



**Title: Sex: How people have sex/What do they do?**

**Level: SECOND**

**Code: 2.11**

**Links to Curriculum for Excellence**

Experiences and Outcomes	Benchmarks
I am developing my understanding of the human body and can use this knowledge to maintain and improve my wellbeing and health. HWB 2-15a I am able to describe how human life begins and how a baby is born. HWB 2-50a	<ul style="list-style-type: none"> <li>Describes human conception and birth, for example, sexual intercourse, egg and sperm, giving birth.</li> </ul>

This learning activity should be preceded by **2.1 My Body**, which covers names for parts of the body and puberty. This activity is an opportunity to refresh/review learning from that work on puberty and body changes. It would also support/enhance learning if delivered in advance of **2.12 The Baby's Story**

**Learning Intentions**

- Children recap learning about their body including sexual organs/genitals.
- Children recap learning about puberty and physical and emotional changes.
- Children are given basic knowledge about having sex (intercourse). This supports other RSHP learning.
- This activity places sex as part of adult relationships which are characterised by kindness, love and intimacy.
- The activity corrects what children at this young age may have learned by being exposed to media representations of sex, including pornography.
- The age of consent is introduced.

**Success Criteria**

- Children can name the private parts of their body.
- Children can talk about how puberty results in physical and emotional changes.
- Children can describe what sex/sexual intercourse can involve.
- Children understand that sex is something adults do in a relationship.

NOTE: Some children may ask very direct questions. The guiding FAQs provided as an appendix can help with this. Some children from faith/cultural backgrounds may see marriage as a prerequisite to sex. This can be acknowledged through discussion.

## Resources to support this activity

- PowerPoint slides (we are always looking for suggestions on how to improve these, please use the feedback form on the Second Level page of the site)
- Paper and pens for children to write any questions and a question box to collect the questions
- *Usborne Facts of Life Growing Up: All about adolescence, body changes and sex* ISBN 0-7460-3142-4
- *Let's Talk about Sex: Growing up, Changing Bodies, Sex and Sexual Health* by Robie H. Harris (Walker Books ISBN 978-1-84428-174-9) also published as *It's Perfectly Normal: Changing Bodies, growing up, Sex and Sexual Health* (ISBN 978-0-763-62610-5)

## Activity

1. RSHP learning is enhanced if children can sit together, if possible, start the activity in this way.  
*Introduce the activity along these lines:* Explain that today we are going to be talking about how people have sex, that this is important because as part of learning about health and wellbeing we need to understand our bodies and that for grown-ups having sex can be a part of a relationship with someone they care about. Explain that some people might feel embarrassed or a bit giggly, and this is ok. Today however, we will find out some facts and make sure everyone understands about sex.
2. **Recapping body parts:** Start the conversation by explaining that it is helpful to remember the names of parts of our body, that they have talked about this before. Share the slide with the image of woman and man with body parts named, refresh the terms with the children. Acknowledge (as you have before) that the children might use other names for the private parts of their body and that in class we try to remember to use these names.
3. **Recapping puberty:**  
Remind the children that their body will change as they grown up and go through puberty. Share the slide and have some discussion about what the children remember:

**Puberty:** What happens to... Hair/Skin/Body shape/Breasts/Voices/Smell?

The children will likely remember, but if necessary prompt with information that the vulva and penis/testes and other aspects of bodies change when people go through puberty. Stress that every penis, vulva, breasts and body are all different and that's ok. Remind the children that if they ever have a question or a worry about growing up and body changes they can speak to you or an adult they trust.

4. **Showing love and affection:** Explain that as we go through puberty our bodies change and our emotions change too. Use the prompt slide:

**When your body changes with puberty it can also mean that you feel things more strongly, or your feelings change quickly.**

*Ask: Do you remember how we spoke about feelings changing with puberty? What did we learn?*  
Explain that some people have crushes/fancy/are attracted to other people and when we are older some people have boyfriends and girlfriends.

5. Explain that when they grow up, when they are adults, they might fall in love with someone. Ask: *How does a person show love for someone?* (The children may draw on learning from activity **2.3 Romantic and Loving Relationships** if they have done them) As the children respond, reflect back on their examples (if they don't already use these words) with acknowledgement that what they

are suggesting may be being kind or caring or trusting. (Perhaps you have been reading a book or using other material in class where it would be useful to reflect on close/loving relationships).

6. Explain that when adults trust each other and love or like each other very much, they might decide to have sex, that sex is something that adults do. Use the slides/read one point at a time and check understanding, encouraging comments or questions.

