



**Sexual Health and Relationships  
Education Primary 2**

**Lesson 1 - Living things,  
where they're from.**

**Key Messages**

- All living things grow and change.
- Flowering plants grow from a seed and most animals grow from an egg.

Children will be able to...

- Explain where living things come from.
- State that flowering plants grow from seeds and animals grow from an egg.
- Draw and write about the life cycles of animals.

**Lesson 2 - Pets, our special friends**

**Key Messages**

- Pets are like friends, they need us to take care of them and take responsibility for caring for them.
- We can help our friends if they are unhappy by reassuring them and trying to make them feel better.

Children will be able to...

- Discuss the link between a friend and a pet.
- State the needs of a pet in terms of care and attention.
- Suggest ways in which they can be sensitive to the needs of a friend, recognising when he/she is worried or unhappy.
- Explain how they may feel and react if either one person in the friendship has to move away.

**Lesson 3 - I am me, I am like you**  
**Key Messages**

- We are all different and have our own likes and dislikes and that is good.
- There are lots of things that are the same about boys and girls.
- We use our senses to experience everything in our lives and as we grow up we have to respond to things that happen around us and to things we care about.

Children will be able to...

- State the five senses and the feelings they can identify by using them.
- Explain ways in which they can manage emotions relating to important things.
- List similarities between boys and girls.

**Lesson 4 - Family Lives, ups and  
downs**

**Key Messages**

- When arguments with family members happen we just need to talk to each other and try to work it out.
- If you ever feel someone, even a family member, is doing something to you that makes you feel unhappy or uncomfortable, speak to someone you can trust, a teacher or an adult who makes you feel safe.

Children will be able to...

- Discuss family life and understand that families sometimes have conflicts.
- Explain what a secret is and why we might keep a secret.
- Suggest times when they shouldn't keep secrets.