

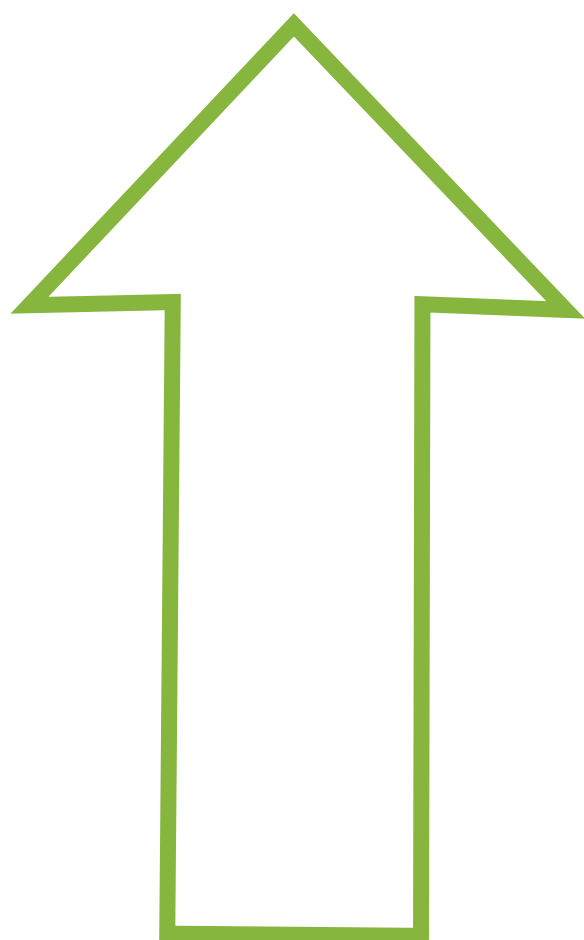
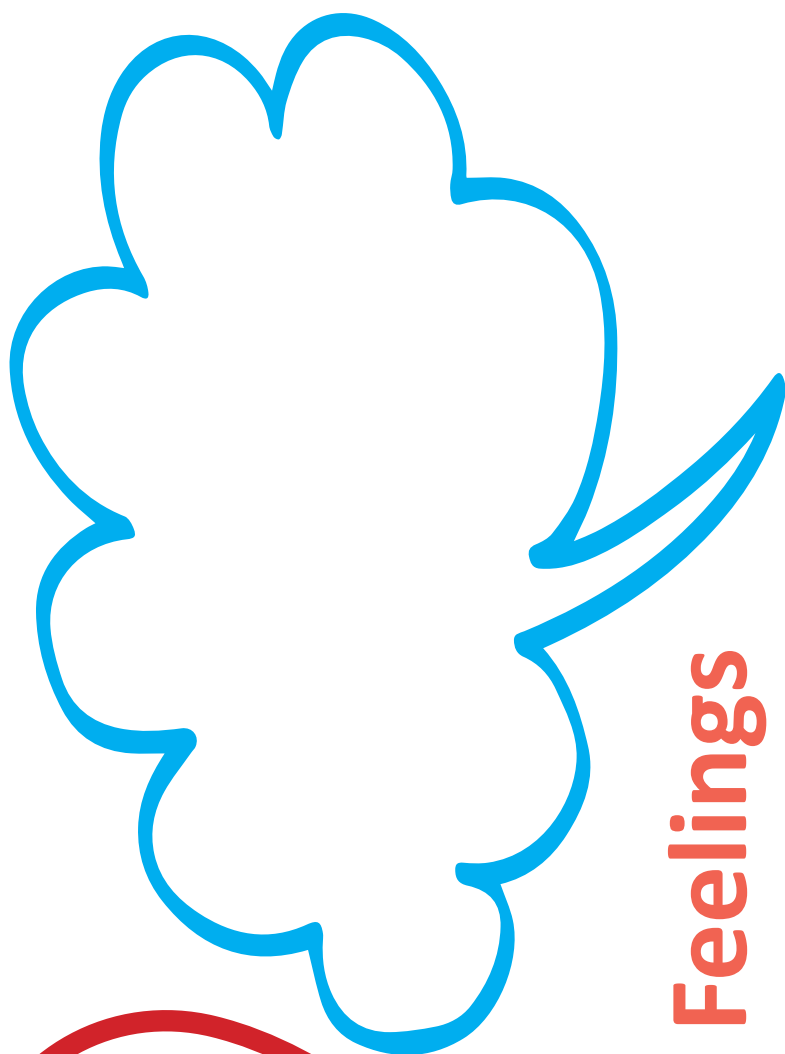
Services
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Boys and Girls, Men and Women

