

Old Dalby Church of England Primary School



Sex and Relationship Education
Curriculum

Foundation Stage	Key Stage One		Key Stage Two			
	Early Years	Year One	Year Two	Year Three	Year Four	Year Five
Myself and others	Myself and others	Differences: Boys and girls	Self-esteem	Growing and changing	Talking about puberty	Puberty and reproduction
Family networks	Body parts	Differences: Male and female	Challenging gender stereotypes	Body changes and reproduction	Becoming men and women	Relationships and reproduction
Body awareness	Family	Naming body parts	Differences: Male and female	What is puberty?	Puberty – the physical effects	Conception and pregnancy
Hygiene	Friendships	Everybody needs caring for	Family differences	Thinking: Feeling, doing – changing	Puberty – feelings and emotions	Being a parent
Our day	Choices	Looking after the body	Decision making	Assertiveness	Building good relationship	Keeping myself safe
			Safety	Your questions answered		Your questions answered

Age 3 – 6

Children aged 3 – 6 are interested in the differences between boys and girls, naming body parts, where babies come from, and friends and family. Also important to them is to know what areas of the body are private and should not be touched and who they can talk to if they are worried about this.

Relationships

- Who is in my family?
- How are other families similar or different to mine?
- What does my family do for me?
- What do I like about my friend?
- What does my friend like about me?
- What can other people do to make me feel good?
- Who do I look after?
- Why shouldn't I tease other people?

My body

- Why are girls' and boys' bodies different?
- What do we call the different parts of girls' and boys' bodies?

Life cycles

- Where do babies come from?
- How much have I changed since I was a baby?
- How are other children similar and different to me?

Keeping safe and looking after myself

- Which parts of my body are private?
- When is it OK to let someone touch me?
- How can I say 'no' if I don't want someone to touch me?
- Who should I tell if someone wants to touch my private parts?

People who can help me

- Who can I ask if I need to know something?
- Who can I go to if I am worried about something?

Age 7-8

Children at the age of 7-8 are interested in the changing nature of friendships, the emotional and physical changes of growing up, similarities and differences between boys and girls, how to cope 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.

Relationships

- How have my relationships changed as I have grown up?
- Why do friendships change?
- How can I be a good friend?
- Why can it be fun to have a friend who is different to me?
- What are some of the bad ways people can behave towards one another?
- How do I know when I am being bullied?
- What do I do if I am being bullied?
- How can I make up with my friend when we have fallen out?
- Why are some parents married and some not?

My body

- How has my body changed since I was a baby?
- Why is my body changing?
- Why are some children growing quicker than others?
- Why are some girls in my class taller than the boys? How do girls and boys grow differently?
- Why are we all different? Is it OK to be different?
- What are the similarities and differences between boys and girls?
- Should boys and girls behave differently?

Feelings

- What makes me feel good?
- What makes me feel bad?
- How do I know how other people are feeling?
- 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?

Life cycles

- Why does having a baby need a male and a female?
- What are eggs and sperm?
- How do different animals have babies?
- How do different animals look after their babies before and after birth?
- What happens when people get older?

Keeping safe and looking after myself?

- What are good habits for looking after my growing body?
- 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?

People who can help me

- Who can I talk to if I feel anxious or unhappy?
- Where can I find information about growing up?

Age 9-10

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

- What are the important relationships in my life now?
- What is love? How do we show love to one another?
- Can people of the same sex love one another? Is this OK?
- What are the different kinds of families and partnerships?
- What do the words 'lesbian' and 'gay' mean?
- Why does calling someone 'gay' count as bullying?
- What should I do if someone is being bullied or abused?
- Are boys and girls expected to behave differently in relationships? Why?
- Can some relationships be harmful?
- Why are families important for having babies and bringing them up?

My body

- What is puberty?
- Does everyone go through it? At what age?
- What body changes do boys and girls go through at puberty?
- Why are some girls 'tomboys' and some boys a bit 'girly'?
- Is my body normal? What is a 'normal' body?
- How will my body change as I get older?

Feeling and attitudes

- What kinds of feelings come with puberty?
- What are sexual feelings?
- What are wet dreams?
- What is masturbation? Is it normal?
- How can I cope with these different feelings and mood swings?
- How can I say 'no' to someone without hurting their feelings?
- What should I do if my family or friends don't see things the way I do?
- What do families from other cultures and religions think about growing up?
- Can I believe everything I see on the TV about perfect bodies/relationships/girls and boys?

Life cycles/human reproduction

- 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?
- Does conception always occur or can it be prevented?
- How do families with same-sex parents have babies?
- How does the baby develop?
- How is the baby born?
- What does a new baby need to keep it happy and healthy?

Keeping safe and looking after myself

- How can I look after my body now I am going through puberty?
- How can girls manage periods (menstruation)?
- Sexual attraction
- How do I realise what are good/bad secrets
- How do I keep myself safe physically and digitally?

People who can help me

- Who can I talk to if I want help or advice?
- Where can I find information about puberty and sex?
- How can I safely find reliable information about these things on the internet?