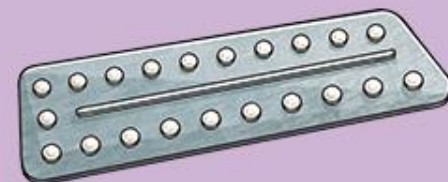


Let's Talk about Sex



Aim

- I understand what a sexual relationship is and who can have a sexual relationship.

Success Criteria

- I can describe the terms 'sexual relationship' and 'sexual intercourse'.
- I can explain who can have a sexual relationship, according to the law.
- I can explain what an STI is and I know how these can be prevented.
- I can judge when physical contact is unacceptable and I know how to respond.

The Big Questions



What is a sexual relationship and who can have one?



What type of physical contact is unacceptable and how should we respond?



Exploring

Let's Talk about Sex

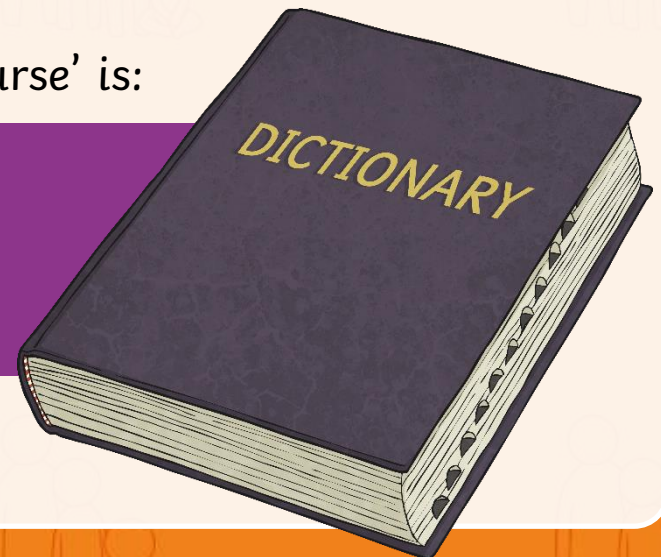


What is 'Sex'?

We may hear the word 'sex', 'sexy' and 'sexual', especially in modern pop songs or in films, but what does it actually mean?

- The term 'sex' is short for 'sexual intercourse'.
It can also be used to describe whether someone is biologically male or female.
- The dictionary definition of 'sexual intercourse' is:

Sexual contact between individuals involving penetration, especially the insertion of a man's erect penis into a woman's vagina.



Let's Talk About Sex



Why Do People Have Sex?

Sexual intercourse, or 'sex' for short, is one way that two adults in a loving relationship may show their love for one another.

It is also the start of the reproductive process, when a couple want to make a baby.



Let's Talk About Sex



Sex and the Law

The legal age that people can have sex in the UK is 16 years old.

Both people in the sexual relationship must be 16 years old or over.

Both people must consent - this means that both people want to have sexual intercourse.

Rules and laws exist to help keep people safe.



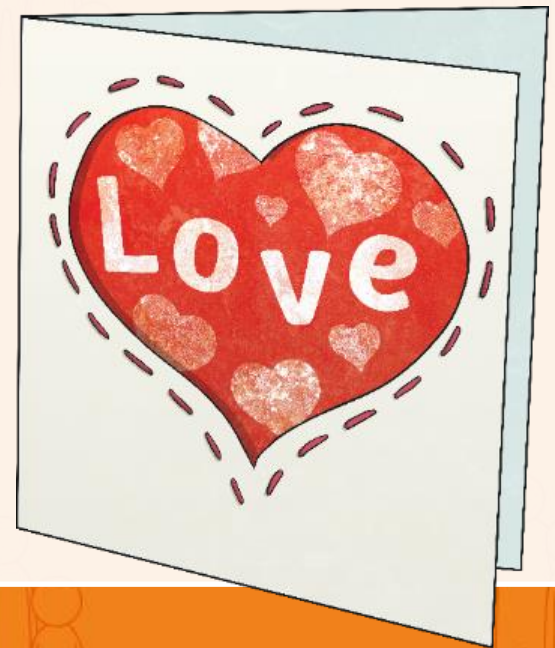
Let's Talk About Sex



Media, such as pop songs and television programmes, would have us believe that everyone is having sex and that being 'sexy' is really important!

In reality, this is not the case. Two people, who are 16 or over, may decide to have sexual intercourse if they are attracted to one another and both feel ready to be physically close in this way.

Having a 'crush' or 'fancying' someone is normal. It might be someone you think is good looking or popular and it might be someone you know or someone you start to feel sexually attracted to (like a celebrity). It doesn't mean you love them and it doesn't mean you want to have sex with them.

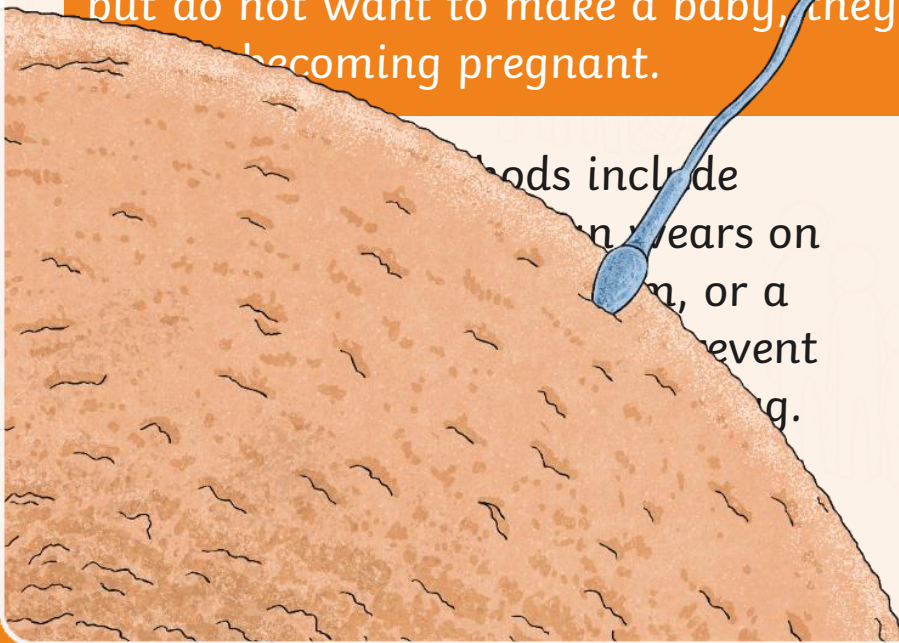


Let's Talk About Sex

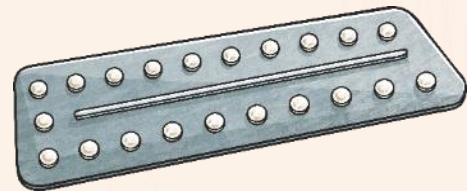


Sexual intercourse is also necessary for reproduction (in other animals, as well as humans). It is how the sperm meets the egg, as you might remember from other lessons.

