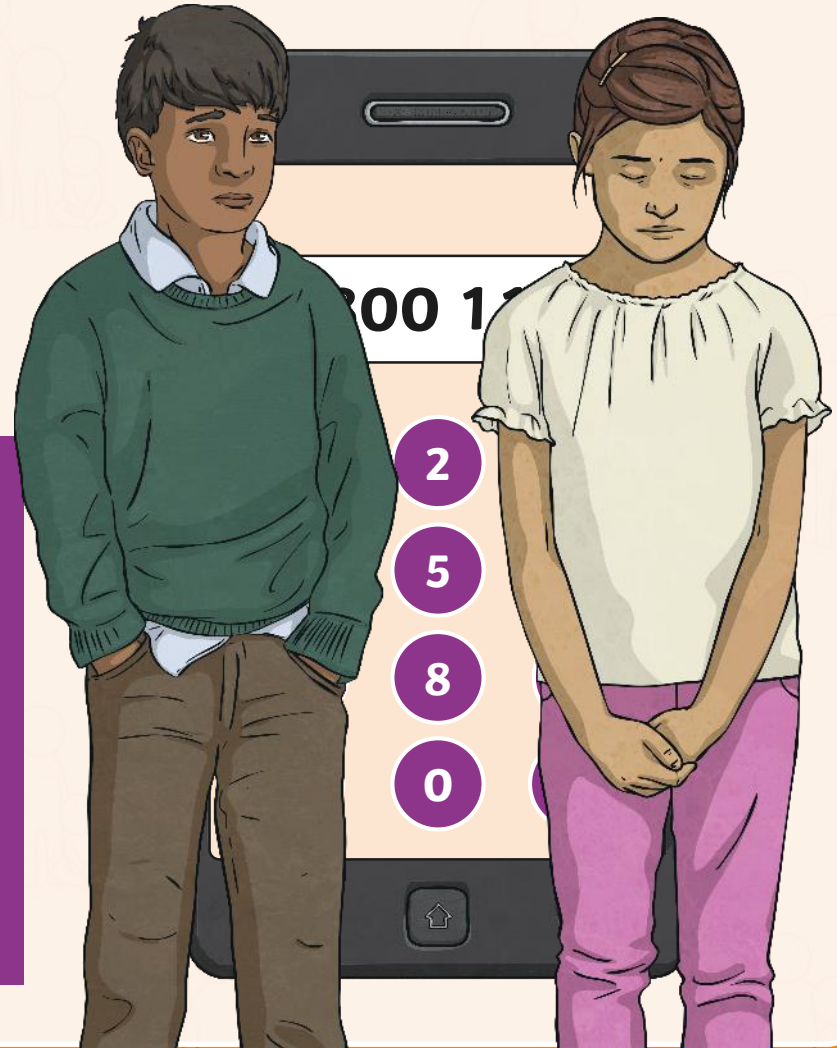
It's never your fault if somebody touches you in a way that makes you feel uncomfortable and it's very important that you tell someone so that they can help to keep you safe.

Staying Safe and Healthy



It can be difficult to speak up sometimes when we don't feel safe or when someone has made us feel uncomfortable. Being brave enough to speak up takes a lot of courage but it's really important that we do, so that someone can help.

Some children phone Childline on **0800 1111** when they need to talk about something that has happened. When children call this number, a person answers whom they can trust. By calling Childline, they can get the support and advice they need to report or deal with whatever has happened.



Staying Safe and Healthy



Remember

- Both people must consent to sexual intercourse.
- Sexual intercourse is something many adults enjoy when both people feel ready.
- The legal age to have sexual intercourse for both people is 16.
- If anything in a relationship ever makes you feel uncomfortable, you always have the right to say 'no' and stop.
- It's never OK to pressure or persuade someone else to be physically close if they don't wish to be.
- Two consenting adults may choose to have sex for different reasons, but they both have the right to feel comfortable, happy and safe.





Consolidating



Reflecting

Reflecting

Questions and Answers



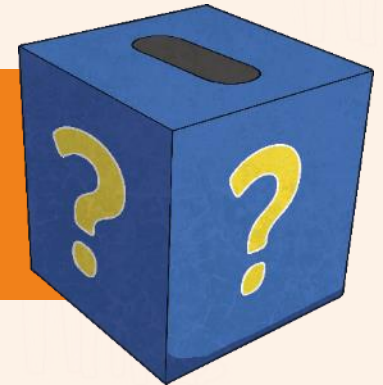
With your partner, look back at your questions from the start of the lesson.

