



## Sex and Relationships Lesson 2: Sexual Relationships

# Sexplanations

### Introduction

*Sex and Relationships Education often involves dealing with difficult and sensitive issues. Please refer to your school policy document for further guidance. You may also want to invite the school nurse into school at this point for a more in-depth look at aspects such as menstruation and sexual relationships.*

- Explain to the pupils that this session is designed to ensure that they understand that everybody changes at different rates and to help them be aware of changes and how these can make them both look and feel. This session will also help them to think about ways they can cope with these changes.

### Main Activity

- Use the 'Are You Smarter than a 13-Year-Old?' quizzes for boys and girls separately.



### Resources

'Are You Smarter than a 13 Year Old?' Quizzes

- The quiz for boys covers the following:-

Hormones  
Physical changes  
The penis and its functions  
Sperm  
Sexual orientation  
Homophobia and other forms of bullying  
Sexual relationships  
Pregnancy  
Contraception

- The quiz for girls covers the following:-

Hormones  
Physical changes  
Periods  
Sanitary products  
Sexual orientation  
Homophobia and other forms of bullying  
Sexual relationships  
Pregnancy  
Contraception