Although sexual intercourse doesn't always mean that a baby will be conceived (made), it might. If a heterosexual couple want to have sex but do not want to make a baby, they can use contraception to stop the becoming pregnant.



Methods include
condom, or a
pill, or a
device.

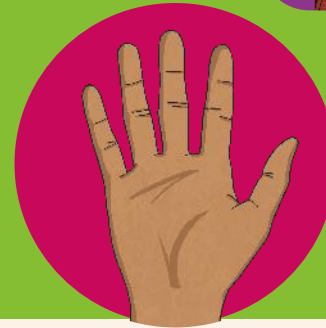


Staying Safe and Healthy



Staying safe also refers to being in charge of what happens to your body. Your body is your own and no one else can touch it without your consent.

Some parts of our bodies are private, such as the genitals and the mouth. If someone ever tries to touch you in a place on your body that you are not comfortable with, or in a way that does not feel right, you must tell them to stop, say it is not appropriate and push them away. You should then tell a trusted adult straight away so that it doesn't happen again.



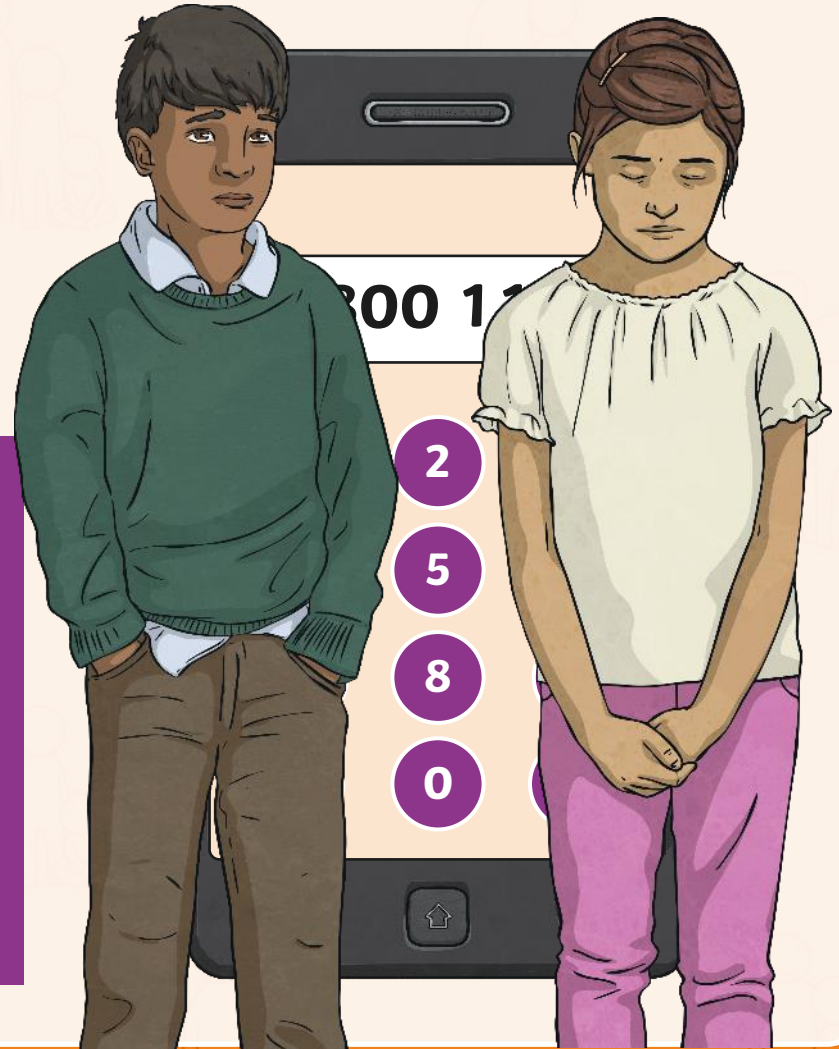
It's never your fault if somebody touches you in a way that makes you feel uncomfortable and it's very important that you tell someone so that they can help to keep you safe.

Staying Safe and Healthy



It can be difficult to speak up sometimes when we don't feel safe or when someone has made us feel uncomfortable. Being brave enough to speak up takes a lot of courage but it's really important that we do, so that someone can help.

Some children phone Childline on **0800 1111** when they need to talk about something that has happened. When children call this number, a person answers whom they can trust. They will then get the support and advice they need to report or deal with whatever has happened.

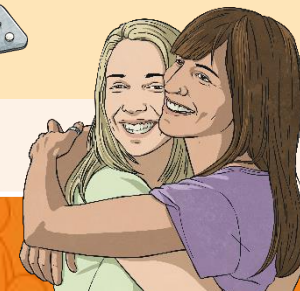
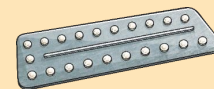


Let's Talk About Sex



Remember

- Both people must consent to sexual intercourse.
- Sexual intercourse is something many adults enjoy when both people feel ready.
- The legal age to have sexual intercourse for both people is 16.
- If anything in a relationship ever makes you feel uncomfortable, you always have the right to say 'no' and 'stop'.
- It's never OK to pressure or persuade someone else to be physically close if they don't wish to be.
- Two consenting adults may choose to have sex for different reasons, but they both have the right to feel comfortable, happy and safe.





Consolidating



Reflecting

Consolidating

Take the Quiz



It's time to get thinking about what you have learnt about sex!

Think carefully about the questions on your quiz sheet.

Try to answer
using the
correct scientific
vocabulary used
in the lesson.

Let's Talk About Sex

It's quiz time! Take the quiz to see how much you can remember about the topic of sex.

