

Upper Primary Sexual Health and Cyber Safety Curriculum

YEAR 5 Content Outline

Puberty – Lesson 1
<ul style="list-style-type: none"> • The definition of puberty
<ul style="list-style-type: none"> • When puberty starts
<ul style="list-style-type: none"> • The role of the pituitary gland
<ul style="list-style-type: none"> • Male sex organs
<ul style="list-style-type: none"> • The changes in males during puberty: <ul style="list-style-type: none"> ○ growth of the penis and testicles ○ production of sperm ○ pubic hair ○ facial and body hair ○ voice breaking ○ growth spurts - bigger, stronger, thicker
<ul style="list-style-type: none"> • Female sex organs
<ul style="list-style-type: none"> • The changes in females during puberty: <ul style="list-style-type: none"> ○ breasts ○ pubic hair ○ menstruation ○ hips and thighs ○ pads
<ul style="list-style-type: none"> • Changes in emotions
<ul style="list-style-type: none"> • Hygiene
Lesson 2 - Where do Babies Come From?
<ul style="list-style-type: none"> • Revision of lesson 1
<ul style="list-style-type: none"> • Myths and misconceptions about how babies are made
<ul style="list-style-type: none"> • It takes two - eggs and sperm
<ul style="list-style-type: none"> • How eggs and sperm meet
<ul style="list-style-type: none"> • Sex is for someone special
<ul style="list-style-type: none"> • Laws that protect children
<ul style="list-style-type: none"> • The embryo
<ul style="list-style-type: none"> • Umbilical cord and placenta
<ul style="list-style-type: none"> • Stages of pregnancy
<ul style="list-style-type: none"> • Pregnancy scans
<ul style="list-style-type: none"> • Twins

<ul style="list-style-type: none"> • How egg and sperm meet
<ul style="list-style-type: none"> • Umbilical cord
<ul style="list-style-type: none"> • Birth of a baby
<ul style="list-style-type: none"> <ul style="list-style-type: none"> ○ Virginal birth
<ul style="list-style-type: none"> <ul style="list-style-type: none"> ○ C-section
<ul style="list-style-type: none"> • Contraception
<ul style="list-style-type: none"> <ul style="list-style-type: none"> ○ The contraceptive pill
<ul style="list-style-type: none"> <ul style="list-style-type: none"> ○ Condoms

Lesson 3 – Cyber Safety
<ul style="list-style-type: none"> • The benefits of being online
<ul style="list-style-type: none"> • The purpose of today
<ul style="list-style-type: none"> <ul style="list-style-type: none"> ○ Not designed to spoil your fun
<ul style="list-style-type: none"> <ul style="list-style-type: none"> ○ Not designed to frighten you (healthy fear)
<ul style="list-style-type: none"> <ul style="list-style-type: none"> ○ Not designed to embarrass you
<ul style="list-style-type: none"> <ul style="list-style-type: none"> ○ Not designed to make you feel left out
<ul style="list-style-type: none"> <ul style="list-style-type: none"> ○ Make you smarter and safer
<ul style="list-style-type: none"> • Comparison between real world and online world safety
<ul style="list-style-type: none"> • Perceived safety
<ul style="list-style-type: none"> • Paedophiles
<ul style="list-style-type: none"> <ul style="list-style-type: none"> • Definition of paedophiles
<ul style="list-style-type: none"> <ul style="list-style-type: none"> • How paedophiles behave
<ul style="list-style-type: none"> <ul style="list-style-type: none"> • Laws that protect children
<ul style="list-style-type: none"> <ul style="list-style-type: none"> • Ways paedophiles trick children
<ul style="list-style-type: none"> <ul style="list-style-type: none"> • What you can do
<ul style="list-style-type: none"> • Pornography
<ul style="list-style-type: none"> <ul style="list-style-type: none"> • What is pornography
<ul style="list-style-type: none"> <ul style="list-style-type: none"> • What to do
<ul style="list-style-type: none"> <ul style="list-style-type: none"> • Sexting – creation of pornography
<ul style="list-style-type: none"> <ul style="list-style-type: none"> • Laws about sexting
<ul style="list-style-type: none"> • Cyberbullying
<ul style="list-style-type: none"> <ul style="list-style-type: none"> • What is cyberbullying
<ul style="list-style-type: none"> <ul style="list-style-type: none"> • Trolls or haters
<ul style="list-style-type: none"> <ul style="list-style-type: none"> • What to do
<ul style="list-style-type: none"> • Mistakes young people make
<ul style="list-style-type: none"> <ul style="list-style-type: none"> • Not getting parent's permission
<ul style="list-style-type: none"> <ul style="list-style-type: none"> • Choosing poor privacy settings
<ul style="list-style-type: none"> <ul style="list-style-type: none"> • Turn GPS off
<ul style="list-style-type: none"> <ul style="list-style-type: none"> • Creating an anonymous profile

<ul style="list-style-type: none"> • Choosing appropriate photos
<ul style="list-style-type: none"> • Displaying other social media accounts
<ul style="list-style-type: none"> • Friending someone you don't know
<ul style="list-style-type: none"> • Following someone you don't know
<ul style="list-style-type: none"> • Talking to people you don't know
<ul style="list-style-type: none"> • Clicking on sexy links
<ul style="list-style-type: none"> • Hiding things from family
<ul style="list-style-type: none"> • Googling words for meaning

YEAR 6 Content Outline

Puberty – Lesson 1
<ul style="list-style-type: none"> • The definition of puberty
<ul style="list-style-type: none"> • When puberty starts
<ul style="list-style-type: none"> • The role of the pituitary gland
<ul style="list-style-type: none"> • Male sex organs
<ul style="list-style-type: none"> • The changes in males during puberty: <ul style="list-style-type: none"> ○ 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
<ul style="list-style-type: none"> • Female sex organs
<ul style="list-style-type: none"> • The changes in females during puberty: <ul style="list-style-type: none"> ○ breasts ○ pubic hair ○ menstruation ○ hips and thighs ○ pads and tampons
<ul style="list-style-type: none"> • Changes in emotions
<ul style="list-style-type: none"> • Hygiene

Lesson 2 - Where do Babies Come From?
<ul style="list-style-type: none"> • It takes two - about eggs and sperm
<ul style="list-style-type: none"> • How eggs and sperm meet
<ul style="list-style-type: none"> • Sex is for someone special
<ul style="list-style-type: none"> • 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
• 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 you can do
○ Sexting – creation of pornography
○ Laws about sexting
• Cyberbullying
○ What is cyberbullying
○ Trolls or haters
○ What you can 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
○ Making up silly email addresses
○ Talking to people you don't know
○ Clicking on sexy links
○ Hiding things from family
○ Googling words for meaning
○ Looking after your mates
• Critical features - Block, Delete, Report