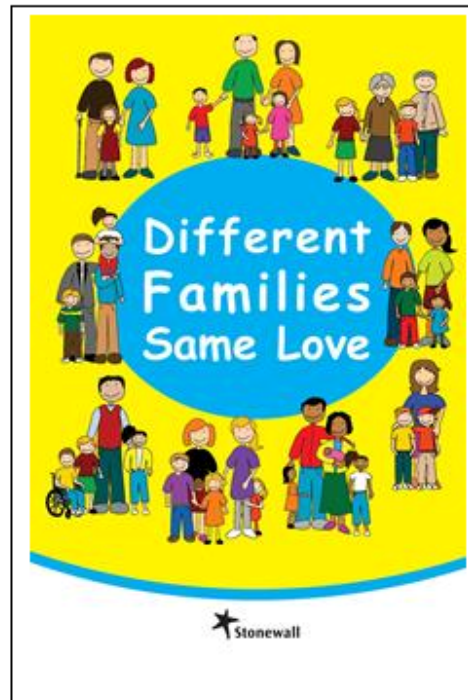


- Caring Friendships
- Being Kind
- Families

Key Vocabulary

Friend	Someone you know well and like a lot.
Kindness	Being friendly, <u>generous</u> and considerate.
Happy	Feeling pleased, <u>glad</u> or delighted.
Sad	Feeling unhappy.
Lonely	Feeling sad as you have no friend/company.
Sorry	Feeling regret and apologising for something you have done.
Angry	Feeling strong annoyance.
Family	People who are closely related to you.
Mum	A mother.
Dad	A father.
Brother	A boy who has the same parent(s) as you.
Sister	A girl who has the same parent(s) as you.
Grandma	A Grandmother.
Grandad	A Grandfather.
Step Mum	A woman who is married to someone's dad and <u>isn't</u> their mum.
<u>Step Dad</u>	A man who is married to someone's mum and <u>isn't</u> their dad.
Foster Mum	A woman who takes the place of a mother in raising a child.
Foster Dad	A man who takes the place of a father in raising a child.



Key Knowledge

Friends are really important to us. They can make us feel happy, help us have fun and make us smile.

We can make new friends feel welcome by...

- Smiling at them
- Saying hello
- Asking if they want to join a game
- Telling them our name and ask what their name is
- Asking if there is a game they like to play

Sometimes we argue with friends if we feel differently to them or want the same thing. It can make us feel angry, sad, lonely and upset. Making friends again and saying sorry is very important and can make you even better friends. Making friends can make you feel happy again.

If we argue with friends and if we get angry it is very important not to be violent and hurt them.

Families should make us feel happy and safe. They should provide love and support. Families can be different in lots of different ways.

Families can include: Mums, Dads, Brothers, Sisters, Grandparents, Aunties, Uncles, Cousins, Stepmums, Stepdads, Foster Mum, Foster Dad etc.

Everyone in a family can do things to help each other. We can help each other by washing, dressing, cleaning, eating/preparing meals, playing/reading. Helping each other makes us feel good.

