

Overview of the RSE curriculum at Boughton Heath broken down by Year group

	Relationships Education	Sex & Health Education.
Reception	<p>Know some of the characteristics of healthy and safe friendships. Know that friends sometimes fall out. Know some ways to mend a friendship. Know that unkind words can never be taken back and they can hurt.</p>	<p>Know that we grow from baby to adult. Know who to talk to if they are feeling worried. Recognise that changing class can elicit happy and/or sad emotions. Can say how they feel about changing class/ growing up & identify how they have changed from a baby.</p>
Year One	<p>Know that families are founded on belonging, love and care. Know that physical contact can be used as a greeting. Know how to make a friend. Know who to ask for help in the school community. Can identify forms of physical contact they prefer. Can say no when they receive a touch they don't like.</p>	<p>Know the names of male and female private body parts. Know that there are correct names for private body parts and nicknames, and when to use them. Know which parts of the body are private and that they belong to that person and that nobody has the right to hurt these.</p>
Year Two	<p>Know that there are lots of forms of physical contact within a family. Know how to stay stop if someone is hurting them. Know there are good secrets and worry secrets and why it is important to share worry secrets. Know what trust is. Can recognise and talk about the types of physical contact that is acceptable or unacceptable. Can identify the negative feelings associated with keeping a worry secret.</p>	<p>Know the physical differences between male and female bodies. Know that private body parts are special and that no one has the right to hurt these. Can say who they would go to for help if worried or scared. Be able to confidently ask someone to stop if they are being hurt or frightened.</p>
Year Three	<p>Know some of the skills of friendship, e.g. taking turns, being a good listener. Know some strategies for keeping themselves safe online. Know that they and all children have rights (UNCRC). Know how to access help if they are concerned about anything on social media or the internet. Can identify their own wants and needs and how these may be similar or different from other children in school and the global community.</p>	<p>Know that the male and female body needs to change at puberty so their bodies can make babies when they are adults. Know some of the inside & outside body changes that happen during puberty. Can express how they feel about puberty. Can say who they can talk to about puberty if they have any worries.</p>
Year Four	<p>Know some reasons why people feel jealousy. Know that loss is a normal part of relationships. Know that negative feelings are a normal part of loss. Know that sometimes it is better for a friendship/relationship to end if it is causing negative feelings or is unsafe.</p>	<p>Know that personal characteristics are inherited from birth parents and this is brought about by an ovum joining with a sperm. Know that babies are made by a sperm joining with an ovum. Know the names of the different internal and external body parts that are needed to make a baby. Know how the female and male body change at puberty. Can express any concerns they have about puberty.</p>
Year Five	<p>Know that there are rights and responsibilities in an online community or social network. Know that there are rights and responsibilities when playing a game online. Know that too much screen time isn't healthy. Know how to stay safe when using technology to communicate with friends. Can identify when an online community/social media group feels risky, uncomfortable, or unsafe. Can say how to report unsafe online/social network activity. Can identify when an online game is safe or unsafe.</p>	<p>Know how girls' and boys' bodies change during puberty and understand the importance of looking after themselves physically and emotionally. Know that sexual intercourse can lead to conception. Know that some people need help to conceive and might use IVF. Know that becoming a teenager involves various changes and also brings growing responsibility. Can celebrate what they like about their own and others' self-image and body image. Can suggest ways to boost self-esteem of self and others and recognise that puberty is a natural process that happens to everybody and that it will be OK for them.</p>
Year Six	<p>Know that it is important to take care of their own mental health. Know ways that they can take care of their own mental health. Know the stages of grief and that there are different types of loss that cause people to grieve. Recognise that people can get problems with their mental health and that it is nothing to be ashamed of. Can resist pressure to do something online that might hurt themselves or others. Can take responsibility for their own safety and well-being.</p>	<p>Know how a baby develops from conception through the nine months of pregnancy and how it is born. Know how being physically attracted to someone changes the nature of the relationship. Know the importance of self-esteem and what they can do to develop it. Can express how they feel about the changes that will happen to them during puberty. Understand that mutual respect is essential in any relationship and that they shouldn't feel pressured into doing something that they don't want to.</p>