

## Appendix B

### Relationships and Sex Education Programme

2020-2021

Relationships and Sex Education (RSE) is learning about the emotional, social and physical aspects of growing up, relationships, sex, human sexuality and sexual health. It should equip children and young people with the information, skills and values to have safe, fulfilling and enjoyable relationships and to take responsibility for their sexual health and well-being.

A comprehensive RSE programme sets out the core content by age and stage and shows how these concepts are developed and revisited with increasing complexity. By presenting the content as questions that children and young people want to explore it helps keep the focus on the needs of pupils and how they will be met.

The questions are grouped under thematic headings. They are not exhaustive but cover the key areas that need to be included in a good quality RSE programme.

	Early Years – Key Stage 1	Lower Key Stage 2	Upper Key Stage 2
	At this age children are interested in the differences between boys and girls, naming body parts, where babies come from, and friends and family. What areas of the body are private and should not be touched and who they can talk to if they are worried are also important.	At this age children are interested in the changing nature of friendships, the emotional and physical changes of growing up, similarities and differences between boys and girls, coping with strong emotions and how babies are made from eggs and sperm. How to look after our bodies and how to be safe and healthy are also important.	At this age, children are interested in knowing about love and the different kinds of families, they will be curious about puberty and sexual feelings and changing body image. They will want more details about conception, how babies develop and are born and why families are important for having babies. They will be interested in knowing about how people can get diseases including HIV, from sex and how they can be prevented. They will also want to know who they can talk to if they want help or advice and information about puberty and sex.

Relationships	<ul style="list-style-type: none"> <li>• Who is in my family?</li> <li>• How are other families similar or different to mine?</li> <li>• What does my family do for me?</li> <li>• What do I like about my friends?</li> <li>• What do my friends like about me?</li> <li>• What can other people do to make me feel good?</li> <li>• Who do I look like?</li> <li>• Why shouldn't I tease other people?</li> </ul>	<ul style="list-style-type: none"> <li>• How have my relationships changed as I have grown up?</li> <li>• Why do friendships change?</li> <li>• How can I be a good friend?</li> <li>• Why can it be fun to have a friend who is different to me?</li> <li>• What are some of the bad ways people can behave towards one another?</li> <li>• How do I know when I am being bullied?</li> <li>• What do I do if I am being bullied?</li> <li>• How can I make up with my friend when we have fallen out?</li> <li>• Why are some parents married and some not?</li> </ul>	<ul style="list-style-type: none"> <li>• What are the important relationships in my life now?</li> <li>• What is love? How do we show love to one another? Is that ok?</li> <li>• What are the different kinds of families and partnerships?</li> <li>• What to the words "lesbian" and "gay" mean?</li> <li>• Why does calling someone "gay" count as bullying?</li> <li>• What should I do if someone is being bullied or abused?</li> <li>• Are boys and girls expected to behave differently in relationships? Why?</li> <li>• Can some relationships be harmful?</li> <li>• Why are families important for having babies and bringing them up?</li> </ul>
My body	<ul style="list-style-type: none"> <li>• Why are girls' and boys' bodies different?</li> <li>• What do we call the different parts of girls' and boys' bodies?</li> </ul>	<ul style="list-style-type: none"> <li>• How has my body changed since I was a baby?</li> <li>• Why is my body changing?</li> <li>• What are some children growing quicker than others?</li> <li>• Why are some girls in my class taller than the boys?</li> <li>• How do girls and boys grow differently?</li> <li>• Why are we all different? It is ok to be different?</li> </ul>	<ul style="list-style-type: none"> <li>• What is puberty?</li> <li>• Does everyone go through it? At what age?</li> <li>• What body changes do boys and girls go through at puberty?</li> <li>• Why are some girls "tomboys" and some boys a bit "girly"?</li> <li>• Is my body normal? What is a normal body?</li> <li>• How will my body change as I get older?</li> </ul>

		<ul style="list-style-type: none"> <li>• What are similarities and differences between boys and girls?</li> <li>• Should boys and girls behave differently?</li> </ul>	
Life Cycles	<ul style="list-style-type: none"> <li>• Where do babies come from?</li> <li>• How much have I changed since I was a baby?</li> <li>• How are other children similar and different to me?</li> </ul>	<ul style="list-style-type: none"> <li>• Why does having a baby need a male and a female?</li> <li>• What are eggs and sperm?</li> <li>• How do different animals have babies?</li> <li>• How do different animals look after their babies before and after birth?</li> <li>• What happens when people get older?</li> </ul>	<ul style="list-style-type: none"> <li>• What is sex?</li> <li>• What is sexual intercourse?</li> <li>• How many sperm does a man produce?</li> <li>• How many eggs does a woman have?</li> <li>• How do sperm reach the egg to make a baby?</li> <li>• Does conception always occur or can it be prevented?</li> <li>• How do families with same sex parents have babies?</li> <li>• How does the baby develop?</li> <li>• How is the baby born?</li> <li>• What does a new baby need to keep it happy and healthy?</li> </ul>
Keeping Safe and looking after myself	<ul style="list-style-type: none"> <li>• Which parts of my body are private?</li> <li>• When is it OK to let someone touch me?</li> <li>• How can I say “no” if I don’t want someone to touch me?</li> </ul>	<ul style="list-style-type: none"> <li>• What are good habits for looking after my growing body?</li> <li>• What do I do if someone wants me to do something dangerous, wrong or makes me feel uncomfortable?</li> <li>• When is it good or bad to keep secrets?</li> </ul>	<ul style="list-style-type: none"> <li>• How can I look after my body now I am going through puberty?</li> <li>• How can girls manage periods (menstruation)?</li> <li>• How can people get diseases from sex and can they be prevented?</li> </ul>

	<ul style="list-style-type: none"> <li>• Who should I tell if someone wants to touch my private parts?</li> </ul>		<ul style="list-style-type: none"> <li>• What is HIV, how do you get it and how can you protect yourself from it?</li> </ul>
People who help me	<ul style="list-style-type: none"> <li>• Who can I ask if I need to know something?</li> <li>• Who can I go to if I am worried about something?</li> </ul>	<ul style="list-style-type: none"> <li>• Who can I talk to if I feel anxious or unhappy?</li> <li>• Where can I find information about growing up?</li> </ul>	<ul style="list-style-type: none"> <li>• Who can I talk to if I want help or advice?</li> <li>• Where can I find information about puberty and sex?</li> <li>• How can I find reliable information about these things safely on the internet?</li> </ul>
Feelings and attitudes		<ul style="list-style-type: none"> <li>• What makes me feel good?</li> <li>• What makes me feel bad?</li> <li>• How do I know how other people are feeling?</li> <li>• Why are my feelings changing as I get older?</li> <li>• How do I feel about growing up and changing?</li> <li>• How can I cope with strong feelings?</li> </ul>	<ul style="list-style-type: none"> <li>• What kinds of feelings come with puberty?</li> <li>• What are sexual feelings?</li> <li>• What are wet dreams?</li> <li>• What is masturbation? It is normal?</li> <li>• How can I cope with these different feelings and mood swings?</li> <li>• How can I say “no” to someone without hurting their feelings?</li> </ul>

			<ul style="list-style-type: none"><li>• What should I do if my family or friends don't see things the way I do?</li><li>• What do families from other cultures and religions think about growing up?</li><li>• Can I believe everything I see on the TV about perfect bodies/relationships/girls and boys ... to be true?</li></ul>
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