



## St Elisabeth's Primary School

### What we teach in Relationships and Sex Education (RSE)

Reception	<p>Making Friends Working in a group How I am different/the same as other people.</p>
Year 1	<p><b>Feelings:</b> Naming feelings Recognising own qualities</p> <p><b>Friends:</b> Making new friends Losing Friends/making up What makes a good friend?</p> <p><b>Growing Up:</b> Belonging to different groups Young and Old Naming body parts Needs of a baby Being unique</p> <p><b>Safety:</b> When to keep or tell a secret Stranger Danger Saying No Asking for help</p>
Year 2	<p><b>Feelings:</b> Managing feelings Knowing things that cause different emotions Who is special to me?</p> <p><b>Friends and Family:</b> Making choices Special people Different types of families Similarities and differences in people</p> <p><b>Growing up:</b> Naming body parts Know that animals reproduce and young animals grow to be adults Boys and Girls can do the same things</p>

	<p><b>Safety:</b> Safe/unsafe touches Stranger Danger</p>
Year 3	<p><b>Feelings:</b> Recognising different feelings in themselves and others Dealing with worries How feelings affect friendship</p> <p><b>Growing up:</b> Birth Fact File How young children develop Human life cycle stages Naming body parts for male and female Different types of families Positive things about myself</p> <p><b>Safety:</b> Identifying dangers Respect for others Touching Private areas</p>
Year 4	<p><b>Feelings:</b> Expressing positive and negative feelings</p> <p><b>Friendship:</b> Actions affect friendship Qualities of friendship Conflicts in friendship Making decisions Friendship problems</p> <p><b>Growing up:</b> What is a grown up Similarities and differences Correct use of vocabulary How to make a baby</p> <p><b>Safety:</b> Unwanted influence and pressure Saying No Getting help</p>

<p>Year 5</p>	<p><b>Feelings:</b> Recognising feelings  Controlling own behaviour  Seeing other's points of view  Asking for help</p> <p><b>Friendship/Relationships:</b> Qualities important to friendship and skills needed for successful relationships  Resisting peer pressure.</p> <p><b>Families:</b> What families provide for us  Responsibilities and expectations in families  Understanding different people's points of view</p> <p><b>Growing up:</b> Body changes at puberty for boys and girls  Menstruation and periods  Personal Hygiene  Names and functions of parts of male and female sex organs  Recap how to make a baby  Opportunity to ask questions in single sex groups (if necessary).</p> <p><b>Safety:</b> Recognising risk in different situations and making judgements.</p>
<p>Year 6</p>	<p><b>Feelings:</b> Strong feelings  To know our feelings and reactions affect people  Body Language  Attraction and love</p> <p><b>Friendship/Relationships:</b> Qualities of a friend  Diverse nature of families  Family Values  Different views and responsibilities within a family  Why people choose to get married</p> <p><b>Growing up:</b> Review body changes as you grow  Personal Hygiene  The emotions, fears and worries of growing up  Seeking help  Increased understanding of sexual intercourse  Review understanding of conception  Responsibilities of having a baby</p>

Contraception

Laws that protect us

Transmission of diseases

Gender roles and stereotypes

How sex and relationships are portrayed in the media

**Safety:** Learning to recognise risk

Resisting pressure