As you may already be aware, Relationship and Sex Education (RSE) forms part of the National Curriculum at primary school. This has been a legal requirement from the Department of Education since 2020. All of our lessons throughout school are age-appropriate for all children.

Throughout our RSE curriculum, we cover:

- Positive relations with friends, families and other adults and children
- Respecting people who are sometimes different from your own family
- Development of skills to stay safe on and offline

To deliver the main parts of our RSE curriculum, we use 'Growing up with Yasmin and Tom' resources from the Family Planning Association. The lesson plans and resources meet the statutory requirements, are interactive and ensure children are appropriately educated and protected. From Year 1-Year 6, we cover:

Year 1	**Year 2**	**Year 3**	**Year 4**	**Year 5**	**Year 6**
• Pupils can describe some ways that boys and girls are similar or the same • Pupils know that there is more than one way to be a boy and more than one way to be a girl • Pupils can describe what makes a good friend • Pupils can identify when friendship feels good • Pupils can describe how to solve a problem when a friendship goes wrong • Pupils can identify different types of families • Pupils can describe a similarity and difference between different types of families • Pupils can explain that all bodies are different • Pupils can say what is brilliant about their body	• Pupils can name the objects that are used to help keep someone clean and healthy • Pupils can explain why it is important to keep clean • Pupils can describe which things they can do for themselves to look after their body and which things they are learning to do. • Pupils can name all the different parts of their body including the private and personal body parts • Pupils can explain what private and personal parts are and how they are identified • Pupils can recognise when a situation is safe or unsafe • Pupils can describe some ways that they can keep safe • Pupils can describe how to get help.	• Pupils can identify one person they can talk with about growing up • Pupils can identify something that will make them feel safe to discuss their bodies and relationships • Pupils can describe what a stereotype is • Pupils can show respect to others who are different to themselves • Pupils can tell you at least one thing they are good at • Pupils can tell you one thing they can do to make themselves feel better if they are feeling down. • Pupils can tell you two or more things that	• Pupils can label the personal and private parts of bodies • Pupils can explain the difference between safe and unsafe touches • Pupils know that no one has the right to touch them in a way that feels unsafe - not even someone in their family • Pupils can explain which parts of the body they particularly need to keep clean as they get older. • Pupils begin to understand how to take steps to assess risk and keep themselves safe	• Pupils can explain how healthy friendships and relationships make them feel • Pupils can explain what online bullying is • Pupils can tell someone what to do if they see something that is upsetting or shocking online. • Pupils can explain the difference between a safe and unsafe secret • Pupils can say no to something they don't want to do • Pupils can explain what peer pressure is	• Pupils can identify some of the changes that will happen in their body and other bodies during puberty • Pupils can describe who to talk to when they need help dealing with the changes at puberty • Pupils can explain what a period (menstruation) is • Pupils can suggest ways to overcome possible problems from periods • Pupils can define what sexual orientation and gender identity mean

• Pupils can explain what to do if someone says mean things about someone's body • Pupils can describe how to get help		make a good friend or not a good friend • Pupils can tell you one thing that most families have in common and one way in which families can be different • Pupils can explain how they would respond to unkind, mean or bullying behaviour about their family or someone else's	• Pupils can say no to things they don't want to do • Pupils can use 'Stop Think Go' to help them know what options there are if they start to feel unsafe.	• Pupils can explain the need to ask and receive permission (consent) for some types of touch • Pupils can identify when physical contact feels unsafe and describe how to ask for help	• Pupils can identify things that shape our personal identity • Pupils can explain what prejudice means • Pupils can describe discrimination • Pupils can describe ways to challenge prejudice and discriminatory behaviour

In Year 6, the children will take part in a series of puberty lessons delivered by highly skilled, experienced staff from the external agency, HH Kids. Lesson content will include:

- A joint session on the physical and emotional changes during puberty and how the male and female reproductive systems work.
- A girls only session on the menstrual cycle, sanitary products and breast development
- A boys only session on male body functions, testicular awareness and personal hygiene
- A final joint session on general health including spots, sleep and personal hygiene

The sessions delivered by HH Kids fulfil our legal requirement to deliver key facts about puberty and the changing adolescent body set out in the Department of Education Statutory Guidance (2020).

Parents, carers and guardians cannot withdraw their child from 'relationships' education as this is a legal requirement. Likewise, you cannot withdraw your child from sex education that is part of the science curriculum e.g. 'external body parts' and 'the human body as it grows from birth to old age (including puberty)'.

You can access more information and view some of the resources we used from the Family Planning Association through the parent portal here: www.fpa.org.uk/rshe-for-parents/

If you would like any further information or would like to see any resources resources that are used in a particular year group, please contact Miss Davies who can share some materials with you in person.