- Different Friends
- Growing and Changing
- Families and Care

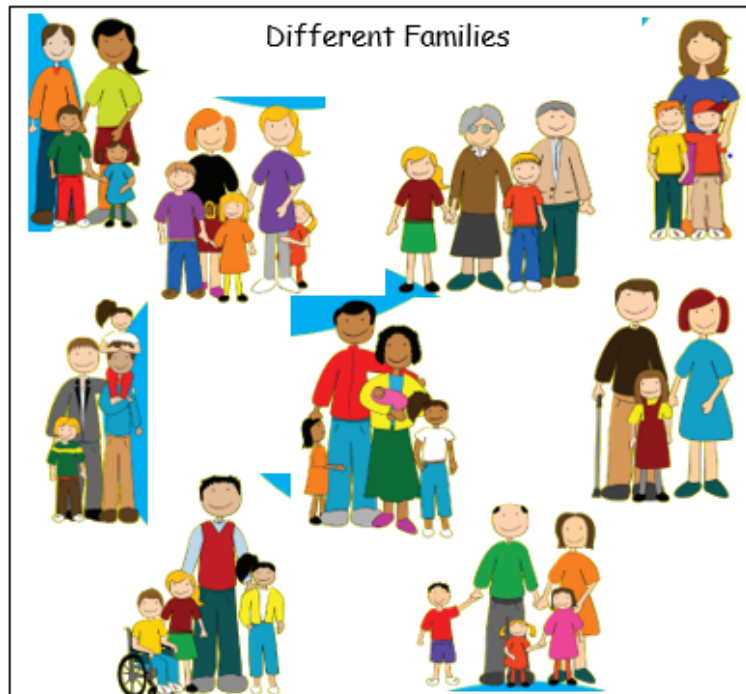
Key Vocabulary

Different	Not the same.
Similar	Shares some of the same things.
Friend	Someone you know well and like a lot.
Family	People who are closely related to you.
Male	A man or a boy.
Female	A woman or a girl.
Private parts	Body parts that are private to you.
Penis	A male private part.
Vulva	A female private part.
Baby	A very young child who cannot walk/talk.
Toddler	A young child who is just beginning to walk.
Child	A young person.
Teenager	A person aged between 13-19
Adult	A person who is fully grown/developed.
Elder	A senior adult.

Human Lifecycle



Different Families



Key Knowledge

Differences	Religion
Hair colour	Beliefs
Eye colour	Clothes
Skin colour	Language
Personality	Friends
Likes/Dislikes	Families
Hobbies	

Everyone is different. We should respect each other's differences. We can still be friends with people who are different to us.

Every family is different and has different family members.

Families should provide love and support. They should make us feel happy and safe.

Who can help us if our families don't make us feel safe?

- Other family members (parents, step-parents, grandparents, aunts, uncles, cousins, brothers, sisters etc)
- Friends
- Teachers and teaching assistants
- Midday supervisors
- Club teachers (football, gymnastics, swimming etc)

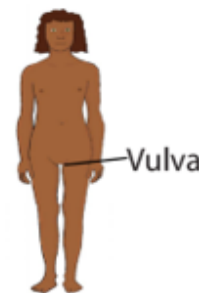
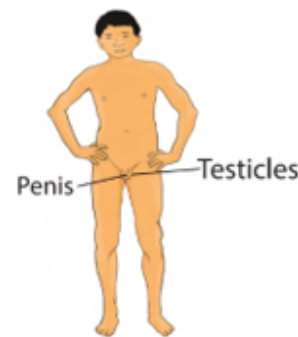
Older children can do more for themselves than babies. Babies need more care and support. Babies need someone to wash them, feed them, change them, hold them etc whereas older children can do most of this by themselves and need less support.

Human Lifecycle
Baby - Toddler - Child - Teenager - Adult - Elder

- Differences
- Male and Female Animals
- Naming Body Parts



Male and Female body parts



Key Vocabulary

Different	Not the same.
Similar	Shares some of the same things.
Sex	The sex of a person or animal is based on whether they have male or female private parts.
Stereotypes	To have a set idea about what a particular type of person is, especially an idea that is wrong.
Unique	Being the only one of its kind; unlike anything else.
Teats	A teat is a pointed part on the body of a female animal which her babies suck <u>in order</u> to get milk.
Udders	The organ that hangs below some animal's bodies that produce milk.
Male	A man or a boy.
Female	A woman or a girl.
Private parts	Body parts that are private to you.
Penis	A male private part.
Testicles	A male private part.
Vulva	A female private part.
Vagina	A female private part inside the body.



Key Knowledge

Differences can include...

Hair colour	Religion
Eye colour	Beliefs
Skin colour	Clothes
Personality	Language
Likes/Dislikes	Friends
Hobbies	Families

Male and females have different private parts.

Some people have fixed ideas (stereotypes) about differences between boys and girls e.g. some people think that girls should like pink and play with dolls.

Girls and boys can dress however they would like, like whatever they want, wear whatever they want, be whoever they would like to be and play with whatever they like.

We can tell the difference between boy and girl babies by their different private parts.

For some animals it is very clear which one is male. A male peacock has a colourful fan of feathers. A male lion has a mane.

As with humans, male and female animals also have different private parts and this is another way we can tell them apart.