Together, decide whether these questions have been answered in today's lesson.

Perhaps you are able to answer your partner's question for them.

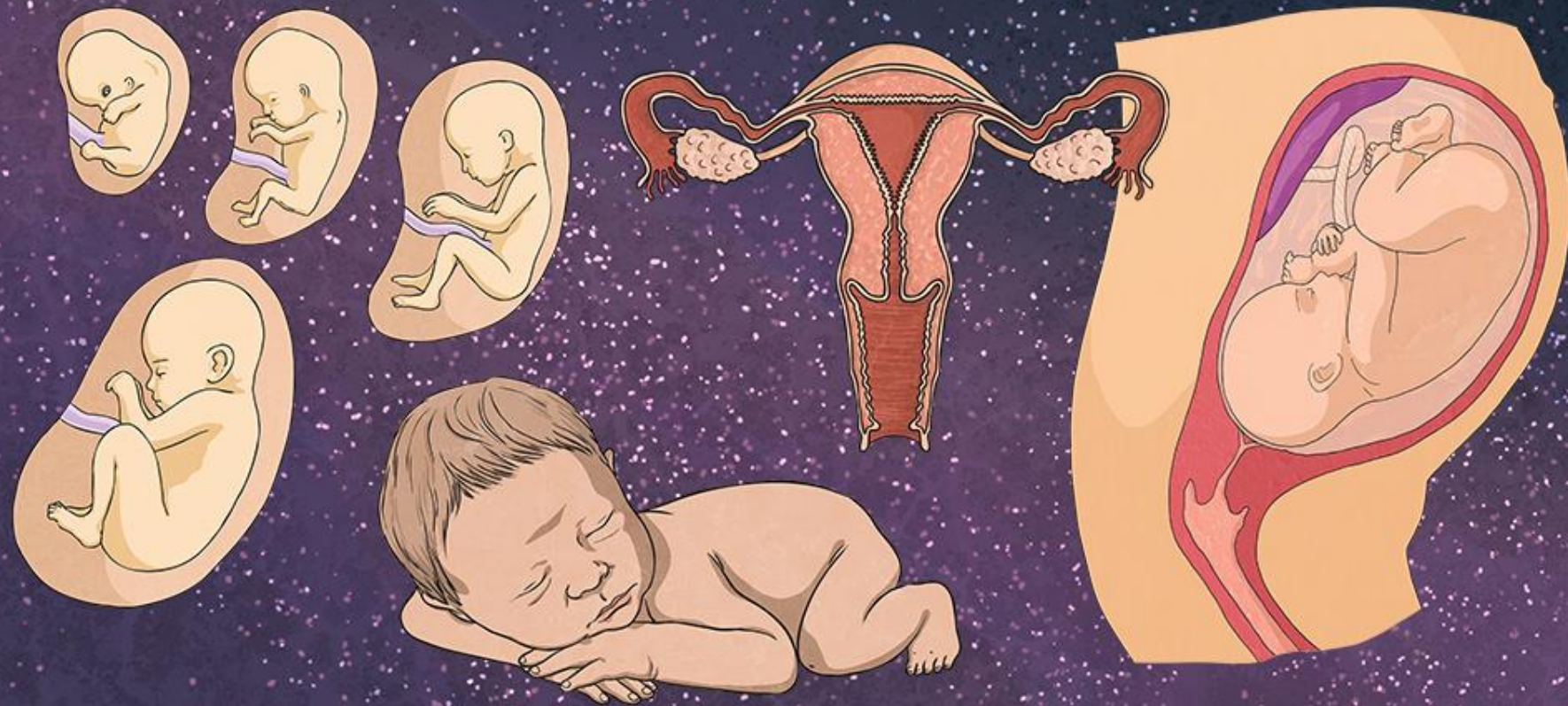


If you still have questions you would like answered, put them in the Question Box at the end of the lesson and we can come back to these another time.



With your partner, write down three things that you have learnt today.

Human Reproduction



Aim

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

Success Criteria

- I can use the appropriate scientific vocabulary when talking about human reproduction.
- I can explain what contraception is.
- I can describe how a baby grows inside the womb.
- I can explain how a baby is born.

