

Lesson 1

Body Differences

Learning Intention

To identify that people are unique and to respect those differences
Explore the differences between male and female bodies

Learning Outcomes

Know and respect the body differences between ourselves and others
Name male and female body parts using agreed words

Resources

It's OK to be different, Todd Parr

[Pictures of male and female bodies](#)

[Body difference matching cards](#)

Activities

1. Group Agreement

In a circle, talk with the children about the ground rules for these sessions, ensure they include the following: treat each other with respect; no put downs; no personal comments or questions.

2. Introduction

Refer to the learning outcomes, explain that the class will be learning about the human body and the differences that make each person unique. Ask them to define what the word unique means. Explain that we will also be learning about some of the differences between female and male bodies.

3. Exploring Difference

Read 'It's okay to be different' by Todd Parr (if you don't have a copy there is a version with Todd Parr reading it on youtube <https://www.youtube.com/watch?v=z41mt3hNytM>). Ask questions to explore the book. Can they remember some of the differences in the book? Which examples were about body differences? Make a list on the board. Why do they think the author wrote a book called 'It's okay to be different'? Reinforce that it is never ok to tease or bully someone because their body is different

4. Male and Female Body Parts

Ask the class what they understand by the words Female and Male. Explain that some body differences are linked to a person's biological sex and that these different body parts are sometimes described as Female or Male body parts. Tell the class that we are now going to look at some drawings of babies and children without their clothes on so that it is easier to see the differences. Discuss how the children can manage their feelings while looking at the pictures; explore the reasons why some children might feel embarrassed or uncomfortable. Assure the children that our bodies do amazing things and they are something we can be proud of.

Using the [Pictures of male and female bodies](#) show the two pictures of newborn babies and ask the children to tell you which one is the male and which one is the female. Next show the drawing of male and female children and ask the class to name all the body parts they can see; which body parts are similar for males and females? Remind them that the difference is the private parts. Use the final picture to clarify that the vagina is inside the body and leads up to the uterus, which is the part of the body where a baby can grow. Ensure the pupils understand the words penis, testicles, vulva, vagina and uterus.

Ask the children to consider why males and females have different private parts. Remind the class of the learning from Year 2 that a male and a female are needed in order to make a new life. Explain that males and females need their different private parts so that when they become adults they will be able to make a baby if they want to.

5. Body Difference Card Matching Game

In small, single sex groups, give each group a set of [Body Difference Matching Cards](#). Explain that the cards illustrate some of the differences and similarities between females and males. Ask the groups to sequence the numbered sentence cards in the correct order and then match them to the correct picture. As a class discuss and sequence the pictures using the matching cards on the whiteboard; correct any misunderstandings. Emphasise that, as with other body parts, the private parts look different for different people and can look very different to the ones in the pictures and that is okay.

6. Keeping Safe

In a circle, ask the class why they think that the male and female body parts are sometimes called private parts. Include the following questions: what does the word private mean? Should other children ask to see or touch a person's private parts? Should an adult ask to see or touch a child's private parts? Are there other body parts that might be considered private or that other people should not touch? Explain that in the next lesson we will think about how it is not ok to touch someone else in a way that makes them feel uncomfortable.

7. Review Learning

Refer back to the learning outcomes and assess learning using a quick thumbs up exercise asking whether certain body parts are male or female.

8. Video on body diversity

This video for the Paralympic games explores how our body differences don't need to stop us from doing the things we enjoy <https://www.youtube.com/watch?v=locLkk3aYlk>

Additional Activities

Story about Body Image

Read one of the following stories to reinforce the idea of positive body image:

Cinderella's Bum, Nicholas Allan

Shapesville, Andy Mills

Body Parts Venn Diagram

Use the Body Parts Activity in Year 2 Lesson 3 to create a Venn diagram for sorting male and female body parts.

What makes us unique?

Ask the class to imagine that they are creating a book like Todd Parr's and to think of two new things that could make bodies unique. Explain that they can use things that are unique about their own bodies if they want to or they can think about it more generally. They complete the sentence 'It's okay to...'

Remind them of the examples on the board that you have already discussed. As a group share some of the other ways that bodies can be unique and the reasons why it's important to treat others with respect.