



Relationships and Sex Education Curriculum

Sex Education objectives are taken from our PSHE Scheme © Cambridgeshire Primary Personal Development Programme

Aspect	Year 1	Year 2
Families and people who care for me		<ol style="list-style-type: none"> 1. I know that families are important for children growing up because they can give love, security and stability. 2. I know the characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives. 3. I know that stable caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grew up. 4. I know how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help and advice from others if needed.
Caring friendships	<ol style="list-style-type: none"> 1. I know how to judge when a friendship is making me feel unhappy or uncomfortable. 	<ol style="list-style-type: none"> 1. I know how to manage conflict. 2. I know how important friendships are in making us feel happy and secure, and how people choose and make friends. 3. I know that most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right.
Respectful relationships	<p>C: I know about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to adults) and how to get help.</p> <ol style="list-style-type: none"> 1. I know the conventions of courtesy and manners. 2. I know the importance of self-respect and how this links to my own happiness. 3. I know the importance of permission-seeking and giving in relationships with friends, peers and adults. 	<p>C: I know about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to adults) and how to get help.</p>
Online relationships	<p>C: I know that people sometimes behave differently online, including by pretending to be someone they are not.</p> <p>C: I know the rules and principles for keeping safe online, how to recognise risks, harmful content and contact and how to report them.</p>	<p>C: I know that people sometimes behave differently online, including by pretending to be someone they are not.</p> <p>C: I know the rules and principles for keeping safe online, how to recognise risks, harmful content and contact and how to report them.</p>
Being safe		<ol style="list-style-type: none"> 1. I know what sorts of boundaries are appropriate in friendships with peers and others (including in a digital context). 2. I know how to recognise and report feelings of being unsafe or feeling bad about any adult. 3. I know how to ask for advice or help for myself or others, and to keep trying until they are heard.

<p>Sex Education <i>(parents have the right to withdraw their child from the objectives written in italics)</i></p>	<ol style="list-style-type: none">1. I know what the names of the main parts of the body are (including sexual parts), naming them using colloquial [common slang] terms and scientific vocabulary and I understand the biological differences between male and female bodies.2. <i>I understand which parts of their body are private and what this means.</i>3. <i>I know what my body can do and understand how amazing it is.</i>4. <i>I know when I am in charge of my actions and know I am in charge of my body.</i>5. <i>I understand how amazing my body is.</i>6. <i>I know I can keep my body clean.</i>7. <i>I know how I can stop common illnesses and diseases spreading.</i>	<ol style="list-style-type: none">1. <i>I understand how babies change and understand how they grow inside their mothers.</i>2. <i>I understand how I have changed since I was a baby.</i>3. <i>I know what the basic needs of babies and children are.</i>4. <i>I understand how dependent a baby is on parents to provide basic needs.</i>5. <i>I know what my responsibilities are now that I'm older.</i>
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Aspect	Year 3	Year 4
Caring friendships	<p>1. I know how to seek help and advice from others about my friendships.</p>	<p>1. I know that healthy friendships are positive and welcoming towards others and do not make others feel lonely or excluded.</p> <p>2. I know how manage unhappy and uncomfortable situations with my friends</p> <p>3. I know the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties.</p> <p>4. I know that most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right.</p>
Respectful relationships	<p>C: I know about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to adults) and how to get help.</p> <p>1. I know what a stereotype is, and how stereotypes can be unfair, negative and destructive.</p>	<p>C: I know about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to adults) and how to get help.</p>
Online relationships	<p>C: I know that people sometimes behave differently online, including by pretending to be someone they are not.</p> <p>C: I know the rules and principles for keeping safe online, how to recognise risks, harmful content and contact and how to report them.</p> <p>1. I know that the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online, including when we are anonymous.</p> <p>2. I know how information and data is shared online.</p>	<p>C: I know that people sometimes behave differently online, including by pretending to be someone they are not.</p> <p>C: I know the rules and principles for keeping safe online, how to recognise risks, harmful content and contact and how to report them.</p> <p>1. I know that the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online, including when we are anonymous.</p>
Being safe	<p>1. I know how to respond safely and appropriately to adults I may encounter (in all contexts, including online) whom they do not know.</p>	<p>1. I know about the concept of privacy and the implications of it for both children and adults, including that it is not always right to keep secrets if they relate to being safe.</p> <p>2. I know that each person’s body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other contact.</p> <p>3. I know how to recognise and report feelings of being unsafe or feeling bad about any adult.</p> <p>4. I know how to ask for advice or help for myself or others, and to keep trying until they are heard.</p> <p>5. I know how to report concerns or abuse, and the vocabulary and confidence needed to do so.</p> <p>6. I know where to get advice e.g. family, school and/or other sources.</p>
<p>Sex Education <i>(parents have the right to withdraw their child from the objectives written in italics)</i></p>	<p>1. <i>I know how males and females are different and what the different external parts of male and female bodies are called using scientific vocabulary</i></p> <p>2. <i>I know what my body can do and how it is special</i></p> <p>3. <i>I know why it is important to keep clean</i></p> <p>4. <i>I know what I can do for myself to stay clean and how this will change in the future</i></p>	<p>1. <i>I know what the main stages of the human lifecycle and identify the stage of an individual</i></p> <p>2. <i>I know what it means to be ‘grown up’ and have a realistic view of adulthood</i></p> <p>3. <i>I know what I am responsible for now and how this will change</i></p> <p>4. <i>I know how parents and carers care for babies and understand that a baby cannot care for itself</i></p>

