

RSE
**Relationship and Sex
Education**

Summer 2



Year 5

Healthy relationships

Lesson Outlines

Discussion Questions

What happens during puberty?

What does gender stereotyping mean? What is an example of this?

Is puberty the same experience for everyone?

Reading Materials

- *How did I begin? Nick Manning and Brita Granstrom*
- *Let's talk about where babies come from, Robie H. Harris*
 - *Kids, poem by Spike Milligan*
 - *I luv me mudder, poem by Benjamin Zephaniah*

LESSON ONE

Pupils learn about the changes that occur during puberty

Pupils • can identify the physical, emotional and behavioural changes that occur during puberty for both males and females • understand that puberty is individual and can occur any time between 8-17 • understand that body changes at puberty are a preparation for sexual maturity

LESSON TWO

Pupils learn to consider different attitudes and values around gender stereotyping and sexuality and consider their origin and impact

Pupils • understand how our attitudes and values about gender and sexuality may be affected by factors such as religion and culture • can recognise and challenge gender stereotypes • understand how media messages affect attitudes, can cause inequality of opportunity and affect behaviour

LESSON THREE

Pupils learn about roles and responsibilities of carers and parents

Pupils • can identify some of skills and qualities needed to be parent and carer • understand the variety of ways in which parents and carers meet the needs of babies and children • can recognise that both men and women can take on these roles and responsibilities