

Growing up with Yasmine and Tom

Welcome to FPA's fully interactive primary school resource to help you teach Relationships Education in the context of a PSHE curriculum. We have provided 32 lesson plans for ages 5-11, key stages 1-2, to help you guide your pupils through various subject areas. These subject areas are.

- My body
- Life cycles
- Keeping safe
- Feelings
- Relationships
- Online technology safety
- Gender stereotypes

You can use the whole set as a full programme of Relationships Education or you can choose to deliver certain sessions to supplement a current programme.

Yasmine and Tom, our characters, will guide your group through lots of situations and help them explore some tricky issues. The characters get older as your pupils do so they will stay relevant throughout primary school.

The lesson plans are designed to be as flexible as possible and provide you with a starting point which you can work from and adapt to your class.

The lessons are carefully planned to meet the school's aims of a comprehensive programme of work and the child's entitlement to this information.

Individual lessons have been designed to provide particular learning experiences whether learning facts about e.g. puberty or reproduction (knowledge), learning how to communicate more effectively with other people (skills) or exploring attitudes to issues e.g. around sexuality (values).

When delivered all the lessons should:

- respect individual children's views and feelings;
- enable all children to participate through the use of small group work;
- allow some time to consider what they have learned;
- be brought to a satisfactory conclusion in the time available.

The well-planned lessons include the following elements.

A detailed lesson plan which ensures that:

- sufficient time is allowed for a meaningful learning experience;
- the lesson is completed as planned and children are not left in the middle of an important discussion or activity;
- the important reflection stage is not missed out;
- the pace and mood of the lesson can be varied to maintain children's motivation;
- the lesson is designed to meet the aims which are shared with the children.

A variety of methods and activities which enable students to:

- interact with one another;
- solve problems and make decisions together;
- share experiences in small groups;
- reflect on their own experiences;
- clarify their values and attitudes;
- express feelings in a constructive way;
- develop inter-personal skills.

A balance between:

- pupils working on their own, in small groups and as a whole class;
- oral work, such as discussions in 2s, 4s etc., interviewing, conversation, communication.
- written work e.g. letters, summaries, reviews, stories.

A defined ending:

- a whole group activity e.g. a round;
- setting the next agenda;
- follow-up or preparatory work;
- evaluation.

Module One Lesson Plans: Upper Key Stage one, 5-7 years

Subject areas	Topic	Learning outcomes
My Body	Naming body parts	<ul style="list-style-type: none"> • Children will be able to name external and private body parts. • Children will be able to draw round a hand and write a simple description of some things it can do internal body parts.
	Keeping clean	<ul style="list-style-type: none"> • Children will be aware why we use products such as soap. • Children will discuss what might happen if we do not keep clean. • Children will be given the opportunity to create a new brand of soap.
Keeping Safe	Out and about	<ul style="list-style-type: none"> • Children will be able to identify unsafe situations. • Children will talk about what to do in an unsafe situation.
	People who can help me	<ul style="list-style-type: none"> • Children will talk about the different people they can call for help. • Children will identify someone they feel safe talking to.
Friendships and Feelings	Different emotions	<ul style="list-style-type: none"> • Children will identify emotions from facial expressions. • Children will think about why people feel different emotions.
	What to do if we feel sad	<ul style="list-style-type: none"> • Children will identify when and why someone feels sad. • Children will think about someone they can go to who cheers them up when they are sad.

Relationships	Different families	<ul style="list-style-type: none"> • Children will identify that all families contain different types of people. • Children will discuss same sex parents.
	Friends	<ul style="list-style-type: none"> • Children will identify things which make someone a good friend. • Children will think about what qualities they would like in a friend.
Online Technology Safety	Taking care online: personal details	<ul style="list-style-type: none"> • Children will identify that they cannot see other people who are using their computers at the same time (if they do not use their cameras). • Children will learn what personal information they should not tell someone on a computer.
	Who can help us?	<ul style="list-style-type: none"> • Children will identify good choices to make online. • Children will think about who they could ask for help if they were worried about something online.
Gender Stereotypes / Celebrating difference	Similar and different	<ul style="list-style-type: none"> • Children will identify similarities and differences. • Children will think how they are similar and different to someone else.
	Toys	<ul style="list-style-type: none"> • Children will discuss whether toys marketed at different sexes is a good thing. • Children will understand that it is not ok to tease someone for the things they like.
Body positivity	Different bodies	<ul style="list-style-type: none"> • Children will be able to appreciate that bodies are different. • Children will learn that it is okay to have different body shapes.

