



SEX EDUCATION for Primary School - year 6



School Nursing
Buckinghamshire Healthcare NHS Trust

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An example of resource slides available to use for delivering this topic in Primary Schools - Sex Education in Year 5 and 6.

Ground Rules

- Everyone has the right to share
- No question is a silly question
- When someone is talking, everyone is quiet and listens
- Try to use the proper names for parts of the body
- The information is for you

It should not be discussed with younger children

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Resources for teachers

- The classroom materials shared in this power point are suitable for use when delivering to year 6 pupils
- Please feel free to use these resources and select the slides/video clips that are suitable for your own pupils

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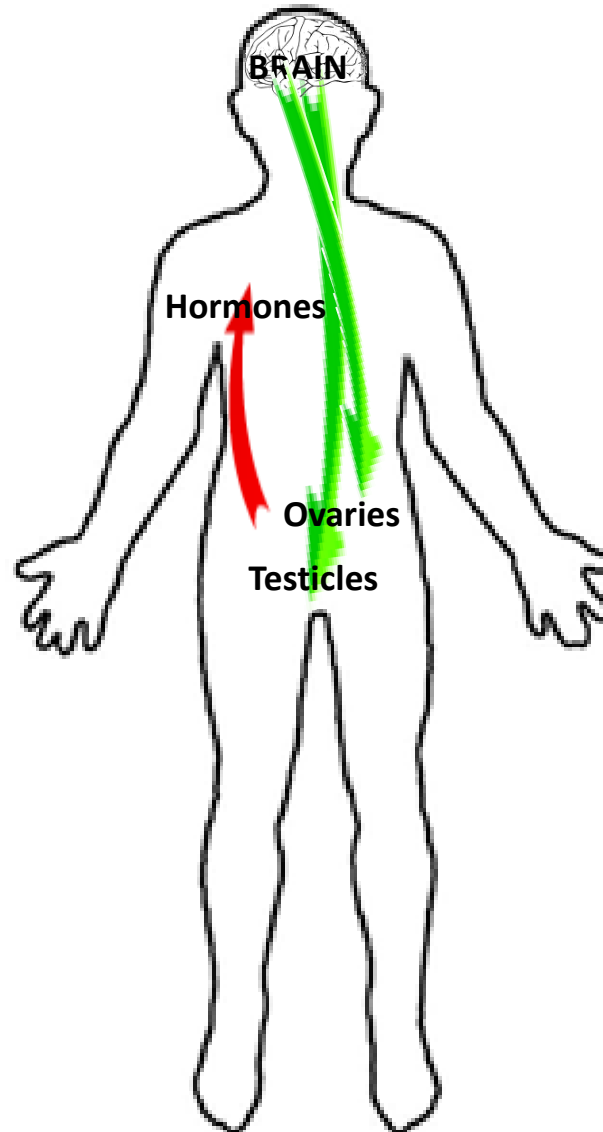
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Learning Outcomes:

Pupils:

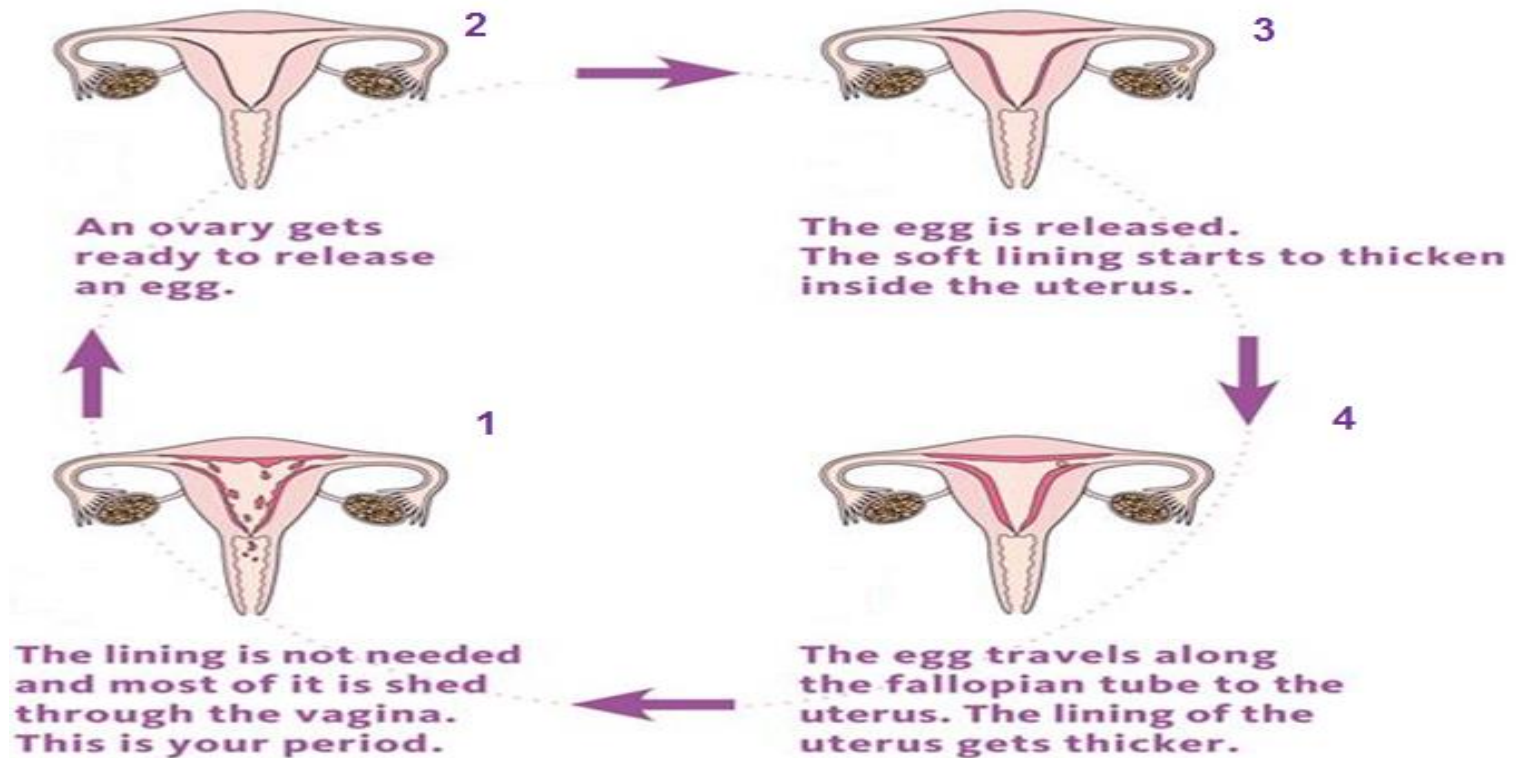
- recap on puberty
- learn how a baby is made and grows (conception and pregnancy) and birth
- know the key male and female body parts associated with conception and pregnancy
- can define conception and understand the importance of implantation in the womb
- know what pregnancy is, where it occurs and how long it takes

Recap on puberty



The changes in your body during puberty all start with the brain and are caused by chemical substances called hormones