Resources



Lesson 1 - Resource



Feelings



Lesson 2 – Resource

Sort Cards

Going out with friends
to the cinema

Checking for cars when I
cross the road

Wearing more make-up
and hair gel

Coming home at the
time I was told to

Having a mobile phone

Paying my phone bill out
of my own money

Being allowed to choose
my own clothes

Making up after
arguments with friends
and saying sorry

Having a computer in
my bedroom

Looking after my little
brother or sister

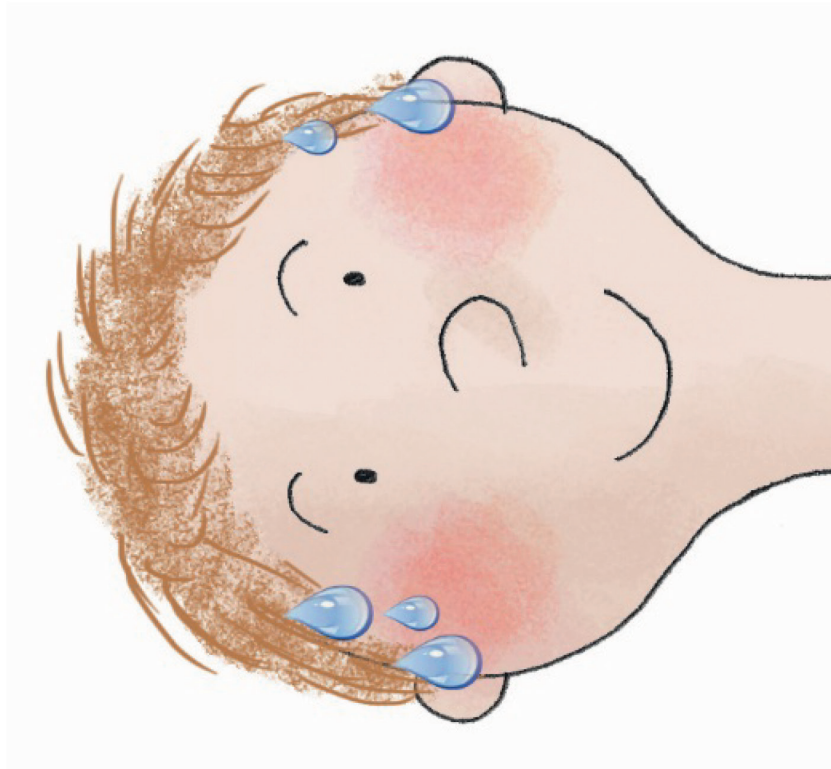
Having a boyfriend or
girlfriend

Staying safe and healthy

Lesson 2 – Resource

SWEAT

We all do it – when?

