

The Primary Guide to Growing Up, Relationships and Sex - Lesson Plans

Introduction

The Lesson Plans below are for use with the online resource '*The Primary Guide to Growing Up, Relationships and Sex*'. There are four subject areas;

Growing up,

Looking After Yourself

Sex

Pregnancy

Each with their own objectives and resources, some are more gender specific. Optimise your choice of content for your tutor group. Teachers may wish to modify the lessons to each child's abilities/needs and to divide the class into groups as appropriate.

At the end of each lesson plan there are worksheets for group or individual work.

The 'Help and Advice' section is an online resource at **www.lifesupportproductions.co.uk**

Please also refer to the accompanying resource pack.

Click on  next to each video to view a version enhanced with easy read English subtitles.

The Primary Guide to Growing Up, Relationships and Sex - Growing Up section lesson plan.

Class: Year

Date:

Period:

Lesson Topic: SRE – Growing up, body changes and feelings

This Lesson Plan has three subject areas, some are more gender specific. Optimise your choice of content for your tutor group. Teachers may wish to modify the lessons to each child's abilities/needs and to divide the class into groups as appropriate.

Objectives

Learning outcomes:

To be able to identify the changes that occur to our bodies as we grow up and change from children to adults.

To be aware of menstruation, it's onset and the possible emotional effects.

To recognise the types of sanitary protection available, how to use them and how to dispose of them.

To be aware of the emotional changes that occur as we grow up.

To know how to find advice or help.

Resources


Videos from 'The Primary Guide to Growing Up, Relationships and Sex' menu 'Growing Up';

[Growing up and body changes](#)

[Menstruation and periods](#)

[Growing up and feelings](#)

Please also refer to the accompanying resource pack.

Click on  SUBTTILES next to each video to view a version enhanced with easy read English subtitles.

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Activity

View the video '**Growing up and body changes**'.

Time:

5 mins

Development

Quiz

Where appropriate to each child's abilities, the quiz below may be useful. Either for individual or group work.

Question 1 Do we all look the same?

Question 2 Do boys and girls bodies change in different ways?

Question 3 If you wanted to know about something or needed help, where would you go?

Discussion – emphasize that everyone is different and bodies develop at different speeds.

Additional work sheets at the end of this lesson plan can be used with discussion or as an alternative.

Time:

5-10 mins

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Activity

View the video ' Menstruation and periods '.	Time: 5 mins
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Development

<p>Quiz</p> <p>Where appropriate to each child's abilities, the quiz below may be useful. Either for individual or group work.</p> <p>Question 1 Why do women have periods?</p> <p>Question 2 What ways are there to protect you when you are having your period?</p> <p>Question 3 What are the best ways to dispose of sanitary towels? Or tampons?</p> <p>Question 4 If you wanted to know about something or needed help, where would you go?</p> <p>Discussion – first periods – be ready not frightened;</p> <p>What types of sanitary protection are available?</p> <p>How do you use and dispose of sanitary protection?</p> <p>PMS and changing emotions, reinforce the sources of advice and help.</p> <p>Additional work sheets at the end of this lesson plan can be used with discussion or as an alternative.</p>	Time: 5-10 mins
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Activity

View the video ' Growing up and Feelings '.	Time: 5 mins
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Development

<p>Quiz</p> <p>Where appropriate to each child's abilities, the quiz below may be useful. Either for individual or group work.</p> <p>'Growing up and Feelings'.</p> <p>Question 1 What things can you do to help spots go away?</p> <p>Question 2 Do you have a favourite celebrity or famous person?</p> <p>Question 3 If you wanted to know about something or needed help, where would you go?</p> <p>Discussion – crushes, sexual feelings and confusion, reinforce the sources of advice and help.</p> <p>Additional work sheets at the end of this lesson plan can be used with discussion or as an alternative.</p>	Time: 5-10 mins
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Plenary

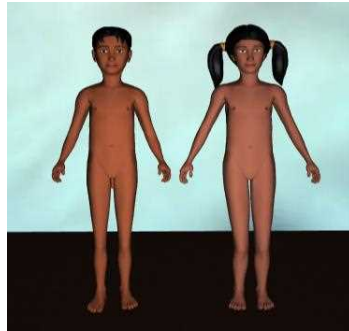
<p>View the video 'Growing up and Body Changes'.</p> <p>View the video 'Menstruation and Periods'.</p> <p>View the video 'Growing up and Feelings'.</p> <p>Concluding discussion – allow for questions, reinforce the sources of advice and help.</p>	<p>Time:</p> <p>15 mins</p>
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Lesson Evaluation

<p>Subject knowledge: Does each child understand;</p> <p>Body changes and growing up?</p> <p>Periods and sanitary protection?</p> <p>Emotional feelings?</p> <p>Where to get help and advice?</p> <p>Further action:</p> <p>Do any of the subject areas need to be reinforced?</p> <p>Did any of the children give you cause to check with your Child Protection Coordinator?</p> <p>Are the sources of Help and Advice on display clearly?</p>	<p>Time:</p> <p>15 mins</p>
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Worksheet 1 – Growing up and body changes.