1. What is sexual intercourse?

2. What do you think is a good reason for two people to want to have sexual intercourse?

3. In the UK, how old must both people be to legally agree to have sexual intercourse?

4. Can any two people above the age of consent have a sexual relationship?

5. What does having a 'crush' or 'fancying someone' mean?

6. What happens during sexual intercourse between a man and a woman that means a baby may be conceived?

This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association's [Essence of Skills](#)



PSHE and Citizenship | UKS2 | Health and Wellbeing | Growing Up | Let's Talk About Sex | Lesson 5

visit [twinkl.com](https://www.twinkl.com)



Reflecting

Questions and Answers



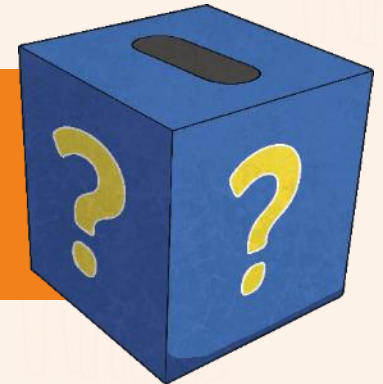
With your partner, look back at your questions from the start of the lesson.

Together, decide whether these questions have been answered in today's lesson.

Perhaps you are able to answer your partner's question for them.



If you still have questions you would like answered, put them in the Question Box at the end of the lesson and we can come back to these another time.



With your partner, write down three things that you have learnt today.

The Big Questions



What is a sexual relationship and who can have one?

What is an STI and how can they be prevented?

What type of physical contact is unacceptable and how should we respond?

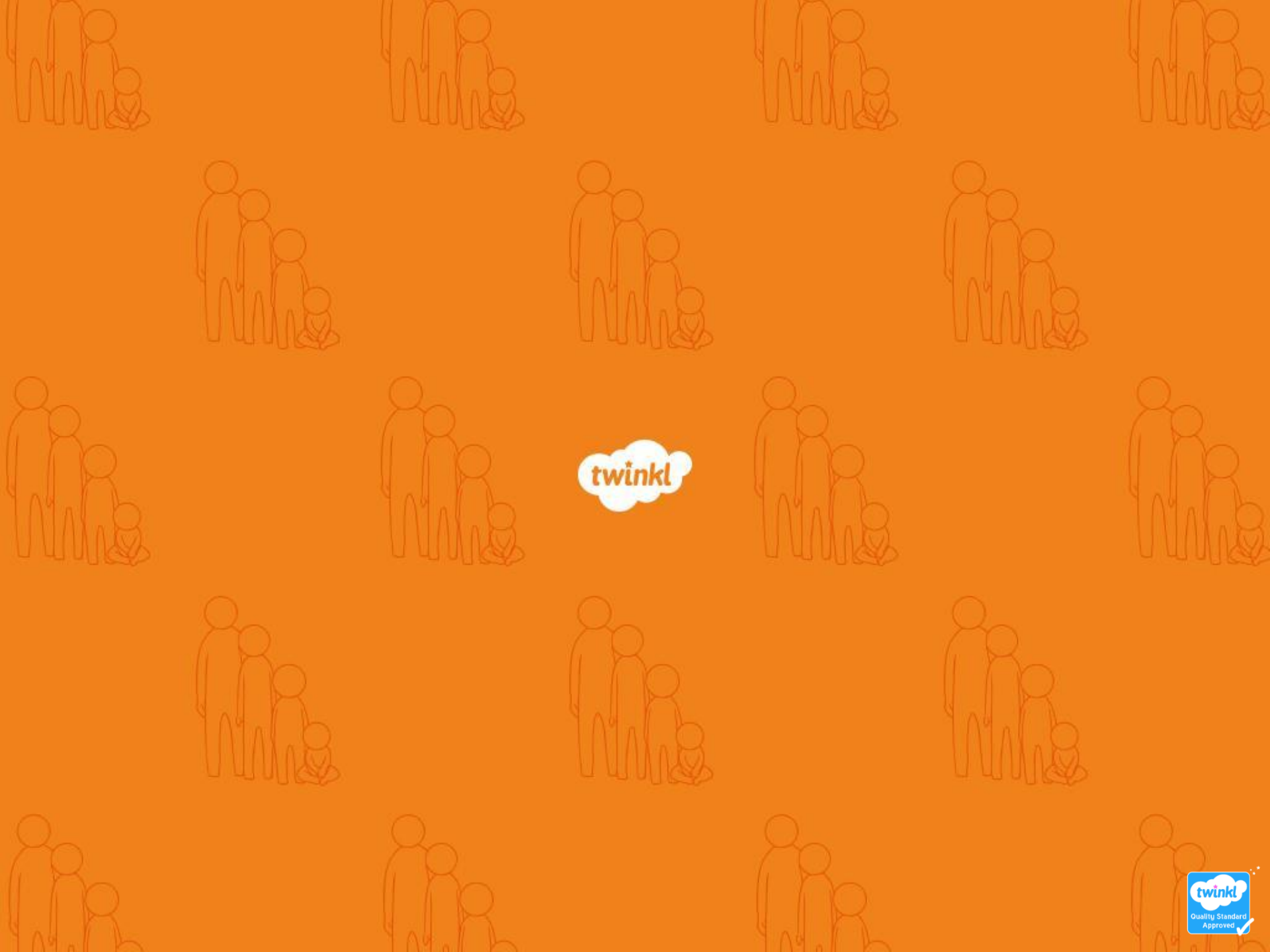


Aim

- I understand what a sexual relationship is and who can have a sexual relationship.

