



Relationships, Sex and Health Education Programme

Reception Class

Family & relationships	<ul style="list-style-type: none">- Members of my family who care for me- People in the community who care for me (teachers, Police, etc)	Vocabulary: External body parts eg bottom, ears, eyes, feet, fingers, hands, lips, mouth, nose, toes, tummy, etc Hygiene
Safety & the changing body	<ul style="list-style-type: none">- What our bodies can do- External body parts- Differences between boys and girls- How their body has changed from when they were a baby- Touching: introduction to safe touches	
Health & wellbeing	<ul style="list-style-type: none">- Looking after bodies and keeping clean- Looking after themselves and know when they need help	
Resources	You'll soon grow into them, Titch – Pat Hutchins Time to get out the bath, Shirley – John Burningham Who's in a family? – Robert Skutch	



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Year 1

Family & relationships	<ul style="list-style-type: none"> - Families from pupils’ own experiences (same sex included only if it is raised by pupil) - Understand the needs of babies and young children and how parents care for them 	Vocabulary: Female, male, pregnant, tummy-button
Safety & the changing body	<ul style="list-style-type: none"> - Touching: where it is safe to touch each other and where you shouldn’t touch - The human life cycle – understand humans produce babies - Physical changes since they were born 	
Health & wellbeing	<ul style="list-style-type: none"> - People who help us stay healthy - Personal responsibility: how this has changed since they were a baby 	
Resources	There’s a House Inside My Mummy – Giles Andreae, Vanessa Cabban There’s going to be a baby – John Burningham, Helen Oxenbury NSPCC Pantasaurus FPA Yasmine & Tom: Module 1 ages 5-7 Lesson 1: Introduction to Yasmine & Tom Lesson 4: My brilliant body Lesson 6: Naming body parts	



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Year 2

Family & relationships	<ul style="list-style-type: none"> - Introduce different types of families: divorced, separated (same sex not specifically included but may arise as part of the discussion) 	<p>Vocabulary: breasts, nipple, penis, stomach, testicles, vulva</p>
Safety & the changing body	<ul style="list-style-type: none"> - Body private parts and safe and unsafe touches - Keeping clean and understanding the importance of basic hygiene practices 	
Health & wellbeing	<ul style="list-style-type: none"> - Positive self-image, understanding safe touches 	
Resources	<p>NSPCC The Pants Rule Let's Talk pages 1-15, 24-25, 46 -55 only Wash, scrub, brush</p> <p>FPA Yasmine & Tom: Module 1 ages 5-7 Lesson 1: Introduction to Yasmine & Tom Lesson 3: Different families Lesson 5: Keeping clean and taking care of myself Lesson 7: Keeping safe out and about</p>	



Relationships, Sex and Health Education Programme

Year 3

Family & relationships	<ul style="list-style-type: none">- Different types of family set-ups, including same sex families- How families look after babies and children	Vocabulary: birth childhood adolescent / teenage adulthood death life cycle relationship
Safety & the changing body	<ul style="list-style-type: none">- The human life cycle: main stages from birth to death	
Health & wellbeing	<ul style="list-style-type: none">- Growing up: what does being 'grown up' mean- Responsibility: what are you responsible for now?	
Resources	Piggybook – Anthony Browne Drop Dead – Babette Cole No Charge lyrics – Tammy Wynette song (from the internet) FPA Yasmine & Tom: Module 2 ages 7-9 Lesson 1: Introduction to Yasmine & Tom Lesson 3: Me, myself, I Lesson 4: What makes a good friend? Lesson 5: Getting on with our families	



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Year 4

Family & relationships	<ul style="list-style-type: none"> - Different types of family set-ups around the world 	Vocabulary: genitals anus pubic hair scrotum
Safety & the changing body	<ul style="list-style-type: none"> - Puberty: an introduction including breasts, genitals and penis - Body functions: differences between males and females - Body awareness and image: valuing own body and right to say no to different touches 	
Health & wellbeing	<ul style="list-style-type: none"> - Responsibility for personal hygiene - Preventing spread of disease 	
Resources	<p>How's your health? Nits and Head Lice – Angela Royston Personal Hygiene? By Pat Crissey</p> <p>FPA Yasmine & Tom: Module 2 ages 7-9 Lesson 1: Introduction to Yasmine & Tom Lesson 2: Gender stereotypes and aspirations Lesson 6: Personal and private body parts and keeping safe* <i>*Do not use the Sexual body parts sheets without adapting first</i> Lesson 7: Body care Lesson 8: Is it risky? Lesson 9: People who can help us on and offline</p>	



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Year 5

Family & relationships	<ul style="list-style-type: none"> - Marriage, including same sex marriage - Family life discussing different family set ups (including same sex parents) and dealing with problems 	Vocabulary: egg, fertilisation, foreskin, hormones, menstruation ovaries, period, puberty, sanitary protection, sperm, womb
Safety & the changing body	<ul style="list-style-type: none"> - Male and female sexual parts and their functions - Attraction including someone of the same sex - Physical changes at puberty and how to manage them - Menstruation 	
Health & wellbeing	<ul style="list-style-type: none"> - How the media, friends and family influence attitudes - Personal hygiene relevant to puberty - Safe routines that can stop the spread of viruses and bacteria 	
Resources	<p>What did I look like when I was a baby? Hair in funny places – Babette Cole Changes – Anthony Browne What’s happening to me? Boy & Girl books – Babette Cole</p> <p>FPA Yasmine & Tom: Module 3 ages 9-11 Lesson 1: Introduction to Yasmine & Tom Lesson 2: Online & offline friendships Lesson 3: Friendships & secrets Lesson 4: Friendships & pressure Lesson 5: Keeping safe – safe and unsafe touch Lesson 6: Keeping safe – online images Lesson 7: Changes at puberty Lesson 8: Periods – menstruation</p>	



Relationships, Sex and Health Education Programme

Year 6

Year 6	Family & relationships	<ul style="list-style-type: none"> - Understand and respect different types of relationships - What does it mean to be gay, lesbian, bi-sexual or transgender 	<p>Vocabulary: ovum, sperm, bi-sexual, trans-gender, cervix, conception, erection, ejaculation, fallopian tubes, foetus, gay, gender, heterosexual, homosexual, intercourse, labour, lesbian, making love, masturbation, semen, sexuality, umbilical cord, uterus, wet dream</p>
	Safety & the changing body	<ul style="list-style-type: none"> - Pregnancy and birth including sexual intercourse - Internal and external reproductive parts 	
	Health & wellbeing	<ul style="list-style-type: none"> - Recognising changing emotions - Managing feelings and interactions with friends 	
	Resources	Hair in funny places – Babette Cole What’s happening to me? Boy & Girl books – Usborne FPA Yasmine & Tom: Module 3 ages 9-11 Lesson 1: Introduction to Yasmine & Tom Lesson 9: Wet dream & masturbation Lesson 10: Making babies: sexual intercourse Lesson 11: Making babies: assisted fertility & multiple births Lesson 12: Making babies: pregnancy & birth Lesson 13: Identity & prejudice Lesson 14: Equality and the Law Lesson 15: Getting help	