

St Nicolas' Church of England Voluntary Aided

Combined School



RSE Teaching Sequence

Year Group	RSE Content (reference puberty glossary)
R	<ul style="list-style-type: none"> • Learn about the life cycle of animals and plants • Learning about human life stages and the role of family. What it means to belong to a family, our similarities and differences. Know that families are there to care for us. • Where do babies come from and what do they do in their mummy's tummy? • How babies are born and what babies need. • Naming parts of the body including the correct words for private parts - see puberty glossary • Why are girls' bodies and boys' bodies different? • Understand that some parts of our body are private and no one should touch them without our permission. Children will think about who they could tell if someone tried to look at or touch their private parts. • Awareness of inappropriate games, films/tv social media and who they should tell if inappropriate things are viewed. • Know who their trusted adults are and that everyone has different trusted adults. <p>RSE Terminology - <i>Penis/testicles, vagina/vulva, eggs, seeds, sperm</i></p>
1	<ul style="list-style-type: none"> • Know about the names for the main parts of the body (including external genitalia); the similarities and differences between boys and girls. (see glossary) • Understand and explain the simple bodily processes associated with them. • Name and know which parts should be private and know the PANTS rule (NSPCC) • Learn about the process of growing from young to old and how people's needs change. • Recognise emotions and physical feelings associated with feeling unsafe and identify people who can help them when they have those feelings. • Understand the difference between secrets and nice surprises (that everyone will find out about eventually) and the importance of not keeping any secret that makes them feel uncomfortable, anxious or afraid. • Learn how to judge what kind of physical contact is acceptable, comfortable, unacceptable and uncomfortable and how to respond - including who to tell and how to tell them. <p>RSE Terminology – <i>Penis/testicles, vagina/vulva, eggs, seeds, sperm</i></p>
2	<ul style="list-style-type: none"> • Identify different stages of growth (e.g. baby, toddler, child, teenager, adult); and how people can do different things at different stages of life.

	<ul style="list-style-type: none"> • identify which parts of the human body are private and understand that a person's genitals help them to make babies when they are grown up; • Understand that humans mostly have the same body parts but that they can look different from person to person. • Understand what privacy means; • Know that you are not allowed to touch someone's private belongings without their permission; • Recognise that body language and facial expression can give clues as to how comfortable and safe someone feels in a situation; • Learn about people who care for them, family networks, who to go to if they are worried about anything and how to attract their attention. • Explain that if someone is being touched in a way that they don't like, or if they feel unsafe in any way they have to tell someone in their safety network so they can help it stop. • Understand that there are unsafe secrets and secrets that are nice surprises <p>.RSE terminology – <i>genitals, Penis/testicles, vagina/vulva, eggs, seeds, sperm</i></p>
3	<ul style="list-style-type: none"> • Identify different types of relationships; • Recognise who they have positive healthy relationships with. • Understand what is meant by the term body space (or personal space); • Identify when it is appropriate or inappropriate to allow someone into their body space; and rehearse strategies for when someone is inappropriately in their body space. • Recognise how different surprises and secrets might make them feel and understand the difference • Know who they could ask for help if a secret made them feel uncomfortable or unsafe. • Recognise that differences and similarities between people arise from a number of factors, including family, cultural, ethnic, racial and religious diversity but all should be respected. <p>RSE Terminology: <i>gender</i></p>
4	<ul style="list-style-type: none"> • Describe some of the changes that happen to people during their lives; • Suggest people who may be able to help them deal with change. • Know the key facts of the menstrual cycle; • Identify parts of the body that males and females have in common and those that are different; • Know the correct terminology for their genitalia; • Understand and explain why puberty happens. • Understand that periods are a normal part of puberty for girls; • Identify some of the ways to cope better with periods. • Name some positive and negative feelings; • Understand how the onset of puberty can have emotional as well as physical impact. • Define the terms 'secret' and 'surprise' and know the difference between a safe and an unsafe secret; • Know who they could ask for help if a secret made them feel uncomfortable or unsafe. • Understand that long term commitment such as marriage is a commitment to be entered into freely and not against someone's will; • Recognise that there are different kinds of marriage. • Discuss the reasons why a person might want to be married, or live together, or have a civil ceremony. <p>RSE Terminology – <i>genitalia, puberty, menstrual cycle, periods</i></p>

5	<ul style="list-style-type: none"> • Identify people who can be trusted; • Understand what kinds of touch are acceptable or unacceptable; • Describe strategies for dealing with situations in which they would feel uncomfortable, particularly in relation to inappropriate touch. • Know the correct words for the external sexual organs; • Discuss some of the myths associated with puberty. • Learning about how male and female bodies develop • Know what periods are. • Recognise that babies come from the joining of an egg and sperm; • Explain what happens when an egg doesn't meet a sperm; • That it is not safe for changes to be made to your private parts and know who to tell if this happens • Explain the difference between a safe and an unsafe secret; • Identify situations where someone might need to break a confidence in order to keep someone safe. Know the appropriate adults to tell e.g different groups in the safety net of their family, school staff. • Recognise that some people can get bullied because of the way they express their gender; • Give examples of how bullying behaviours can be stopped. <p>RSE terminology – gender, periods, external sexual organs, puberty,</p>
6	<ul style="list-style-type: none"> • Define the word 'puberty' giving examples of some of the physical and emotional changes associated with it; • Suggest strategies that would help someone who felt challenged by the changes in puberty; • That it is not safe for changes to be made to your private parts and know who to tell if this happens • Know where someone could get support if they were concerned about their own or another person's safety. • Identify situations where someone might need to break a confidence in order to keep someone safe. • Know that there are different types of families and relationships • Identify the changes that happen through puberty to allow sexual reproduction to occur; • Know a variety of ways in which the sperm can fertilise the egg to create a baby; • Know the legal age of consent and what it means. • That there are sexually transmitted diseases that can affect the body and that these need to be treated by going to the doctor. • Know that it is illegal to create and share sexual images of children and know who to tell if they are sent such an image. • Know how to keep their information private online. • Understand the risks of sharing images/films of themselves online and how these are hard to control, once shared; • Know that there are different types of families and relationships (LGBT) • Define what is meant by the term stereotype and recognise how the media can sometimes reinforce gender stereotypes; • Challenge stereotypical gender portrayals of people. <p>RSE Terminology – gender puberty, periods, menstruates, genitalia, genitals vagina, penis, breasts, sexual image</p>