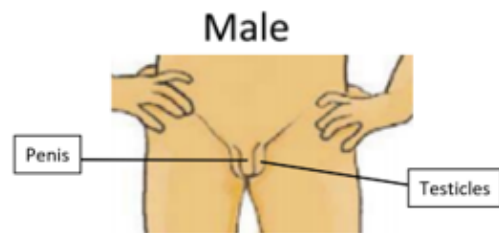
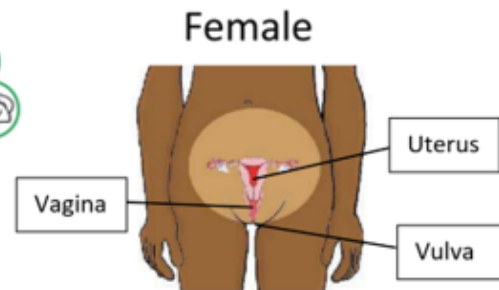
Female animals usually feed their babies.

Teats and udders are only found on female animals so that the female can feed her babies. Teats are the part of the body that milk comes out of.

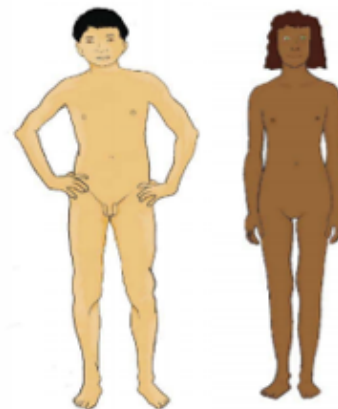
With humans and most animals, we need a male and a female to make a baby.

Human bodies are all unique. Not all male and female bodies look the same.

- Body Differences
- Personal Space
- Help and Support



Male Female



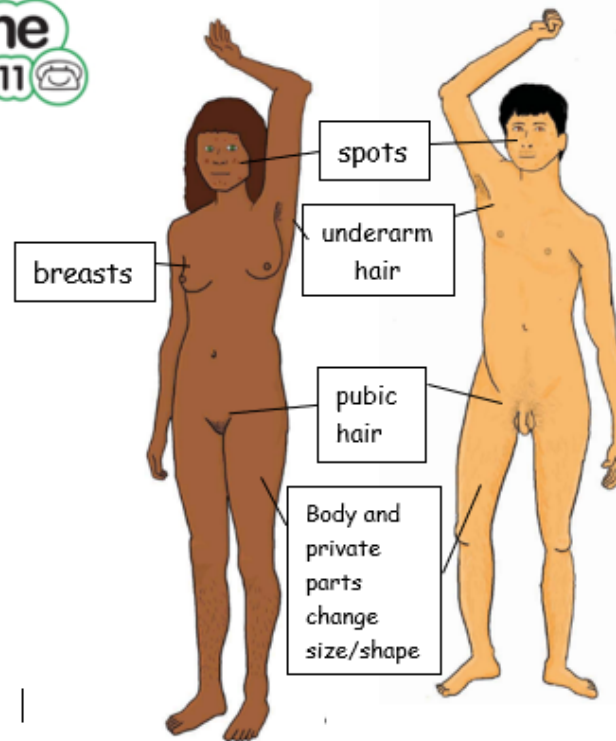
Key Vocabulary

Unique	Being the only one of its kind; unlike anything else.
Personal space	The close area around a person. Getting in someone's personal space can make them feel uncomfortable.
Physical contact	The act of touching someone.
Consent	Giving permission for something to happen.
Stereotypes	To have a set idea about what a particular type of person is, especially an idea that is wrong.
Gender roles	Being expected to act, speak, dress a certain way based on our sex. This can be a negative thing.
Different	Not the same.
Similar	Shares some of the same things.
Male	A man or a boy.
Female	A woman or a girl.
Private parts	Body parts that are private to you.
Penis	A male private part.
Testicles	A male private part.
Vulva	The outer part of a female's private part.
Vagina	A female private part inside the body.
Uterus	The female private part where a baby can grow.
Fostering	When a person or family bring up or take care of a baby or child that <u>isn't</u> their own.
Adoption	When a person or family become a legal parent of a child that <u>isn't</u> their own.
Relationship	A close connection between two people.