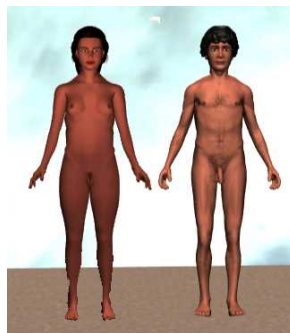
Here are Bobby and Sonia at 5 years old.

Does everyone's body change in the same ways and at the same age?



At 9 years old have their arms and legs got;

- Shorter?
- Stayed the same?
- Longer?



Tick the answer you think is correct

How has Bobby's body changed at 13 years old?



How has Sonia's body changed at 21 years old?

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Worksheet 2 – Menstruation and periods.

Sanitary
Towels



Tampons



Which picture shows tampons and which picture shows sanitary towels? Draw an arrow to connect the correct picture and label.



It is important to dispose of used sanitary protection carefully.

Which type of protection goes into the toilet?

- Sanitary towels Tampons

Which type of protection goes into the special bin?

- Sanitary towels Tampons

Tick the answer you think is correct

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Worksheet 3 – Emotions and feelings.



Finding someone attractive and having strong emotional feelings about them is often called;

- A squeeze?
- A crush?
- A squash?

Tick the answer you think is correct



Spots are also called;

- Blisters?
- Bruises?
- Acne?

Tick the answer you think is correct

If you wanted to get help or advice for a problem or worry, would you go to;

- Carer or parent?
- A doctor?
- Teacher/school nurse?
- The police?



Tick the answers you think are correct

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**The Primary Guide to Growing Up, Relationships and Sex
- Looking After Yourself section lesson plan.**

Class: Year

Date:

Period:

Lesson Topic: SRE – Looking After Yourself

This Lesson Plan has three subject areas. Optimise your choice of content for your tutor group. Teachers may wish to modify the lessons to each child's abilities/needs and to divide the class into groups as appropriate. Teachers should be alert to any child that reports or suggests any sexual abuse, whether actual or threatened and be prepared take further action.

Objectives

Learning outcomes:

To be aware of the importance and methods of personal hygiene. To recognise the importance and methods of self-examination including the need for privacy.

To know about consent and the right to say 'no'.

To know how to find advice or help.

Resources


Videos from 'The Primary Guide to Growing Up, Relationships and Sex' menu 'Looking After Yourself';

Hygiene

Self examination and privacy

Consent and unwanted sexual advances

Please also refer to the accompanying resource pack.

Click on  next to each video to view a version enhanced with easy read English subtitles.

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Activity

View the video '**Hygiene**'.

Time:

5 mins

Development

Quiz

Where appropriate to each child's abilities, the quiz below may be useful. Either for individual or group work.

Question 1 Why is it important to keep yourself clean?

Question 2 How often should you shower or bath?

Question 3 Which body parts should boys wash extra carefully?

Question 4 Which body parts should girls wash extra carefully?

Question 5 If you wanted to know about something or are worried about something, where would you go for help?

Discussion – emphasize that keeping clean is both a good way to look after and check your body.

Additional work sheets at the end of this lesson plan can be used with discussion or as an alternative.

Time:

5-10 mins

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Activity

View the video ' Self examination and privacy '.	Time: 5 mins
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Development

<p>Quiz</p> <p>Where appropriate to each child's abilities, the quiz below may be useful. Either for individual or group work.</p> <p>Question 1 Why is it important to check your body?</p> <p>Question 2 Where should you go first to look at yourself?</p> <p>Question 3 What body parts should boys look at?</p> <p>Question 4 What body parts should girls look at?</p> <p>Question 5 Is everyone's body the same?</p> <p>Question 6 If you see something that worries you or if you want to know about something, where would you go – who would you talk to?</p> <p>Discussion – emphasise the need to go somewhere private and to seek help if anything seems unusual or causes worry.</p> <p>Additional work sheets at the end of this lesson plan can be used with discussion or as an alternative.</p>	Time: 5-10 mins
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Activity

View the video '**Consent and unwanted sexual advances**'.

