

# YEAR 6 PSHE - RELATIONSHIPS

## KNOWLEDGE ORGANISER



Overview and Recap	CONCEPTION
<p><b>At South Hill, we follow the 'Christopher Winter project' curriculum for 'Relationship and Drugs education.'</b></p>  <p><b>In Year 6 this year, we will learn:</b></p> <ul style="list-style-type: none"> <li>To describe how and why the body changes during puberty in preparation for reproduction</li> <li>To discuss different types of adult relationships and know what form of touching is appropriate</li> <li>To explore the process of conception</li> <li>To describe the decisions that have to be made before having a baby</li> <li>To know some basic facts about pregnancy and conception</li> <li>To consider when it is appropriate to share personal/private information</li> <li>To know how and where to get support if an online relationship goes wrong</li> </ul>	<p>When an adult couple are in a relationship, they may make love. This is when they take pleasure in touching each other in sexual ways. When a man and woman are making love, the man's penis gets stiff and the woman's vagina gets slippery.</p> <p>The man (with consent from the female) may put his penis inside the woman's vagina and this is called sexual intercourse. It should feel nice.</p> <p>After a while, sperm (which is a liquid) is pushed out of the end of the man's penis. The sperm swim into the woman's womb and then into the fallopian tubes. If there is an egg in one of the tubes, it may join up with the sperm and become fertilised.</p> <p>The fertilized egg travels down the tube to the womb where it attached itself to the side of the womb, where it will continue to grow. It normally takes about 9 months for these cells to become a fully grown baby. This is called pregnancy.</p>

### APPROPRIATE TOUCHING

There are different kinds of touches:

- Safe touches:** These are touches that keep us safe and are good for us, and that make us feel cared for and important. Safe touches can include hugging, pats on the back, and an arm around the shoulder. Safe touches can also include touches that might hurt but that will also help us, such as an adult removing a splinter.
- Unsafe touches:** These are touches that hurt our bodies or feelings (for example, hitting, pushing, pinching, and kicking). These kinds of touches are **not okay**.
- Unwanted touches:** These are touches that might be safe but that a child doesn't want from that person or at that moment. It's okay to say no to an unwanted touch, even if it's from a familiar person. These kinds of touches are **not okay**.
- Sexual touching:** These touches involve kissing or touching private parts between two consenting adults. Some sexual touching can lead to sexual intercourse or 'having sex'. This type of touching is only for adults that agree and consent between them that this is something they want to do together.

Touching another person's body should always come with their consent. It should be something which is mutually acceptable and agreed. If someone touches you when you don't want them to, you should say no and seek help from a trusted adult.

CHANGES TO OUR BODIES IN PUBERTY		
<p><b>Changes for both males and females</b></p> <ul style="list-style-type: none"> <li>The body starts to grow, quite fast at times</li> <li>Private parts (genitals) grow and develop</li> <li>Moods and feelings can change a lot</li> <li>Body hair grows darker and stronger (on arms &amp; legs)</li> <li>Pubic hair grows</li> <li>Armpit hair grows</li> <li>Spots can appear on the face and shoulders</li> <li>Skin can become oily</li> <li>Hair may become greasy</li> <li>Sexual feelings can develop</li> <li>Masturbation might start</li> </ul>	<p><b>Female Changes</b></p> <ul style="list-style-type: none"> <li>Periods start</li> <li>Ovaries begin releasing eggs (ovulation)</li> <li>Breasts and nipples grow</li> <li>Nipples may darken in colour</li> <li>Hips get broader</li> <li>A white discharge comes out of the vagina</li> <li>The voice deepens a little</li> <li>Bones get heavier</li> </ul>	<p><b>Male Changes</b></p> <ul style="list-style-type: none"> <li>Shoulders and chest grow and develop</li> <li>Muscles get thicker</li> <li>The voice deepens and 'breaks'</li> <li>Facial hair grows</li> <li>Chest hair grows</li> <li>Sperm and semen start being produced</li> <li>Erections happen</li> <li>Wet dreams may start</li> <li>The testicles 'drop'</li> </ul>

### PUBERTY AND REPRODUCTION- QUESTIONS ANSWERED

Why do our bodies change during puberty?	Our bodies change during puberty so that when we become adults we are able to make babies.
What is an egg?	An egg comes from the woman; it is what is needed to make a baby.
What is menstruation?	Menstruation is the word for a girl's monthly period.
What happens during a girl's monthly period?	A small amount of bleeding occurs as the egg and the lining of the womb pass out through the vagina.
What is sperm?	Sperm comes from the male; it is what is needed to make a baby. Each sperm is so tiny you would need a microscope to see them. They are shaped like tadpoles.
Where are sperm made?	Sperm are made in the testes.
How are babies made?	Babies are made when one sperm joins with one egg in the woman's body.
How does sperm get out of a man's body?	Sperm leaves the man's body through his penis.
What is a wet dream?	A wet dream is when sperm leaves a male's penis when he is asleep. This may make his bedsheet wet/sticky.
How many sperm does it take to make a baby?	It only takes one sperm to make a baby although an ejaculation produces about one teaspoonful of semen, containing around 300 million sperm.

### Key Vocabulary

navel    pubic hair    nipples    ovaries    penis    scrotum    testicles    uterus    vagina    vulva    womb    sperm    egg    sex    private  
 conception    fertilization    pregnancy    sexual intercourse    relationship    love    friendship    consent    intimacy