### Puberty – Lesson 1

- The definition of puberty
- When puberty starts
- The role of the pituitary gland
- Male sex organs
- The changes in males during puberty:
  - growth of the penis and testicles
  - production of sperm
  - pubic hair
  - facial and body hair
  - voice breaking
  - growth spurts - bigger, stronger, thicker
- Female sex organs
- The changes in females during puberty:
  - breasts
  - pubic hair
  - menstruation
  - hips and thighs
  - pads
- Changes in emotions
- Hygiene

### Lesson 2 - Where do Babies Come From?

- Revision of lesson 1
- Myths and misconceptions about how babies are made
- It takes two - eggs and sperm
- How eggs and sperm meet
- Sex is for someone special
- Laws that protect children
- The embryo
- Umbilical cord and placenta
- Stages of pregnancy
- Pregnancy scans
- Twins
• How egg and sperm meet

• Umbilical cord

• Birth of a baby
  o Virginal birth
  o C-section

• Contraception
  o The contraceptive pill
  o Condoms

Lesson 3 – Cyber Safety

• The benefits of being online

• The purpose of today
  o Not designed to spoil your fun
  o Not designed to frighten you (healthy fear)
  o Not designed to embarrass you
  o Not designed to make you feel left out
  o Make you smarter and safer

• Comparison between real world and online world safety

• Perceived safety

• Paedophiles
  • Definition of paedophiles
  • How paedophiles behave
  • Laws that protect children
  • Ways paedophiles trick children
  • What you can do

• Pornography
  • What is pornography
  • What to do
  • Sexting – creation of pornography
  • Laws about sexting

• Cyberbullying
  • What is cyberbullying
  • Trolls or haters
  • What to do

• Mistakes young people make
  • Not getting parent’s permission
  • Choosing poor privacy settings
  • Turn GPS off
  • Creating an anonymous profile
- Choosing appropriate photos
- Displaying other social media accounts
- Friending someone you don’t know
- Following someone you don’t know
- Talking to people you don’t know
- Clicking on sexy links
- Hiding things from family
- Googling words for meaning

**YEAR 6 Content Outline**

**Puberty – Lesson 1**

- The definition of puberty
- When puberty starts
- The role of the pituitary gland
- Male sex organs
  - The changes in males during puberty:
    - growth of the penis and testicles
    - wet dreams
    - erections
    - production of sperm
    - pubic hair
    - facial and body hair
    - voice breaking
    - growth spurts - bigger, stronger, thicker
- Female sex organs
  - The changes in females during puberty:
    - breasts
    - pubic hair
    - menstruation
    - hips and thighs
    - pads and tampons
- Changes in emotions
- Hygiene

**Lesson 2 - Where do Babies Come From?**

- It takes two - about eggs and sperm
- How eggs and sperm meet
- Sex is for someone special
- Laws that protect children
- The embryo
- Umbilical cord and placenta
- Stages of pregnancy
- Health and disabilities
  - Miscarriage
  - Still born
  - Disabilities
- Pregnancy scans
- Twins
  - How egg and sperm meet
  - Umbilical cord
- Birth of a baby
  - Virginal birth
  - C-section
- The purpose of sex
- Contraception
  - The contraceptive pill
  - Condoms
- Other ways to have a baby
  - IVF
  - Sperm donor
- Is everyone having sex in high school?
- Don't believe anything you hear

**Lesson 3 – Cyber Safety**

- The benefits of being online
- The purpose of today
  - Not designed to spoil your fun
  - Not designed to frighten you (healthy fear)
  - Not designed to embarrass you
  - Not designed to make you feel left out
  - Make you smarter and safer
- Comparing the real world and online world
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  - Definition of paedophiles
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