

SESSION 4: *Where We Come From*

Session Length	50 minutes
Introduction	This session enables students to understand sexual intercourse within a scientific, moral and religious context, leading them in turn to a richer understanding of human reproduction, including fertility and the menstrual cycle.
Learning Objectives	Pupils will learn about sexual intercourse as more than just a physical act, but a gift from God for married couples as His plan for how babies are made.
Success Criteria	Pupils will engage with the films and take an active part in classroom discussions and personal activities, all the time demonstrating respect for the views of others.
Values and virtues to be developed	<ol style="list-style-type: none"> 1. Gratitude for their bodies, designed by God to change in puberty 2. Respectful of themselves and others as persons 3. Courage to hold and stand by their own views
Resource Materials	<p>Appendix 1: Pre-Session Survey</p> <p>Appendix 2a: The Menstrual Cycle (Lower Ability)</p> <p>Appendix 2b: The Menstrual Cycle (Higher Ability)</p> <p>Appendix 3: End of Session Survey</p>

In advance of this session in particular, you might like to write home to parents to advise them that their child/ren will be discussing sexual intercourse, menstruation and fertility within a scientific, moral and religious context. It would be good for parents and guardians, as primary caregivers, to support this learning by normalising discussions around sex and being open to any further questions their child/ren may have.

1) Where Do You Come From? (11 mins)

2 mins	<p>Play Film Part 1: Where Do You Come From?</p> <p>Mairi and Nathan compare imported strawberries with local Pick Your Own, realising how important the question of where we come from is.</p>
2 mins	<p>Discussion: Where Do You Come From?</p> <p>In pairs or small groups, have pupils share their thoughts on this.</p>
4 mins	<p>Play Film Part 2: How Are Babies Made?</p> <p>Mairi and Nathan explain that God's power brought the human race into existence...and that this session discusses sex, babies and blood.</p>
2 mins	<p>Discussion: How Are Babies Made?</p> <p>Ask pupils to discuss the question above in pairs or small groups.</p>
1 min	<p>Pre-Session Survey</p> <p>As individual handouts, or closed eyes hands up/down responses to the questions, use Appendix 1 to establish starting knowledge.</p>

2) Sexual Union (12 mins)

6 mins	<p>Play Film Part 3: Sexual Union</p> <p>Our presenters explain physically what sexual intercourse is, but describe sexual union as even more wonderful than that: it has an unbelievable power to generate new life.</p>
6 mins	<p>Discussion: Do any pop songs describe sex well?</p> <p>Facilitate a discussion on the question above asking for examples and explanations of why/why not.</p> <p>Extension activity: 'Sex is just a physical act' - discuss.</p>

3) The Menstrual Cycle (18 mins)

4 mins

Play Film Part 4: The Menstrual Cycle

Nathan and Mairi discuss puberty as maturing towards being capable of becoming a mother or a father. One of the changes girls go through is getting their period, a process called 'menstruation'.

14 mins

Written Exercise

Pupils should complete **Appendix 2: The Menstrual Cycle**, where they must label diagrams and write a paragraph about the process of the menstrual cycle.

NB. There are two versions of this worksheet, one with a word bank and a pre-written fill in the blanks paragraph for lower ability students, and one without these aids. Choose which version is best for each pupil.

Extension. Invite the school nurse in to answer further questions from pupils, and advise girls on what to do if they get caught short during school hours.

Extension. Discuss how a girl might feel in advance of her first period, *e.g. worried about when it might start, whether she starts sooner or later than her friends, anxious about what it might feel like and how much blood there will be etc.* Ask children what advice they would give to someone feeling these things.

4) Marriage, Sex and Babies (7 mins)

5 mins

Play Film Part 5: Marriage, Sex and Babies

Nathan and Mairi discuss God's plan for sex: within marriage, for the purposes of bonding and babies. They interview several married couples about their own perspective on sex.

2 mins

Discussion

Invite pupils to share their thoughts on the film. Do they agree or disagree with the couples who were interviewed? What does this mean for them and their choices now?

5) Evaluation (2 mins)

2 mins

End of Session Survey

Ask pupils to complete **Appendix 3: End of Session Survey**.

Optional

If you wish, facilitate a time of prayer and reflection for pupils to give their thoughts and any worries or concerns to God, using the prayer on **Online Presentation: Slide 4**.

Dear God,

Thank you that you made me and love me exactly as I am.

Thank you for my body and the wonderful journey to adulthood that you've got planned out for me.

Help me to trust you each day, throughout all the changes of puberty and beyond.

Amen