

Relationships.

UKS2 term 6- PHSE: Marriage- forced marriage, loving relationships, civil partnerships, arranged marriage.

PHSE Golden Concepts

Respect

Safety

Communication

Health

Relationships

Key Vocabulary

Marriage –	A legally recognised union between two people.
Commitment –	A promise to be loyal and supportive in a relationship.
Equality –	Treating everyone fairly and with the same rights and respect.
Arranged Marriage –	A marriage planned by families where both people agree freely to marry.
Consent –	Giving permission for something to happen, freely and without pressure.
Forced Marriage –	A marriage where one or both people do not give their full, free consent.
Loving Relationship –	A relationship based on love, respect, trust, and care.
Civil Partnership –	A legal relationship that gives similar rights to marriage but does not require a religious or traditional ceremony.

What I will know by the end of the unit:

Different loving and respectful relationships.

What Marriage Is:

A legal commitment between two people.
Can take place in religious or civil ceremonies.
A personal choice made by two adults who love and respect each other.
In the UK, marriage is legal between opposite-sex or same-sex couples.

Loving & Respectful Relationships:

Healthy relationships are based on trust, kindness, and choice.
People may choose to marry or not marry.
Not all loving relationships lead to marriage.

Forced Marriage: What You Should Know

It is against the law in the UK.
It is not the same as an arranged marriage.
Everyone has the right to say no to marriage.
If someone is being forced to marry, it is a safeguarding issue, and they should tell a trusted adult immediately.

Different Types of Marriage:

Type	Description	Is Consent Needed?
Loving Marriage	Two people marry because they love each other.	✓ Yes
Civil Partnership	A legal alternative to marriage.	✓ Yes
Arranged Marriage	Families help find a partner, but both people agree.	✓ Yes
Forced Marriage	One or both people are made to marry without agreeing.	✗ No (This is illegal)

Relationships.

UKS2 term 6- PHSE: Yr 6 puberty- changes and differences between boys and girls in puberty.

PHSE Golden Concepts				
Respect	Safety	Communication	Health	Relationships

What I will know by the end of the unit: How my body may change during puberty.

Key Vocabulary	
Emotions –	Feelings that may change quickly during puberty.
Puberty –	The time when a child’s body begins to change and develop into an adult body.
Hormones –	Chemicals that control changes in the body.
Adolescence –	The stage between childhood and adulthood.
Menstruation (Period) –	The monthly bleeding that happens when the uterus sheds its lining.
Erection –	When the penis becomes hard due to increased blood flow.
Voice Breaking –	When the voice gets deeper, usually in boys.
Ovaries/Testicles –	Organs that produce eggs (girls) or sperm (boys).

<p>What is Puberty?</p> <p>A natural process that usually starts between 8–14 years old. Controlled by hormones. Happens at different times for everyone — this is completely normal. Brings physical, emotional, and social changes.</p>
<p>Similar Changes in Boys & Girls</p> <p>Growth spurts (getting taller quickly) Oily skin and spots (acne) Hair growth (under arms, on legs, and around genitals) Stronger body smell (need for deodorant!) Mood swings and emotional changes Increased interest in relationships or identity</p>
<p>Emotional and Social Changes</p> <p>May feel more self-conscious or unsure Stronger feelings or changes in friendships Desire for independence Curiosity about relationships or identity</p>
<p>Skills and Strategies</p> <p>Personal hygiene: Washing regularly, changing clothes and underwear daily. Managing emotions: Talk to trusted adults or friends, journal feelings. Respecting others: Everyone experiences puberty differently — be kind and understanding.</p>

Differences Between Boys and Girls

Change	Boys	Girls
Voice	Deepens and may "crack"	Stays similar, but may mature
Hair Growth	Face, chest, underarms, pubic area	Underarms, pubic area
Breasts	May have slight temporary swelling	Breasts grow and develop
Private Parts	Penis and testicles grow	Ovaries release eggs, periods begin
Periods	Do not occur	Menstruation starts, usually between 9–13
Sperm Production	Begins in puberty	Does not occur