



Relationships and Sex Education Lesson 2: Sexual Relationships

Learning Objectives

- Know about and understand the physical, mental and emotional changes that take place during puberty
 - Learn about sex (and bust some myths!)
- PW60 Understand the physical and emotional changes that take place during puberty, why they are taking place and the importance of personal hygiene
- PW65 Recognise how new relationships may develop

Introduction

Sex and Relationships Education often involves dealing with difficult and sensitive issues. Please refer to your school policy document for further guidance. You may also want to invite the school nurse into school at this point for a more in-depth look at aspects such as menstruation and sexual relationships.

- Explain to the pupils that this session is designed to ensure that they understand that everybody changes at different rates and to help them be aware of changes and how these can make them both look and feel. This session will also help them to think about ways they can cope with these changes.

Main Activity

- Use the 'Are You Smarter than a 13-Year-Old?' quizzes for boys and girls separately.

Resources

'Are You Smarter than a 13 Year Old?' Quizzes

Main Activity cont.

- The quiz for boys covers the following:-
 - Hormones
 - Physical changes
 - The penis and its functions
 - Sperm
 - Sexual orientation
 - Homophobia and other forms of bullying
 - Sexual relationships
 - Pregnancy
 - Contraception
 - Pornography
 - Myth busting
- The quiz for girls covers the following:-
 - Hormones
 - Physical changes
 - Periods
 - Sanitary products
 - Sexual orientation
 - Homophobia and other forms of bullying
 - Sexual relationships
 - Pregnancy
 - Contraception
 - Pornography
 - Myth busting

Plenary

- Ensure pupils have the opportunity to ask any questions they may still have.

Sexplanations