

## Year 1 - What is the same and different about us?

The children will discuss the things they like and dislike as well as their own strengths and qualities. They will discuss how we are all different and how that is what make us special.

Relationship Education

To learn about the similarities and differences between themselves and other people.

- ✓ Identify similarities and differences in people
- ✓ Recognise that we are all equal and that it is acceptable to be different
- ✓ Respect and value difference




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Relationship Education

**What do you think?**  
Imagine going to the zoo and all the animals being the same.

The same size, same colour, even acting the same and doing the same thing...




5


Relationship Education

Use the pictures to explore the similarities and differences with each characteristic


**Disability**




**Gender**



**Appearance**



**Skin colour**



6

Relationship Education

Can you think of ways we are different to our friends in our school?

Would it be good for us all to be the same?



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## Year 1 – Who is special to us? (families )

Children will discuss that all families are different and then draw who lives in their house. They will then use this to discuss how all their families are different.

Relationship Education

**Do all families look the same?**  
Talk to your partner



Families can all look different  
and all families are special



5

Relationship Education

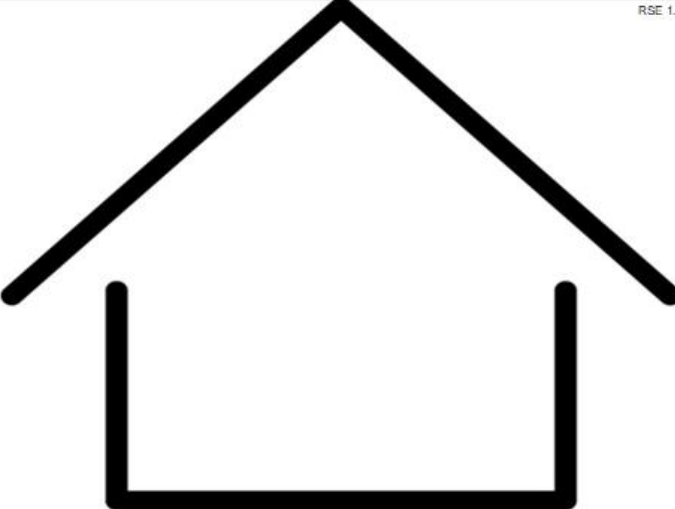
Look at the family in their happy home



All families are special and different. Not all family members live with us but they are still just as important.

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RSE 1.1



5

Relationship Education

**TASK: Who is in your family?**  
Write their names or draw their pictures inside the house




5



## Year 2 - What makes a good friend?



The children will discuss what makes a good friend and how good friends behave. They will discuss what to do if a friendship is upsetting them and how they can help to resolve problems.

Social and Emotional Health

Task: How do you think they feel?



Sad  Worried  Embarrassed

Upset  Afraid  Scared

Don't want to come to school Lonely

Social and Emotional Health

### 1) Stop

As soon as somebody starts to upset you, it is important that you tell them that they are upsetting you and politely ask them to stop in a friendly way.



What could Amy say to Lola and Jessie?






What could Adrian say to Sam?



What could Mason say to Zao?

Social and Emotional Health

### I-messages that we could use...



I don't find it funny can you please not say that again.

I don't find it funny can you please stop doing that.

I am finding this upsetting/hurtful can you please stop.



*Isra and Sampson are both making each other laugh by making jokes about each other. They are both finding it funny.*



*Amina is telling her friends about the time Jack slipped on a banana in the hall. Jack and the others find it very funny!*



*Amy and Jack are both making fun of each other. They are both finding it funny.*

## Year 2 – What is bullying?

Children will discuss what bullying is and how they can seek help and support

Identify different types of behaviour, joking, teasing and bullying.


**Bullying:** Repeated unkind behaviour that is intended to hurt someone.

**Teasing:** Making fun of someone in a friendly or hurtful way.

**Friendly joking:** To say or do something to make people laugh.

Lets take a closer look at these types of behaviours...

Bullying is hurting someone else on purpose.



It happens over and over again.

**Physical bullying**  
Hurting others and causing harm

**Verbal bullying**  
Saying unkind words, comments and making fun of others.

**Mental Bullying**  
Leaving others out, talking and whispering about people, making people feel uncomfortable.

Teasing is to laugh at somebody and make jokes about them, either in a friendly way or in order to annoy them or make them embarrassed.

