

Relationship and Sex Education Curriculum

This document details the curriculum included in our school's RE & RSE *Growing Up Safe: Whole School Approach* (GUS) programme, delivered in association with relationship and sex specialist BigTalk Education.

It is a spiral curriculum therefore pupils will see the same topics throughout their school career, with each encounter increasing in complexity and reinforcing previous learning. Consequently, the topics included for Nursery and KS1 are included right the way up until year 6. The table on pages 2 and 3 of this document, show the curriculum as it relates to the topic areas included within the Department for Education's RSE Guidance 2018, by the school years in which it is introduced. These topics repeat each year.

Table 2 starting on page 4 shows the details on the GUS programme lesson length and any reinforcement done by school staff. Please note that the statutory RSE guidance states that children must know each of the elements of the curriculum by the time they leave primary school at the end of year 6, for this reason we repeat the GUS programme each year, building on the children's knowledge from previous years. Therefore, some topics areas will only be reinforced once annually, by the highly trained facilitators from BigTalk Education (for example reproduction) who have specialist knowledge in how to answer children's questions about reproduction, puberty etc. in an age appropriate manner.

Table 1 – Curriculum by Year Group

Growing Up Safe Programme Curriculum		
Year Group (s)	Topic Area	New Content Introduced at Level
Nursery	Caring Friendships	How to recognise who to trust and who not to trust, how to judge when a friendships is making you feel unhappy or uncomfortable, how to manage these situations and how to seek help or advice from others, if needed.±
	Being Safe	That each persons' body belongs to them, and the differences between appropriate and inappropriate or unsafe physical and other, contact.±
	National	Teaching about the main external body parts.‡
Foundation/ Reception Year 1	Caring Friendships	The characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, trust, sharing interests and experiences and support with problems and difficulties.±
	Respectful Relationships	The importance of permission-seeking and giving in relationships with friends, peers and adults.±
	Online Relationships	That people sometimes behave differently online, including pretending to be someone they're not.±
		That the same principles apply to online relationships as face-to-face relationships, including the importance of respect for others online including when we are anonymous.±
		The rules and principles of keeping safe online, how to recognise risks, harmful content and contact, and how to report them.±
		How to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met.±
		How information and data is shared and used online.±
		About online risks, including that any material someone provides to another has the potential to be shared online and the difficulty of removing potentially compromising material placed online.
	Being Safe	What sorts of boundaries are appropriate in friendships with peers and others (including in a digital context).±
		About the law and consequences relating to content on and offline, including films, games, DVDs, TV programmes and pornography.
The impact of viewing harmful content.		

Continued overleaf.

Key

- ± Included in 2018 Draft Guidance for Primary (Statutory)
- † Included in 2018 Draft Guidance for Primary (Optional)
- ‡ Included in the national curriculum for Science in KS1/KS2

Growing Up Safe Programme Curriculum cont.		
Year Group (s)	Topic Area	New Content Introduced at Level
Year 2 Year 3	Caring Friendships	The characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, trust, sharing interests and experiences and support with problems and difficulties.±
	Respectful Relationships	The importance of self confidence and positive body image, and how this links to their own happiness.
		That some children may feel different on the inside to how they look on the outside (transgender) and that if that happened to them who they should tell.
	Online Relationships	That people sometimes behave differently online, including pretending to be someone they're not.±
		That the same principles apply to online relationships as face-to-face relationships, including the importance of respect for others online including when we are anonymous.±
		The rules and principles of keeping safe online, how to recognise risks, harmful content and contact, and how to report them.±
		How to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met.±
		How information and data is shared and used online.±
		About online risks, including that any material someone provides to another has the potential to be shared online and the difficulty of removing potentially compromising material placed online.
	Internet Safety & Harms (Health Education)	Why social media, some computer games and online gaming, for example, have age restrictions.±
Being Safe	What sorts of boundaries are appropriate in friendships with peers and others (including in a digital context).±	
	About the law and consequences relating to content on and offline, including films, games, DVDs, TV programmes and pornography.	
Year 4	National Curriculum for Science	Teaching about changes to the human body as it grows from birth to old age including puberty.‡
	Changing Adolescent Body (Health Education)	Key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes.±
	Reproduction	About the structure and function of the male and female reproductive systems, that women have ova and men produce sperm, when these combine a baby can be made, this is called 'sex', information on gestation and birth.†
Year 5 Year 6	n/a	Reinforcement and pupil led learning.

Key

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- † Included in 2018 Draft Guidance for Primary (Optional)
- ‡ Included in the national curriculum for Science in KS1/KS2