

Wellbeing – Relationships and Sex Education Guidelines

<p>Early Years</p> <ul style="list-style-type: none"> • How are you a good friend? How do you look after each other? (at school and at home) • Recognising feelings (positive and negative) • Can you recognise you positive and negative behaviour and how they affect other people? (if you've upset somebody how do you make it better?) • Do they know who to ask for help? • What is a family? (what do the different family members do for them in their family?) • Differences from birth to age 4/5 (walking, talking, taller, doing things more independently) • Keeping clean (hand washing activities, coughing, sneezing and tissues) 	<p>Year 1</p> <ul style="list-style-type: none"> • Belonging and how they are special (how would you look after a class pet?) • Who are your friends? What makes them special? If you don't spend time with certain people why is that? • Their own family makeup • Basic lifecycle of a human (babies, children, adults), growing and changing • Keeping clean (daily routine – no specific mention of body parts) • People who help us (in the community and in our home and school lives) <p>SRE: *Differences</p> <ul style="list-style-type: none"> • Differences between boy and girl babies 	<p>Year 2</p> <ul style="list-style-type: none"> • Belonging and how they are special (Who do you care for and who cares for you? Why is this important?) • Identifying differences between people (hair/ eye colour, skin colour) • Family diversity, different family makeup: mummies and mummies etc... (celebrating differences resource RM) • Keeping clean (teeth hygiene, see RM for toothbrushes/ paste) <p>SRE: *Differences</p> <ul style="list-style-type: none"> • Differences between male and female animals (cover before differences between boys and girls) • Differences between boys and girls • Do we know which parts of us are private? (NSPCC Pantasaurus video) 	<p>Year 3</p> <ul style="list-style-type: none"> • Challenging gender stereotypes (roles and responsibilities) • Body changes (taller, bigger feet, hair growing on your head) • Healthy eating for positive body changes • Family diversity (what does your family look like?) • Who in school and home can you go to if you need anything?/ belonging • Giving advice and problem solving within friendships and family <p>SRE: *Touch</p> <ul style="list-style-type: none"> • Different kinds of touch and personal space in different circumstances (See resources on T drive) <p>*Differences</p> <ul style="list-style-type: none"> • Men have a penis and women have a vagina • The penis and the vagina are the parts that make a baby (very basic information from video)
<p>Year 4</p> <p>SRE: Separate boys and girls</p> <p>Girls</p> <p>*Menstruation</p>	<p>Year 5</p> <p>SRE: Mixed class, separate girls for menstruation</p> <p>*Puberty</p>	<p>Year 6</p> <p>SRE: Mixed class</p> <p>Puberty</p>	

<ul style="list-style-type: none"> • A period is the body preparing itself to have a baby • Time/ frequency – once a month, every 28 days and usually last up to a week • What to do when they get their period (sanitary products and sanitary bins in school) <p>Changes throughout life</p> <ul style="list-style-type: none"> • Growing breasts • Hips widening to prepare to carry a baby <p>Boys</p> <p>*Keeping body clean</p> <p>Together</p> <p>*Taking care of body</p> <ul style="list-style-type: none"> • Brushing teeth • Changing clothes • Washing regularly • Brushing/ washing hair <p>*Differences between male and female</p> <ul style="list-style-type: none"> • Basic drawing and identifying differences 	<ul style="list-style-type: none"> • Physical and hormonal changes (see PP resources on Tdrive under puberty) <p>*From conception to birth</p> <ul style="list-style-type: none"> • The penis and the vagina make a baby by sexual intercourse (very basic information from video) • Sperm meets egg • Egg is fertilised and becomes a foetus • The foetus grows in the womb <p>*Keeping clean</p> <ul style="list-style-type: none"> • Importance of washing body <p>Girls</p> <p>*Menstruation</p> <ul style="list-style-type: none"> • Sanitary products (towels, tampons, liners, reusable cups) • Sanitary bins in schools • Coming to school prepared for your period • Technical language of female structures 	<ul style="list-style-type: none"> • Physical and hormonal changes (see PP resources on Tdrive under puberty) • Wet dreams • Sexual feelings • Menstruation <p>*Keeping clean</p> <ul style="list-style-type: none"> • Importance of washing body (including genitals) <p>*Human reproduction</p> <ul style="list-style-type: none"> • Purpose of erections • Sexual intercourse • Ejaculation (purpose of) <p>*Contraception</p> <ul style="list-style-type: none"> • Condoms • Other forms (the pill, the coil, the implant) • Being responsible • The risks of not using contraception (STIs and pregnancy) <p>*Consent</p> <ul style="list-style-type: none"> • YouTube video - Cup of Tea • Reinforce that sex is for somebody that you trust and that you have a positive, loving relationship with • Understanding how to be safe in all situations • People/ things that influence their decisions (social media, family members and friends) 	
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