Success Criteria

- I can describe the terms 'sexual relationship' and 'sexual intercourse'.
- I can explain who can have a sexual relationship, according to the law.
- I can explain what an STI is and I know how these can be prevented.
- I can judge when physical contact is unacceptable and I know how to respond.



twinkl

Let's Talk About Sex



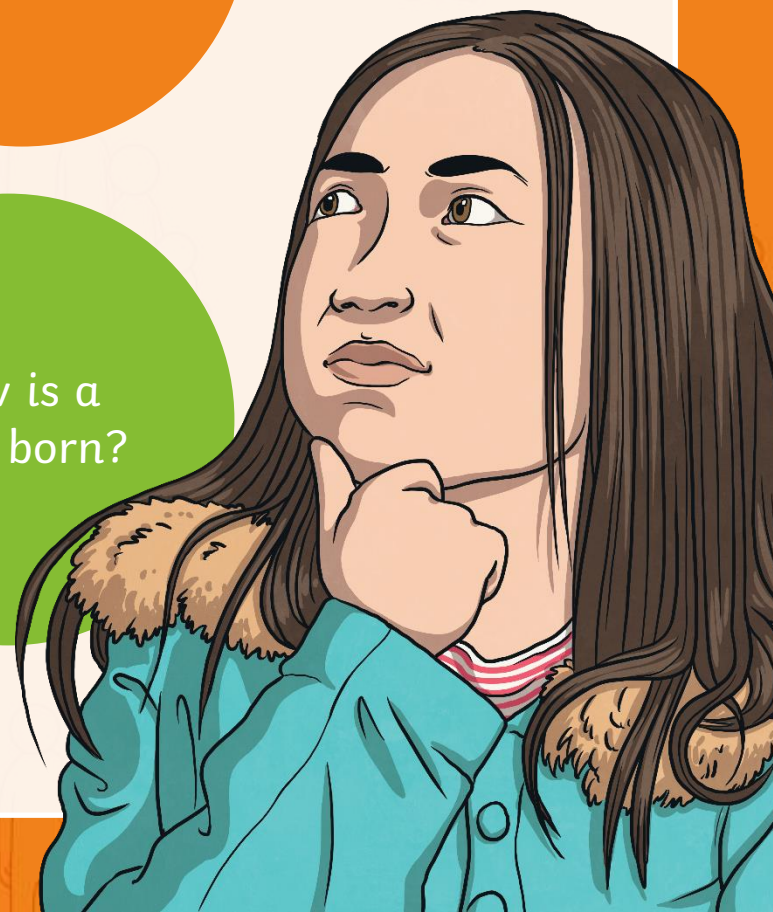
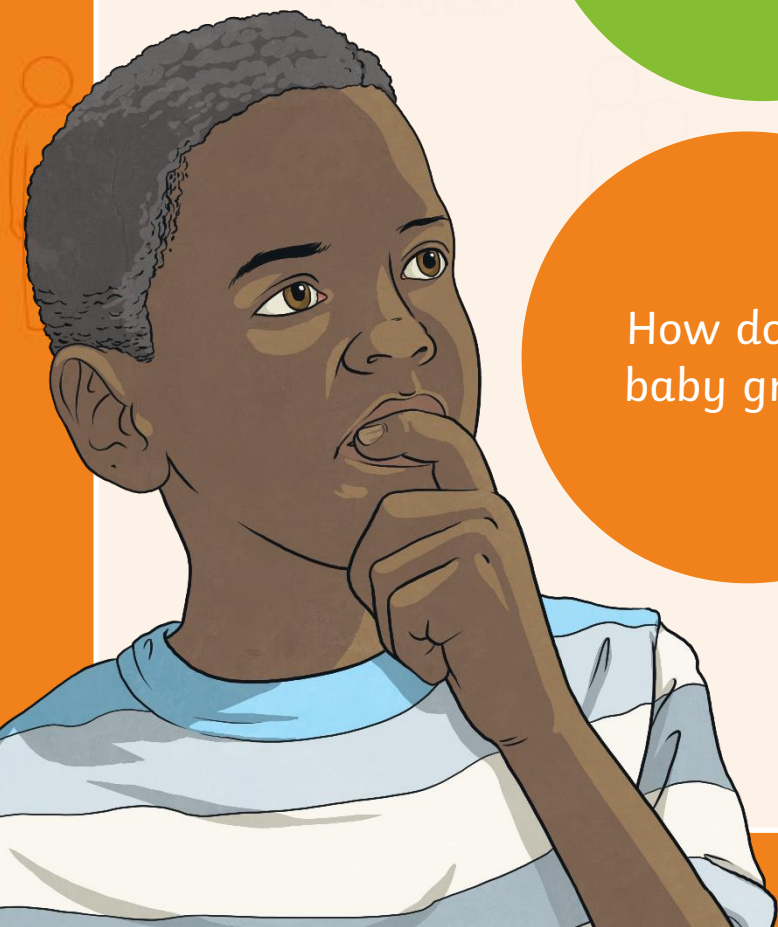


How is
a baby
conceived?

What is
contraception?

How does a
baby grow?

How is a
baby born?



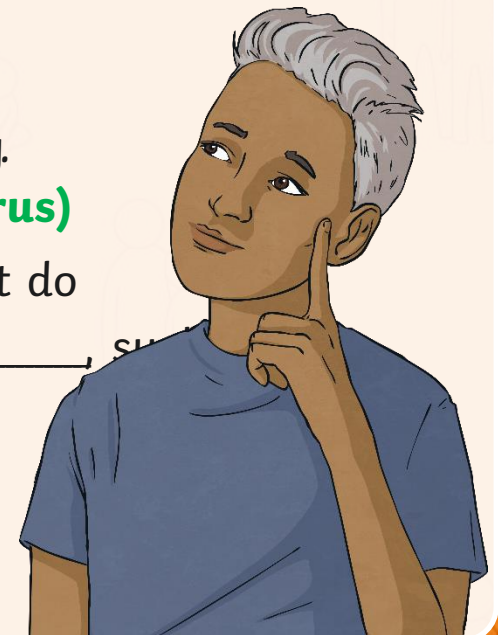
Reconnecting

Human Reproduction



Using what you already know about human reproduction, see if you can complete the following statements with your partner.