Time:

5 mins

Development

Quiz

Where appropriate to each child's abilities, the quiz below may be useful. Either for individual or group work.

Question 1 What should you say to someone who approaches you for sex?

Question 2 Is it good to have sex with strangers?

Question 3 Sex is for adults, what should children say if someone asks to have sex with them? What should they do?

Question 4 What should you do if someone is trying to make you have sex with them or has made you have sex with them?

Question 5 What is the age of consent? What does that mean?

Question 6 If you are worried about something, where would you go – who would you talk to?

Discussion – sexual advances and saying no, reinforce the sources of advice and help.

Additional work sheets at the end of this lesson plan can be used with discussion or as an alternative.

Discussions/role-play about expected and unexpected behaviour around touching and personal space can be useful.

Time:

5-10 mins

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Plenary

<p>View the video 'Hygiene'.</p> <p>View the video 'Self examination and privacy'.</p> <p>View the video 'Consent and unwanted sexual advances'.</p> <p>Concluding discussion – allow for questions, reinforce the sources of advice and help.</p>	<p>Time:</p> <p>15 mins</p>
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Lesson Evaluation

<p>Subject knowledge: Does each child understand;</p> <p>The importance of keeping clean?</p> <p>How to check their bodies and what to look for?</p> <p>Consent, the right to say no and who to turn to for help or advice?</p> <p>Further action:</p> <p>Do any of the subject areas need to be reinforced?</p> <p>Did any of the children give you cause to check with your Child Protection Coordinator?</p> <p>Are the sources of Help and Advice on display clearly?</p>	<p>Time:</p> <p>15 mins</p>
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Worksheet 1 – Hygiene.



How often should you have a bath or shower;

- Every day or two?
- Once a week?

Tick the answer you think is correct



Which parts of your body should you take extra care to wash carefully;

- Your feet?
- Your private parts?
- Your arms?

Tick the answer you think is correct



Which parts of your body should you take extra care to rinse the soap off;

- Your feet?
- Your private parts?
- Your arms?

Tick the answer you think is correct

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Worksheet 2 – Self examination and privacy.



What is a good way to check your breasts;

- Have a bath?
- Compare them to each other?
- Sit on a chair?

Tick the answer you think is correct



When you check your vagina, what can you use to help you;

- A mirror?
- A bed?
- The bath?

Tick the answer you think is correct



It is important for boys and men to check under their;

- Shirt?
- Feet?
- Foreskin?

Tick the answer you think is correct

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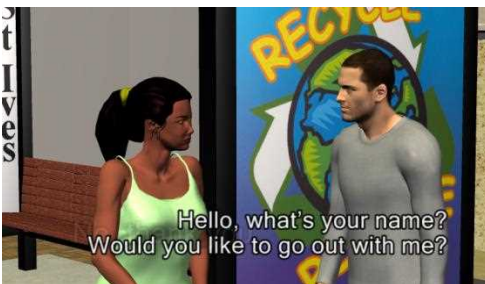
Worksheet 3 – Consent and unwanted sexual advances.



What is the age of consent (how old do you have to be to have sex legally);

- 14?
- 16?
- 18?

Tick the answer you think is correct



Your body is private to you, what should you do if someone asks you for sex;

- Run away and hide?
- Nothing?
- Say 'no', get away and tell someone you trust?

Tick the answer you think is correct



If someone is asking you for sex or has made you do sexual things with them, would you go to;

- Carer or parent?
- A doctor?
- Teacher/school nurse?
- The police?

Tick the answers you think are correct

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The Primary Guide to Growing Up, Relationships and Sex - Sex section lesson plan.

Class: Year

Date:

Period:

Lesson Topic: SRE – Sex

This Lesson Plan has five subject areas. Three areas deal with consent and may require appropriate responses if any child suggest they are at risk. Optimise your choice of content for your tutor group. Teachers may wish to modify the lessons to each child's abilities/needs and to divide the class into groups as appropriate.

Objectives

Learning outcomes:

To know about consent and the right to say 'no'.

To be aware of different types of relationships.

To recognise 'yes' and 'no' and the importance of respect.

To have knowledge of and respect different attitudes and opinions about sex. To be aware of consent, including the age of consent, and the right to say 'no'. To know how to find advice or help.