The Big Questions

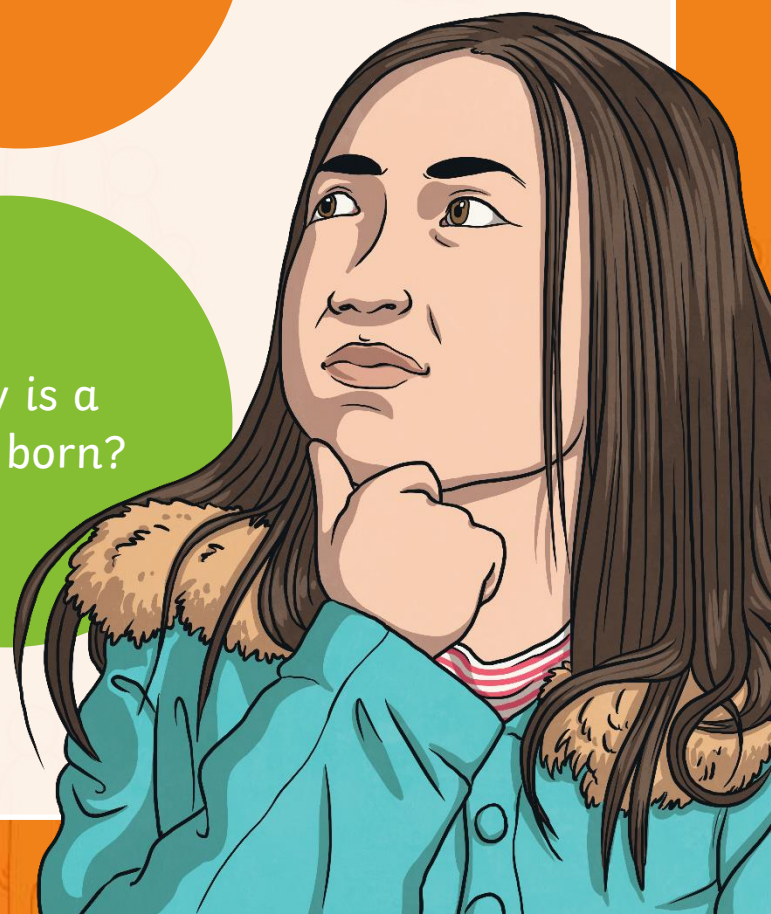
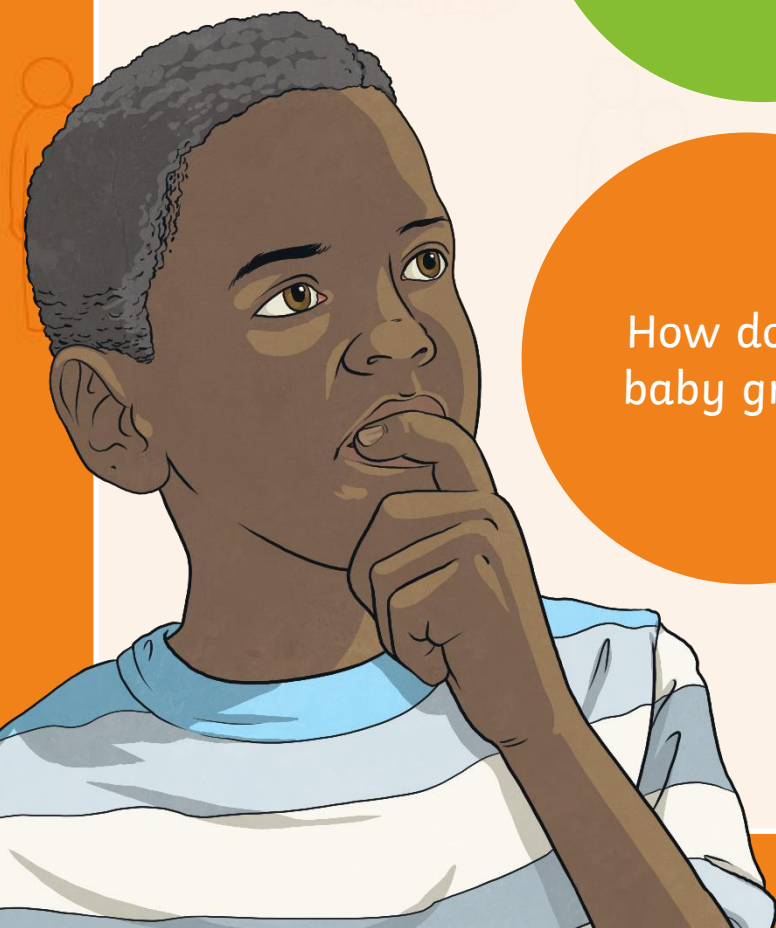


How is
a baby
conceived?

