

Year 1 and 2

Healthy Relationships Lessons

Lesson 1 Year 1: *Keeping clean.*

- Focus of the lesson. To understand some basic hygiene principles.

Know how to keep clean and look after themselves.

- Activities: Using a 'Story bag' with a selection of objects (sponge, toothbrush, soap, hairbrush, shirt, jumper) The Teacher displays the items and then tells a story of a child getting ready for the day. The children have to say what the child will need to do first, what they might use and also if they will be able to do this by themselves or if they might need some help. Children are encouraged to act out the elements of the story e.g. brushing their teeth.

Discussions children will have in their groups:

- Looking at the 'Keep clean pictures' and discussing what the object in the picture is and how it helps people keep clean. When it is used and would they need help to use it?

Keep clean pictures.



Keeping Clean Pictures



Keeping Clean Pictures



Keeping Clean Pictures



Lesson 2 Year 1: **Growing and changing.**

Focus of the lesson: To introduce the concept of growing and changing.

Know how people grow and change.

Understand that babies become children and then adults.

Know the differences between boy and girl babies.

Activities: The Teacher tells a story about a child going to visit the health centre with their mother to have their new baby weighed by the nurse. The children are asked why they think the baby needs to be weighed? The teacher explains that it is to check that the baby is growing.

The teacher then shows 'baby pictures' and asks the group to decide which baby they think is the sister. How do they know which picture is the baby boy and which is the baby girl? The teachers agrees that they have different body parts the teacher explains that these **parts are private** and tells the children the scientific names for these parts (penis/ vagina). The children may have different words/ names but it is important that they know the correct names for these parts.

Discussions children will have in their groups:

- Looking at 'Life cycle cards' and 'Lifecycle word cards' children to order the pictures from youngest to oldest and if they are able to, label the pictures.

Science Vocabulary: penis, vagina



Lifecycle Word Cards

Baby

Toddler

Child

Teenager

Adult

Elder

Lesson 3 Year 1: Families and care.

Focus of the lesson: To explore different types of families.

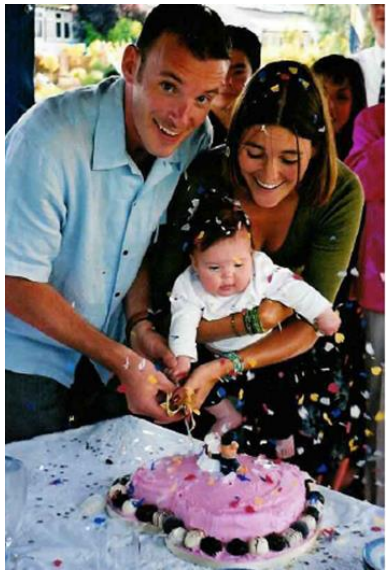
Know there are different types of families.

Know which people we can ask for help.

Activities: The Teacher tells a story about a child who gets hurt while playing by the gate, after school. There are children and teachers in the playground and parents and carers waiting on the pavement outside the school. *Who can the child go to for help? If there is someone he/she does not know waiting on the pavement should they ask them for help?* Encouraging the children to explain their ideas.

How does it feel to be cared for /looked after? How could the child's friends help? Teacher draws together all the information and reinforces that it is important to ask for help from **a trusted person**.

Discussions children will have in their groups: In groups the children look at the photographs of different families and discuss these. They think of as many different family members as possible. Ideas are gathered together and recorded for further discussion.



Pictures of Families



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Lesson 1 Year 2: Differences: Boys and Girls

Focus of the lesson:

To identify the differences between males and females.

Talk about how boys and girls can be the same and different.

Understand that some people have fixed ideas about what boys and girls can do.

Describe the difference between male and female babies.