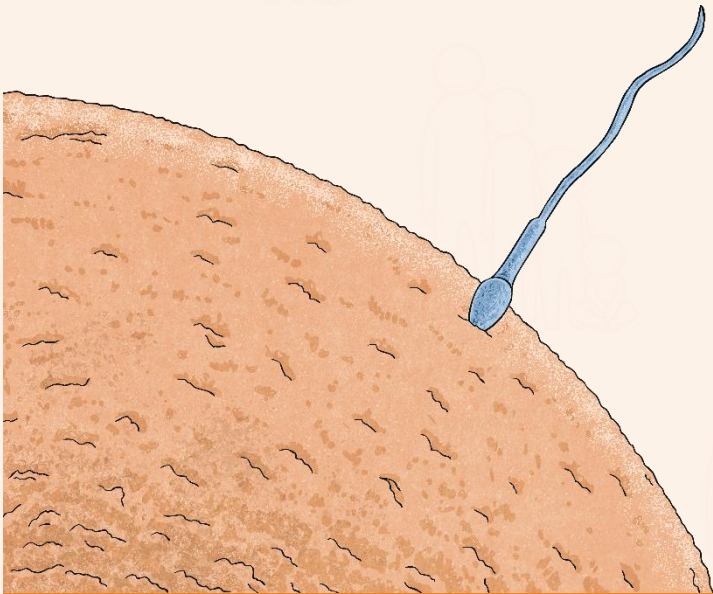
- A male produces sperm in his testicles.
- Once a month, the female's body releases an egg.
- A male and a female in a loving relationship might decide to have sexual intercourse to try and make a baby.
- Only one sperm can fertilise the egg.
- A fertilised egg takes nine months to grow into a baby.
- The female carries the baby inside her womb (uterus).
- Two people who want to have sexual intercourse but do not want to make a baby, might use a method of _____, such as contraception or a pill.



From Conception to Birth



Human reproduction is amazing!



From a sperm fertilising an egg
(otherwise known as
conception)...

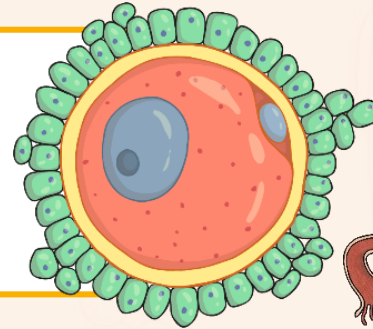


...to the **birth** of a baby.

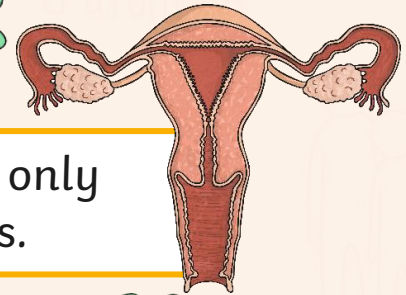
From Conception to Birth



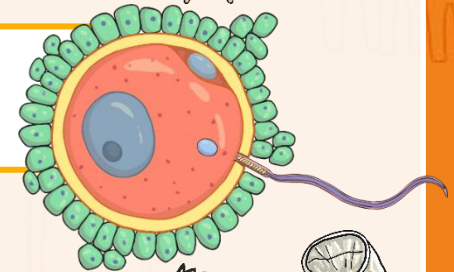
If a male and a female want to conceive a baby, they have sexual intercourse. The male's penis ejaculates sperm, which race to find the female's egg.



The female's body releases one egg once a month. The egg only lives for about 12–24 hours but sperm can live for 5–7 days.



If a sperm reaches the egg, the egg is fertilised, starting a new life form.



If the couple do not want to conceive a baby, they can use contraception, such as a condom, to stop the sperm reaching the egg.



From Conception to Birth



Some couples conceive a baby differently. Same-sex couples and some heterosexual couples are not able to conceive a baby in this way.

Doctors can remove a female's eggs from her body and the eggs can be fertilised with sperm outside of the body.

Once an embryo has formed, the doctors can place it back inside the female's uterus so she can continue the pregnancy until the baby is ready to be born.

From Conception to Birth



Some females have a problem with their uterus and may not be able to carry a baby inside them. In this case, they may use something called **surrogacy**.

The egg is fertilised by the sperm outside of the female's body and once an embryo has formed, it is placed inside the body of another female who has agreed to carry the baby inside her until it's ready to be born. It is often a sister or close friend of the couple who does this for them.

