



Relationship and Sex Education Policy Supplement

Below is an overview of what is covered in RSE lessons.

Please be aware that some lessons are child-led, and other discussions may arise. Staff will use their professional judgement to answer pupils' questions in an age-appropriate way.

Reception
Consent My Body Respecting My Body Growing Up Growth and Change Building Relationships
Year 1
Consent and PANTS (NSPCC) Ourselves and Others Similarities and Differences Individuality Our Bodies Life Cycles Changing Me People who care for us Families
Year 2
Consent and PANTS (NSPCC) Families Friendships Feeling Lonely Behaviour Respect for others Life Cycles in Nature Growing from Young to Old The Changing Me Boys' and Girls' Bodies

Assertiveness Looking Ahead
Year 3
Consent and PANTS (NSPCC) How babies grow Babies Making positive friendships Dealing with arguments Family life Caring for eachother Family stereotypes Outside body changes Looking ahead

Year 4
Consent and PANTS (NSPCC) Unique Me Growing and changing Puberty Circles of change Accepting change Looking ahead
Year 5
Consent My Self Image Puberty Looking Ahead Positive Self Esteem Friendships Online Safety
Year 6
Consent Puberty Different Relationships Changing and Growing Adulthood Independence Positive Self Esteem Real Self and Ideal Self Looking Ahead
Year 7

Consent
Puberty
Types of relationships
Healthy and Unhealthy Relationships
Relationships and Change
Gender Identity and Sexual Orientation
Sexting
Assertiveness
Relationship Boundaries
Image and self esteem
Managing Feelings
Getting Help and Support
Diversity, Prejudice and Discrimination

Year 8

Consent
Healthy and Unhealthy Relationships
Managing a range of relationships
Sex and conception
Puberty
Contraception
Alcohol and risky behaviour
Pornography
Online and offline relationships
Sexting
Getting Help and Support
Diversity, Prejudice and Discrimination