Key Knowledge

Our bodies do amazing <u>things</u> and they are something to be proud of.
Everyone's bodies are different.
It is never ok to bully or tease someone because their body is different.
Some body differences are linked to a person's biological sex. These different body parts are sometimes described as male and female body parts.
The main body differences between males and females are their different private parts.
The vagina is inside a female's body and leads up to the uterus, which is the part of the body where a baby grows. The vulva is the outer part of a female's private part.
The penis and testicles are the male's private parts.
A male and female are needed <u>in order</u> to make a new life.
Your body belongs to you. It is not ok to touch someone in a way that makes them feel uncomfortable.
<u>It's</u> ok to change your mind about how you would like to be touched. <u>It's</u> ok to tell someone to stop touching you. Tell a trusted grown up if someone is touching you in a way you <u>don't</u> like.
Our family are special people, including carers and friends who are close to us and who we think are important.
Every family is different and has different family members. Every family is equally special.
If you need help you could talk to parents, grandparents, teachers, teaching assistants, friends, headteacher, midday supervisors etc or a support line such as Childline.

- Changes
- What is Puberty?
- Healthy Relationships



Key Vocabulary

Puberty	Changes that happen to the body around the ages of 8-16.
Lifecycle	The series of changes in life including reproduction.
Teenager	A person between 13 and 19 years old.
Adult	A person who is fully grown/developed.
Changes	Our emotions and bodies becoming different.
Feelings	An emotional state or reaction.
Bodies	The physical part of a human/animal.
Male	A man or a boy. Produces sperm.
Female	A woman or a girl. <u>Typically</u> capable of bearing young or producing eggs.
Private parts	Body parts that are private to you.
Physical changes	Changes that happen to the body during puberty.
Reproduction	The process of producing offspring (babies).
Reproduce	An organism producing offspring.
Penis	A male private part.
Testicles	A male private part.
Vulva	The outer part of a female's private part.
Vagina	A female private part inside the body.
Uterus	The female private part where a baby can grow.
Responsibility	Having a duty or job to deal with something or <u>be in charge of</u> something.

Key Vocabulary

Breasts	The 2 enlarged soft parts on a female's chest that contain a gland that produces milk if she has a baby.
Sperm	A cell that is produced in the sex organs of a male. It can fertilise an egg.
Egg	A cell that is produced in a female body. When fertilised by sperm, a baby develops.
Pubic hair	The hair that develops around lower private parts during puberty.
Emotional	During puberty, intense emotions or 'mood swings' can be felt due to hormones.

Key Knowledge

A lifecycle is the stages of life, including reproduction that a living thing goes through. Baby > toddler > child > teenager > adult > elder. Humans usually reproduce in the adult stage.

Everyone grows and changes at different times. In the 'teenager' stage a person experiences a lot of changes as they develop from a child to an adult.

Puberty is a time when a child gradually grows and develops into a young adult and both their bodies and feelings change a great deal. Puberty can start at any time between the ages of 8 and 16 and the changes happen gradually over a number of years.

During puberty, people develop body hair. This includes hair around private parts, underarms and males get facial hair. It is common to get spots. People's bodies and private parts change in size and shape. Women develop breasts. People might experience intense feelings or 'mood swings'

Males and females need their different private parts so that when they are adults they can have a baby if they choose to.

During puberty, males produce sperm and females produce a special kind of egg. A sperm and egg are needed to make a baby. If adults decide to have a baby, the egg and the sperm usually join together inside the woman's body.

Exciting parts of puberty include being given more responsibility, staying out later, getting taller, choosing what kinds of clothes/make up to wear.

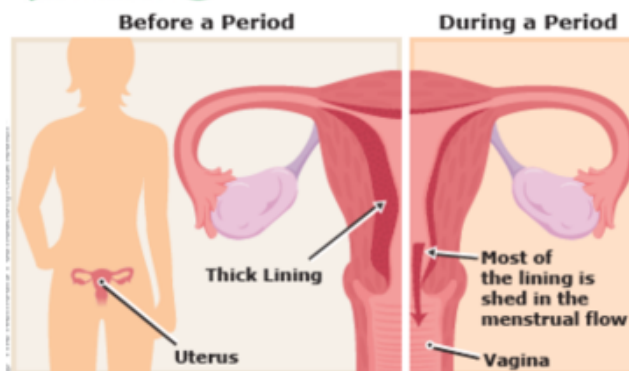
Positive/healthy relationships/friendships involve lots of things including trust, sense of humour and kindness. These are important for both children's and adult's relationships.

People who you can talk to or ask for help include family, friends, teachers, teaching assistants or you can call Childline on 0800 1111.

