Year

**6**

Being a respectful and responsible individual

**Lesson 1 Title:** Changing family relationships

**Learning objectives:**

1. To be aware of how families change
2. To know roles and responsibilities within a family may change
3. That there are a range of families in society
4. To know that marriage is a legal commitment between two people

**Lesson 2 Title:** Respecting differences

**Learning objectives:**

1. To recognise that actions have consequences for themselves and others
2. To consider why some groups are disadvantaged in society
3. To be able to express feelings in different ways and recognise the impact on others
4. To be aware of the importance of respect when dealing with others

**Lesson 3 Title:** Challenging prejudice and discrimination

**Learning objectives:**

1. To realise the nature and consequences of discrimination, teasing, bullying and aggressive behaviours (including use of prejudice-based language, how to respond and ask for help)

**Lesson 4 Title:** Healthy and unhealthy relationships

**Learning objectives:**

1. To understand how important it is to know your own qualities
2. To be aware and set your own boundaries and expectations
3. To reflect on the differences and similarities in different relationships
4. To know that there are qualities that are not conducive to positive relationships

**Lesson 5 Title:** Building resilience

**Learning objectives:**

1. To be able to ask for help when dealing with difficult situations

**Lesson 6 Title:** Growing up and puberty

**Learning objectives:**

1. To be aware of how body changes occur internally as well as externally
2. To be aware of how the emotions change during puberty
3. To be aware of changes that occur in both genders (optional)

**Lesson 7 Title:** How babies are made

**Non-mandatory – Sex Education lesson**

\*NB please note that parents can withdraw child from this lesson

**Learning objective:**

1. To understand how a baby is made
2. To know that commitment and friendship is important in a positive relationship