Resources

Videos from 'The Primary Guide to Growing Up, Relationships and Sex' menu 'Sex';

[Unwanted sexual advances](#)

[Gay and straight relationships](#)

[Consent yes and no](#)

[Sex and attitudes](#)

[Consent and unwanted sexual advances](#)

Please also refer to the accompanying resource pack.

Click on  next to each video to view a version enhanced with easy read English subtitles.

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Activity

View the video '**Unwanted sexual advances**'.

Time:

5 mins

Development

Quiz

Where appropriate to each child's abilities, the quiz below may be useful. Either for individual or group work.

Question 1 What should you say to someone who approaches you for sex?

Question 2 Is it OK to have sex with strangers?

Question 3 Sex is for adults, what should children say if someone asks to have sex with them? What should they do?

Question 4 What is the age of consent? What does that mean?

Question 5 What should you do if someone is trying to make you have sex with them or has made you have sex with them?

Question 6 If you wanted to know about something or needed help, where would you go?

Discussion – sexual advances and saying no, reinforce the sources of advice and help.

Additional work sheets at the end of this lesson plan can be used with discussion or as an alternative.

Discussions/role-play about expected and unexpected behaviour around touching and personal space can be useful.

Time:

5-10 mins

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Activity

View the video '**Gay and straight relationships**'.

Time:

5 mins

Development

Quiz

Where appropriate to each child's abilities, the quiz below may be useful. Either for individual or group work.

Question 1 What do people mean when they say they in a relationship?

Question 2 How long have Sonia and Bobby been together?

Question 3 Why do people say they are in love with each other?

Question 4 Why is trust and respect important in a relationship?

Question 5 Who would you ask if you wanted to know something about relationships?

Discussion – talking about homosexuality can cause some embarrassment or homophobic reactions, it can be useful to discuss respect and people's rights.

Additional work sheets at the end of this lesson plan can be used with discussion or as an alternative.

Time:

5-10 mins

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Activity

View the video ' Consent – yes and no '.	Time: 5 mins
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Development

<p>Quiz</p> <p>Where appropriate to each child's abilities, the quiz below may be useful. Either for individual or group work.</p> <p>Question 1 What should you do if you ask someone out and they say 'no'?</p> <p>Question 2 What is the age of consent?</p> <p>Question 3 When is it ok to talk to someone you have asked out?</p> <p>Question 4 What should you say to someone who asks you to go out with them?</p> <p>Question 5 If you wanted to know about something or needed help, where would you go?</p> <p>Discussion – what is consent? Additional work sheets at the end of this lesson plan can be used with discussion or as an alternative.</p> <p>Discussions/role-play about expected and unexpected behaviour around touching and personal space can be useful.</p>	Time: 5-10 mins
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Activity

View the video '**Sex and attitudes**'.

Time:

5 mins

Development

Quiz

Where appropriate to each child's abilities, the quiz below may be useful. Either for individual or group work.

Question 1 Do people have different opinions about sex?

Question 2 What is the age of consent?

Question 3 What can happen if you have sex before you are 16?

Question 4 Do some people find sex embarrassing?

Question 5 Who would you talk to about sex?

Question 6 What should you do if someone is trying to make you have sex with them or has made you have sex with them?

Discussion – Why do some people find sex embarrassing?

Additional work sheets at the end of this lesson plan can be used with discussion or as an alternative.

Time:

5-10 mins

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Activity

View the video '**Consent and unwanted sexual advances**'.

Time:

5 mins

Development

Quiz

Where appropriate to each child's abilities, the quiz below may be useful. Either for individual or group work.

Question 1 What should you say to someone who approaches you for sex?

Question 2 Is it OK to have sex with strangers?

Question 3 Sex is for adults, what should children say if someone asks to have sex with them? What should they do?

Question 4 What should you do if someone is trying to make you have sex with them or has made you have sex with them?

Question 5 What is the age of consent? What does that mean?

Question 6 If you are worried about something, where would you go – who would you talk to?

Discussion – sexual advances and saying no, reinforce the sources of advice and help.

Additional work sheets at the end of this lesson plan can be used with discussion or as an alternative.

Discussions/role-play about expected and unexpected behaviour around touching and personal space can be useful.

