

Year 3 and 4

Healthy Relationships Lessons

Lesson 1 Year 3: Differences between a male and female.

(Recapping what they were taught last year in Year 2)

Focus : Naming male and female body parts, using agreed words.

Science Vocabulary: male, female, penis & vagina

Questions children will discuss in pairs or groups:

Can you tell from looking at these pictures if the babies are male or female?

(Focus on clothed pictures first)

How might a doctor or midwife tell if a baby is male or female? (Look at unclothed pictures)



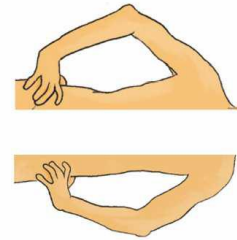
Body Part Picture Cards



Eyes



Nose



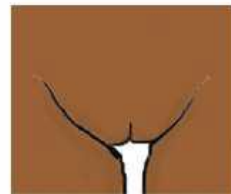
Arms



Belly Button



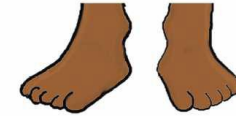
Tummy



Vagina



Nipples



Feet



Fingers



Head



Testicles

Ears

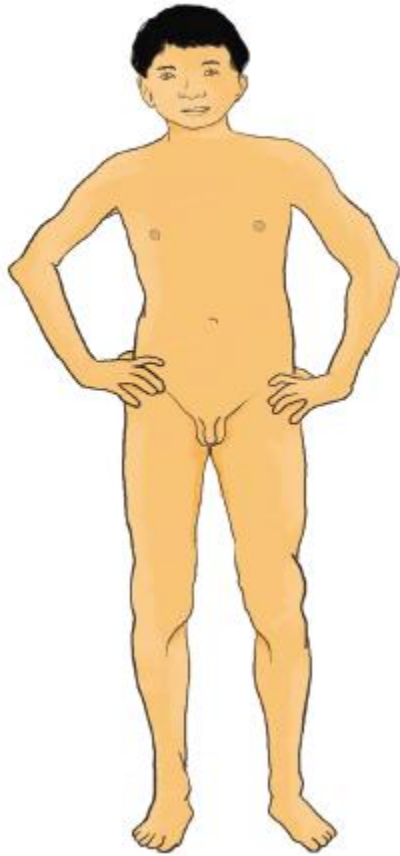


Penis



Knees

Male



Female



Lesson 2 Year 3: Personal space

Focus:

Understanding personal space and knowing about different types of contact that people like and do not like.

Discussions children will have in their groups:

- Think of as many ways of touching as you can (push, hug, scratch etc.)
- Which touches do you like/do not like?
- Does it make a difference who is touching and why? (e.g. hugged by certain people or everyone?)

Role-Play:

- Acting out scenarios where personal space is invaded e.g. standing too close during a conversation.

Agony Aunts and Uncles:

Made up problem pages and advice e.g. tell an adult you trust, ask person to stop...

During the lesson, emphasis will be on:

- ❖ Everyone is different.
- ❖ Everyone has a right to say what is okay and what is not okay.

Dear Problem Page,

A boy at my school keeps pushing me over in the playground, he thinks that it is really funny but I don't. I told him to stop but he won't and he says if I tell someone I will be in trouble. What can I do?

J aged 8

Dear Problem Page,

My 15 year old cousin babysat for me and my sister the other day. He is really nice and he let us watch what we wanted on TV. When we were watching the telly he kept stroking my hair and I really didn't like it, it didn't feel right. I didn't know what to do and I don't want him to babysit again. What should I do?

Lesson 3 Year 3: Exploring different types of families

Focus: Exploring different types of families and who to go to for support.

Discussion

What does the word family mean?

What makes a family?

Do families always live together?

Are people always born into families?

Do people always live with parents or other relatives?

Are people in families always married?

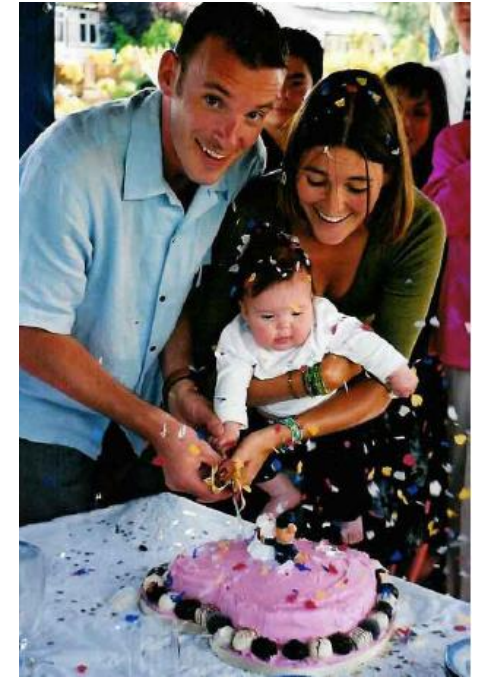
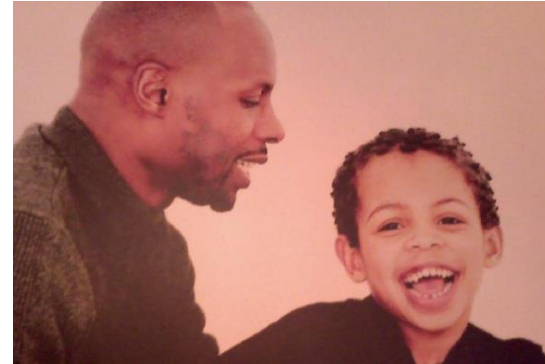
Emphasis will be on:

Families are different, but equally valid.