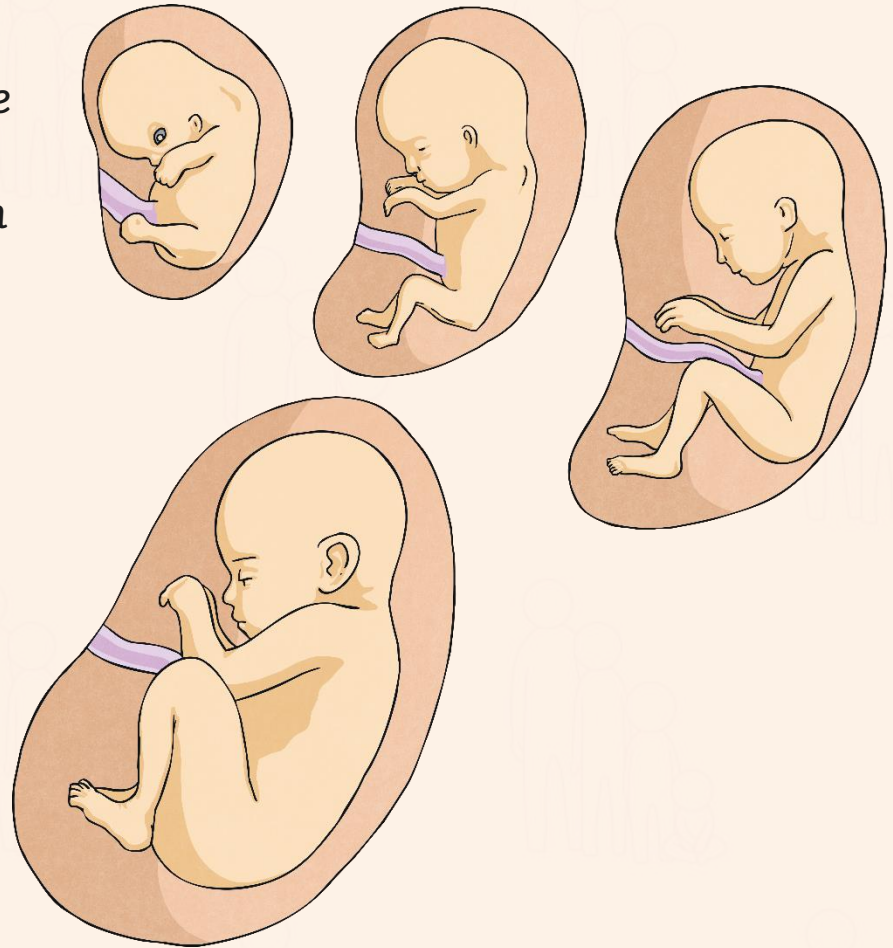


From Conception to Birth

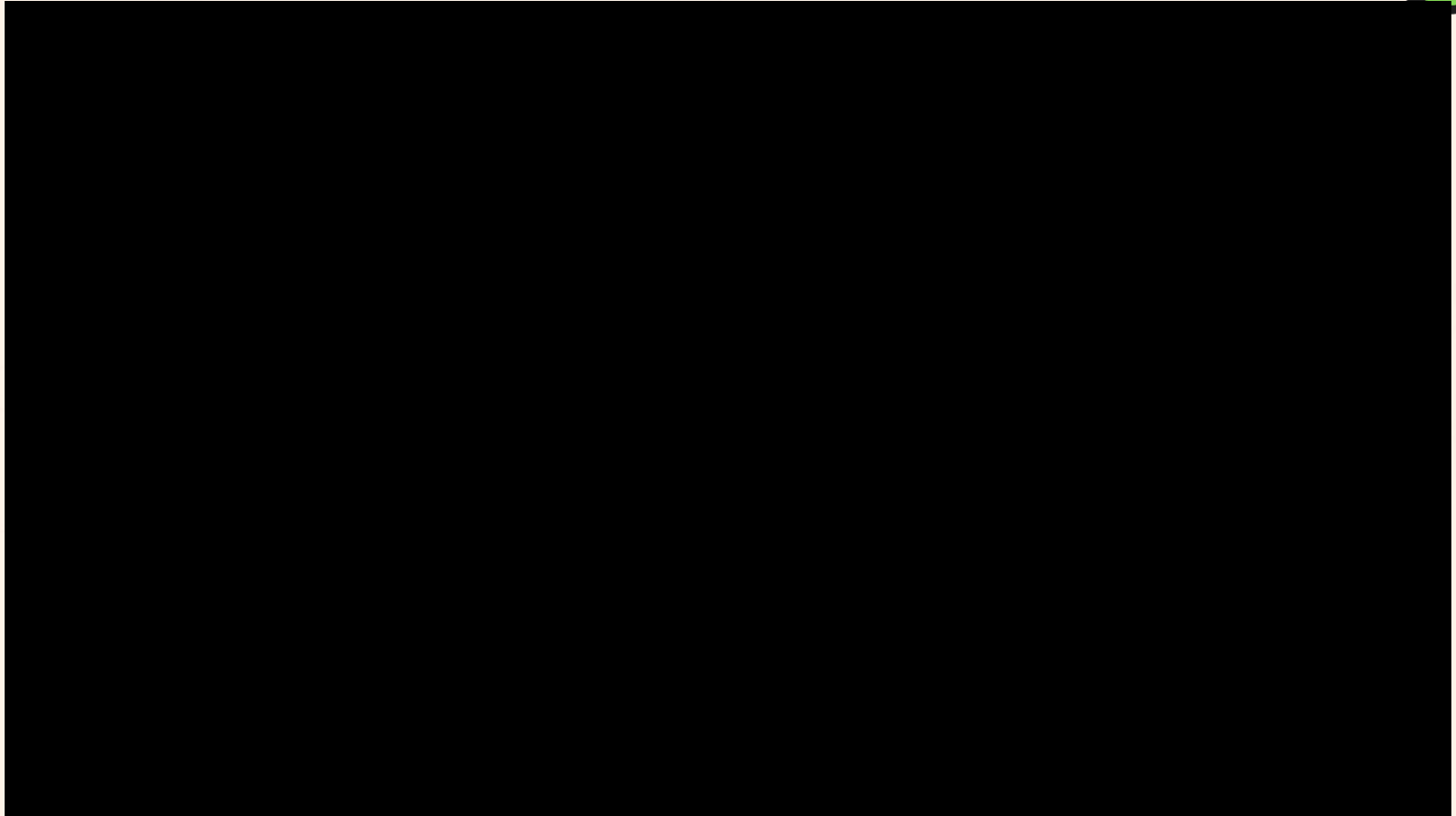


Let's take a closer look at the whole journey from **conception** to **birth**. This video shows the most common type of conception, when a male's sperm fertilises the egg inside the female's body.

Watch the video carefully and feel free to jot down any questions you have about the development of the **foetus** (this is what the baby is called before it is born).



From Conception to Birth

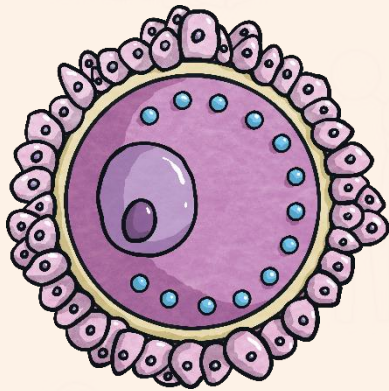


If video fails to play within PowerPoint, click [here](#) to access the clip on YouTube in your web browser. Please check the content in this link, including any comments, is suitable for your educational environment before showing. Please do not let the next video automatically play at the end of the clip. Twinkl accepts no responsibility for the content of third-party websites.

From Conception to Birth



Wow! From just two cells (a sperm and an egg) to 37.2 trillion cells in a human being!



zygote



embryo



foetus

The rate of growth is extremely rapid. The egg cell measures 0.12mm in diameter and a newborn baby is approximately 50cm.

What a Foetus Needs



The mother's body knows exactly what to do and when to do it, as well as knowing how to provide the foetus with everything it needs to develop and grow.

What a Foetus Needs



With your partner, can you think of three things a foetus needs in order to grow and develop inside the womb?

