



# Growing-up at St Oswald's



Dear Parents and Carers,

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

This leaflet provides information about the content 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 program will be covered in more detail as part of the Science curriculum, especially in Y2 and Y5.

RSE at St Oswald's C of E Academy will be LGBT+ inclusive.

# Reception

## Friendships

- Why do friendships make us happy?
- How can we welcome new friends?
- Friendships are not based on controlling each other.
- We are all different.

## Saying sorry

- Why is it important to say sorry and forgive others?
- How can I deal with arguments without using physical means?

## Families and Care

- What different types of families are there?
- What can I tell people about my family?
- How can family members help each other?



Ensure all previous learning is embedded first (Can we still...?) and build on these themes as follows:

### Relationships

- Can we be friends with people who are different to us?
- STOP – Several Times On Purpose - can be a sign of bullying.
- Bullying can be verbal, physical and can take other forms.

### Growing and Changing

- How do babies grow and change?
- What support do babies need and how does this change as they get older?

### Families and Care

- What different types of families are there?
- What can I tell people about my family?
- Stranger Danger and keeping safe.
- Who can I ask for help?

# Year 1

Vocabulary introduced: External body parts including breast, penis, vagina if pupils discuss these. (Informal language used by pupils corrected diplomatically by teacher.)

Ensure all previous learning is embedded first (Can we still...?) and build on these themes as follows:

### Differences

- What ideas do people have about what girls and boys can do?
- What is different about male and female babies?

### Life Cycles

- What are the differences between male and female animals?
- How is new life made?

### Body Parts

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

### Relationships

- Bullying is an imbalance of power.

# Year 2

Ensure all previous learning is embedded first (Can we still...?) and build on these themes as follows:

### Body Differences

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

### Personal Space

- Who does my body belong to?
- What is meant by unwanted touch?

### Families

- How can families be different?
- Who can I go to for help and support?

# Year 3

### Relationships

- Bullying can take different forms, including verbal, physical and online.
- E-Safety - what information about myself should I never share online?

Vocabulary introduced: puberty, emotions, consent, love, emotional, mood swings, hips, shoulders, (- change of body shape), breasts, adolescent, teenager

Ensure all previous learning is embedded first (Can we still...?) and build on these themes as follows:

### Changes & Puberty

- What are the main stages of the human life cycle?
- How does my body change as I grow up?
- Basic information that puberty is the term for bodies and emotions changing ready to be an adult and that these changes happen at different rates for different people.

### Healthy Relationships

- Why is respect important in all (including online) relationships?
- How can friendships make people feel unhappy or uncomfortable?
- E-Safety - rules around my own and other people's personal Information.
- The harm of spending too much time online.
- Relationships and social media – positives and hazards.

Year 4

Ensure all previous learning is embedded first (Can we still...?) and build on these themes as follows:

### Relationships

- What is a healthy relationship?

### Puberty

- What happens to my body during puberty?
- What happens to my emotions during puberty?
- How is puberty linked to reproduction?
- Why do we have to be adults before we reproduce?
- 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 can I manage these changes?
- How can I keep clean during puberty?
- Where can I go to for help?

### Life Cycles

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

Year 5

Vocabulary introduced: erection, period, scrotum, wet dream, pubic hair, menstruation, ejaculation, semen, testicles, reproduction, sexual, asexual, birth, fertilisation, menstrual, eggs, embryo, ovary, penis, testes, vagina, uterus, fallopian tubes, hormones



Ensure all previous learning is embedded first (Can we still...?) and build on these themes as follows:

### Puberty

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

### Relationships

- What is a healthy relationship?
- Why are communication and respect important?
- When is it ok to share personal / private information in a relationship?
- Where can I get help if a relationship ends or goes wrong?
- Barnardo's Real Love Rocks – (Child Sexual Exploitation education).

### Having a Baby

- What decisions need to be made before having children?
- What happens during conception and pregnancy and how a baby is born.

# Year 6

