

“Every child is a unique child of God.”

| Year 1   | Year 2   | Year 3  |
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| <p><b>Health, relationship and sex education:<br/>Boys and girls, families</b></p> <p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>● to understand and respect the differences and similarities between people</li> <li>● that everybody needs to be cared for and ways in which they care for others (that families are important for children growing up because they can give love, security and stability)</li> <li>● the characteristics of a healthy family life, commitment to each other, the importance of spending time together</li> <li>● about different types of family and how their home-life is special</li> </ul> | <p><b>Health, relationship and sex education:<br/>Boys and girls, families</b></p> <p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>● about the biological differences between male and female animals and their role in the life cycle</li> <li>● the biological differences between male and female children</li> <li>● about growing from young to old and that they are growing and changing</li> </ul>  | <p><b>Health, relationship and sex education:<br/>Growing up and changing</b></p> <p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>● about the way we grow and change throughout the human lifecycle</li> <li>● about the physical changes associated with puberty</li> <li>● strategies to deal with feelings in the context of relationships</li> </ul>   |
| Year 4   | Year 5   | Year 6  |
| <p><b>Health, relationship and sex education:<br/>Growing up and changing</b></p> <p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>● about the impact of puberty in physical hygiene and strategies for managing this</li> <li>● how puberty affects emotions and behaviour and strategies for dealing with the changes associated with puberty</li> <li>● strategies to deal with feelings in the context of relationships</li> <li>● to answer each other's questions about puberty with confidence, to seek support and advice when they need it</li> </ul>   | <p><b>Health, relationship and sex education:<br/>Puberty and gender stereotypes</b></p> <p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>● about the changes that occur during puberty</li> <li>● about menstruation and wet dreams</li> <li>● to consider different attitudes and values around gender stereotyping and sexuality and consider their origin and impact (the importance of respecting others, even when they are very different from them for example, physically, in character, personality or backgrounds, or make different choices or have different preferences or beliefs)</li> <li>● about the roles and responsibilities of parents and carers</li> </ul> | <p><b>Health, relationship and sex education:<br/>Healthy relationships / How a baby is made</b></p> <p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>● Recap – the changes that occur during puberty</li> <li>● what values are important to them in relationships and to appreciate the importance of friendship in intimate relationships</li> <li>● that marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong</li> <li>● about human reproduction in the context of the human lifecycle</li> <li>● how a baby is made and grows (conception and pregnancy)</li> <li>● Pupils learn to answer each other's questions about sex and relationships with confidence, where to find support and advice when they need it</li> </ul> |