



## **Sexual Health and Relationships Education      Primary 7**

### **Lesson 1 - Going out, keeping safe**

#### **Key Messages**

- It is important to hang out in safe places and to avoid known places of danger
- The key to keeping safe is for your family to know where you are at all times. Use a phone, to help you to do this by calling or texting.

#### **Children will be able to...**

- Suggest issues and concerns relating to safety when spending time with friends.
- Explain the importance of calling or texting home regularly.
- Demonstrate other possible ways to ensure they are keeping safe through effective communication.

### **Lesson 2 - Changing Times, Changing Feelings**

#### **Key Messages**

- As situations change you will experience a range of feelings. It is ok to talk to people and tell them why you feel that way.
- As you get older you may have strong feelings towards a person or them to you. It is important to respect individuals' feelings.

#### **Children will be able to...**

- Name feelings relating to change and why they feel that way.
- Suggest practical ways to support themselves and others through times of change.
- Discuss issues surrounding developing sexuality.

### **Lesson 3 - Growing Up, How do I feel?**

#### **Key Messages**

- It is ok to have changing emotions around the time of puberty; it is part of growing up and your body changing.

#### **Children will be able to...**

- State previous knowledge and understanding in relation to physical changes surrounding puberty.
- Identify emotional changes that children could go through during puberty.

### **Lesson 4 - Growing up, body parts.**

#### **Key Messages**

- Reproduction takes place in all living things. For humans, the man and woman will usually have sexual intercourse to allow this to happen.

#### **Children will be able to...**

- Show a greater understanding of internal parts of their body, including those relating to reproduction.
- Explain the process of reproduction in relation to work covered on puberty.

### **Lesson 5 - Families, what are they like?**

#### **Key Messages**

- Families can be made up of a variety of members; there is no one ideal family situation.
- Some people in life will be lesbian or gay which means that they may be sexually attracted to a person of the same sex.
- People may have lesbian or gay people in their families.
- It is important to realise that the personal qualities that a person has are far more important than their sexual orientation.

#### **Children will be able to...**

- Define their own family situation
- Suggest what makes a good family.
- State a variety of possible families that they may meet in life as they grow up.
- Recognise that there is no correct situation that makes the ideal family
- Understand what it means to be Lesbian, Gay and Bisexual.