

Embracing Sex and Parenthood – Step 1

Information for teachers

What we are going to learn today (learning outcomes)

The intention of the learning outcomes is to link to the content of the animation.

- Feeling good with other people.
- Having a special friend.
- Developing a relationship.
- Taking care of each other.

Hopefully the animation will generate some questions from the students. Below are the suggested discussion points. These are not an exhaustive list and the students may want to talk about something else. Feel free to cover as many or as few points as time permits. The numbered questions below are accompanied by follow-ups, or prompts, in the event discussion is slow.

Class or Small Group Discussion Points

1. **Do you have any questions about the animation?**
(NB if so, ask the class if they have any answers).
2. **What is the difference between a friendship and a special friendship?**
 - a. What things do friends share? What do friends do together?
 - b. What things do special friends do and share?
3. **Sometimes a special friendship is called a relationship. What does that mean?**
 - a. How would a person feel if they were in a relationship?
 - b. How would people treat each other in a relationship?
4. **How do people in a relationship take care of each other's wellbeing?**
 - a. How would they show respect to each other?
 - b. What do people in relationships do to make sure that they are both feeling happy?

The children have a short workbook that they should complete (time permitting) in class or they can take home.

Here are some other resources that might prove useful

Amaze

<https://amaze.org/us/?topic=healthy-relationships>

Books Beyond Words

<https://booksbeyondwords.co.uk/bookshop?category=Lifestyle+%26+Relationships>

RSHP (relationships, sexual health and parenthood)

<https://rshp.scot/complex-asn/relationships/>

Down's Syndrome Association

<https://www.downs-syndrome.org.uk/about-downs-syndrome/lifes-journey/relationships-and-sex-education/>