

### Relationships and Sex Education content by Key Stage

Gwinear School considers that Relationships and Sex Education (RSE) is an integral part of the Personal, Social and Health Education (PSHE) and Citizenship curriculum, and is linked to that for Science. We aim to offer pupils a carefully planned programme on human development, relationships, sexuality and family life within a safe, comfortable atmosphere. The programme is set within a moral framework and matched to the pupils' level of maturity.

The table below sets out the topics which will be taught at each stage of primary school.

EYFS and KS1	
Subject	Content
Relationships	<ul style="list-style-type: none"> <li>Families and friends</li> </ul>
My Body	<ul style="list-style-type: none"> <li>How are girls' and boys' bodies are different</li> </ul>
Life Cycles	<ul style="list-style-type: none"> <li>Human life cycle</li> <li>Body changes as we grow</li> <li>Similarities and differences between people</li> </ul>
Keeping safe and looking after myself	<ul style="list-style-type: none"> <li>Positive relationships</li> <li>Talk PANTS and stay safe</li> </ul>
People who help me	<ul style="list-style-type: none"> <li>Discussions about who children can talk to if they need to</li> </ul>

Lower KS2	
Subject	Content
Relationships	<ul style="list-style-type: none"> <li>Families, friendships, behaviours and changing relationships</li> </ul>
My body	<ul style="list-style-type: none"> <li>Body changes as we grow</li> <li>Body differences</li> <li>How are girls' and boys' bodies are different</li> <li>Behaviour differences</li> </ul>
Feelings	<ul style="list-style-type: none"> <li>Positive and negative feelings</li> <li>Other people's feelings</li> <li>Feeling about physical and emotional body changes</li> </ul>
Keeping safe and looking after myself	<ul style="list-style-type: none"> <li>Positive habits for looking after our bodies</li> <li>Behaviours that make us feel uncomfortable or scared</li> <li>Good or bad secrets to keep</li> <li>Talk PANTS and stay safe</li> </ul>
Life cycles	<ul style="list-style-type: none"> <li>Human life cycle including information about eggs and sperm</li> <li>Animal life cycles</li> <li>How to look after babies and young</li> <li>Physical changes as people get older</li> </ul>
People who help me	<ul style="list-style-type: none"> <li>People to talk to about anxieties</li> <li>Information about growing up</li> </ul>

Upper KS2	
Subject	Content
Relationships	<ul style="list-style-type: none"> <li>Important relationships in life</li> <li>Different forms of love</li> <li>Different kinds of families and partnerships</li> <li>Bullying and abuse</li> <li>Behaviours in relationships</li> <li>Positive and negative relationships</li> </ul>

My body	<ul style="list-style-type: none"> <li>• Puberty</li> <li>• Body differences</li> <li>• Body changes as we get older</li> <li>• Myth busting 'typical behaviours'</li> </ul>
Feelings and attitudes	<ul style="list-style-type: none"> <li>• Puberty and associated feelings</li> <li>• Sexual feelings</li> <li>• Self-discovery: feelings, masturbation, mood swings and wet dreams</li> <li>• Saying 'No' (Consent)</li> <li>• Culture and religious views on growing up</li> <li>• The media's portrayal of relationships, bodies and stereotypes</li> </ul>
Lifecycle/human reproduction	<ul style="list-style-type: none"> <li>• Sexual intercourse</li> <li>• Conception</li> <li>• Baby development and birth</li> <li>• Child development</li> </ul>
Keeping safe and looking after myself	<ul style="list-style-type: none"> <li>• Looking after our bodies during puberty</li> <li>• Menstruation</li> <li>• Sexual health</li> <li>• Talk PANTS and stay safe</li> </ul>
People who help me/getting help and advice	<ul style="list-style-type: none"> <li>• People to talk to for help or advice</li> <li>• Information sources about puberty and sex</li> <li>• Using the internet to find reliable information</li> </ul>