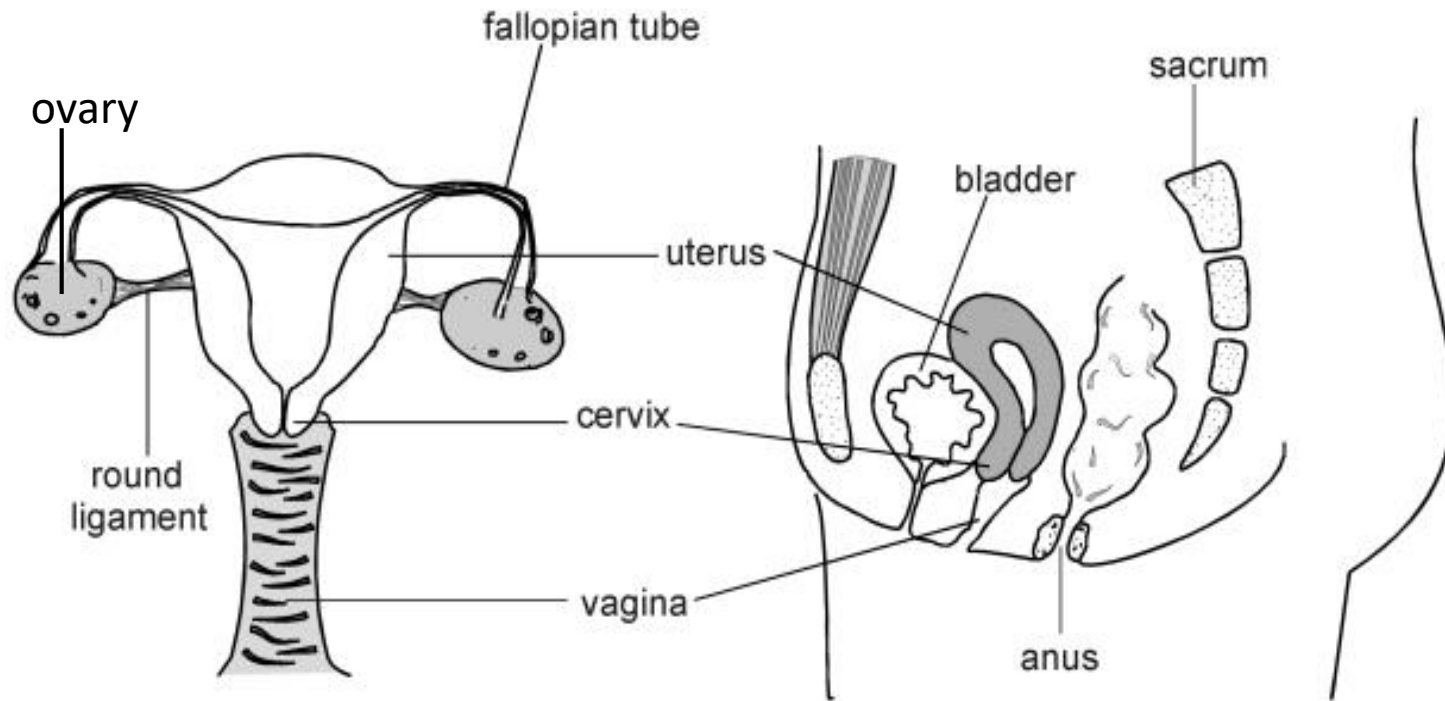
The menstrual cycle



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Female reproductive system (diagram 1)