Activities/ discussion:

1) The Teacher tells the children that they will be looking for things that are different and similar about boys and girls. Pupils will share their ideas. The teacher will make a Venn Diagram using two hoops and labels **BOY GIRL BOTH**, the children will then select a picture of clothing or toys and place in the section they think it belongs. When all the objects have been placed, the children will be asked to say what they think about the choices made. The teacher will explore any stereotypes – *only boys play football, does anyone know a boy with long hair?*

Children will then be asked if they would like to change any of their choices.



Activities/ discussion:

2)The teacher will write the words MALE FEMALE on the board, the children will then look at **clothed pictures of babies** and decide whether they are a boy or a girl. How do they know? Reinforcing that we cannot tell if they are a boy or a girl just by what they are wearing. So how would a doctor or midwife know if the baby was a boy or a girl? Pupils to share their ideas. Teacher explains that these body parts are private and tells the children the correct name of these body parts.



Clothed Babies picture card



Clothed Babies picture card



Clothed Babies picture card



Clothed Babies picture card



Science Vocabulary: male, female, penis, vagina

Lesson 2 Year 2: Differences: Male and Female

Focus of the lesson: To explore some of the differences between males and females and to understand that this is part of the lifecycle.

Describe some differences between male and female animals.

Describe some differences between boys and girls.

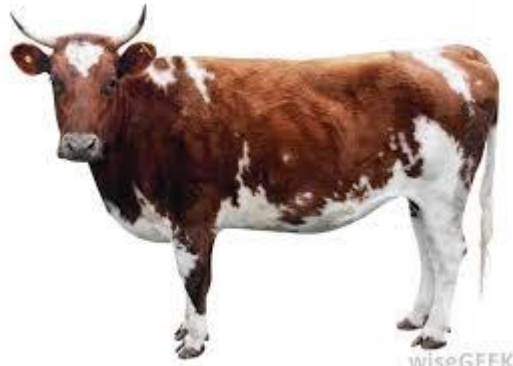
Understand that making a new life needs a male and a female.

Activities/ discussion: Linked to previous work in science on animals, discuss differences between male and female animals- lions, peacocks, sheep, cows, cats etc. Explain that female mammals can feed their own young. Discuss if the children have ever seen animals feeding their young – kittens, cows. Tell the children that there needs to be both a male and female animal to make the baby.

Refer back to the previous lesson on differences between boys and girls – can they remember the words for the parts of the body – penis and vagina.

Children to draw a picture of a mother cat feeding her kittens and label the parts of the body.

Science Vocabulary: male, female ,teats, penis, vagina, kittens



wiseGEEK



Lesson 3 Year 2: Naming the body parts.

Focus of the lesson: Describe the physical differences between males and females.

Name the male and female body parts.

Activities/ discussion: The teacher will make a Venn Diagram using two hoops and labels MALE FEMALE BOTH. Using the 'body parts picture cards' the children can discuss where each belongs in the Venn diagram. Once completed the teacher will reinforce the fact that most body parts are the same for both males and females, only a few are different. Complete the body parts worksheet in pairs.

Science Vocabulary: male, female , penis, vagina, eyes, nose, arms, belly button, feet , nipples, testicles, ears, fingers, head, knees, tummy.



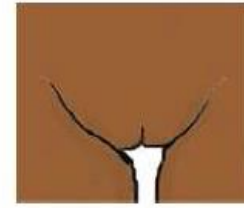
Eyes



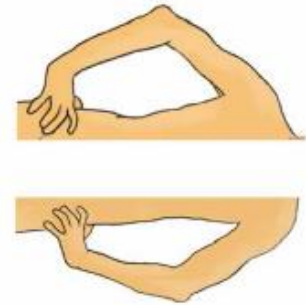
Nose



Tummy



Vagina



Arms



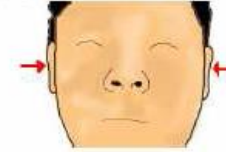
Belly Button



Testicles

Body Parts picture cards

Ears



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Nipples

Body Parts picture cards



Feet

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Fingers



Head



Penis

Body Parts picture cards



Knees

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Thank you for coming.

There are some resources for you to look at and I am around to answer any questions you may have.