Key Vocabulary

Puberty	Changes that happen to the body around the ages of 8-16.
Physical changes	Changes that happen to the body during puberty.
Emotional changes	During puberty, intense emotions or 'mood swings' can be felt.
Male	A man or a boy. Produces sperm.
Female	A woman or a girl. <u>Typically</u> capable of bearing young or producing eggs.
Hormones	Special chemicals your body makes to help it do things like grow up!
Ovaries	Female reproductive organs that produce eggs.
Uterus	The female private part where a baby can grow.
Vagina	A female private part inside the body.
Penis	A male private part.
Testicles	A male private part.
Eggs	A cell that is produced in a female body. When fertilised by sperm, a baby develops.
Sperm	A cell that is produced in the sex organs of a male. It can fertilise an egg.
Reproductive organs	The organs involved with producing offspring (a baby).
Moods	The way you feel at a certain time.
Menstruation /Periods	The process of blood leaving a female's body through the vagina.
Tampons	A plug of soft material inserted into the vagina to absorb menstrual blood.
Sanitary towels	An absorbent pad worn by women to absorb menstrual blood.
Pubic hair	The hair that develops around lower private parts during puberty.
Facial hair	The hair that develops on a male's face during puberty.

- Talking about Puberty
- The Reproductive System
- Help and Support
- Additional - Respect and Equality



Key Vocabulary

Underarm hair	The hair that develops in your armpit during puberty.
Wet dreams	When semen comes out of a penis when a male is asleep.
Semen	A thick, whitish liquid containing sperm that is produced by male reproductive organs.
Erection	When a body part (such as a penis) becomes firm and swollen because of sexual feelings.
Sweat	Moisture coming from pores in the skin. People sweat more during/after puberty.
Breasts	The 2 enlarged soft parts on a female's chest that contain a gland that produces milk if she has a baby.
Spots	Spots are white, <u>black</u> or red bumps on your skin. 80% of teenagers get spots.

Key Knowledge

Puberty is when a child gradually grows and develops into a young adult and both their bodies and feelings change.

Puberty occurs sometime between the ages of 8 and 16. Each person will start puberty at a slightly different time and will develop in their own way - it's important to respect these differences. Puberty changes are a normal part of growing up. Many changes happen to everyone, some only happen to females; some only happen to males. The whole process of change can take a few years.

Some changes include... private parts growing/developing, mood changes, the body sweats more and can smell, body hair grows, spots, voice deepens (boys), wet dreams (boys), erections (boys), testicles drop (boys), periods start (girls). The female starts to produce eggs in the ovaries and the male starts to produce sperm in the testicles

Menstruation A period is a release of blood from a girl's uterus, out through her vagina. This happens because the lining of the uterus builds up. The built-up lining is ready for a fertilised egg to attach to and start developing. If there is no fertilised egg, the lining breaks down and bleeds. Most girls get their first period when they're around 12. But getting it any time between age 10 and 15 is OK. Every girl's body has its own schedule. Just before, and during a period, women can feel physical pain and discomfort. They can also feel tense or moody.

Soap and menstrual products are essential. We can choose whether to use make up or hair products.

Strong feelings and emotions are a normal part of growing up.

It is never okay to tease or bully other children about how their body looks or changes during puberty.

People who you can talk to or ask for help include family, friends, teachers, teaching assistants or you can call Childline on 0800 1111.

The next Knowledge Organiser shows some of the knowledge from the Year 6 Health and Relationships Curriculum. You **cannot** withdraw your child from this.

Key Vocabulary

Puberty	Changes that happen to the body around the ages of 8-16.
Changes	Our emotions and bodies becoming different.
Male	A man or a boy. Produces sperm.
Female	A woman or a girl. Typically capable of bearing young or producing eggs.
Reproduction	The process of producing offspring (babies).
Reproductive parts	The parts/organs involved with producing offspring (a baby).
Permission	Giving consent or allowing someone to do something.
Touch	Physical contact.
Womb	The part inside a female's body where a baby grows.
Eggs	A cell that is produced in a female body. When fertilised by sperm, a baby develops.
Sperm	A cell that is produced in the sex organs of a male. It can fertilise an egg.
Conception	The process of an egg and sperm joining and causing a baby to start to form.
Fertilisation	When a sperm cell joins an egg cell during reproduction.
Pregnancy	The time when a female grows a baby (being pregnant).
Marriage	The legal union between 2 people.
Twins	Two children or animals born at the same time.
IVF	A medical procedure where an egg is fertilised by sperm outside the body.
Sperm donor	A male who donates his sperm. The sperm is usually to help a female get pregnant.