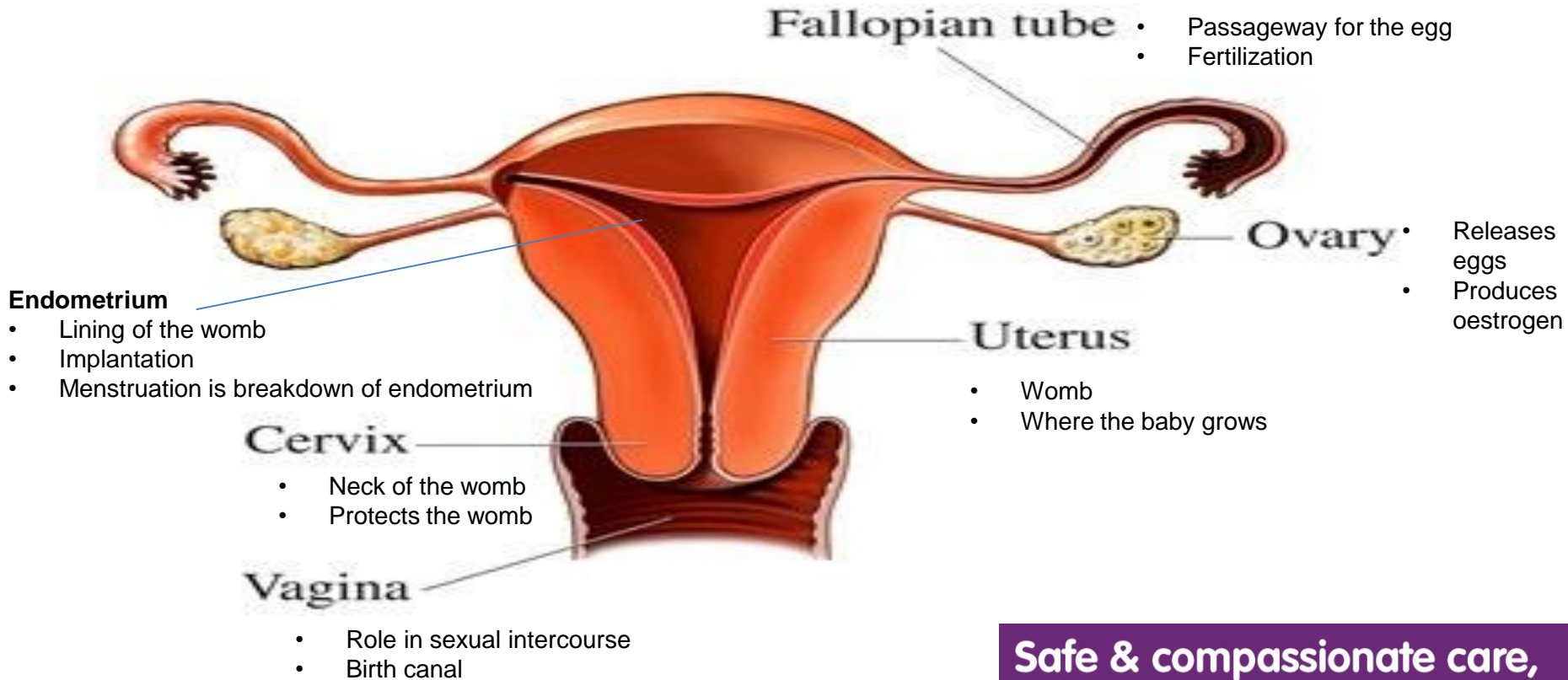


FEMALE REPRODUCTIVE SYSTEM

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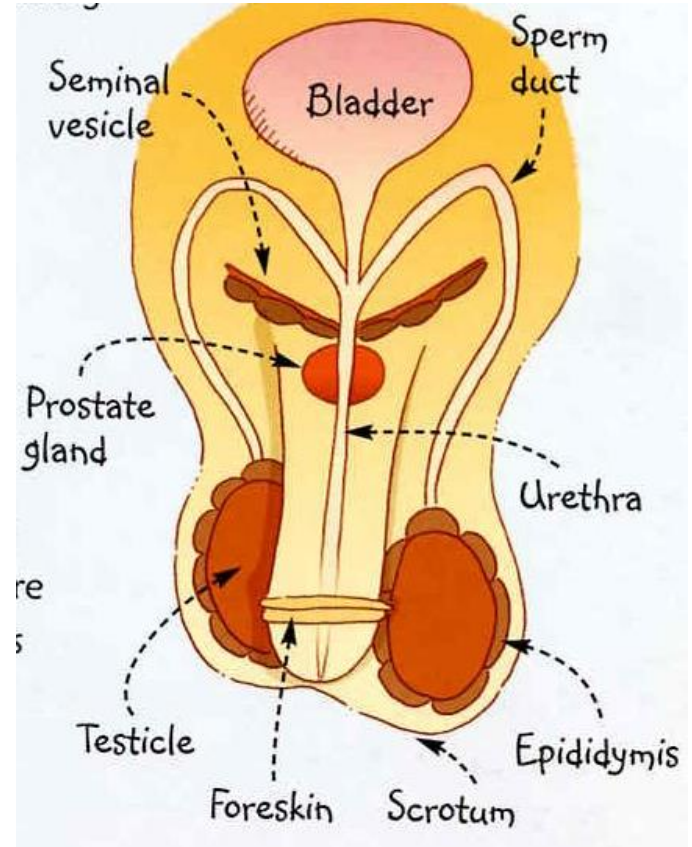
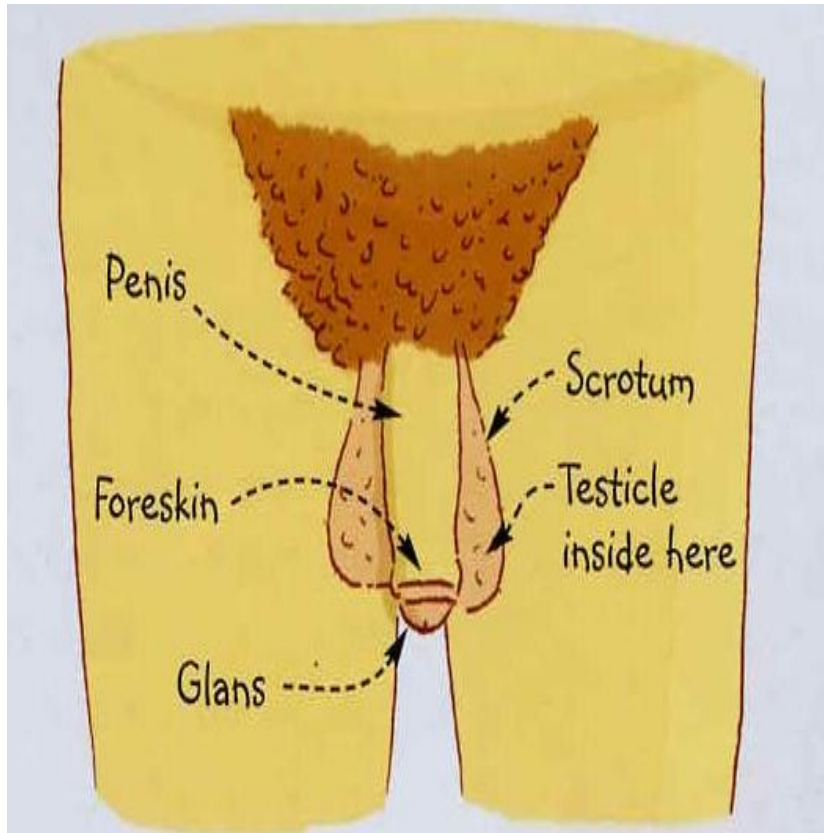
Female reproductive system – (diagram 2)