Teasing can be a type of 'friendly joking'.

Teasing can sometimes hurt people's feelings and can become **bullying** if it is repeated over and over.

Year 3 - How can we be a good friend? Children will look at friendships and how to ensure these are positive and equal relationships.

Relationships Education

To learn about what a healthy relationship looks like and what skills are required to maintain a relationship

I can...

- ✓ Recognise different types of healthy relationships
- ✓ Describe what makes a relationship unhealthy
- ✓ Understand how to develop positive relationships, including recognising and responding to someone feeling lonely.
- ✓ Identify who to talk to if worried and required support

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Relationships Education

Lonely

How would we feel without these friendships?

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Relationships Education

Healthy relationships are good for our wellbeing and make us feel happy.  
Can you describe how this kind of relationship makes you feel?

How do healthy relationships make us feel?

RSE 3.5

### Healthy and unhealthy relationships card sort activity

|  |                                  |                     |
|--|----------------------------------|---------------------|
| Being shown affection such as a kiss or hug by a family member | Name calling                     | Someone helping us  |
| Feeling safe and secure  | Hitting or being hurt by someone | Having fun together |
| Feeling loved and happy  | Feeling respected                | Feeling scared      |

## Year 3 – What are families like?

Children will discuss families in the same way as Y1 – that all families are different but all are special. They will discuss who is in their family – this might include people who don't live in their house too. They will make links to our school value of equality and look at being treated fairly and unfairly in lots of situations and relationships

RSE

Why is being equal important in relationships?

**I can...**

- ✓ Define the meaning of respect in relationships and the importance of working with others collaboratively
- ✓ Listen to others and respond or challenge other views appropriately
- ✓ Understand the importance of respecting other people's feelings

4

RSE

Imagine an alien has landed in the school playground and we have to explain to it what the word **'respect'** means.

**Work together to agree a definition.**



6

RSE

We are all different but one thing we all have in common is that we have a right to be treated fairly and with respect



Equality

RSE

How would you feel if you were not treated fairly ?

How could you respond to this?

## Year 4 – How do we treat each other with respect?

The children will be taught about being respectful and courteous in all relationships. Children will discuss how we are all different and how this can lead to discrimination. They will discuss how to show respect to all people and that we should celebrate diversity.

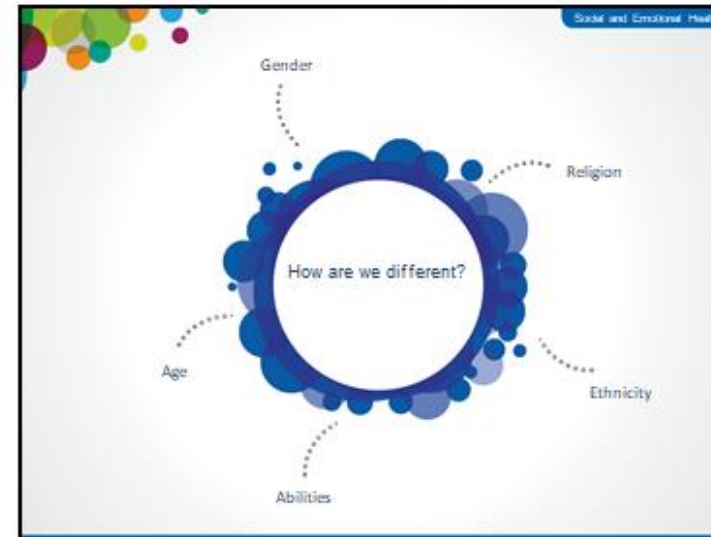
Explain discrimination, teasing, bullying and aggressive behaviours.

**TASK:** How are we different?

### 1. Discrimination



Social and Emotional Health



Where do our differences come from?




Lots of people in this country originally came from other countries – or their ancestors did, and this can often mean that we can share new ideas and find out things about other places, beliefs and customs.

It is this diversity that makes life more interesting.

|                  |                    |          |
|------------------|--------------------|----------|
| Life experiences | Parental influence | Origins  |
| Genes            | Cultures           | Religion |

Social and Emotional Health



If we judge/ treat people differently because of the colour of their skin, age, religion, opinions, behaviours or gender then this is **discrimination**.

Social and Emotional Health

## Year 5 – How can friends communicate safely online?

The children will continue to look at what a positive friendship looks like but also how they should behave online in their relationships as they become more independent.


