|  |
| --- |
| **Corner Stone 1: RSE (Relationships & Sex Education)** |
| Concept | Theme | Year 1 | Year 2 | Concept | Year 3 | Year 4 | Year 5 | Year 6 |
| Being Safe | Worries and asking for help | Who looks after us?Who helps us to keep safe?Who helps me? | How does it feel in our bodies when someone makes us feel safe?How do our bodies react when we don’t want to be touched?Who should we tell if we feel uncomfortable, worried or confusedWho and what can help us when we feel worried or unsafe?How do we know whom to ask for help? | Early warning signs, saying yes or no, secrets | How does my body tell me if I feel safe and unsafe?What are secrets?Do we know other people’s secrets?How might someone feel to be asked to keep a secret that worries them? | How do I know when to say ‘Yes’ or ‘No’?Why is it important to tell an adult when there might be a secret that feels unsafe or worrying? | How does my body tell me if I feel safe and unsafe? | How do I know when to say Yes or No?Why is it important to tell an adult when there might be a secret that feels unsafe or worrying? |
| Body privacy and saying yes and no (pants Rule) | How do I know what is appropriate or not?How do I ask for help?How else can we say ‘no’ to being touched? | How do I know what is appropriate or not?How do I ask for help?How do we know when someone wants to keep things private?Should we keep everything private? | Body privacy |  | Who chooses what I do with my body?Who can I talk to if I feel worried or if something feels wrong?What do we mean by private and privacy? |  |  |
|  |  |  | Body privacy and FGM |  |  | What types of physical contact is acceptable / unacceptable in different situations?How can people communicate about touch? |  |
|  |  |  | Physical contact and appropriate touch |  |  | How does our body/mind warn us when someone gets too close?What should we someone do if someone is touching us in ways we don’t like, or making us feel uncomfortable in any way? | What is the age of consent? |
| Online relationships & media | Private & privacy | What do we mean by private and what sorts of things do people keep private? | How do we know when someone wants something kept private?How might it feel if something private is shared?How do we keep things private?When might we need to break this? | Personal boundaries and the right to privacy |  | What do people like to share together?What do we need or want to keep private?How can we explain that we want something to remain private?How might it feel if something private is shared?How do we keep things private?When might we need to break this? |  |  |
| Being safe in unfamiliar situations | Who can help us?What do we need to keep safe from?Who has the job of keeping us safe? | Who can help us?When do we need to take extra care?How do we know when to keep safe? | Pressure to share and dares |  |  | Why might people try to persuade others to share something they are uncertain about?How do I recognise that I feel uncertain about doing or sharing something?What can someone do when they feel under pressure to do something?Who can help me? |  |
| Feelings and attitudes | Feeling happy and sad | What makes me happy? Sad?Who can I talk to if I am unhappy or worried? | How does my body help me know how I feel?How can I cope with strong feelings?Who can I talk to if I am unhappy or worried? | Changing feelings |  |  | Why are my feelings changing as I get older?What kind of feelings come with puberty?How do I feel about growing and changing? |  |
| Feelings and impact on self and others | How do I know how other people are feeling?What do we look like when we feel different ways? | How do I affect how other people are feeling?What can we do to help feel differently? | Challenging the impact of feelings on self |  | How can I say no to someone without hurting their feelings?What should I do if my family and friends don’t see things the way I do? |  |  |
| Coping with feelings and change | What are the things that we treasure and how do we look after them?How do we feel when things get lost or ruined?How do people behave when that happens?How do I feel when things change?What can we do to help those who have lost something feel better? |  | Dealing with strong feelings |  | Can I share my feelings in a positive way?Can I use a scale of intensity to help me describe different feelings?Can I describe how different feelings are experienced in my body?Do I know that people can also have lots of different feelings all at once (such as at times of change)? | How can I cope with different feelings and mood swings?Can I describe how different feelings are experienced in my body?Do I know that people can also have lots of different feelings all at once (such as at times of change)? | How can I cope with different feelings and mood swings? |
| Identity | Changes in growth |  | How have I changed since I was a baby?How do we know we are growing?How do we feel about growing up? | Gender expectations | What does it mean to be me? | Are there expectations about how boys and girls behave and who decides these? |  |  |
| Boys, girls and stereotypes |  | What are the correct words for the external parts of the body?What are the differences between boys and girls?What are the differences between boys and girls bodies?What is a stereotype? | Body changes and puberty | How has my body changed since I was a baby? | What happens to people’s bodies when they grow up?What do we need to know about these changes and who can we talk to?What are the physical and emotional changes in puberty?Is puberty the same for everyone?**\*girls only – periods, cleanliness and hygiene** | What happens to people’s bodies when they grow up?What do we need to know about these changes and who can we talk to?What are the physical and emotional changes in puberty?Is puberty the same for everyone?**\*girls and boys - periods, wet dreams, cleanliness and hygiene** |  |
| Similarities and differences | How am I different and similar to other people? | How are we similar to others?In which ways are we all equal? | Media influences: masculinity and femininity |  | Are there expectations about how girls and boys behave?How does the media influence individual opinions and beliefs?What is masculinity and femininity? |  | How does the media influence individual opinions and beliefs?What is masculinity and femininity? |
| Family & friendships, relationships | Special people | Who are our special people?What makes them special to us?How do people look after each other?How can we help the people who look after us? |  | Relationships and conception |  |  |  | Why or when might a couple decide to have a baby?What roles and responsibilities do parents have?How does the sperm and egg meet during sexual intercourse?What are the correct names for the reproductive organs? |
| Friends and friendship | What relationships do I have in my life? | What makes a good friend?How do I like to be treated by my friends? | Changes in relationships (when relationships go wrong) | How do friendships change and what part do I play in that?How do we feel when we fall out with our special people?What strategies can we use to solve problems in our relationships? |  | How do I cope when relationships go wrong?What types of change happens in people’s lives?Does change always feel good?What sorts of feelings can change or loss bring? | What types of loving relationships are there?What are the different ways in which people show love?What does it mean to get married or have a civil partnership and why might people do this?Do people have to get married?What age can / do people get married?What are the qualities of a loving relationship?What do we expect from a healthy relationship?What skills does each person in the relationship need? |
| Family: Kindness and relationships, love |  | What is appropriate behaviour in different relationships? | Types of relationship (love and commitment) | What relationships do I have?Who might be included in someone’s network of special people?How do people show they value and care for each other?What differences are there in different relationships? |  |  |  |