

Lesson number and title	Strand	Objectives	Overview
1. What is love?	Health education Relationships education	To know key facts about puberty and the changing adolescent body, particularly from age 9 to age 11, including physical and emotional changes. To know that families are important for children growing up because they can give love, security and stability.	Pupils listen to the Beatles song 'All you need is love' and write what they think love is in paper love hearts. They discuss statements about love and compare them to statements about friendship, highlighting the differences between the two. Love between same-sex couples will also be discussed and what the characteristics of a loving relationship might be in a range of different relationships.
2. Sexual attraction	Relationships education	To know that each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact.	This lesson focuses on what sexual attraction is and the ways in which people show their attraction to each other. It explores the idea of sexual contact being about pleasure for both partners and not solely sexual intercourse (which will be discussed further in Lesson 4). This begins with looking at holding hands, kissing, touching and looks at a range of relationships, including LGBTQ+, signposting students to support networks and useful websites.
3. Consent	Relationships education	To know that each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact. Practical steps they can take in a range of different contexts to improve or support respectful relationships. How to report concerns or abuse, and the vocabulary and confidence needed to do so.	This lesson builds upon the pupils' understanding of consent and what that means to them within a relationship. It is a discussion-based lesson highlighting key points through scenarios. This looks at peer pressure, the understanding of pressure from social media, rumours and the choices and control that pupils have over their own bodies, as well as where to go for help or support if they feel uncomfortable in any way within a relationship. Clear guidelines for teachers surrounding possible disclosures or discussion points are available through the lesson and PPT.

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4. Conception	Health education Relationships education The conception part of this lesson is non-statutory sex education	To know the key facts about puberty and the changing adolescent body, particularly from age 9 to age 11, including physical and emotional changes. To know that each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact.	Pupils look at the stages of heterosexual sexual intercourse and order these as pictures, matching them with the written descriptions (this will ensure inclusion for all). Misconceptions are discussed as/if they arise. The lesson also includes a slide showing various forms of contraception which can help to protect against STIs as well as prevent pregnancy, and a discussion around which contraception helps to protect against both.
5. More about babies	Relationships education The conception part of this lesson is non-statutory sex education	To identify the stages of pregnancy and how a baby is conceived. To know that others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care.	Conception is discussed through sexual intercourse, IVF and surrogacy, as well as becoming a parent through fostering and adoption. It reiterates the diversity within families. Pupils will bring in baby or childhood photos of themselves to put on an anonymous board to see if they can work out who is who. They then discuss terms such as fertilisation and conception and discuss the stages of pregnancy as well as birth, sorting the definitions with pictures. The lesson concludes with a true/false quiz.