

# Growing up at Walsden St Peter's CE School



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Dear Parents and Carers,

Every year, we deliver our Relationships Education Programme which is firmly rooted in our Science & Personal, Social + Health & Education (PSHE) curriculum.

This leaflet provides information about the content of Sex Education for each year group and may also provide parents and carers with a helpful starting point to discuss issues in what can sometimes be a difficult subject to broach. Please be assured however, that as always, the topic will be covered with great sensitivity and provide opportunity for children to reflect, ask questions and to discuss their views on this vital aspect of learning. If you should require any further information, then please talk to your child's class teacher – *we're always happy to help!*

Some aspects of this programme will be covered in more detail as part of the Science curriculum, especially in Y2 and Y5.

# RECEPTION

*A typical day : Routines and Patterns*

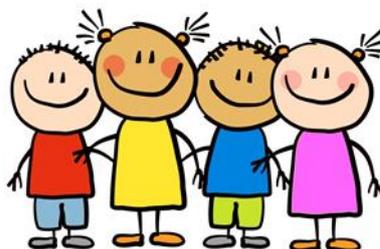
- How do I look after myself? (Dressing, undressing, cleaning teeth etc)

*Why is hygiene important?*

- Why do I need to keep clean?
- How do I keep myself clean? (Basic hygiene routines)

*All families are different*

- Who are the different members of my family?
- How can family members help each other?





# YEAR 1

## *Basic Hygiene*

- How can I keep clean?
- How can I look after myself?

## *Growing and Changing*

- How do babies grow into children and then adults?
- What are the differences between boys and girls?

## *Families*

- What does it mean to care for each other?
- What makes my family special?

## *People who can help us*

- Who can I ask for help?

## *Male and Female*

- What are male and female stereotypes?
- What can boys and girls do?
- What are the differences between males and females?

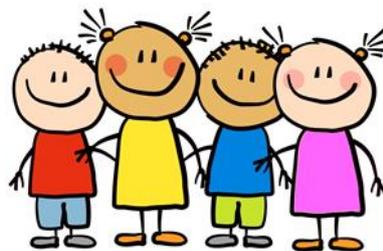
## *Life Cycles*

- What are the differences between male and female animals?

## *Differences*

- What are the physical differences between males and females?
- What are the scientific names for male and female body parts?

# YEAR 2



# YEAR 3

## *Differences*

- What happens when we fall out?
- How do we deal with differences?
- How do we solve friendship problems?

## *Relationships*

- What makes a good friend?
- What is a healthy relationship?
- Why is friendship important?



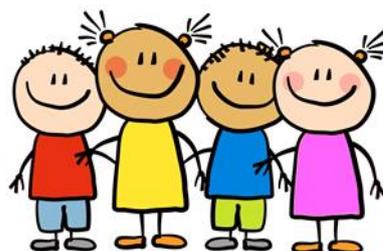
## *Life Cycles*

- What are the main stages of the human life cycle?
- How does my body change as I grow up?

## *Puberty*

- How do I keep healthy and clean?
- What are the correct scientific names for male and female body parts?
- What does puberty mean?
- What happens to my emotions during puberty?

# YEAR 4



# YEAR 5

## *Puberty*

- What physical changes happen during puberty?
- What emotional changes happen during puberty?
- Why is it important to be able to talk confidently about puberty?
- How does puberty affect the reproductive organs?
- How can I manage these physical and emotional changes?
- How can I keep clean during puberty?
- How do my emotions change?
- Where can I get help?

## *Life Cycles*

- How do humans and other animals reproduce?
- What changes do we go through from birth to old age?

## *Puberty*

- How does my body change during puberty?
- Why is it important to talk confidently about puberty?

## *Relationships*

- What different types of relationships can adults have?
- When is it okay to touch others?
- What should I expect from a healthy relationship?
- What should I do if the relationship changes?

## *How babies are made*

- What decisions need to be made?
- What happens during pregnancy?

# YEAR 6