Time:

5-10 mins

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Plenary

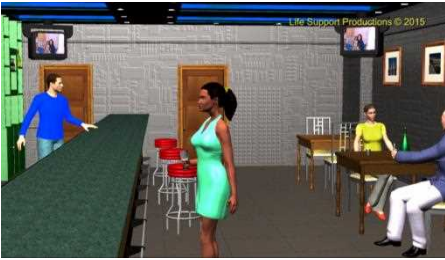
<p>View the video 'Unwanted sexual advances'.</p> <p>View the video 'Gay and straight relationships'.</p> <p>View the video 'Consent – yes and no'.</p> <p>View the video 'Sex and attitudes'.</p> <p>View the video 'Consent and unwanted sexual advances'.</p> <p>Concluding discussion – allow for questions, reinforce the sources of advice and help.</p>	<p>Time:</p> <p>20 mins</p>
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Lesson Evaluation

<p>Subject knowledge: Does each child understand;</p> <p>Consent, the right to say no and who to turn to for help or advice?</p> <p>Different types of relationships including homosexual and heterosexual?</p> <p>Consent and understanding both 'yes' and 'no'?</p> <p>Different attitudes to sex and the importance of speaking to an appropriate person?</p> <p>Where to get help and advice?</p> <p>Further action:</p> <p>Do any of the subject areas need to be reinforced?</p> <p>Did any of the children give you cause to check with your Child Protection Coordinator?</p> <p>Are the sources of Help and Advice on display clearly?</p>	<p>Time:</p> <p>15 mins</p>
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Worksheet 1 – Unwanted sexual advances.



What is the age of consent (how old do you have to be to have sex legally);

- 14?
- 16?
- 18?

Tick the answer you think is correct



Your body is private to you, what should you do if someone asks you for sex;

- Run away and hide?
- Nothing?
- Say 'no', get away and tell someone you trust?

Tick the answer you think is correct



Sex is for adults, what should children do if someone asks to have sex with them?

- Run away and hide?
- Nothing?
- Say 'no', get away and tell someone you trust?

Tick the answer you think is correct



If you wanted to know about something or needed help, where would you go?

- Carer or parent?
- A doctor?
- Teacher/school nurse?
- The police?

Tick the answer you think is correct

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Worksheet 2 – Gay and straight relationships.



What is a man who is in a relationship with another man called?

- Lesbian?
- Gay?
- Straight?

Tick the answer you think is correct



What is a woman who is in a relationship with another woman called?

- Lesbian?
- Gay?
- Straight?

Tick the answer you think is correct



What do people sometimes say if they have been in a relationship for some time?

- They know each other?
- They are friends?
- They are 'in love'?

Tick the answer you think is correct



If you have questions about straight, gay or lesbian who would you talk to?

- Carer or parent?
- A doctor?
- Teacher/school nurse?

Tick the answer you think is correct

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Worksheet 3 – Consent – yes and no.



What should you do if you ask someone out and they say 'no'?

- Go away and leave them alone?
- Ask them again?
- Tell a friend?

Tick the answer you think is correct



What is the age of consent (how old do you have to be to have sex legally);

- 14?
- 16?
- 18?

Tick the answer you think is correct



What should you say to someone who asks you to go out with them if you don't want to go out with them?

- 'No'?
- 'Yes'?
- 'Maybe'?

Tick the answer you think is correct



If someone is bothering you, keeps asking you out, who would you talk to?

- Carer or parent?
- A doctor?
- Teacher/school nurse?
- The police?

Tick the answer you think is correct

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Worksheet 4 – Sex and attitudes.



What is the age of consent - how old do you have to be to have sex legally;

- 14?
- 16?
- 18?

Tick the answer you think is correct



What can happen if you have sex before you are 16?

- They may go to prison?
- You may go to prison?
- Nothing?

Tick the answer you think is correct



Do some people find sex embarrassing?

- Yes?
- No?
- Depends?

Tick the answer you think is correct



Who would you talk to about sex?

- Teacher/school nurse?
- Carer or parent?
- A doctor?

Tick the answer you think is correct

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Worksheet 5 – Consent and unwanted sexual advances.



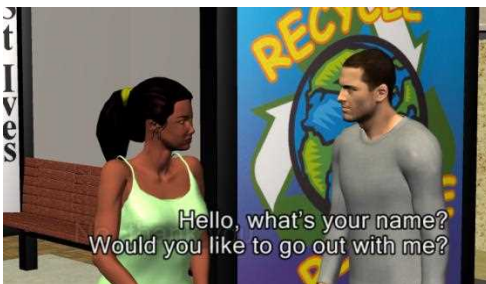
What is the age of consent - how old do you have to be to have sex legally;

14?

16?

18?

