

Relationships & Sex Education Curriculum Map

Our curriculum map does not specify a topic for each year group. There is a general guide for the Key Stage but each tutor will assess the social and emotional understanding of the individual child before assigning them to a stage. This will be recorded on the child's termly curriculum map when they are due to participate in an RSE module.

We recognise that our children develop socially and emotionally at different rates and we want to ensure their relationship and sex education is planned in response to their stage of development.

	<u>Stage</u>	<u>Content</u>
P R I M A R Y	Foundation	How to make friends <ul style="list-style-type: none"> • How to greet people • Manners • How to play with others • How to ask for help • How to share • How to take turns • How to listen • How can I tell if someone is happy or sad?
	Stage 1	Let's be kind <ul style="list-style-type: none"> • Kind words • Kind actions • Identifying kind and unkind behaviours • How does kindness and unkindness make others feel? • What can I do to be kind? Sharing, taking turns etc • Show an interest in another person. Ask them a question • Practice working as a team • British values looking after the needs of others.
	Stage 2	Everyone is different <ul style="list-style-type: none"> • Likes and Dislikes • Similarities and differences • How am I special? • What would I like to do when I am older? • Who is in my family? • How can I treat people fairly? • How can I help others if they are feeling sad or finding something challenging • How can I show appreciation for others • British values treating everyone equally
	Stage 3	Identity & Bullying <ul style="list-style-type: none"> • What makes me unique? • What am I good at? What could I be better at? • Reasons for bullying • Types of bullying • How bullying can make others feel? • What to do if someone is being bullied? • British Values equality. • Reporting bullying, someone hurting you or doing something you are uncomfortable with. • Differences between boys and girls – challenging stereotypes • Learn coping strategies to use when I am feeling down.

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<p>Stage 4</p>	<p>Changing Families</p> <ul style="list-style-type: none"> • How have I changed since I was a baby? • Who is in my family and extended family? • Different family structures including same sex parents • Has my family changed? • Bereavement (pets only if necessary) - How to manage loss • New baby • Separation • Step parents • Reporting someone if they hurt me or do something I am not uncomfortable with. • Coping strategies for change.
<p>Stage 5</p>	<p>Healthy relationships</p> <ul style="list-style-type: none"> • Who can I trust? • Mutual respect – listening to what the other wants, treating them how you would like to be treated. • PANTS rule – Identify parts of the body we should keep private • Body safety – understand the words ‘no’ and stop’. • Identify someone I trust that I can talk to if I am worried • Reporting someone if they hurt me or do something I am uncomfortable with. • Use correct terminology to name body parts as well as identify slang that may be used. • Leant how to maintain friendships and what to do if I fall out with someone.
<p>Stage 6</p>	<p>Growing up & puberty</p> <ul style="list-style-type: none"> • Name male and female external body parts • Identify the basic physical changes to the body during puberty • Learn how to keep myself clean. • Learn about how my mood may change during puberty, explore a range of emotions • Identify the basic differences between friends and romantic relationships • Recognise appropriate and inappropriate touch • Understand the basic concept of consent
<p>Stage 7</p>	<p>Growing Up and Change</p> <ul style="list-style-type: none"> • Describe the specific changes boys and girls go through during puberty. • Identify physical and emotional changes that take place during puberty • Learn about the basic process of relationship change from not knowing someone, to making friends, to being romantically interested in someone. • Learn about boundaries and consent. • Begin to understand how one person in a friendship and a relationship may feel different to the other. • PANTS rule – inappropriate touch – Body safety • Explore the concept of love and what love looks like. • Use the correct terminology to name body parts as well as identify slang that may be used. • Understand that a man and woman is needed to make a baby.

