



**Sexual Health and Relationships
Education Primary 3**

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

Key Messages

- All babies come from their mothers.
- All babies have needs to help them grow.

Children will be able to...

- Explain that living things come from their mother.
- Match baby animals to their parents.

Lesson 2 - Bullying, let's deal with it!

Key Messages

- Bullying is not always physical, it can be name calling, leaving a person out, and generally trying to make a person feel scared or unhappy
- Bullies are usually insecure or unhappy and they need to deal with their problem. Bullying has to be talked about so that it can be dealt with.
- Everyone has a responsibility to tackle bullying and not stand by and watch someone else being frightened or threatened.

Children will be able to...

- Explain what it means to be a bully.
- Suggest other aspects of bullying that are not physical.
- Discuss possible ways of dealing with bullying.
- State their responsibilities towards others in relation to bullying incidents.

Lesson 3 - Girls and boys, all friends together

Key Messages

- We should express how we feel about our friends and let them know.
- It feels good to know why our friends like us.
- Most jobs can be done by men and women there are very few jobs that are "women's" or "men's" jobs only.

Children will be able to...

- Express feelings relating to friends.
- Recognise that it is wrong to stereotype things as applying only to boys or girls.
- Give opinions relating to gender stereotyping.

Lesson 4 - Life changes, express yourself

Key Messages

- We can experience a range of feelings throughout a day as we have to deal with the different things that happen in our lives.
- We have to deal with our feelings and react to situations in an appropriate manner.
- We have to try to keep calm when things make us angry and try to think of the best way to sort things out, it might be better to walk away and then talk to someone about it.

Children will be able to...

- Express feelings through role play.
- Suggest appropriate feelings for various situations
- Predict possible reactions of people through scenario situations.