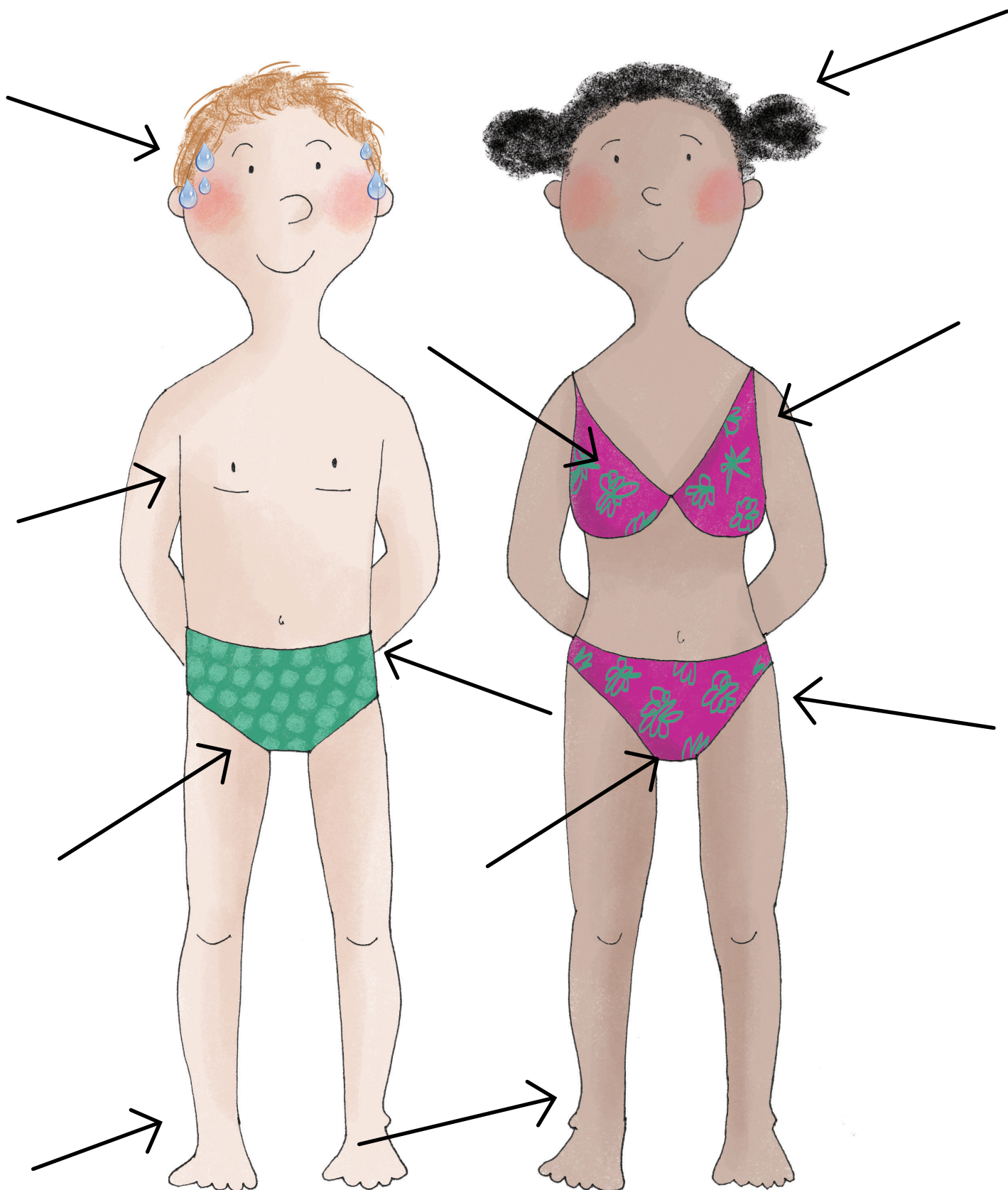


Which parts of our
body do we sweat
from?

So what do I need to do
about it?

