

Relationship and Sex Education (RSE)

Nursery/Reception

- Who makes up my family? Different families
- Making new friends.
- Important people in my life
- To recognise, name and deal with feelings in a positive way.
- To understand about how to keep themselves safe: in school, at home, in their community and online
- Likes/dislikes
- Keeping clean
- Personal space
- Pants on rule
- Respect
- Caring for pets, babies, others.
- Reception: Expect Respect- Gender Expectations

Year 1

- 'Respect Yourself': To recognise and understand how we have changed from a baby.
- To explore differences between male and females. (Book: Boys and Girls)
- To recognise and respect differences.
- To recognise the importance of hygiene and taking care of themselves

- Different families e.g. two mummies.
- To think about themselves, learn from their experiences and recognise what they are good a (set simple goals).
- To recognise that they belong to various groups and communities; such as family and school.
- To understand about how to keep themselves safe: in school, at home, in their community and online
- Expect Respect - Friends, Secrets and People: Who can help us?

The Den - (including their year group objectives)

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 - To understand about how to keep themselves safe: in school, at home, in their community and online
- Expect Respect - Friends, Secrets and People: Who can help us.

Year 2	Year 3
<ul style="list-style-type: none"> ➤ 'Respect Yourself': To increase awareness and understanding of changes e.g. height growth. ➤ Understand the difference between boys' and girls' bodies, naming the external body parts. ➤ To recognise and respect differences. ➤ To compare and contrast themselves with others. e.g. different family make-ups (Book: Picnic in the Park) ➤ To recognise the importance of hygiene and taking care of themselves ➤ To look at identity and self-esteem and enforce messages that we are special. ➤ To understand about how to keep themselves safe: in school, at home, in their community and online Expect Respect: Gender, careers and assumptions <p>Different types of families (Y2): https://www.youtube.com/watch?v=JG0yqhzVuYA Differences: https://www.youtube.com/watch?v=KJ1ygFknjYo Diverse fairy tales: https://www.youtube.com/watch?v=OkAyo8KBeFw</p>	<ul style="list-style-type: none"> ➤ 'Respect Yourself': To prepare for and understand changes that occur as part of puberty. ➤ To recognise physical and emotional changes. ➤ To identify current levels of knowledge and understanding about puberty, menstruation and conception Book: Mommy ate my football ➤ To recognise the qualities of a good friend. ➤ To develop confidence in themselves ➤ Gender Stereotypes ➤ To understand about how to keep themselves safe: in school, at home, in their community and online ➤ To know the importance of 'The Pants Rule' ➤ Expect Respect: Resolving conflict and where to get help <p>Diversity/love has no labels: https://www.youtube.com/watch?v=PnDgZuGIhHs Babies: https://www.youtube.com/watch?v=3r5_50_trRk Different families: https://www.youtube.com/watch?v=TA-sYEP2QiI</p>
Year 4	Year 5
<ul style="list-style-type: none"> ➤ 'Respect Yourself': To know that during puberty, a body changes from a child to an adult ➤ To develop an understanding of emotional changes as well as physical. ➤ To understand menstruation ➤ To become confident in awareness of life cycle changes, including birth. ➤ To understand some basic facts about pregnancy ➤ Separate Girl Talk- Periods. ➤ To increase awareness and understanding of choices and decision making which impact upon health. ➤ Gender equality ➤ To understand about how to keep themselves safe: in school, at home, in their community and online ➤ To know the importance of 'The Pants Rule' 	<ul style="list-style-type: none"> ➤ 'Respect Yourself': To know and understand the physical and emotional changes that take place during puberty, when they happen and how to manage them. ➤ To know and understand life processes common to humans, including reproduction. ➤ To know and understand about personal hygiene and keeping safe. ➤ Girl Talk- Puberty/Boy Talk- Puberty ➤ To increase awareness and understanding of choices and decision making which impact upon health. ➤ To explore the idea of relationships, including friendships, parent child and family relationships and adult sexual relationships. ➤ LGBT - Transgender/ Homophobic Bullying ➤ To understand about how to keep themselves safe: in school, at home, in their community and online