What is
contraception?

How does a
baby grow?

How is a
baby born?



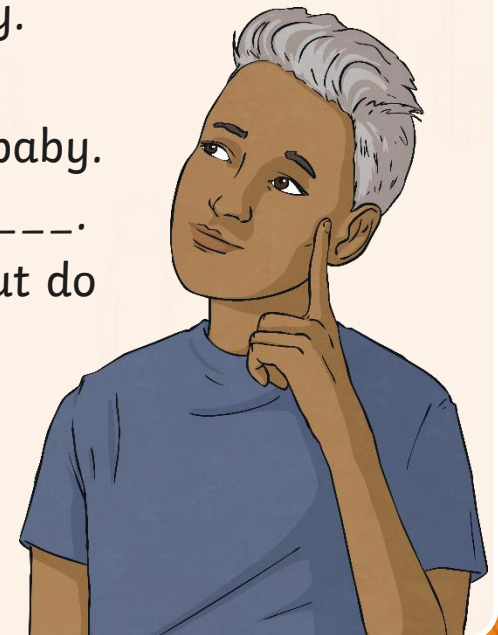
Reconnecting

Human Reproduction



Using what you already know about human reproduction, see if you can complete the following statements with your partner.

- A male produces _____ in his testicles.
- Once a month, the female's body releases an ____.
- A male and a female in a loving relationship might decide to have _____ to try and make a baby.
- Only ___ sperm can fertilise the egg.
- A fertilised egg takes _____ months to grow into a baby.
- The female carries the baby inside her _____.
- Two people who want to have sexual intercourse but do not want to make a baby, might use a method of _____, such as a condom or a pill.

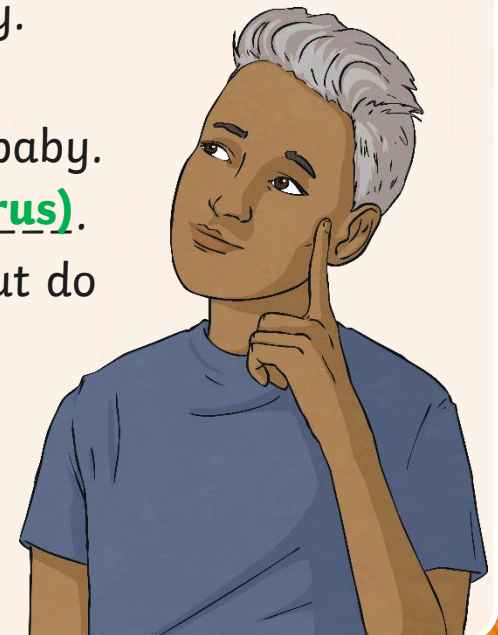


Human Reproduction



Using what you already know about human reproduction, see if you can complete the following statements with your partner.

- A male produces sperm in his testicles.
- Once a month, the female's body releases an egg.
- A male and a female in a loving relationship might decide to have sexual intercourse to try and make a baby.
- Only one sperm can fertilise the egg.
- A fertilised egg takes nine months to grow into a baby.
- The female carries the baby inside her womb (uterus).
- Two people who want to have sexual intercourse but do not want to make a baby, might use a method of contraception, such as a condom or a pill.