Lesson 2 – Resource

Pin the sweat on the body activity



Lesson 2 – Resource

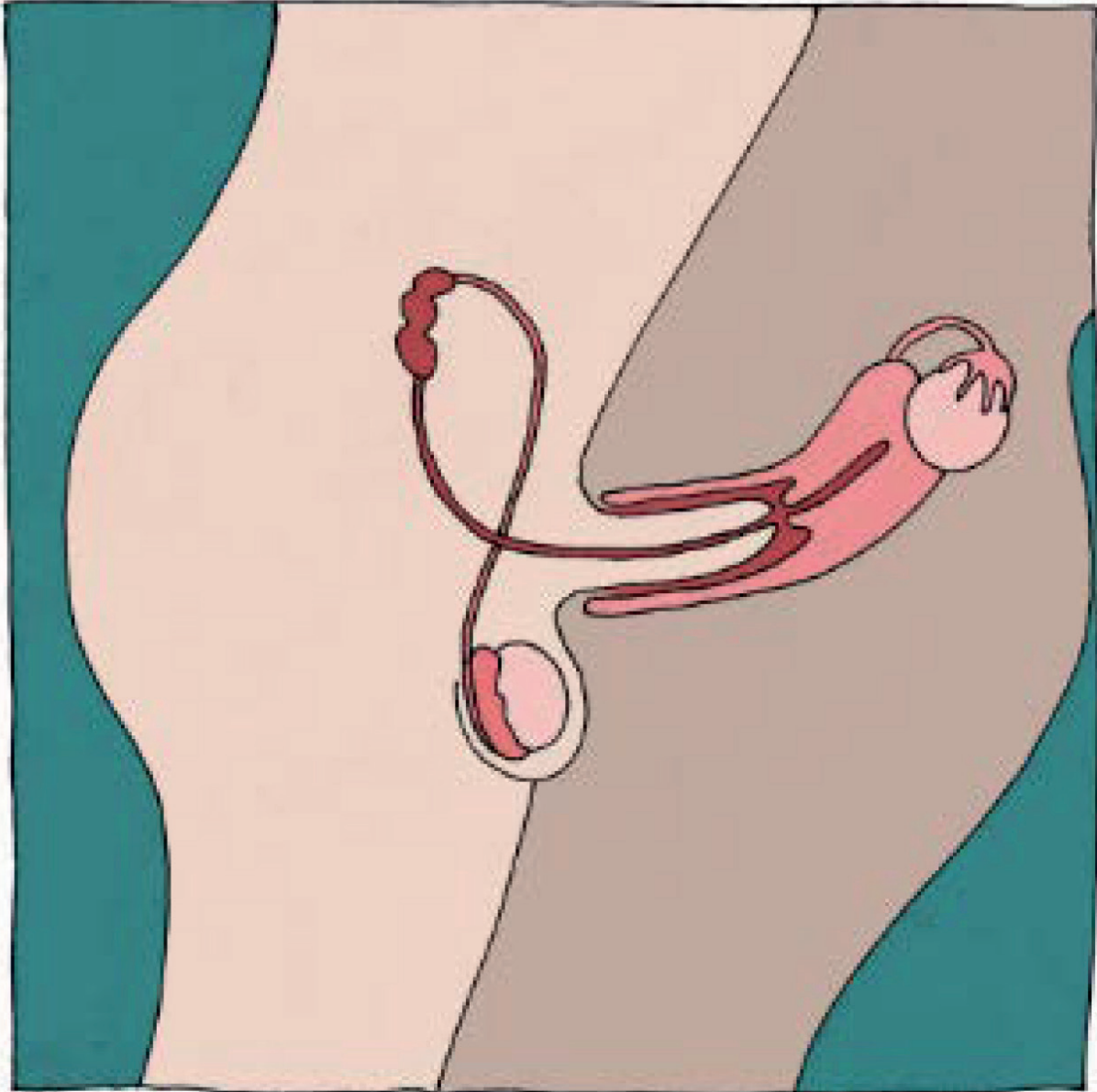
Pin the sweat on the body activity



Lesson 2 - Resource

Right	Going out with friends to the cinema	Checking for cars when I cross the road	Responsibility
Right	Wearing more make-up and hair gel	Coming home at the time I was told to	Responsibility
Right	Having a mobile phone	Paying my phone bill out of my pocket money	Responsibility
Right	Being allowed to choose my own clothes	Making up after arguments with friends and saying sorry	Responsibility
Right	Having a computer in my bedroom	Looking after my little brother or sister	Responsibility
Right	Having a boyfriend or girlfriend	Staying safe and healthy	Responsibility

Lesson 3 – Resource



Lesson 3 – Resource

Having Sex

Making Love

Sexual
Intercourse

Lesson 3 – Resource

Lesson 3 Quiz about conception

1. Read the sentences below. Decide whether each one is true or false.

- a) Sperm are made in the penis T / F
- b) Babies are made when a man and a women have sexual intercourse T / F
- c) A woman can't become pregnant the first time she has sexual intercourse. T / F
- d) It only takes one sperm to make a baby T / F
- e) Females can't get pregnant until they start their periods. T / F
- f) Babies are made when one sperm joins with one egg in a woman's body. T / F
- g) Sperm leaves the man's body through his testicles. T / F

Lesson 3 – Resource

Lesson 3 Quiz Answers

a) Sperm are made in the penis

False: Sperm are made in the testicles. They come out of the penis.

b) Babies are only made when a man and a woman have sexual intercourse

False: If a woman chooses to, she can have semen placed in her vagina which could cause her to become pregnant. It is also possible for a couple to use IVF (In Vitro Fertilisation) or to adopt a baby.

c) A woman can't become pregnant the first time she has sexual intercourse.