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Male Reproductive System



Whole class activity

‘Body Parts Corners’:

- Labels are pinned in each corner of the classroom: male, female, both, unsure.
- Pupils are given names of body parts one by one.
- Pupils decide whether it is something males, females or both have or are unsure and move to the corresponding label
- **Choose words** from: pubic hair, nipples, elbows, breasts, penis, scrotum, vulva, vagina, clitoris, cervix, ovaries, testicles, foreskin, anus, urethra, fallopian tube, womb, bladder.
- Ask the pupils to tell you what these parts of the body do, or if they know any colloquial terms that will help others understand what we are talking about

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Learn the NSPCCs 'Learn the underwear rule' – Talk Pants

Under wear rule – Talk pants

<https://www.nspcc.org.uk>



Changing relationships



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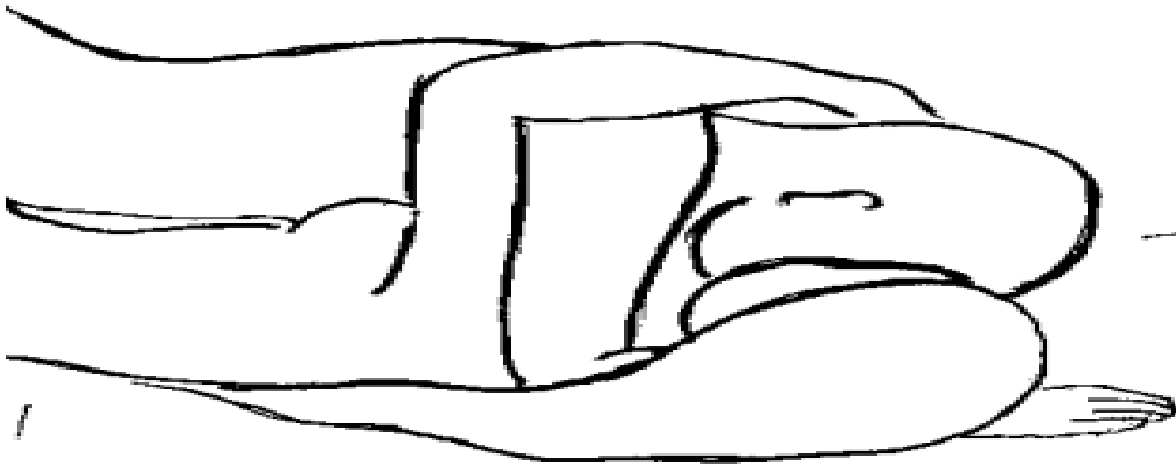
What is sex?