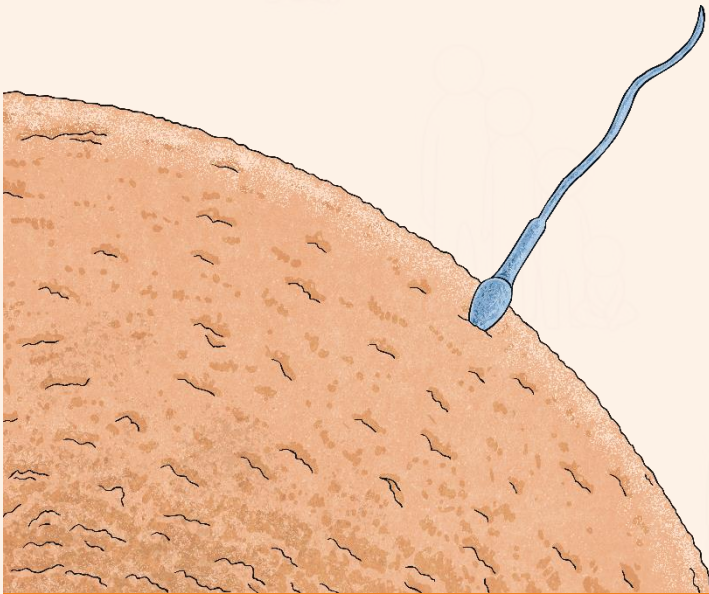


Exploring

From Conception to Birth



Human reproduction is amazing!



From a sperm fertilising an egg
(otherwise known as **conception**)...

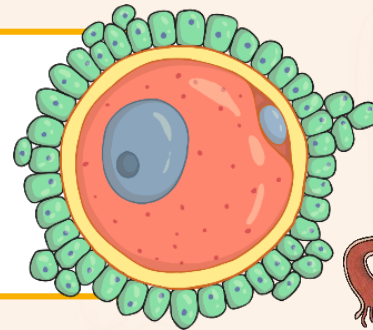


...to the **birth** of a baby.

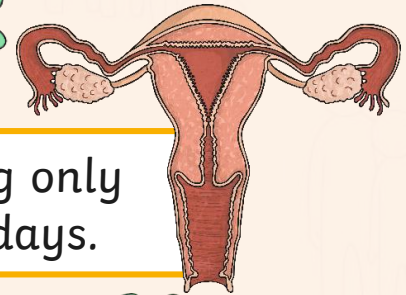
From Conception to Birth



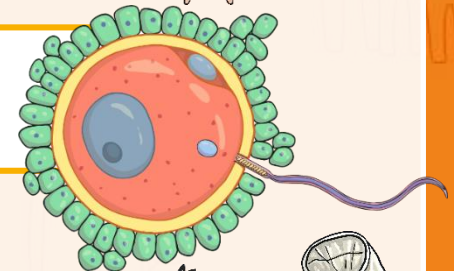
If a male and a female want to conceive a baby, they have sexual intercourse. The male's penis ejaculates sperm, which race to find the female's egg.



The female's body releases one egg, once a month. The egg only lives for about 12 – 24 hours but sperm can live for 5 – 7 days.



If a sperm reaches the egg, the egg is fertilised, starting a new life form.



If the couple do not want to conceive a baby, they can use contraception, such as a condom, to stop the sperm reaching the egg.



From Conception to Birth



Some couples conceive a baby differently. Same-sex couples and some heterosexual couples are not able to conceive a baby in this way.

Doctors can remove a female's eggs from her body and the eggs can be fertilised with sperm outside of the body.

Once an embryo has formed, the doctors can place it back inside the female's uterus so she can continue the pregnancy until the baby is ready to be born.

From Conception to Birth



Some females have a problem with their uterus and may not be able to carry a baby inside them. In this case, they may use something called **surrogacy**.

The egg is fertilised by the sperm outside of the female's body and once an embryo has formed, it is placed inside the body of another female who has agreed to carry the baby inside her until it's ready to be born. It is often a sister or close friend of the couple who does this for them.

