

## **RELATIONSHIP & SEX EDUCATION**

### **Healthy Lifestyles and Sensitive Issues Guidelines**

We believe that all children should be given the knowledge, skills and understanding they need to lead a confident, healthy and independent life and to become informed, active and responsible citizens. These guidelines are designed to support teachers, assistants and parents to achieve this aim.

We will, work with children enabling them to achieve healthy lifestyles and consider sensitive issues.

The following guidelines will be used when teachers plan units of work and the topics may be covered during Science, Religious Education, PSHE (Physical, Social & Health Education) or during Circle Time.

### **Reception**

- People in my life. What they do for me and I do for them.
- My moods - feeling happy, sad etc.
- Friendships.
- My body and other people's bodies - similarities and differences.
- The beginning of life - me, animals and plants.
- Growth in people, animals and plants.

### **Year 1**

- My moods - feeling happy, sad etc.
- Friendships.
- To label parts of the body.
- How we grow, sequencing the life of a person.
- Relationships - groups, community, family, school.
- Females have babies whether animal or human.
- Keeping healthy.
- Marriage/Stable relationships - Links with Religious Education.
- Celebrations, marriage in churches.

### **Year 2**

- Changes as we grow.
- Feelings in families – love, jealousy etc.
- What helps people to get on with each other? – listening, sharing etc.
- What makes me happy?
- What I like or don't like about other people?
- Keeping safe.
- Caring for myself – hygiene, sleep, exercise etc.
- Inside my body – the functions of different parts.

### **Year 3**

- Feelings - things which make me happy, embarrassed, sad, scared etc.
- Difficult situations – teasing, bullying.
- Changes in my own body and in those of others.
- Keeping healthy - exercise, diet.
- Friendships - Our friends and how we make and lose friends.
- Making decisions - influences on me.
- Keeping safe.
- Varied lifestyles in the class and community - differences in others and how we feel about differences.
- Appropriate relationships.
- Why people get married?
- Medicines and drugs.

### **Year 4 & 5**

- How we develop - talking about puberty and hygiene, menstruation and wet dreams.
- Protective behaviours.
- Feelings about my body and persuasions.
- My mood - how it changes quickly.
- Keeping safe.
- Medicine and drugs.
- Developing relationships.

### **Year 6**

- How we develop - puberty & reproduction, relationships & reproduction, conception & pregnancy.
- How babies are born.
- Relationships - resisting pressures, managing my feelings.