oxygen

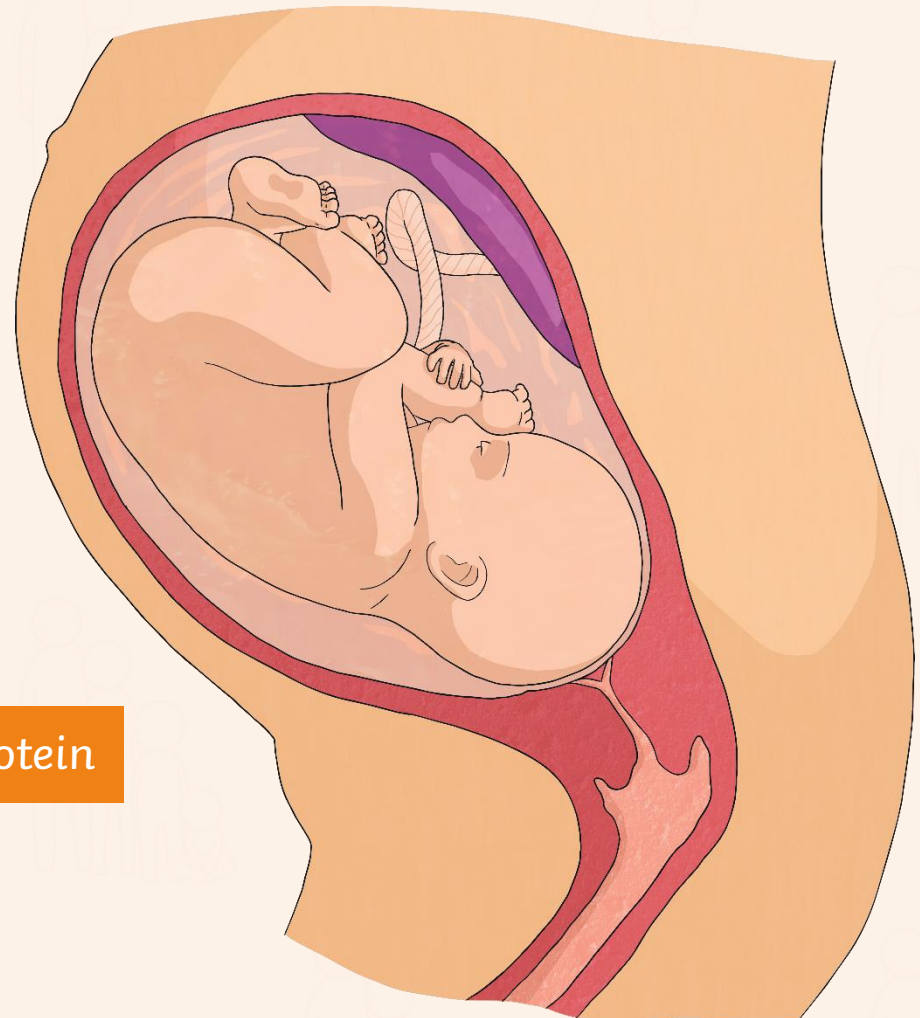
minerals

fats

vitamins

protection

protein

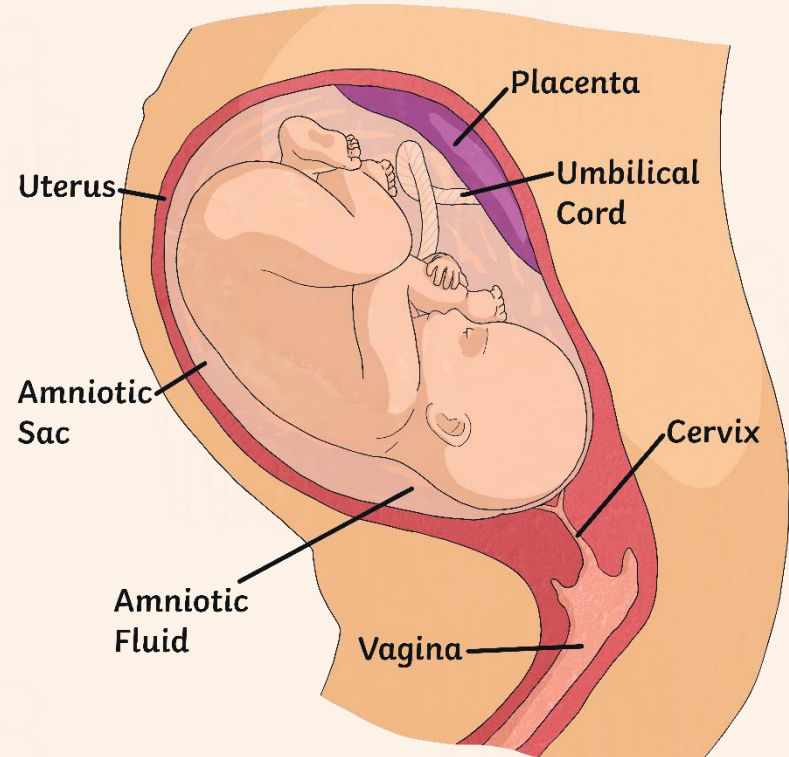


What a Foetus Needs



In the uterus, the foetus is protected inside an **amniotic sac**, which is filled with **amniotic fluid**.

All the **nutrients** that the foetus needs while it is inside the womb (or uterus) are passed from the mother's body to the foetus. The mother's body creates a **placenta**. Nutrients and oxygen pass from the placenta to the baby through the **umbilical cord**.



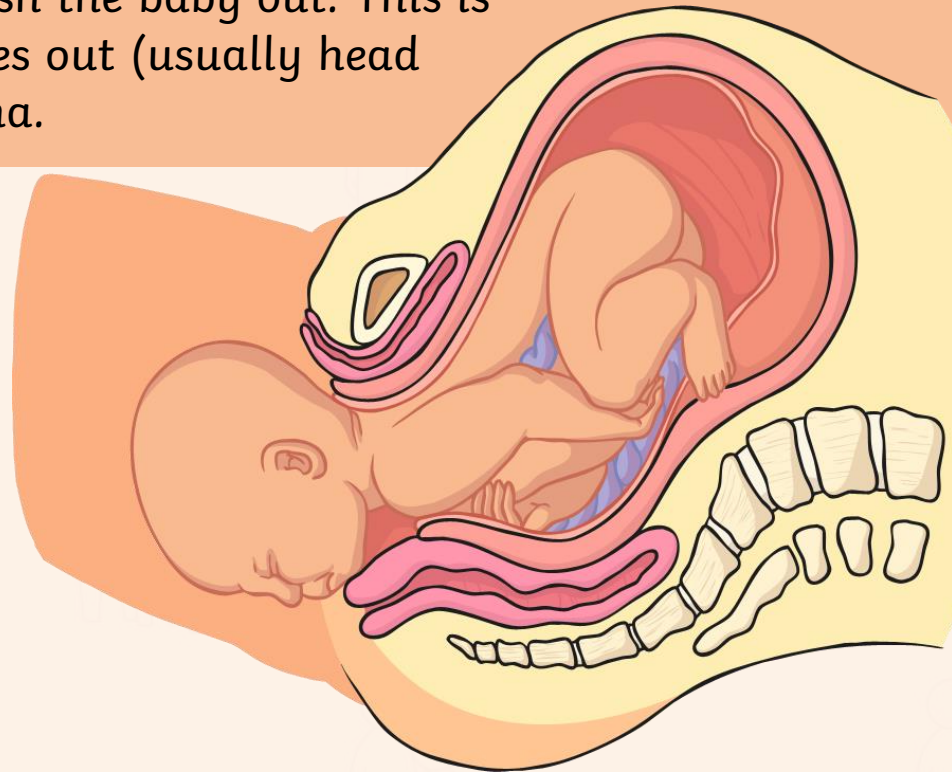
The umbilical cord also carries waste substances, such as carbon dioxide, away from the baby to the placenta.

