



Relationship and Sex Education Curriculum Overview

	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Relationships	<p>Who is in my family? What does my family do for me? What different types of family are there?</p>	<p>Who is in my family? How are other families similar or different to mine?</p>	<p>Who is in my family? How are other families similar or different to mine?</p>	<p>How are other families similar or different to mine? How have my relationships changed over time?</p>	<p>How do families change over time? Why are some parents married and some not? What are the different types of family?</p>	<p>What are the important relationships in my life now? Can people of the same sex love one another? Is this ok? What are the different kinds of partnerships and families? What do the words lesbian and gay mean? Why does calling someone 'gay' count as bullying?</p>	<p>What is love? How do we show love to one another? Are boys and girls expected to behave differently in relationships? Why? Can some relationships be harmful? What should I do if someone is being bullied or abused? Why are families important for having babies and bringing them up?</p>
My body	<p>What are the different parts of my body called? How are girls' and boys' different?</p>	<p>How are girls and boys bodies different? What do we call the different parts of girls' and boys' bodies? How can I keep my body clean?</p>	<p>How has my body changed since I was a baby? What are the similarities between boys and girls?</p>	<p>How has my body changed since I was a baby? Why is my body changing? Why are some children growing quicker than others?</p>	<p>Why and how is my body changing? What are the similarities between boys and girls? Should boys and girls behave differently? Why are some girls in my class taller than the boys? How do boys and girls grow differently?</p>	<p>What is puberty? Does everyone go through it? At what age? How will my body change as I get older?</p>	<p>Is my body normal? What is a normal body?</p>

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<p>Lifecycles</p>	<p>How much have I changed since I was a baby?</p>	<p>How are other children similar or different to me?</p>	<p>How much have I changed since I was a baby? How are other children similar or different to me?</p>	<p>How do different animals have babies? How do different animals look after their babies before and after birth?</p>	<p>Why does having a baby need a male and female? What are eggs and sperm?</p>	<p>What is sex? What is sexual intercourse? How many sperm does a man produce? How many eggs does a woman have? How do sperm reach the egg to make a baby? How does the baby develop? How is the baby born? What does a new baby need to keep it happy and healthy?</p>	<p>Does conception always occur or can it be prevented? Do adults have a choice whether they want to have a baby or not? How do families with same-sex parents have babies?</p>
<p>Feelings and attitudes</p>	<p>How are you feeling?</p>	<p>How are you feeling? What different feelings do you know? What makes you feel like this?</p>	<p>How are you feeling? What different feelings do you know? What makes your feel like this? Why are feelings important?</p>	<p>What makes me feel good? What makes me feel bad? How do I know what other people are feeling?</p>	<p>Why are my feelings changing as I get older? How do I feel about growing up and changing? How can I cope with strong feelings?</p>	<p>What kind of feelings come with puberty? What are sexual feelings? How can I cope with these different feelings and mood swings? How can I say no to someone without hurting their feelings? What do I do if my family or friends don't see things the way I do?</p>	<p>What are wet dreams? What is masturbation? Is it normal? Can I believe everything I see on the TV about perfect bodies / relationships/girls and boys to be true? What do families from other cultures of religions think about growing up?</p>

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<p>Keeping safe and looking after myself</p>	<p>Which parts of my body are private? When it is ok to let someone touch me?</p>	<p>Which parts of my body are private? When it is ok to let someone touch me? Who should I tell if someone wants to touch my private parts?</p>	<p>Which parts of my body are private? When it is ok to let someone touch me? How can I say no? When is it good or bad to keep secrets?</p>	<p>Which parts of my body are private? When it is ok to let someone touch me? What do I do if someone wants me to do something dangerous, wrong or makes me feel uncomfortable? When is it good or bad to keep secrets? What are good habits for looking after my growing body?</p>	<p>Which parts of my body are private? When it is ok to let someone touch me? What do I do if someone wants me to do something dangerous, wrong or makes me feel uncomfortable? When is it good or bad to keep secrets? How can girls manage periods?</p>	<p>Which parts of my body are private? When it is ok to let someone touch me? What do I do if someone wants me to do something dangerous, wrong or makes me feel uncomfortable? How can I look after my body now I am going through puberty? How can girls manage periods? What are wet dreams?</p>	<p>Which parts of my body are private? What do I do if someone wants me to do something dangerous, wrong or that makes me feel uncomfortable? How can I look after my body when I am going through puberty?</p>
<p>People who help me</p>	<p>Who can I ask if I need to know something? Who can I go to if I am worried about something?</p>	<p>Who can I ask if I need to know something? Who can I go to if I am worried about something?</p>	<p>Who can I ask if I need to know something? Who can I talk to if I feel anxious or unhappy?</p>	<p>Who can I talk to if I feel anxious or unhappy? Where can I find information about growing up?</p>	<p>Who can I talk to if I feel anxious or unhappy? Where can I find information about growing up?</p>	<p>Who can I talk to if I want help or advice? Where can I find information about puberty and sex? How can I find reliable information about these things safely on the internet?</p>	<p>Who can I talk to if I want help or advice? Where can I find information about puberty and sex? How can I find reliable information about these things safely on the internet?</p>