

PSHE

Year 6

In personal, social,
health and economic
education



WALT understand what a
sexual relationship is.





Key Vocabulary

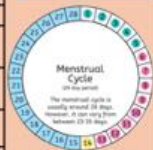


- **Sex** – physical activity between people involving the sexual organs.
 - **Consent** – permission or agreement.
 - **Relationship** – The way in which two or more people or things are connected.
 - **STI** – A sexually transmitted (passed) infection.
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Puberty Recap

Key Vocabulary	
Puberty	the period during which adolescents reach sexual maturity and become capable of reproduction.
Reproduction	the production of offspring by a sexual or asexual process.
Hormones	substances made by certain organs and transported around the body to get certain cells or tissues to do their designated job.
Larynx	the hollow muscular organ forming an air passage to the lungs and holding the vocal cords in humans and other mammals; the voice box.
Sweat Gland	a small gland that secretes sweat, situated in the dermis of the skin.
Pubic Area	the area between your legs.
Breast	part of a woman's anatomy designed to feed infants.
Scrotum	a pouch of skin holding the testicles (testes).
Testicles (Testes)	oval shaped organs that hold sperm.
Sperm Cell	one of the two cells needed to create babies.
Penis	the male sexual reproductive organ.
Uterus (womb)	an organ inside a woman's body where reproduction happens and where the baby grows.
Ovaries	organs in a woman's body where her eggs are stored and from which hormones are created.
Menstruation	a monthly event where the soft lining of the uterus (which prepares itself for the potential baby that could grow) leaves the uterus because it isn't needed.
Vagina	opening through which the lining of the uterus leaves the body monthly, and that babies come through during a normal birth.



Reproduction

Key Vocabulary	
Fallopian tube	a pair of tubes along which the egg travels from the ovaries to the uterus.
Cervix	the narrow passage forming the lower end of the uterus.
Fertilisation	the action or process of fertilizing an egg or a female animal or plant, involving the fusion of male and female gametes to form a zygote.
Egg Cell	the female reproductive cell stored in the ovaries.
Embryo	an unborn or unhatched offspring in the process of development, in particular a human offspring during the period from approximately the second to the eighth week after fertilization.
Conception	the action of conceiving a child or of one being conceived.
Ejaculate	the release of semen from the male body.
Contraception	methods of preventing a woman from getting pregnant.
Surrogacy	when a woman carries and gives birth to a baby for another person or couple.
Foetus	an offspring of a human or other mammal in the stages of prenatal development that follow the embryo stage (in humans taken as beginning eight weeks after conception).
Umbilical cord	the long, tube-like structure that connects a baby that has not yet been born to its mother's placenta.
Placenta	the temporary organ that feeds a foetus.



Safe, Sexual Relationships

Key Vocabulary	
Sex	physical activity between people involving the sexual organs.
Consent	permission or agreement.
Relationship	The way in which two or more people or things are connected.
STI	A sexually transmitted (passed) infection.



The law around sex is designed to protect individuals, especially young people and vulnerable groups. Consent is a fundamental principle, meaning that everyone involved must give permission to engage in sexual activity.

It is illegal to engage in sexual activity without consent, and it is considered sexual abuse if someone is forced into sexual activity. **The age of consent in the UK is 16**, and it is illegal for anyone to have sexual contact with someone under the age of 13.

Additionally, it is a criminal offence for someone in a position of trust to engage in sexual activity with a person under the age of 18.

NO
IS A FULL SENTENCE






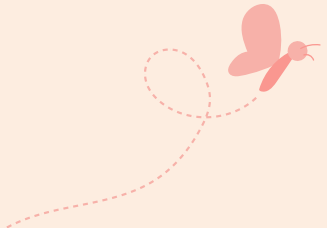
ChildLine
0800 1111





PSHE Ground Rules



1. What's discussed now isn't discussed outside the room on the playground.
 2. Be respectful of other peoples questions.
 3. Only share what you feel comfortable sharing (we won't cold call you or put you on the spot).
 4. Laughter is okay (as we all feel uncomfortable talking about these topics) but we do need to learn about them and be as sensible as we can.
 5. Please don't share personal experiences or examples, especially not naming names.
 6. If anything we talk about worries or upsets you please speak to a trusted adult.
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Learning Goals:

- 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.

Questions

- Throughout this lesson you can write down any questions you have on the piece of paper provided.
- We will give you all time at the end to write any questions.
- To save people feeling it's obvious they've asked something we want everyone to write something even if its just 'I don't have any questions'. This helps people feel comfortable and stay anonymous.
- We will collect your questions and answer them if we can.