How a Baby Is Born



After nine months of growing inside its mother, the baby is ready to be born.

The muscles in the uterus push the baby out. This is called **labour**. The baby comes out (usually head first) from the mother's vagina.



How a Baby Is Born



Some babies are born through a **caesarean section** (or **C-section** for short). This is when the baby cannot be delivered through the vagina. For example, the baby may need to be delivered through a breech birth (meaning it is feet first in the womb rather than head first, ready to be born).



In a C-section, an incision is made through the woman's tummy and into her womb. It is a common operation and is safe for both the mother and the baby.

The Big Questions

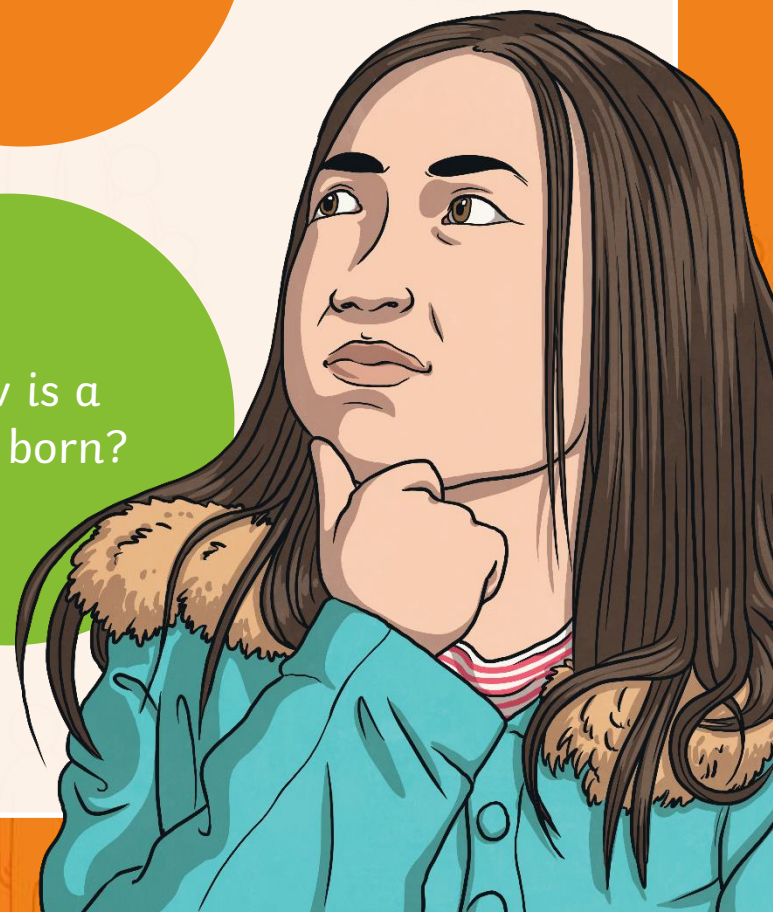
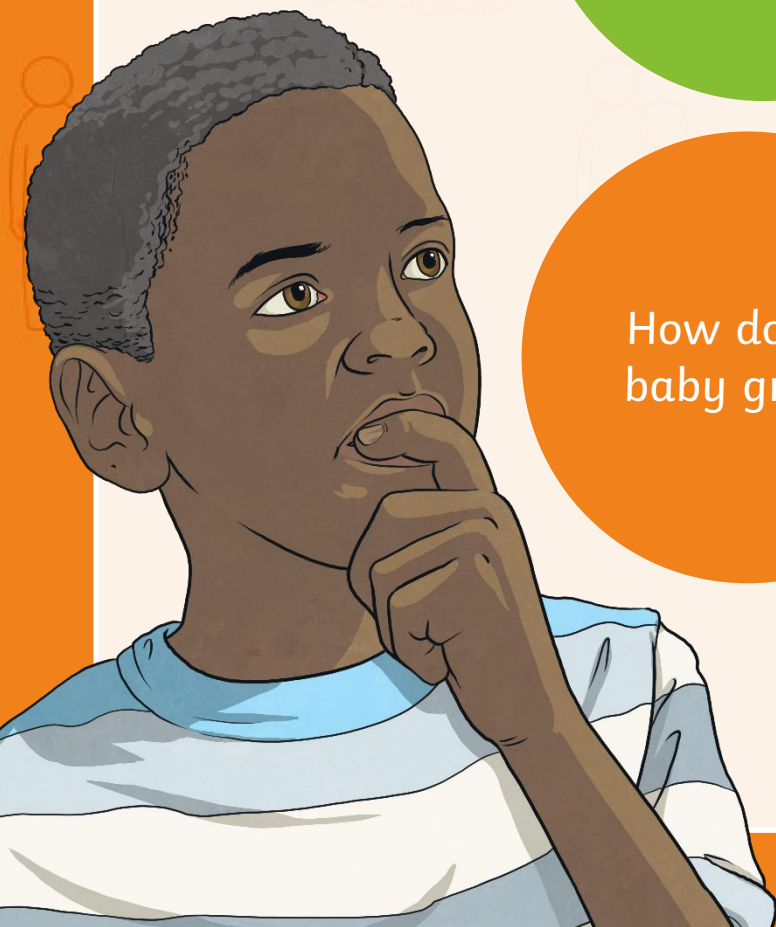


How is
a baby
conceived?

What is
contraception?

How does a
baby grow?

How is a
baby born?



Aim

- I can describe the process of human reproduction, from conception to birth.

Success Criteria

- I can use the appropriate scientific vocabulary when talking about human reproduction.
- I can explain what contraception is.
- I can describe how a baby grows inside the womb.
- I can explain how a baby is born.



twinkl