False: A woman can become pregnant any time she has sexual intercourse.

d) It only takes one sperm to make a baby.

True: Men can produce 300 million sperm in one ejaculation (1 teaspoon). But it only takes one sperm to make a baby.

e) Females can't get pregnant until they start their periods.

False: An egg is released from the ovary before a female has her first period. This egg could then be fertilised if she has unprotected sexual intercourse.

f) Babies are made when one sperm joins with one egg in a woman's body.

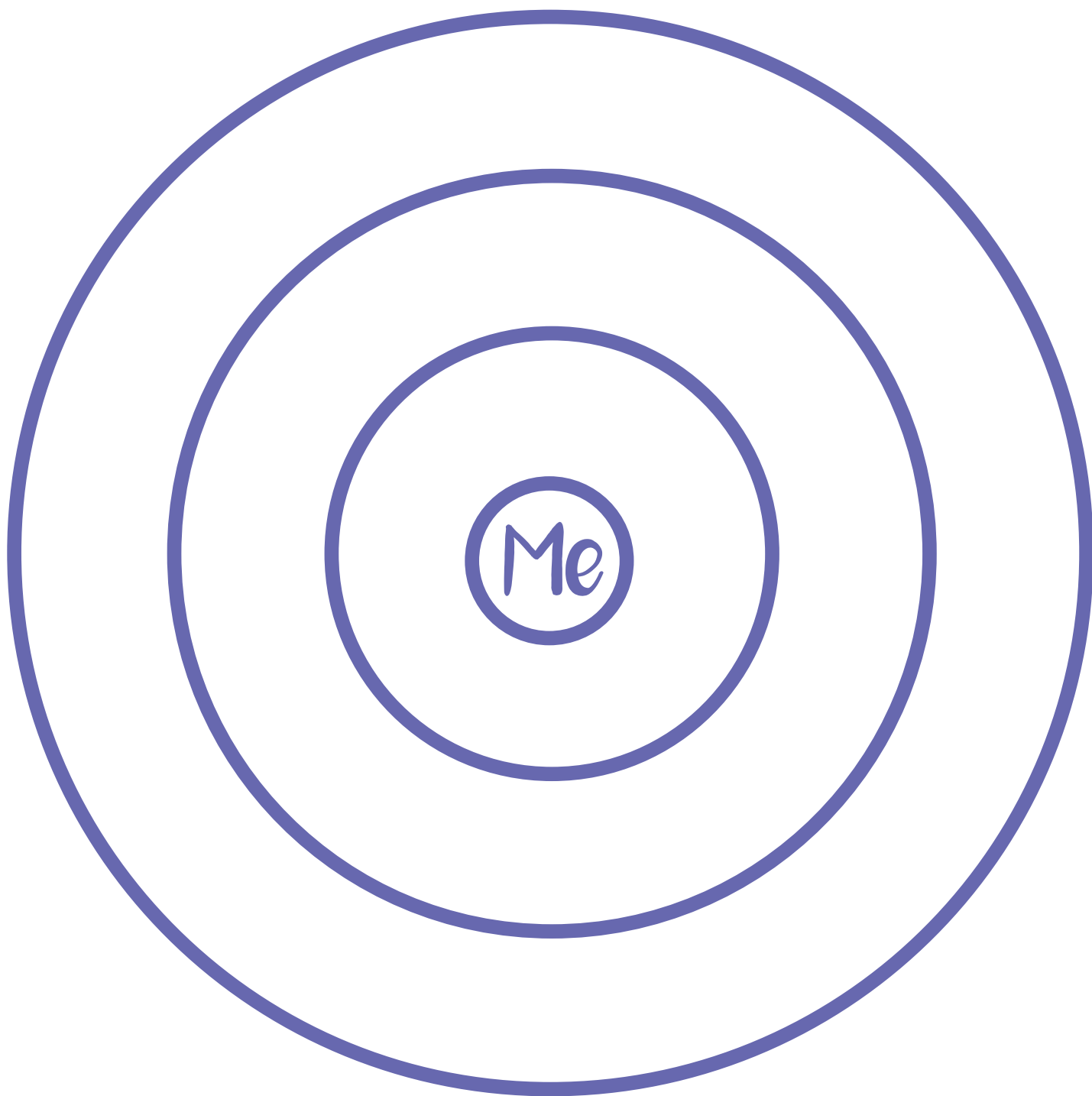
Mostly true: Apart from IVF babies which are fertilised outside the female body. However, a sperm and a female egg is still needed to create a baby.

