

Gedney Church End and Lutton St. Nicholas Federated Primary Schools

Sex and Relationships Outline Teaching Programme

Reception	<ul style="list-style-type: none"> ▪ Recognising the importance of family and friendship ▪ Communities: people who help us in and outside of school – who to go to if we need help ▪ Keeping myself safe ▪ How friends/family make us sad or happy ▪ How do we communicate those feelings?
Years 1 and 2	<ul style="list-style-type: none"> ▪ How friends/family make me feel afraid or angry ▪ How to deal with those emotions ▪ How do I make someone else feel special? ▪ How does my behaviour affect those around me? ▪ How do I cope with change in my relationships? (The arrival of a sibling, the death of a pet etc.) ▪ How do I support my friends during sad times and times of change? ▪ Name common body parts
Years 3 and 4	<ul style="list-style-type: none"> ▪ How have my relationships changed since I was an Infant? ▪ How do I resolve problems when relationships go wrong? ▪ What do I look for in a good friend? ▪ How can I be a good friend to others? ▪ Being responsible for my own decisions, including rights and responsibilities ▪ How has my body changed since I was young? ▪ Puberty, including periods* ▪ Name all body parts
Years 5 and 6	<ul style="list-style-type: none"> ▪ Peer pressure – how to say no ▪ How will I change in the future? ▪ Sexual intercourse** ▪ Contraception** ▪ Changing relationships ▪ Facing changes – my body, my school ▪ Supporting friends through change ▪ Peer pressure – secondary transfer survival strategies ▪ How to recognise changing and conflicting emotions

* Targeted towards Year 4 pupils

** Year 6 Only