Who could you talk to for help and support?

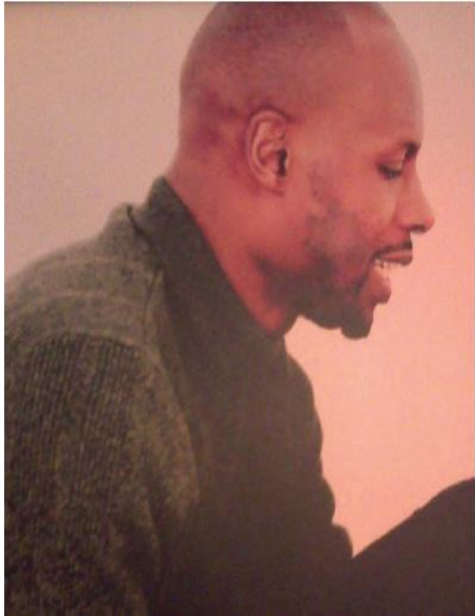
The DfE states that pupils should know that:

"Stable, caring relationships, which may be of different types, are at the heart of happy families."



Year 4

Lesson 1 Year 4: To explore the human life cycle, describe the main changes of the life cycle and the body changes that occur when a child grows up.



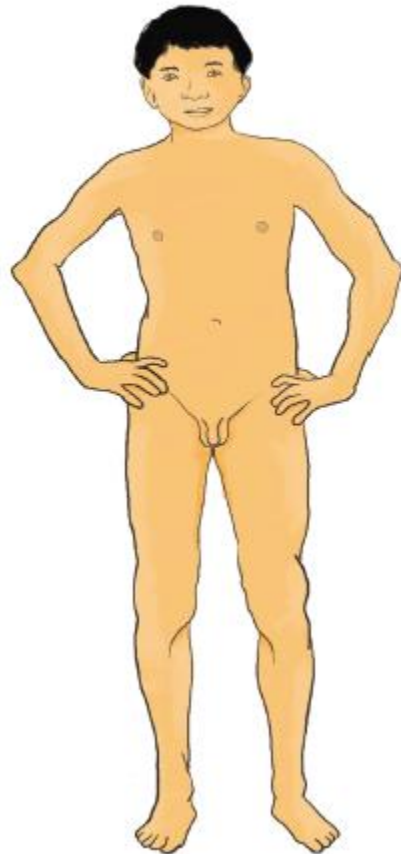
Scientific vocab

- Lifecycle
- Growing
- Changing
- development

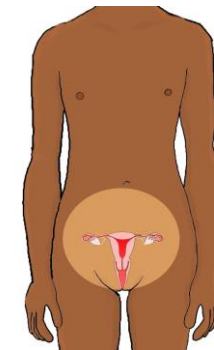


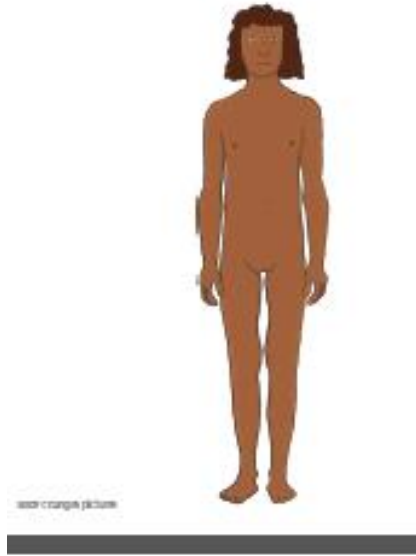
Lesson 2 Year 4: To identify some basic facts about puberty; discuss males and female body parts using agreed words; know some of the basic changes that happen during puberty.

Male



Female





Scientific Vocab

- Penis
- Vagina
- Pubic hair
- Testicles
- Womb
- Puberty
- It is a special time

Lesson 3 Year 4: Explore how puberty is linked to reproduction; know about the physical and emotional changes that happen in puberty. Understand that children change into adults so that they are able to reproduce.

Body Changes			
Changes that happen in puberty...	Male	Female	Both
Grows taller			
Has hair under the arms			
Develops pubic hair			
Grows hair on the face			
Private parts grow bigger			
Breasts grow			
Hair on legs			
Periods start			
Voice gets deeper			
Has mood swings			
Might think about having a boyfriend/girlfriend			

Scientific Vocab

- Physical changes
- Emotional changes

- Activity:

- List the changes: this is to help children understand the common aspects that both male and females experience
- Thinking about the positives about getting older: i.e. putting make up on, getting taller, staying up later etc.