g) Sperm leaves the man's body through his testicles.

False: Sperm leaves the man's body through his penis.

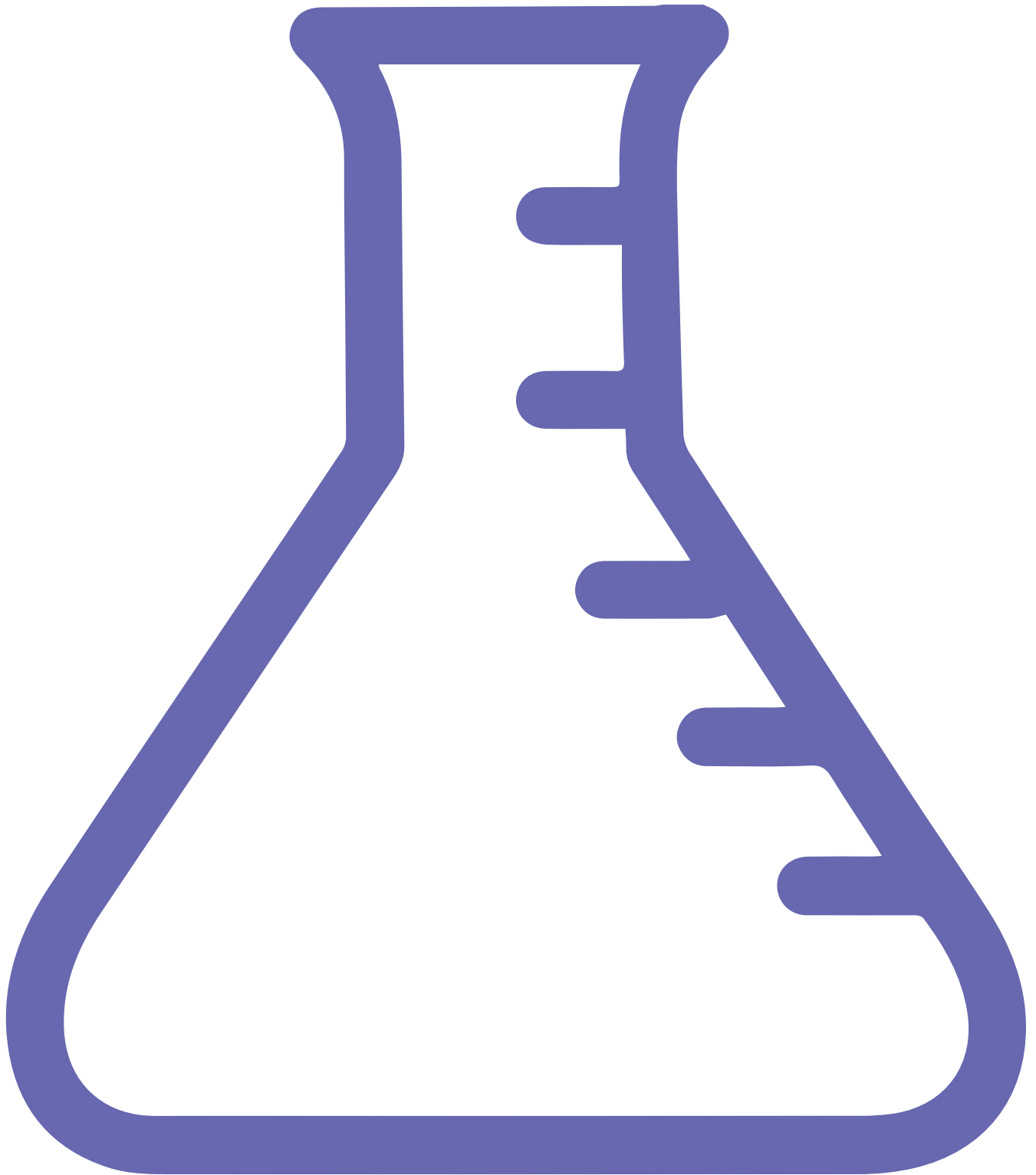
Lesson 4 – Resource

Relationships



Lesson 4 – Resource

My ingredients for a healthy and positive relationship



Lesson 4 – Resource

Aspirations

Supplementary Lesson Notes

Supplementary Lesson on Puberty Instructions

Using your code you will be able to access the PowerPoint upon which this lesson is based.

Slide 1: This is a game to develop discussion about personal hygiene at puberty. Instructions for the game are found on the PowerPoint – see the notes section.

Slide 2: This reinforces the items discussed in slide 1 and promotes discussion of other relevant issues around personal hygiene at puberty and beyond.

Slide 3: This refers to physical and emotional aspects of puberty and can be used to evidence or assess understanding of the topic.

Supplementary Lesson notes are provided in the resource section which can be used as a script or a guide for the teacher.

Slide 1



Supplementary Lesson Notes

Slide 2

Which of these become important for just boys? Which for just girls? And which for both boys and girls?

Can you think of other things you will need (or need to use more often) when you go through puberty?

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Slide 3

But remember ... you aren't the only one going through these changes.
Your friends are going through the same thing at the same time.
Every grown-up has been through the same thing when they were your age (yes even your parents and your teachers!)

Dear problem page...
I feel so confused. Everything is annoying me at the moment – my friends are all moody and all my mum does is tell me off. My teachers keep telling me to work harder but I'm really tired. I'm also worried about how I look – I am taller than all my friends and my body is changing fast. I don't want to look like a greasy freak!
What can I do?

What advice would you give?

What might the physical changes be and why?

What might the emotional changes be and why?

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Supplementary Lesson on Puberty Notes

Puberty is all about your body changing from a child into a grown up