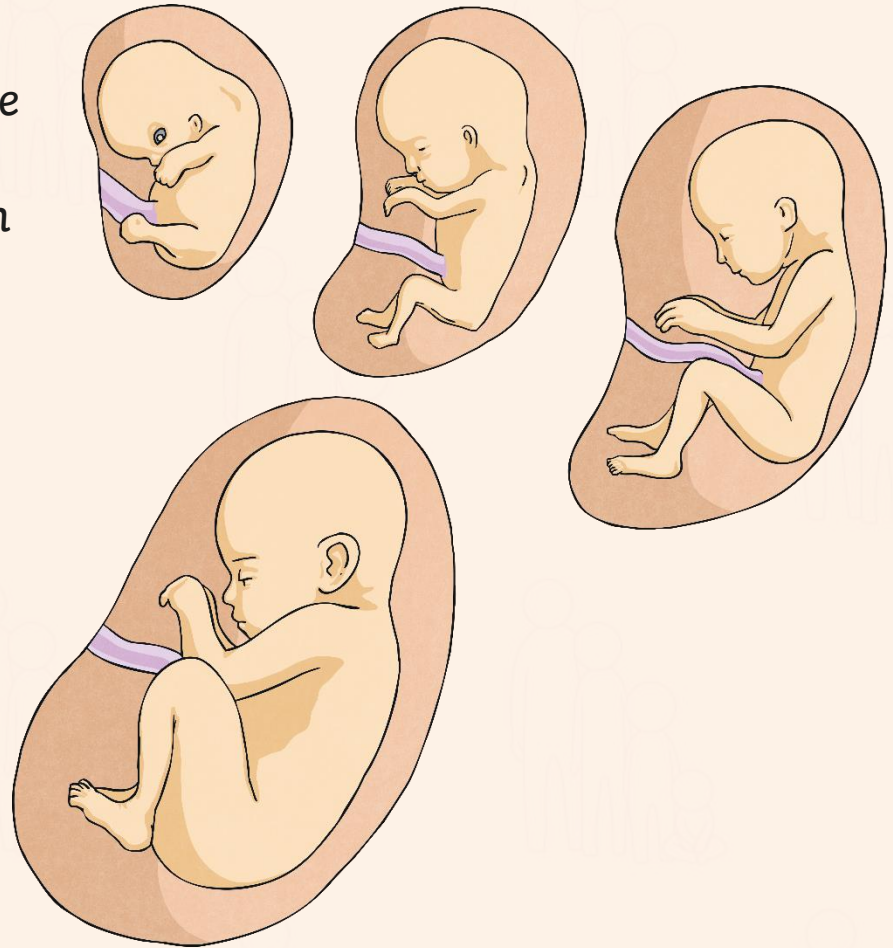


From Conception to Birth



Let's take a closer look at the whole journey from **conception** to **birth**. This video shows the most common type of conception, when a male's sperm fertilises the egg inside the female's body.

Watch the video carefully and feel free to jot down any questions you have about the development of the **foetus** (this is what the baby is called before it is born).



From Conception to Birth



<https://www.enhanceosteopathy.com.au/blog/from-conception-to-birth-in-4-minutes>

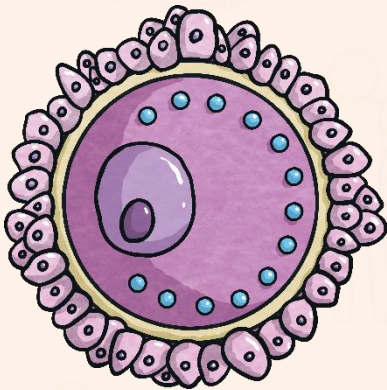
You can watch the video on the web link above.

Please check the content in this link, including any comments, is suitable for your educational environment before showing. Please do not let the next video automatically play at the end of the clip. Twinkl accepts no responsibility for the content of third party websites.

From Conception to Birth



Wow! From just two cells (a sperm and an egg) to 37.2 trillion cells in a human being!



zygote



embryo



foetus

The rate of growth is extremely rapid. The egg cell measures 0.12mm in diameter and a newborn baby is approximately 50cm.

What a Foetus Needs



The mother's body knows exactly what to do and when to do it, as well as knowing how to provide the foetus with everything it needs to develop and grow.

What a Foetus Needs



With your partner, can you think of three things a foetus needs in order to grow and develop inside the womb?