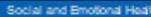
**Give examples of kind ways to behave online.**

**TASK:** Can we do/ say whatever we want online?


"Being 'free to be me' online means that I can do or say whatever I feel like."

"I can say whatever I like and not get into trouble because it's my online identity talking – not me."

When you're online, it's not really you so it doesn't matter if you create a completely new identity using different photos, usernames/fake names.




**Social and Emotional Health**



Everyone has the right to be who they want to be online, as long as what they do is not hurtful or stops someone else from being who they want to be too. Even though people can change and represent their identities in different ways online, everyone still needs to be kind and respect others when doing so.

**Describe what personal information and photos should be kept private.**

**Privacy settings**


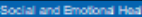


Once something's out there, there's no turning back. A picture or post that you think is funny and harmless today could be seen and misunderstood in the future by people you never intended to see it.

**Remember:**

Like everything on the internet, your digital footprint could be seen by anyone in the world. Once something about you is online, it could be online forever.

**That's why your privacy matters.** You can protect it by sharing only things that you're sure you want to share. Knowing when to stay silent and when to speak up is the key to respecting other people's privacy and protecting your own.



**Social and Emotional Health**

Negative opinions about others.

Social media profiles that we may have should be set to private.

**What personal information should we be keeping private?**

Photos are to be shared with only friends.

Your home address and phone number.

Your email and other online passwords.

Your photos, videos, music and other content.





## Year 5 – puberty

The children will be taught about puberty in separate boys and girls sessions. They will be taught about physical and emotional changes and the girls will be taught about periods

### Boys

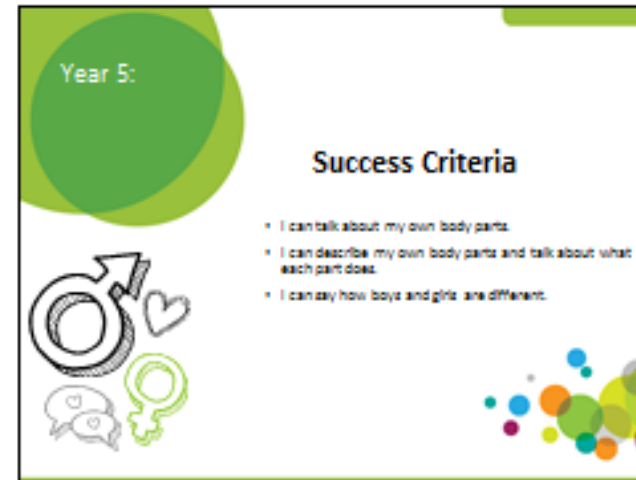


**I matter.**

**Growing and Changing**

Today we are talking about Growing and Changing so you can deal with the changes that will take place.

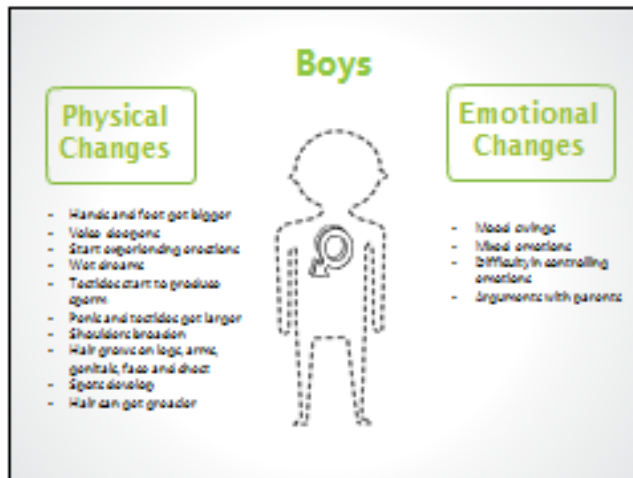
These lessons are called I matter, because You matter and I want you to know that.



**Year 5:**

**Success Criteria**


- I can talk about my own body parts.
- I can describe my own body parts and talk about what each part does.
- I can say how boys and girls are different.



