

## Grade 6: Emotional and Romantic Life

### **Educational aims**

1. Become aware of the role of puberty in emotional and sexual awakening
2. Expressing your questions about emotional and sexual awakening

### **Children will:**

- Understand the role of puberty in romantic (crush) and sexual awakening (arousal).
- Review puberty.
- Will discuss the different feelings that can occur with the onset of a first crush.
- Will discuss the different physical feelings that will occur during puberty and the first romantic feelings. (ex: “butterflies” in the stomach, blushing, etc.)
- Discuss the changes that might occur between boys and girls (ex: moving towards hanging out with same sex friends).
- Discuss concerns students might have with regard to romantic and sexual arousal (ex: reciprocity of feelings, demonstrate feelings, confusion about feelings, reaction of others, jealousy, etc.)
- Discuss images and messages from the social environment and media and how these images and messages can influence us.

**Activity:** Should take into account the gradual arrival of puberty and romantic awakening, encourage students to understand what is happening to them and reassure them about the various feeling associated with this period of their life.

- Invite students to explore the signs of puberty and romantic awakening by viewing movies suggestions appropriate to their age (ex: Little Nicolas’s Vacation, Little Manhattan, and Flipped). While watching the films students will be looking for information to answer various questions (ex: how do the characters experience puberty? etc.).
- Carry out a “Question Box” activity where the students are invited to ask anonymous questions about sexual and romantic awakening. The questions can then be grouped and answered with the class.
- View the film “In a Heartbeat” and discuss the film with the class.