

PSHE – taught through the theme of Me and My Relationships

Year 1

- I know that there are different types of relationships – family, friends and others
- I know that family and friends should care for each other
- I know about change and loss and the associated feelings

Year 2

- I know about the changes that have happened to my body since birth
- I can question whether boys and girls should behave differently
- I know the names for the main body parts (including external genitalia) and the similarities/differences between boys and girls
- I understand the importance of valuing of one's own body and recognising its uniqueness
- I know that individuals have rights over their own bodies, and that there are differences between good and bad touching
- I know who I can go to if I am worried about something
- I know about the process of growing from young to old and how people's needs change

Year 3

- I can identify different types of relationships and show ways to maintain positive and healthy relationships
- I understand that relationships may change over time
- I can judge what kind of physical contact is acceptable or unacceptable and how to respond -including who I should tell and how to tell them
- I understand the difference between secrets and surprises and understand not to keep adult secrets and when to support a friend to tell a trusted adult
- I know how other families are similar or different to mine
- I understand that it is OK to be different to others
- I understand about growing and changing and new opportunities and responsibilities that increasing independence may bring

Year 4

- I feel good about myself and my body
- I understand the language used to describe changes and feelings
- I understand that my body and emotions will change as I grow older
- I can recognise what love is
- I know that there are different kinds of families and partnerships

Year 5

- I can name and explain male and female body parts, relating to Sex and Relationship Education
- I know the ways in which boys and girls grow and develop in puberty – physically and emotionally
- I recognise, as I approach puberty, how people's emotions change at that time and how to deal with my feelings towards myself, my family and others in a positive way
- I am aware of different types of relationships and what makes them a positive, healthy relationships and I have the skills to form and maintain a healthy relationship
- I know where individuals, families and groups can get help and support
- I understand the importance of being respectful to everyone and to recognize and care about others people's feelings but if appropriate I feel able to confidentially challenge their view point

Year 6

- I know about human reproduction including conception
- I understand the physical and emotional changes I will go through at puberty
- I recognise different risks in different situations and then decide how to behave responsibly, including judging what kind of physical contact is acceptable or unacceptable
- I understand that civil partnerships and marriages are examples of stable, loving relationships freely entered into by both people
- I know that relationships change over time and that new relationships and friendships develop and the features of a positive healthy relationship
- I know how to ask for help and have a range of strategies to resist pressure to do something dangerous, unhealthy, that makes me feel uncomfortable, anxious or that I believe is wrong including when to share a confidential secret
- I can recognise the difference between aggressive and assertive behaviour and developed some strategies to resolve disputes and conflict