**Boys**

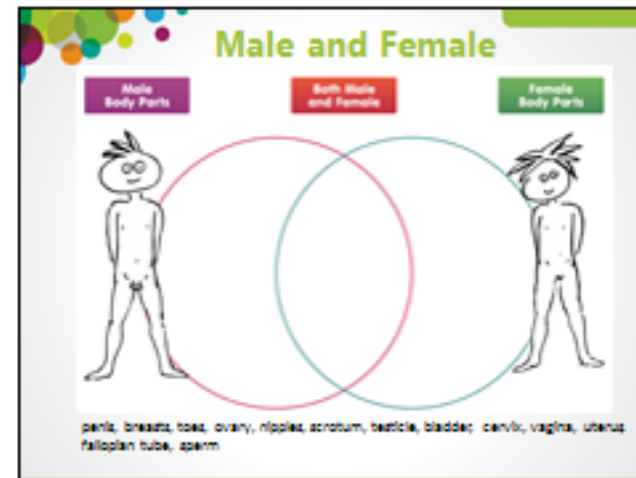
**Physical Changes**

- Hands and feet get bigger
- Voice deepens
- Start experiencing erections
- Wet dreams
- Testicles start to produce sperm
- Penis and testicles get larger
- Shoulders broaden
- Hair grows on legs, arms, genital, face and chest
- Sperm develop
- Hair can get greasier



**Emotional Changes**

- Mood swings
- Mixed emotions
- Difficulty in controlling emotions
- Arguments with parents



**Male and Female**

Male Body Parts: penis, testes, scrotum, testicle, bladder, sperm

Both Male and Female: penis, breasts, toes, ovary, nipples, scrotum, testicle, bladder, cervix, vagina, uterus, fallopian tube, sperm

Female Body Parts: breasts, toes, ovary, nipples, scrotum, testicle, bladder, cervix, vagina, uterus, fallopian tube, sperm

## Reproductive System

- The reproductive system is different for boys and girls.
- During puberty girls start to release eggs and have a period and boys start producing sperm.
- First it's important to know exactly what we are talking about so lets see a diagram!

## Sperm

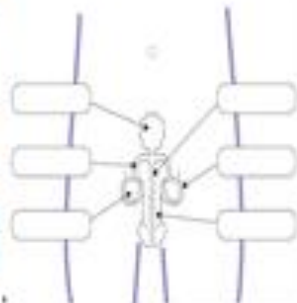
- After a boy starts puberty, the testicles start producing sperm.
- The sperm travel through the reproductive organs and out of the tip of the penis.
- Sometimes during puberty this happens during sleep (wet dream).

**Penis**  
The organ by which urine and semen leave the body.

**Urethra**  
Urine and semen pass along this in their way out of the body.

**Testicles**  
This produces millions of sperm cells and male sex hormones such as testosterone.

**Sperm Duct**  
This is a tube that carries the sperm cells from the testis to the urethra.




In school you can talk to your teacher or the school nurse.

Help...

You can also talk to friends and family.

ChildLine  
0800 1111



### Growing and Changing


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These lessons are called I matter, because "You matter" and I want you to know that.

### Year 5:

### Success Criteria


- I can talk about my own body parts.
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### Girls

#### Physical Changes

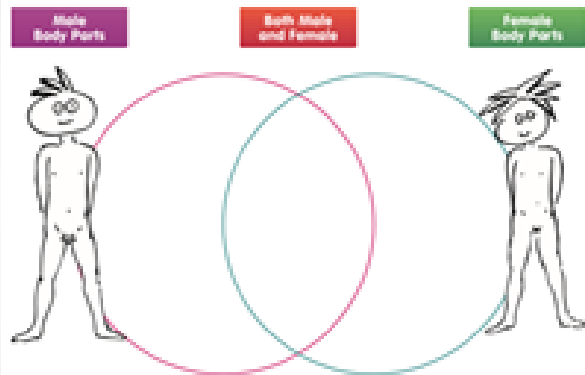
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- Hair grows on legs, genitals, and under arms
- Start to produce discharge
- Ovaries start producing eggs
- Start periods
- Breasts grow
- Hips widen
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- Hair can get greasier



#### Emotional Changes

- Mood swings
- Mixed emotions
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- Arguments with parents

