

# Year 5 Relationships & Sex

Body image —self esteem, media



Relationships

Friendships, physical attraction



Vocabulary Including: body

image, self image, pubic hair, menstruation, facial hair, erection, ejaculation, wet dream, tampon, breasts, hormones, ovulation, sanitary towel, testicles, sperm, penis, vagina, womb, fallopian tube, trust, respect, pregnancy, embryo, foetus, placenta, cervix, midwife, attraction, relationship, IVF, transition, journey, worries, anxiety, hopes, excitement



Conception to birth—

including the act of conception



Puberty—changes to boys  
bodies and girls bodies



Consent and appropriate  
touch



Useful websites/books to help you talk to your child:

It's Perfectly Normal: A Book about Changing Bodies, Growing Up, Sex and Sexual Health by Robbie H Harris  
Everything you wanted to ask about periods— by Tricia Kreitman, Dr Fiona Finlay & Dr Rosemary Jones  
[www.childnet.com](http://www.childnet.com)

# Year 5

## In each lesson, pupils will learn:

### Lesson 1—age-appropriate relationships:

- How relationships change as we age.
- Which behaviours are appropriate for children of their age.
- The law regarding children under 16 as too young to consent to sexual activity.

### Lesson 2—puberty (girls):

- Recap what is needed to make a baby.
- How menstruation is the body's ways of preparing for this.
- Exploring sanitary products and chance to ask questions.

### Lesson 3—puberty (boys):

- Understanding of parts of the male body including how they change.
- Understanding that erections and wet dreams are a natural part of growing up for boys and that they do not need to be embarrassed about them.

### Lesson 4—puberty:

**Lesson to be taught in separate gender classes to allow for questions to be asked without embarrassment.**

- Recap about what happens to their own gender during puberty.

### Lesson 5—how babies are made:

- What is important when deciding that you are ready to start a family.
- Conception is when a new life begins. It happens during sexual intercourse however it can also happen in other scientific ways.

### Lesson 6—transition:

- Reflection on Year 5.
- Hopes and worries about Year 6.

### Useful websites/books to help you talk to your child:

It's Perfectly Normal: A Book about Changing Bodies, Growing Up, Sex and Sexual Health by Robbie H Harris  
Everything you wanted to ask about periods— by Tricia Kreitman, Dr Fiona Finlay & Dr Rosemary Jones  
[www.childnet.com](http://www.childnet.com)