	5. <i>I know how different illnesses and diseases spread and what I can do to prevent this</i>	
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Aspect	Year 5	Year 6
Families and people who care for me	<p>1. I understand that marriage represents a formal and legally recognised commitment of two people to each other and that it is intended to be lifelong.</p>	<p>1. I know that others' families, either in school or in the wider world, sometimes look different from my family, but I should respect those differences and know that other children's families are also characterised by love and care.</p>
Respectful relationships	<p>C: I know about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to adults) and how to get help.</p> <p>1. I know the importance of respecting others, even when they are very different from me (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs.</p> <p>2. I can take practical steps in a range of different contexts to improve or support respectful relationships.</p> <p>3. I know that in school and in wider society, I can be expected to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority.</p>	<p>C: I know about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to adults) and how to get help.</p>
Online relationships	<p>C: I know that people sometimes behave differently online, including by pretending to be someone they are not.</p> <p>C: I know the rules and principles for keeping safe online, how to recognise risks, harmful content and contact and how to report them.</p> <p>1. I know how information and data is shared and used online.</p>	<p>C: I know that people sometimes behave differently online, including by pretending to be someone they are not.</p> <p>C: I know the rules and principles for keeping safe online, how to recognise risks, harmful content and contact and how to report them.</p> <p>1. I know how to critically consider their online friendships and sources of information, including awareness of the risks associated with people they have never met.</p>
Being safe		<p>1. I know how to report concerns or abuse, and the vocabulary and confidence needed to do so.</p>
Sex Education <i>(parents have the right to withdraw their child from the objectives written in italics)</i>	<p>1. I know what the male and female external and internal sexual parts are called and what their functions are.</p> <p>2. I know what happens to the bodies of boys and girls when they reach puberty and how it affects people differently.</p> <p>3. I know what influences my view of my body and learn some ways to support a positive body image for themselves and others.</p> <p>4. I know how I can keep my growing and changing body clean and understand about personal hygiene products related to menstruation.</p> <p>5. I know how the spread of viruses and bacteria can be stopped.</p> <p>6. I understand what HIV is (with emphasis on blood-to-blood contact and through breast-feeding).</p>	<p>1. <i>I know how babies are made.</i></p> <p>2. <i>I know how babies are born.</i></p> <p>3. <i>I know how I can express my feelings positively as I grow up.</i></p> <p>4. <i>I know I am responsible for how others feel.</i></p> <p>5. <i>I know what adults should think about before they have a baby.</i></p> <p>6. <i>I know what families are like.</i></p>