Relationships

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

There are heterosexual relationships (where a man is attracted to a woman and a woman is attracted to a man) and gay relationships (where a woman is attracted to another woman or a man is attracted to another man).

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



What is 'sex'?

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


- The term 'sex' can mean whether a person's body is male or female, according to their genes and male or female body parts.
- 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.





What is 'sex'?

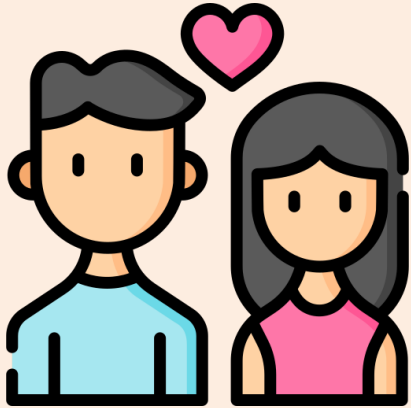
Sexual activity includes:

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- Kissing
 - Sharing sexual messages
 - Sending nude or semi-nude images or videos
 - Sexual touching
 - Vaginal sex
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- It's important to remember that a kiss, hug or cuddle isn't necessarily a sexual activity. People often kiss each other on the cheek/head or hug someone as a way of greeting or comforting a close family member, friend or loved one. The important thing is that someone should only do this if you are happy and consent for them to do this. We will talk more about consent later.



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 reproductive process, when a couple want to make a baby.






Sex and the Law



There are laws on sex and sexual behaviour that are in place to keep everyone safe.


Everyone has the right to sex and relationships that are safe, consensual, and free from physical violence, verbal threats, humiliation or intimidation.



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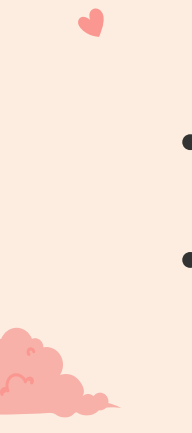
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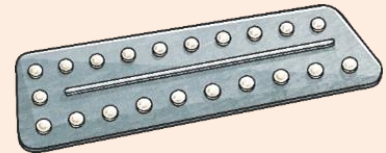
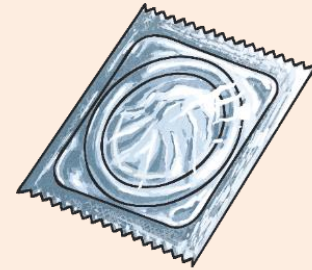
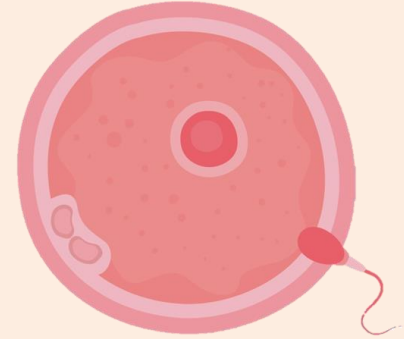
Sex and the Media

- 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.
 - Having a 'crush' or 'fancying' someone 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.
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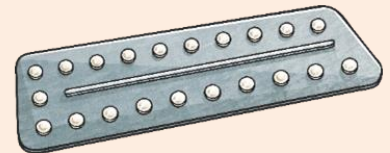
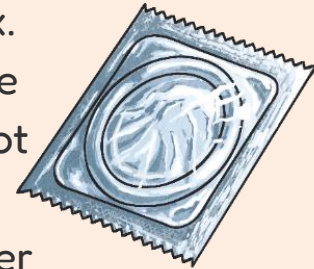
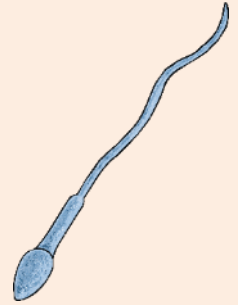
Sexual Intercourse and Reproduction

- 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.



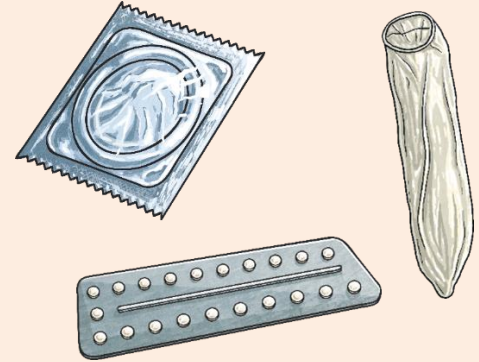
Staying Safe and Healthy

- 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. However, 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 because it doesn't stop the sperm entering the body of another person. The pill works chemically to effect ovulation and prevents pregnancy this way.



