

During our Relationship and Sex Education programme, children engage with the following questions:

Year 1	<ul style="list-style-type: none">• What do some boys like to do? What do some girls like to do? Is this always the same? What can we do to help make sure all children are included in all activities?• How do you know that you are a good friend? Why is friendship important? What can you do if a friendship does not feel good?• What is a family? Are all families the same? Can you describe a family that is different to your own?
Year 2	<ul style="list-style-type: none">• Are any two bodies the same size and shape? Can all bodies do the same things? What is great about your body?• Why do we need to keep clean? What different things do we do that help to look after our bodies?• What do we know about the differences between most girls and most boys? Can you name the personal and private parts of your body?• What do we know about keeping our bodies safe? How can we stay safe when we are out and about?
Year 3	<ul style="list-style-type: none">• What do we need to do to make sure we can all safely learn together about our bodies? What will make our classroom a safe space to discuss relationships?• What is a healthy relationship? When does friendship feel good? Can girls and boys be friends? Can we still be friends with someone if we like different things?• What is a family? Are all families the same? How do families change? What can we do if there are difficulties in our families?• How can we feel good about ourselves? Should we all look the same? What do I want to do in the future? What skills do I want to learn? How do I pick myself up if I feel down?• Who does my body belong to? What are the names for my personal and private body parts? What is safe and unsafe touch? How can I say no to touch I don't want? How do I ask someone if I can hold their hand or hug them?• What is a risky situation?

Year 4	<ul style="list-style-type: none"> • What do I want to be when I grow-up? What or who might influence us to choose certain jobs? Can men and women do the same jobs? • How can we feel good about ourselves? Should we all look the same? What do I want to do in the future? What skills do I want to learn? How do I pick myself up if I feel down? • Who does my body belong to? What are the names for my personal and private body parts? What is safe and unsafe touch? How can I say no to touch I don't want? How do I ask someone if I can hold their hand or hug them? • What do I like about my body? What is brilliant about what my body can do? How are germs spread? How do we keep clean and healthy? • What is puberty? How do our bodies change? How can we manage these changes? • What is a period? What is a tampon? What is a sanitary towel? What can help with period pain? Who can help if someone is struggling to manage their period?
Year 5	<ul style="list-style-type: none"> • When do friendships feel positive online and face to face? What is online bullying? How can I stay safe online? • What is trust? When do I need to share a secret? What is a good friend? Who can help me if I need it? • Why do I have to ask permission to touch someone? What if someone won't stop when I have asked them to stop? Who can I tell if I feel unsafe? • What is puberty? How do our bodies change? How can we manage these changes? • What is a period? What is a tampon? What is a sanitary towel? What can help with period pain? Who can help if someone is struggling to manage their period? • What are the protected characteristics? Who can help if I experience discrimination or prejudice? What helps to promote equality? • What is Childline? Why might someone call Childline? Who can I ask for help?

Year 6

- What is peer pressure? Is peer pressure always a bad thing? How can we say no to things we don't want to do?
- Why do I have to ask permission to touch someone? What if someone won't stop when I have asked them to stop? Who can I tell if I feel unsafe?
- What is puberty? How do our bodies change? How can we manage these changes?
- What is a period? What is a tampon? What is a sanitary towel? What can help with period pain? Who can help if someone is struggling to manage their period?
- What is a wet dream? Does everyone get wet dreams? What can someone do to manage wet dreams? What is masturbation? Is it OK to masturbate?
- Why do people have babies? How do people have babies? What is consent?
- Why do some people need help to have a baby? Why do some people have more than one baby?
- How does a baby grow in the uterus? How are babies born? Does it hurt?
- Who am I? What do we mean by sexual orientation? What do we mean by gender identity?
- What is Childline? Why might someone call Childline? Who can I ask for help?