### What is sex?

1. Sex is something that adults can do when they love and care for each other. Sometimes people talk about 'making love'.
  2. You must be 16 years or older to have sex.
  3. When a couple want to have sex they will go to a private place like their bedroom.
  4. They will kiss and cuddle for a while. When they are ready to have sex they will take their clothes off.
  5. They will kiss and cuddle and touch each other's bodies. They will touch private parts of each other's bodies.
  6. Sex should feel nice. Adults learn what they like and don't like.
  7. When a man is feeling sexy his penis will get hard, this is called an erection.
  8. When a female is feeling sexy her vulva and vagina might feel tingly and might be wet or slippery to touch.
  9. If a man and a woman are having sex, and they both want to do it, the man can put his penis inside a woman's vagina and gently move his penis in and out. This feels nice for both people.
  10. When the couple are two men, we say they are gay. When a couple are two women, we say they are gay or lesbian.
  11. When people have sex, they might have an orgasm.
  12. For a woman an orgasm is a special, nice feeling in her body.
  13. For a man, if he has an orgasm a white liquid called semen will come out of the hard penis and this will feel nice.
  14. If a man and woman are having sex and a man has an orgasm when his penis is inside the woman's vagina then this is the way a woman can get pregnant and have a baby.
  15. After sex a couple will probably hug and kiss and cuddle again.
7. **Why do people have sex?** Ask the pupils: *So, this is what sex is, why do you think grown-ups have sex?* If prompts are needed: Some people might want to have sex to feel closer to each other, to show each other love, or because it feels nice. A man and a woman can have sex to make a baby.
  8. **Any questions?:** End with an acknowledgement that there might be more questions that children would like to ask. Are there any now? Set up and explain that there is a 'question box' available so that if the children have a question about today's lesson they can write it on a piece of paper and you will read it later. If they want to they can put their name on it, they don't have to. (In terms of follow up this can be with the full class/group, or with one child if they do give their name with a question. Spending time on questions from the box gives an opportunity to reinforce key learning and messages, and acknowledges your interest in the child's curiosity).
  9. If you have books from the recommended reading lists in the class library share these and encourage children to read them in class.

### Connecting with home

*The text below could be used to communicate with home about this activity.*

As part of our learning about relationships, sexual health and parenthood, we will be exploring what sex is. At this age children are often curious, they may have heard or seen things that mean they have questions. We want to give the children good, basic knowledge. This lesson will encourage children to understand that adult sexual relationships should be based on trust, love, consent and intimacy. In other learning the children will also learn about what we call ‘the baby’s story’ from conception, through pregnancy, to birth. The children will have an opportunity to ask questions within the class, as well as a questions box to ask any questions they may want to ask individually. We like these books which have some good information for children at this age about their changing bodies, sex and relationships, they might also help learning at home:

- *Usborne Facts of Life Growing Up: All about adolescence, body changes and sex* ISBN 0-7460-3142-4
- *Let’s Talk about Sex: Growing up, Changing Bodies, Sex and Sexual Health* by Robie H. Harris (Walker Books ISBN 978-1-84428-174-9) also published as *It’s Perfectly Normal: Changing Bodies, growing up, Sex and Sexual Health* (ISBN 978-0-763-62610-5)

### Practitioner Notes

## **Appendix**

### **Frequently Asked Questions and Suggested Answers**

These are some of the questions that pupils may ask. Remember it is ok to say you're not sure how to answer a question, but you will think about it and answer it later. These are only suggestions for frequently asked questions and answers, as teacher/educator you know the children well and can respond in ways you know they will understand.

**Q: How does a woman know she is pregnant?**

A: A woman can take a pregnancy test or go to her doctor and ask her doctor to check.

**Q: How do two women (lesbians) have sex? How do two men (gay men) have sex?**

A: Everyone has sex in different ways, but just like a male and a female, sex can include kissing each other, kissing and touching each other's bodies and private parts (penis and vulva).

**Q: Do you have to have babies?**

A: You don't have to have children if you don't want to.

**Q: Can you have sex if you don't want a baby?**

A: Yes, you can. You can use something called contraception or condoms which you will learn about in another lesson.

**Q: Can old people have babies?**

A: When a woman gets to a certain age she is not able to have a baby anymore. This is called the menopause.

**Q: What is an abortion?**

A: If a woman gets pregnant and doesn't want to be anymore she can get an abortion. Another word for an abortion is a termination. A doctor or nurse will give some medicine to end the pregnancy.

**Q: Do girls get erections?**

A: Girls don't get erections because they don't have penises.

**Q: Does sex hurt?**

A: Sex shouldn't hurt. Sex should feel nice.

**Q: What is a virgin?**

A: A virgin is a person who hasn't had sex yet.

**Q: Is sex "gross"?**

A: Sex is a normal part of a relationship when you are an adult and is natural. Sex isn't gross.

**Q: Have you had sex?**

A: Some things are very private to a person. Sex is a private thing, and it's not okay to ask that question of someone.

**Q: Can a male and a male have a baby? Can a female and a female have a baby?**

A: A male and a male or a female and a female cannot make a baby. But they can adopt a baby and be just as good at raising a baby. We will be talking and learning more about how babies are made in another lesson.

**Q: What is porn/pornography?**

A: Porn is short for pornography. Pornography is sexual images or videos. You must be 18 to watch pornography. If you ever see things about sex that upset you or make you have some questions you can speak to me.

**Q: What is rape?**

A: Rape is when a person does not consent/give permission to have sex, but someone forces them to do sexual things. This is illegal.