Module Two Lesson Plans: Lower Key Stage two, 7-9 years

Subject areas	Topic	Learning outcomes
My Body	Sexual body parts - male	<ul style="list-style-type: none"> • Children will identify the male sexual parts with the correct medical terms. • Children will discuss other language they have heard used in connection with male sexual parts.
	Sexual body parts - female	<ul style="list-style-type: none"> • Children will identify the female sexual parts with the correct medical terms. • Children will discuss other language they have heard used in connection with female sexual parts.
	Keeping clean	<ul style="list-style-type: none"> • Children will understand why washing is important. • Children will know how to keep themselves clean, particularly during puberty.
	Me, myself and I	<ul style="list-style-type: none"> • Children will think about positive attributes they possess and those they aspire towards. • Children will consider what they will need to achieve future goals.
Keeping Safe	Personal space	<ul style="list-style-type: none"> • Children will identify when someone is physically close to someone else and how that feels. • Children will practice communicating with someone who is physically close.
	Identifying risk	<ul style="list-style-type: none"> • Children will know how to make things less risky. • Children will talk about ways of keeping themselves safe.
	People who can help me	<ul style="list-style-type: none"> • Children will consider who they would advise other people to speak to. • Children will design a poster showing how to tell someone they trust something.

Relationships	What makes a good friend?	<ul style="list-style-type: none"> • Children will identify things which they like in their friends. • Children will think about why friendships are important.
	Getting on with your family	<ul style="list-style-type: none"> • Children will identify that there can be tension in families. • Children will think about things they like about their family.
Online Technology Safety	Photos of myself online	<ul style="list-style-type: none"> • Children will realise how quickly a picture could travel around the world. • Children will think about what pictures they post.
	Who can help us?	<ul style="list-style-type: none"> • Children will know that there is a reporting system on the CEOP website that they can use. • Children will design their own cyber-hero/ine who can help them.
Gender Stereotypes / Celebrating difference	Jobs we do	<ul style="list-style-type: none"> • Children will think about different jobs being done by different people. • Children will think about what job they would like to do in the future.

Module Three Lesson Plans Upper Key Stage Two, 9-11 years

Subject areas	Topic	Learning outcomes
My Body	Puberty	<ul style="list-style-type: none"> • Children will identify the physical changes their bodies will go through at puberty. • Children will discuss emotional changes and someone they can talk to if they feel emotional.
	Periods	<ul style="list-style-type: none"> • Children will identify the female sexual body parts and learn how they are involved in monthly periods. • Children will become more familiar with different sanitary protection.
	Wet dreams and masturbation.	<ul style="list-style-type: none"> • Children will understand what ejaculation is. • Children will discuss what boys can do when this happens. • Children will learn what masturbation is.
Life cycles	How babies are made – sexual intercourse	<ul style="list-style-type: none"> • Children will understand that a sperm needs to fertilise an egg through sexual intercourse. • Children will know the age of consent to sex.
	How babies are made – assisted fertility	<ul style="list-style-type: none"> • Children will be aware that a sperm can fertilise an egg through a fertility treatment. • Children will think about other ways children become part of families.
	Multiple births	<ul style="list-style-type: none"> • Children will understand the different between identical and non- identical multiple births. • Children will think about what it is like to care for more than one child of the same age.
	How babies develop	<ul style="list-style-type: none"> • Children will understand how pregnancy happens. • Children will be aware humans gestate for 9 months.

Keeping Safe	Assertiveness, saying no	<ul style="list-style-type: none"> • Children will be aware they have a right to say no. • Children will practice saying no.
	Good and bad touch	<ul style="list-style-type: none"> • Children will be able to identify public and private parts of the body. • Children will understand they need to give consent to be touched on a private part of their body. • Children will talk about what to do if someone touches them without their consent.
	People who can help me	<ul style="list-style-type: none"> • Children will think about who they could talk to outside of the home if they had a problem. • Children will learn the number for Childline.
Relationships	Trust	<ul style="list-style-type: none"> • Children will identify why trust is important. • Children will think about someone they trust.
	Friendships and pressure	<ul style="list-style-type: none"> • Children will recognise what peer pressure is. • Children will think about ways to say no to peer pressure.
Online Technology Safety	Social media and sending pictures	<ul style="list-style-type: none"> • Children will be aware that anything they post on a social media will be public. • Children will think about the nature of the pictures they post.
	Online bullying	<ul style="list-style-type: none"> • Children will know online bullying is as bad as bullying in the playground. • Children will identify someone they could tell if they were a victim of online bullying.
Gender Stereotypes / Celebrating difference	Sexual Orientation	<ul style="list-style-type: none"> • Children will be aware that there are different sexual orientations. • Children will explore discrimination because of a dividing factor.
	Equality and the law	<ul style="list-style-type: none"> • Children will identify how their age can cause prejudice. • Children will design a equalities logo for their class.