Tick the answer you think is correct



Your body is private to you, what should you do if someone asks you for sex;

Run away and hide?

Nothing?

Say 'no', get away and tell someone you trust?

Tick the answer you think is correct



If someone is asking you for sex or has made you do sexual things with them, would you go to;

Carer or parent?

A doctor?

Teacher/school nurse?

The police?

Tick the answer you think is correct

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The Primary Guide to Growing Up, Relationships and Sex
Pregnancy section lesson plan.

Class: Year

Date:

Period:

Lesson Topic: SRE – Pregnancy

This Lesson Plan has two subject areas, one is more gender specific. Optimise your choice of content for your tutor group. Teachers may wish to modify the lessons to each child's abilities/needs and to divide the class into groups as appropriate.

Objectives

Learning outcomes:

To be aware of menstruation, it's onset and the possible emotional effects.
To understand the types of sanitary protection available, how to use them and how to dispose of them.
To understand conception, pregnancy and birth.
To know how to find advice or help.


Resources

Videos from 'The Primary Guide to Growing Up, Relationships and Sex' menu 'Pregnancy';

[Menstruation and periods](#)

[Pregnancy and birth](#)

Please also refer to the accompanying resource pack.

Click on  SUBTITLES next to each video to view a version enhanced with easy read English subtitles.

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Activity

View the video ' Menstruation and Periods '.	Time: 5 mins
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Development

<p>Quiz</p> <p>Where appropriate to each child's abilities, the quiz below may be useful. Either for individual or group work.</p> <p>Question 1 Why do women have periods?</p> <p>Question 2 What ways are there to protect you when you are having your period?</p> <p>Question 3 What are the best ways to dispose of sanitary towels? Or tampons?</p> <p>Question 4 If you wanted to know about something or needed help, where would you go?</p> <p>Discussion – first periods – be ready not frightened, what types of sanitary protection are available? How do you use and dispose of sanitary protection? PMS and changing emotions, reinforce the sources of advice and help.</p> <p>Additional work sheets at the end of this lesson plan can be used with discussion or as an alternative.</p>	Time: 5-10 mins
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Activity

View the video ' Pregnancy and birth '.	Time: 5 mins
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Development

<p>Quiz</p> <p>Where appropriate to each child's abilities, the quiz below may be useful. Either for individual or group work.</p> <p>Question 1 What is the age of consent?</p> <p>Question 2 How long does pregnancy last?</p> <p>Question 3 Where do people go to give birth?</p> <p>Question 4 What is a caesarean?</p> <p>Discussion - What is it like to look after a new baby?</p> <p>Additional work sheets at the end of this lesson plan can be used with discussion or as an alternative.</p>	Time: 5-10 mins
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Plenary

<p>View the video 'Menstruation and Periods'.</p> <p>View the video 'Pregnancy and birth'.</p> <p>Concluding discussion – allow for questions, reinforce the sources of advice and help.</p>	<p>Time:</p> <p>15 mins</p>
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Lesson Evaluation

<p>Subject knowledge: Does each child understand;</p> <p>Periods and sanitary protection?</p> <p>About sex and conception?</p> <p>What pregnancy means?</p> <p>Where to get help and advice?</p> <p>Further action:</p> <p>Do any of the subject areas need to be reinforced?</p> <p>Did any of the children give you cause to check with your Child Protection Coordinator?</p> <p>Are the sources of Help and Advice on display clearly?</p>	<p>Time:</p> <p>15 mins</p>
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Worksheet 1 – Menstruation and periods.

Sanitary
Towels



Tampons



Which picture shows tampons and which picture shows sanitary towels? Draw an arrow to connect the correct picture and label.



It is important to dispose of used sanitary protection carefully.

Which type of protection goes into the toilet?

- Sanitary towels Tampons

Tick the answer you think is correct

Which type of protection goes into the special bin?

- Sanitary towels Tampons

Tick the answer you think is correct

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Worksheet 2 – Pregnancy and birth.



What is the age of consent - how old do you have to be to have sex legally;

- 14?
- 16?
- 18?

Tick the answer you think is correct



What happens when the sperm meets the egg inside Sonia;

- It slowly grows into a baby?
- Sonia goes to the hospital?
- Bobby is a dad?

Tick the answer you think is correct



How long does pregnancy last;

- 6 months?
- 9 months?
- 1 year?

Tick the answer you think is correct



Where do Sonia and Bobby go to have the baby;

- A school?
- The hospital?
- A doctor?

Tick the answer you think is correct [Back to top](#)