

Wellbeing – Relationships and Sex Education Guidelines

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

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