Sex is one of the ways in which two grown up people can show that they love each other (making love).

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Making love



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Fertilization

If one sperm does make its way into the fallopian tube and burrows into the egg, it fertilizes the egg. The egg changes so that no other sperm can get in. At the instant of fertilization, the baby's genes and sex are set. If the sperm has a Y chromosome, the baby will be a boy. If it has an X chromosome, the baby will be a girl.

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Conception

The process of becoming pregnant after having sex is called conception.

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Where do babies grow?



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Pregnancy



stages of fetal development over 38 weeks, from embryo to full-term.
Image: © Dragana Gerasimoski | Shutterstock

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Pregnancy and baby development in the three trimesters

- First trimester 0- 3 months (0-12 weeks)
- Second trimester 3-6 months (13 -28 weeks)
- Third trimester 6-9 months (29 - 40 weeks)
- Birth of a baby

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First trimester 0- 3 months (0-12 weeks)

- The embryo is now called a foetus
- The face is slowly forming. The eyes are now more obvious and have some colour in them
- There are the beginnings of the arms and legs forming and the major organs are developing



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Second trimester 3-6 months (13 -28 weeks)

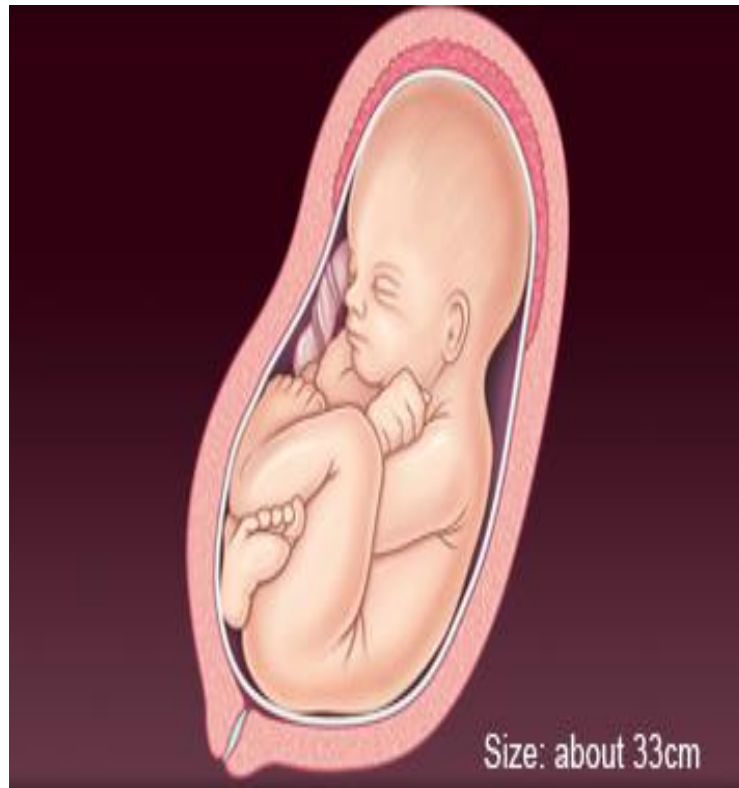
- The baby is now growing quickly, the body grows bigger so that the head & body are in proportion.
- The face begins to look human & the hair is beginning to grow as well as eyebrows & lashes.
- The eyelids stay closed over the eyes.



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Third trimester 6-9 months (29-40 weeks)



The baby is growing plumper, and will continue to grow until he/she is fully developed and ready to be born

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Birth of a baby

How does the baby know when to be born?



After 9 months of warmth and safety in a mother's womb, the baby is ready to be born.

This is known as 'Labour'.

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Pregnancy and birth

Life in the womb (9 months in 4 minutes)

<https://youtu.be/K7kaw40pPYw>

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Evaluation

Can you tell me:

- two new things you have learnt today
- one thing you are still unsure about

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