Our bodies develop so that they can make babies as adults (if you choose to be a parent – you don't have to).

It starts around age 9-13 (boys' bodies tend to start changing later than girls) and it keeps going until you are in your early twenties.

Your body changes but your feelings towards people and things change too.

Most people start to care more about what others think about them and people don't like to feel different so although your body is constantly changing you often try fit in with everyone else. This is hard work, you might get more moody or sad than you used to. *But remember – it doesn't last for ever. Try to worry less about what others think and more about what you want to do.*

Boys' testicles and penis grow larger and they start to produce sperm (their half of the baby-making), their muscles grow bigger (historically so they could protect their family from predators and hunt for food). They get hairier in lots of places and their voice gets deeper. When boys grow into men their voice-box grows and tilts to fit – this is why men have an "Adam's Apple". Sometimes in their sleep boys' bodies practise their sexual responses, which means they may ejaculate (produce some semen) whilst asleep.

Girls start to produce eggs (their half of the baby-making), their hips widen (so they could carry a pregnancy in future) and their breasts develop (so they could produce milk for a future baby). Girls get hair in new places too. If the egg isn't fertilised (by a sperm to make an embryo – a baby) the girl's body gets rid of it each month when a girl has her period – the egg and a special lining made of blood were ready for an embryo to protect it, if not needed they leave the body from the vagina. A period happens every month and lasts for a few days. Girls need to keep themselves clean when on their period and can use pads or tampons to deal with the menstrual blood (menstruation is the proper name for having your periods).

During puberty (and afterwards) boys and girls (and men and women) might find they sweat more and so need to keep hygienic and smelling nice – so use deodorant and wash often. The number of hormones (chemicals) going around your body in puberty means that you might get more spots (sometimes called acne) and greasier hair than you used to.



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