KEY STAGE 3

Stage 7	<p style="text-align: center;">Growing Up and Change</p> <ul style="list-style-type: none"> • Describe the specific changes boys and girls go through during puberty. • Identify physical and emotional changes that take place during puberty • Learn about the basic process of relationship change from not knowing someone, to making friends, to being romantically interested in someone. • Learn about boundaries and consent. • Begin to understand how one person in a friendship and a relationship may feel different to the other. • PANTS rule – inappropriate touch – Body safety • Explore the concept of love and what love looks like. • Use the correct terminology to name body parts as well as identify slang that may be used. • Understand that a man and a woman is needed to make a baby. • Recognise different types of relationships including lesbian and gay.
Stage 8	<p style="text-align: center;">Growing up and adolescence</p> <ul style="list-style-type: none"> • Describe the basic changes boys and girls experience during puberty. • Human life cycle. Understand how we change throughout life. • Begin to understand the concept of reproduction. • Identify inappropriate touch and know how to report abuse • Have an awareness of emotional changes that may be experienced during puberty • Discuss ways in which people can overcome the emotions experienced during puberty • Understand and know how to practice good hygiene • Understand that a man and a woman are needed to make a baby • Name the main male and female body parts needed for reproduction.
Stage 9	<p style="text-align: center;">Growing Up and preparing for adulthood</p> <ul style="list-style-type: none"> • Describe the basic changes boys and girls experience during puberty including menstruation, erections and sexual feelings. • Understand the concept of consent • Understand that puberty is the body’s way of getting the body ready for adulthood and reproduction. • Explain the emotional and physical changes that happen during puberty • Be able to talk sensibly about concerns about puberty. • Recognise emotional changes and discuss how to manage sexual thoughts and behave appropriately. • Discuss the basic concepts of sex, gender identity and sexual orientation. • Explain in simple terms the process of conception and birth. • Name the male and female sex cell sperm and egg
Stage 10	<p style="text-align: center;">Growing up and healthy relationships</p> <ul style="list-style-type: none"> • Describe the changes that take place during puberty • Develop an understanding of peer pressure and how to manage it. • Develop an understanding of self-image and media influence. Know that there is no such thing as a perfect body • Begin to understand how to manage being romantically interested in another person. • Understand the importance of consent • Love is love – understand the terminology regarding sex, gender identity and sexual orientation. • Recognise the risks and things that should be considered before engaging in low level sexual activity. • Discuss the development of an online relationship and the risks.
Stage 11	<p style="text-align: center;">Growing up and developing relationships</p> <ul style="list-style-type: none"> • Describe what makes a healthy relationship

K E Y S T A G E 3		<ul style="list-style-type: none"> • Understand the concept of mutual respect and trust • Understand how a relationship may develop – know your boundaries. • Consent - understand that ‘no means no’ • Know what to do if someone is hurting you or doing something you are uncomfortable with. • Understand how relationships can develop online. Recognise the risks of sexting & pornography • Respect your own body – body safety • Know where to find information about sexual health.
	Stage 10	<p style="text-align: center;">Developing relationships</p> <ul style="list-style-type: none"> • Begin to understand the different forms of sexual activity • Recognise the risks of participating in sexual activity • The law • Understand consent • Know what makes a healthy relationship, explore ways to leave unhealthy relationships. • Recognise how a relationship may develop into a romantic or sexual relationship. • Know what to do if someone is hurting you or doing something you are uncomfortable with. • Know where to get support • Understand basic contraception
	Stage 11	<p style="text-align: center;">Developing relationships (sexual)</p> <ul style="list-style-type: none"> • How a romantic relationship may develop and what to consider when making decisions about sex. • Types of sexual activity and consent. • What is sexual intercourse? • The Law • Pregnancy • Develop a basic understanding of STI’s • Know the different forms of contraception and the risks. • Know where to go for advice on contraception.
K E Y S T A G E 4	Stage 12	<p style="text-align: center;">Respectful relationships ASDAN Module 7</p> <p>Outcome 3 – Understand what makes for a healthy or unhealthy relationship Outcome 2 – Recognise how to manage emotions in different relationships Outcome 5 – Show how to develop healthy relationships in different contexts. Outcome 4 – Explain the concept of consent in a variety of contexts</p>
	Stage 13	<p style="text-align: center;">Sexual Health ASDAN Module 6</p> <p>Outcome 4 – Understand the moral responsibilities when seeking consent and the importance of respecting and protecting an individual’s right to give, not give consent. Outcome 2 – Understand the advantages and disadvantages of different methods of contraception Outcome 1 – Understand the impact of sexually transmitted infections and how to minimise their transmission. Outcome 3 – Understand how to access emergency contraception and the time frame within which it can be effective.</p>