<p>Expect Respect- Examining violence- excuses and responsibility Gender equality/stereotypes. Video - 'Unstoppable' - https://www.youtube.com/watch?v=VhB31gCz2E</p> <p>Video- 'Imagine all the possibilities' (Barbie). https://www.youtube.com/watch?v=l1vnsqbnAkk</p> <p>Periods: https://www.youtube.com/watch?v=pVSrm_KVpo</p> <p>Girls Puberty: https://www.youtube.com/watch?v=oQZ4HLosRNw</p> <p>Gender Stereotypes: https://www.youtube.com/watch?v=nWu44AqFOiI</p> <p>Discrimination/bullying (homophobic bullying) https://www.youtube.com/watch?v=KIa6S-L_xV4</p>	<ul style="list-style-type: none"> ➤ To know the importance of 'The Pants Rule' ➤ Online safety- Sexting/Grooming ➤ Expect Respect: Secrets and Stories <p>Homophobic Bullying (LGBT), including homophobic language. http://www.bbc.co.uk/newsround/30073370</p> <p>Football - http://www.thefa.com/football-rules-governance/equality/football-v-homophobia</p> <p>Human rights video - https://www.youtube.com/watch?v=sYFNfW1-sM8</p> <p>Video - '. https://www.youtube.com/watch?v=lrJxqvalFxm</p> <p>Puberty: Girls (Y5 girl talk) - https://www.youtube.com/watch?v=OR1XJZ0xRSo</p> <p>Puberty: Boys https://www.youtube.com/watch?v=G57Suq7JpQE</p> <p>Transgender: https://www.youtube.com/watch?v=OyZPIId4VVnM</p> <p>How babies are made: https://www.youtube.com/watch?v=DfGq5cemxRI</p> <p>All About Us: Living and Growing Unit 3- How Babies Are Made</p> <p>How babies are born: https://www.youtube.com/watch?v=5gSAzw-iP0Q</p>
<p>Year 6</p>	<p>Whole School Coverage Through Assemblies /Visitors</p>
<ul style="list-style-type: none"> ➤ 'Respect Yourself': Valuing Ourselves- To recognise own self-worth and identify positive things about themselves and others. ➤ Changes - To appreciate that similarities and differences between people are a result of different factors. ➤ Puberty -To know and understand about physical and emotional changes that take place during puberty Girl Talk- Puberty/Boy Talk. ➤ Knowing our bodies - To know and understand the correct language for body parts and their function in reproduction. ➤ LGBT - Transgender ➤ To understand about how to keep themselves safe: in school, at home, in their community and online ➤ To know the importance of 'The Pants Rule' ➤ Online safety- Sexting/Grooming ➤ Expect Respect - The Court Room ➤ LGBT homophobic bullying - Focus on Transgender - Share book 'Be Who You Are!' Share video- 'I'm Leo' https://www.youtube.com/watch?v=0x_u2cs8DpI <p>Puberty: Boys (Y6 boy talk) - https://www.youtube.com/watch?v=G57Suq7JpQE</p> <p>Periods (Y6 girl talk) - https://www.youtube.com/watch?v=dBRz1fMWMzQ</p> <p>Periods https://www.youtube.com/watch?v=pVSrm_KVpo</p>	<ul style="list-style-type: none"> ➤ To reflect on spiritual, moral, social and cultural issues, using imagination to understand other people's experiences. Current issues related to what's happening around the world (news) To be aware of the lives of people living in other places and times, and of people with different values and customs. ➤ To appreciate the range of national, regional, religious and ethnic identities in the United Kingdom. ➤ Friendship week/getting on and falling out ➤ Buddy Bear- Bullying ➤ Following the SMART code ➤ Keeping ourselves safe.

Sexual orientation: <https://www.youtube.com/watch?v=P5x5Fo7rMvY>