oxygen

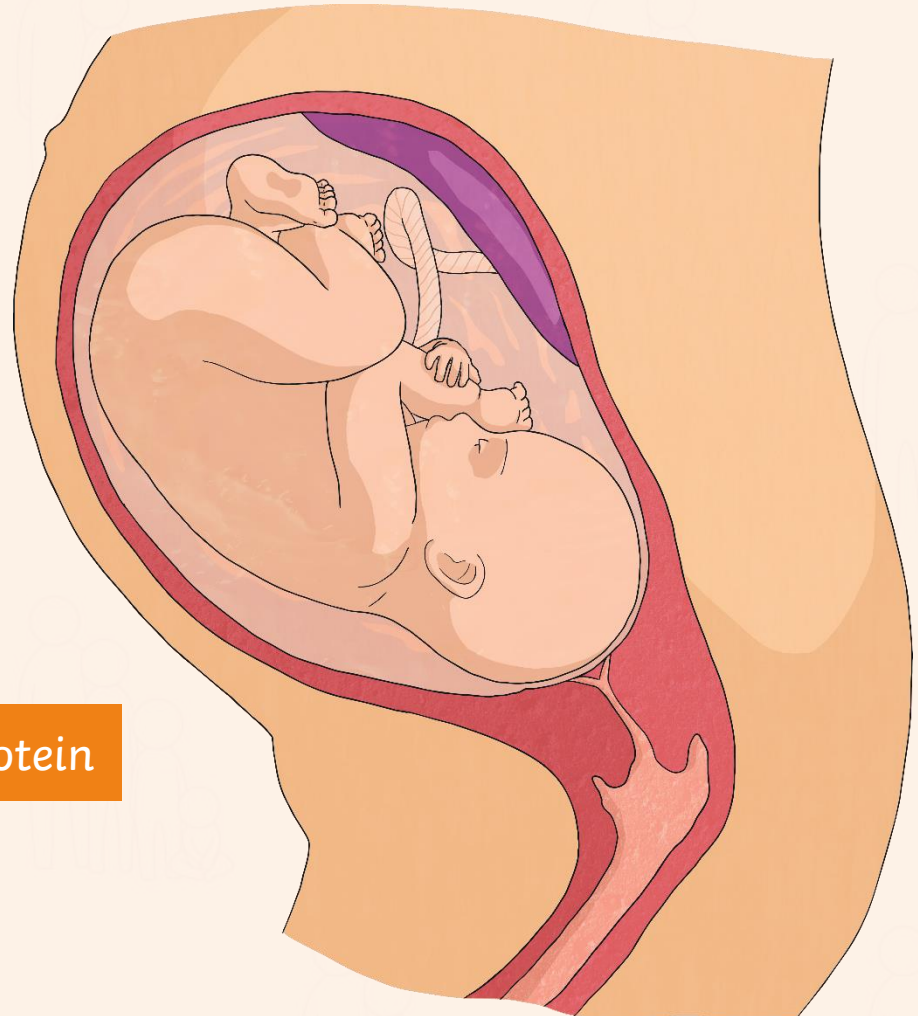
minerals

fats

vitamins

protection

protein

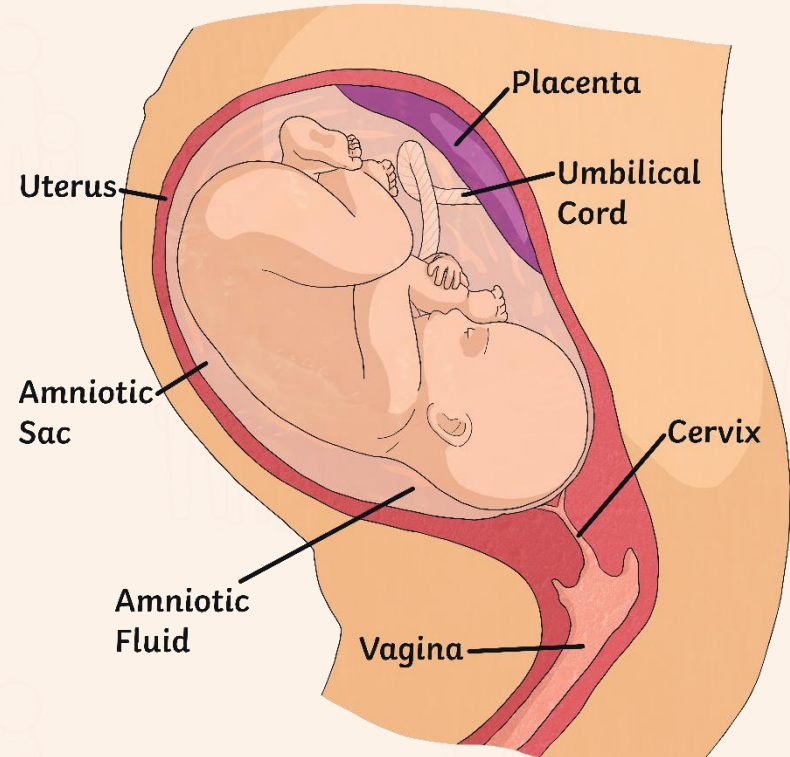


What a Foetus Needs



In the uterus, the foetus is protected inside an **amniotic sac**, which is filled with **amniotic fluid**.