### Male and Female



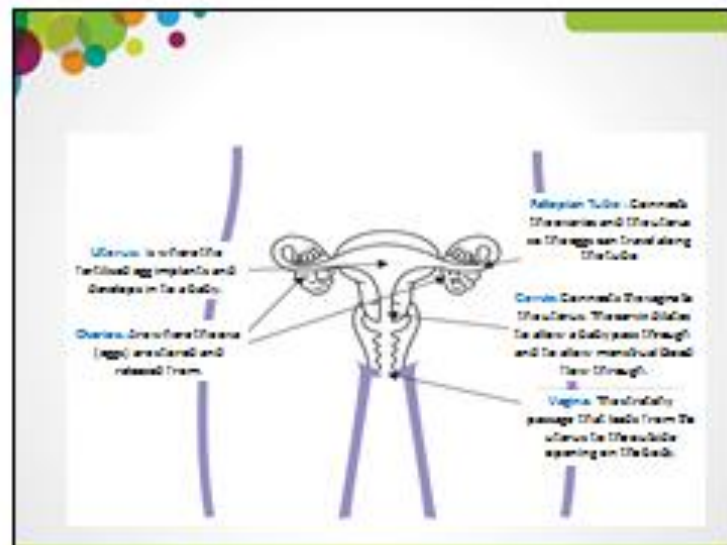
**Male Body Parts:** penis, testicles, scrotum, sperm

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**Female Body Parts:** breasts, ovaries, uterus, fallopian tubes, vagina, cervix

## Reproductive System

- The reproductive system is different for boys and girls.
- During puberty girls start to release eggs and have a period and boys start producing sperm.
- First it's important to know exactly what we are talking about so lets see a diagram!
- Let's start with the girls!



## Year 6 – How can we keep healthy as we grow?

### Changes in relationships

The children will discuss how as they grow up they have more independence and that with this they have more responsibility. The children will look at big changes in their lives as well as moving on to high school. They will discuss how this might make them feel and steps they can take to reduce anxieties around this.



Relationships Education

To learn about how responsibilities, rights and duties are part of our lives now and how they will change in the future

I can...

- ✓ Identify how as we grow and change we have increased independence and responsibilities.
- ✓ Describe how to keep safe with increased independence
- ✓ Explain why I have more responsibilities as I grow older.
- ✓ Identify reasons why transition may be challenging

4



Relationships Education

**As we grow up we can do more things on our own. This also means that we can have more responsibilities.**

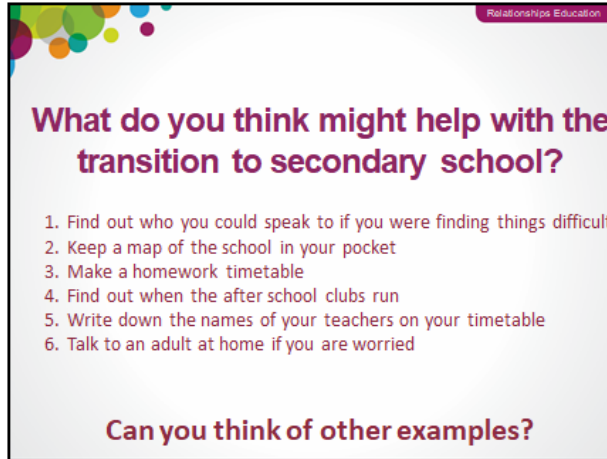
**Responsibilities are things we must look after or take charge of.**

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Relationships Education

**There are lots of transitions throughout life.  
How do you feel about this one?**



Relationships Education

**What do you think might help with the transition to secondary school?**

1. Find out who you could speak to if you were finding things difficult
2. Keep a map of the school in your pocket
3. Make a homework timetable
4. Find out when the after school clubs run
5. Write down the names of your teachers on your timetable
6. Talk to an adult at home if you are worried

**Can you think of other examples?**

## Year 6 – How can we keep healthy as we grow?

Relationships as they grow up including marriage.

The children will discuss what makes positive relationships and how this important in our adult relationships too. They will discuss that adults are committed to each other in lots of different ways including marriage and that forced marriage is illegal.

Relationships Education

What happens in a loving relationship (incl. marriage) and what is forced marriage?

- ✓ Identify the positive qualities and expectations for different relationships
- ✓ Describe different types of relationship, including marriage
- ✓ Explain the similarities and differences between friendships and intimate relationships
- ✓ Define forced marriage.

3

Relationships Education

Pairs

What different types of relationships do people have?

This could include family, neighbours and lots more.

4

Relationships Education

Think about all of the relationships you have with other people.  
Friends, parents, relatives, siblings, teachers...



