



Relationship, Sex and Health Education in KS2 in a Nutshell

This is a section taken from the full PSHE program of study

	Relationships	Changing Me
Year 3	Family roles and responsibilities Friendship and negotiation Keeping safe online Being a global citizen Being aware of how my choices affect others Awareness of how other children have different lives Expressing appreciation for family and friends	How babies grow Understanding a baby's needs Outside body changes Inside body changes Family stereotypes
Year 4	Jealousy Love and loss Memories of loved ones Getting on and falling out Girlfriends and boyfriends Showing appreciation to people and animals	Being unique Having a baby Girls and puberty Confidence in change Accepting change Environmental change
Year 5	Self-recognition and self-worth Building self-esteem Safer online communities Rights and responsibilities online Online gaming and gambling Reducing screen time Dangers of online grooming SMART internet safety rules	Self- and body image Influence of online and media on body image Puberty for girls Puberty for boys Conception (including IVF) Growing responsibility Coping with change
Year 6	Mental health Identifying mental health worries and sources of support Love and loss Managing feelings Power and control Assertiveness Technology safety	Self-image Body image Puberty and feelings Conception to birth Reflections about change Physical attraction Respect and consent Boyfriends/girlfriends Sexting

RSHE is an important part of the curriculum and issues are dealt with sensitively and honestly in order to dispel some of the common misconceptions of children this age. Parents and carers have the right to withdraw their child from sex education (how a baby is conceived and born) by submitting the form at the end of the RSHE policy but we would strongly advise that you talk to us before making this decision.

If you require any further information, please do not hesitate to contact us.