All the **nutrients** that the foetus needs while it is inside the womb (or uterus) are passed from the mother's body to the foetus. The mother's body creates a **placenta**. Nutrients and oxygen pass from the placenta to the baby through the **umbilical cord**.



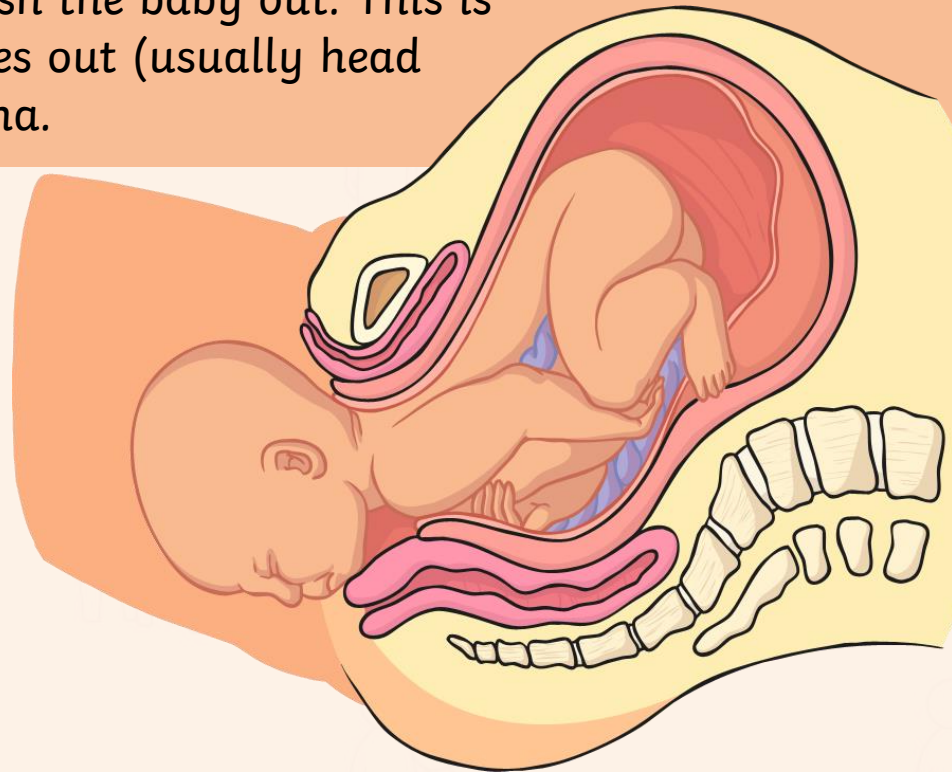
The umbilical cord also carries waste substances, such as carbon dioxide, away from the baby to the placenta.

How a Baby Is Born



After nine months of growing inside its mother, the baby is ready to be born.

The muscles in the uterus push the baby out. This is called **labour**. The baby comes out (usually head first) from the mother's vagina.



How a Baby Is Born



Some babies are born through a **caesarean section** (or **C-section** for short). This is when the baby cannot be delivered through the vagina. For example, the baby may need to be delivered through a breech birth (meaning it is feet first in the womb rather than head first, ready to be born).



In a C-section, an incision is made through the woman's tummy and into her womb. It is a common operation and is safe for both the mother and the baby.

Consolidating

Reflecting



Reflecting

What I Would Like to Know



Can you believe that you all started out as two cells – a sperm and an egg meeting?

The way you developed inside the womb was the start of you being who you are now.

Are you like anyone else in your family? Maybe you look like a parent, grandparent or sibling or perhaps you share some personality traits with someone you are related to?



What I Would Like to Know



Perhaps you would like to talk to your parents about yourself, before and after you were born. Were you their first baby? Did they find out the sex of the baby? How long did it take them to choose a name for you? Were you born early, late or on the day you were due? How much did you weigh?

There is an awful lot to find out. Think about some questions you might like to ask your parents.



Now is your time to ask questions, if you have any.

Write them down on your piece of paper and pass them to a teacher to read and answer.

If your question is not relevant to what you need to know at year 6 level, your teachers may need to pass on the question and will advise you to talk to someone in your family privately.