What makes them different/similar?  
What are the characteristics of a positive relationship?



Relationships Education

Colour the positive characteristics of a relationship

|            |            |                  |            |               |
|------------|------------|------------------|------------|---------------|
| Commitment | Affection  | Friendship       | Respect    | Fairness      |
| Honesty    | Unkind     | Shared interests | Caring     | Considerate   |
| Disloyal   | Funny      | Patient          | Kindness   | Helpful       |
| Dependence | Compromise | Attractive       | Sharing    | Thoughtful    |
| Acceptance | Loyalty    | Sense of Humour  | Disrespect | Communication |



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Relationships Education

**True or false**

Two people who love and care for one another can be in a committed relationship and not be married or in a civil partnership

10

Relationships Education

**True or false**

Civil partnerships and marriage happen when two people, who love and care for each other, want to freely make a commitment to each other

11

Relationships Education


**True or false**

Forcing anyone to marry is a crime

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## Year 6 – puberty

### Boys



**I matter.**

**Growing and Changing**


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Year 6:

### Learning Objectives

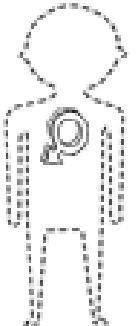
- I can talk about how the body changes during puberty
- I understand that periods are a normal part of growing up for girls
- I can explain what sperm are.



### Boys

#### Physical Changes

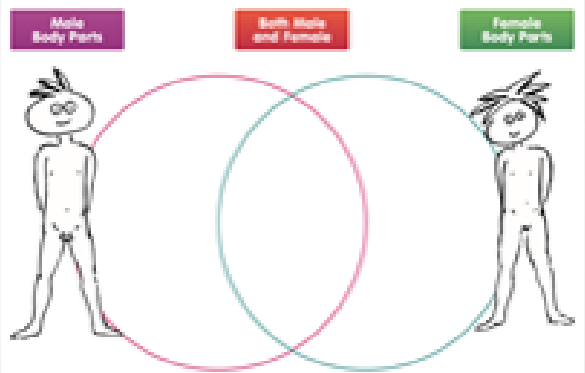
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#### Emotional Changes

- Mood swings
- Mixed emotions
- Difficulty in controlling emotions
- Arguments with parents

### Male and Female



penis, breasts, toes, ovary, nipples, scrotum, testicle, bladder, cervix, vagina, uterus, fallopian tube, sperm



## Boys

### Worksheet : On The Inside

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

4) \_\_\_\_\_

Penis, Testicles, Sperm Duct, Urethra

## Sperm

After a boy starts puberty, the testicles start producing sperm.

The sperm travel through the reproductive organs and out of the tip of the penis.

Sometimes during puberty, this happens during sleep (wet dream).


## 'Ask-It-Basket'

In school you can talk to your teacher or the school nurse.

**Help...**

**ChildLine**  
0800 1111

You can also talk to friends and family.



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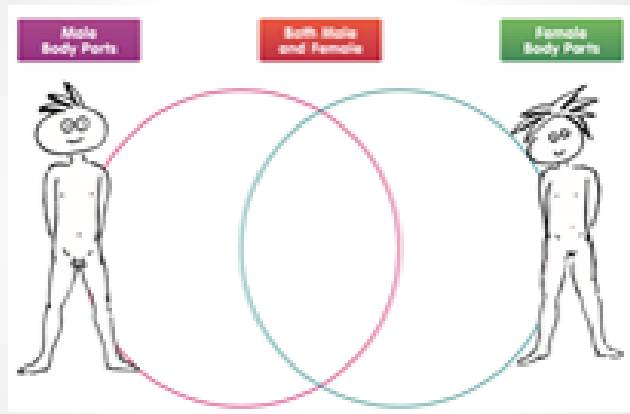
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Female Body Parts: breasts, toes, ovaries, nipples, scrotum, testicles, bladder, cervix, vagina, uterus, fallopian tube, sperm



### What Are Periods?

Periods (menstruation) happen due to the hormones changing in your body.

Even before birth, a female has 1-2 million tiny ova (eggs) in her ovaries.

When puberty is reached, an ova (egg) is released each month from the ovaries.

The egg moves from the ovary and along the fallopian tube and down into the uterus (womb).

In school you can talk to your teacher or the school nurse

**Help...**

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