- Puberty
- Communication in Relationships
- Families
- Online Relationships



Safe - Stay Safe by never giving your personal information out to strangers

Meeting - Meeting someone after you have only met them online is very dangerous

Accepting - Never accept friend requests or open emails from people you do not know

Reliable - Only trust information from reliable sources, it's easy for people to lie online

Tell - Tell a parent, teacher or trusted adults if you find something online that makes you uncomfortable

Key Vocabulary

Fostering	Someone bringing up a child that is not their own.
Adoption	Someone bringing up a child that is not their own. The adult becomes their legal parent.
Relationship	A close connection between 2 people.
Friendship	A relationship between friends.
Love	An intense feeling of deep affection.
Consent	Giving permission for something to happen.
Intimacy	Closeness between people in relationships.
Communication	Talking and being open about your thoughts and feelings.
Personal/private information	Information about you. You should not share personal information if you don't want to.
Internet safety	Being safe on the internet.

Key Knowledge

Some changes during puberty include... private parts growing/developing, mood changes, body sweats more and can smell, body hair grows, spots, voice deepens (boys), wet dreams (boys), erections (boys), testicles drop (boys), periods start (girls). The female starts to produce eggs in the ovaries and the male starts to produce sperm in the testicles

Some qualities of a good friendship include respect, trust, kindness, humour, equality and clear communication.

Some teenagers might start dating or going out. They might have emotional connections.

Signs of an unhealthy relationship: pressuring someone to do things they don't want to do, one person controlling or making all the decisions, bullying, teasing all of the time or not talking.

Communication is particularly important when touch is part of a relationship. It's ok to change your mind about how you would like to be touched. It's ok to tell someone to stop touching you. Tell a trusted grown up if someone is touching you in a way you don't like.

There are a lot of important decisions a couple has to make before starting a family e.g. space, money, time. People choose to have a baby at different times. It's ok to not want to have a baby.

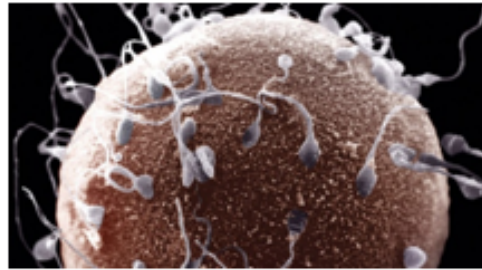
Do not share any private information online. People do not always tell the truth online. If you receive a nasty message online don't reply to the message. Instead save or print the message so that you have a record of it, block the number or user from your phone or site and tell your parent, carer or a trusted adult.

People who you can talk to or ask for help include family, friends, teachers, teaching assistants or you can call Childline on 0800 1111.

The next Knowledge Organiser shows some of the knowledge from the Year 6 Sex Education Curriculum. You **can** withdraw your child from this.

Key Vocabulary

Sexual intercourse	When the penis enters the vagina.
Sex	Performing in any kind of sexual activity. Exploring your own or someone else's body. Any gender can be involved.
Consent	Giving permission for something to happen/allowing something to happen.
Permission	Giving consent or allowing someone to do something.
Touch	Physical contact.
Love	An intense feeling of deep affection.
Relationship	A close connection between 2 people.
Intimacy	Closeness between people in relationships.



CONSENT

ChildLine
0800 1111



Key Knowledge

An adult couple should agree/consent to have sex and it should not be painful for either of them. If one wants to stop at any point, the other person **MUST** respect that and stop. There should always be trust between the adults.

Good communication is so important. The couple should talk about what they would like and what they would not like.

16 years old is the legal age to have sex.

People have sex because it feels good or is enjoyable or to make a baby.

During sexual intercourse, a man might ejaculate inside a female. The semen that they ejaculate contains sperm. When a sperm cell meets an egg cell, a baby might start to develop.

Once a female has started having periods they can get pregnant. A female can also get pregnant just before starting their period during puberty.

To prevent a baby, a male could wear a condom to stop the sperm cells entering the female. A female also has different contraception options to prevent her from becoming pregnant.

People who you can talk to or ask for help include family, friends, teachers, teaching assistants or you can call Childline on 0800 1111.