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.



- **Private parts are private:** Your underwear covers up your private parts and no one should ask to see or touch them. Sometimes a doctor, nurse or family members might have to. But they should always explain why, and ask you if it's OK first. Remember, what's in your pants belongs only to you.
- **Always remember your body belongs to you:** Your body belongs to you. No one should ever make you do things that make you feel embarrassed or uncomfortable. If someone asks to see, or tries to touch you, underneath your underwear, say 'NO' – and tell someone you trust and like to speak to. No one has the right to make you do anything that makes you feel uncomfortable. If somebody does make you do something, it is never your fault. Even if the person who has made you feel uncomfortable, has told you it is your fault.



Staying Safe and Healthy






- **No means no:** No means no and you always have the right to say 'no' – even to a family member or someone you love. You're in control of your body and the most important thing is how YOU feel. If you want to say 'no', it's your choice.
- **Talk about secrets that upset you:** There are good and bad secrets. Good secrets can be things like surprise parties or presents for other people. Bad secrets make you feel sad, worried or frightened. You should always talk to a safe adult who you trust about a bad secret or anything that doesn't feel right.
- **Speak up, someone can help:** Talk about stuff that makes you worried or upset. If you ever feel sad, anxious or frightened you should talk to a safe adult who you trust. This doesn't have to be a family member. It can also be a teacher or a friend's parent – or even Childline. Talking should not get you into trouble, even if somebody has told you it will. If something has happened that makes you feel uncomfortable, it is never your fault.

We've watched this video before, but lets re-watch it to remind us of what consent means...





What is consent?

- Consent means **giving permission** to have sex freely and without fear. If you indicated yes because you didn't feel that you were able to say no, that isn't consent.
 - If you're thinking about sexual activity, everyone involved must give consent. It doesn't matter if you're married, in a relationship or have had sex before, consent is needed each and every time.
 - It's assault to continue to have sex with someone after they have indicated they no longer want to have sex with you, even if they initially said yes at the start.
 - Remember just because someone didn't say no, it doesn't mean they consented.
 - Consent has not been given when someone:
 - didn't know what was happening to them,
 - is intoxicated by alcohol or drugs,
 - is unconscious or asleep.
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NO

IS A FULL SENTENCE





People in a Position of Trust

- It's a criminal offence for a person in a position of trust to engage in sex or sexual activity with someone under the age of 18 that they care for.
 - A person in a position of trust can be:
 - a family member
 - someone with parental rights
 - a person who is treated like a member of the family
 - a person who looks after someone in a residential home or hospital
 - a teacher, trainer or youth worker
 - anyone else who cares for, teaches, trains, supervises or is in sole charge of a young person
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Sex Offences Under UK Law

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- There are different types of sexual offences under UK law:
 - **Sexual assault:** Sexual assault is when someone forces or coerces someone to engage in unwanted sexual activity or when someone is touched sexually without their consent. The touching can be done with any part of the body.
 - **Child sex offences:** It is illegal for anyone over the age of 18 to have sexual activity with someone under 16. It is illegal to take, view, share or request nude or semi-nude images or videos of someone who is under 18.
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Sex Offences Under UK Law

- **Sexual harassment:** Sexual harassment is unwanted sexual behaviour that makes someone feel upset, scared, offended or humiliated. Sexual harassment includes:
 - Making unwanted sexual comments or jokes
 - Exposing your private parts to somebody in public
 - Sharing nudes of another person without their consent
 - Sending someone unwanted nudes or sexual messages
 - Sending someone pornography without their consent
 - Sharing or threatening to share sexual rumours about someone
 - Taking sexual photos of someone without their consent (also known as upskirting)
 - Sexual harassment can happen anywhere (online or offline) and to anyone (regardless of their age or gender).
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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'**.
- Remember the PANTS rule.
- 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**.



Questions

- Now is the time to write down any questions that you may have.
- To save people feeling it's obvious they've asked something we want everyone to write something even if its just 'I don't have any questions'. This helps people feel comfortable and stay anonymous.
- We will collect your questions and read through them.
- If we cannot answer we won't read it out and recommend that you speak to a trusted adult (parent/carer) at home about your question.
- However, we will do our best to answer all of your questions.

