

Relationship Education Key Objectives

Foundation

2015-2016

Relationships	
Who is in my family?	
How are other families similar or different to mine? (CWP Lesson 3)	
Who are my friends?	
Why do I like my friends?	
Why should I be kind to others?	
Life Cycles	
How have I changed since I was a baby?	
Keeping safe and looking after myself	
Who keeps me safe?	
What can I do for myself?	
How do I keep clean?	
Why is it important to keep clean?	
People who help me	
Who can I ask if I need to know something?	
Who can I go to if I'm worried about something?	

Relationship Education Key Objectives

Year One

2015-2016

Relationships	
Who is in my family?	
How are other families similar or different to mine?	
What does my family do for me?	
What makes a good friend?	
What can I do to be kind to others?	
How can my feelings and actions affect others?	
Life Cycles	
What is the difference between girl and boy babies?	
To know that babies become children and then adults	
Identify, name and label the basic parts of the human body	
Keeping safe and looking after myself	
Which parts of my body are private?	
What is a stranger? What should I do if one approaches me?	
What should I do if I don't feel safe or feel uncomfortable?	
What can I do for myself to keep clean?	
People who help me	
Who can I ask if I need help?	
Who can I go to if I'm worried about something?	

Relationship Education Key Objectives

Year 2

2015-2016

Relationships	
How are other families similar of different to mine?	
How can I be a good friend?	
Why do friendships change?	
How do my feelings and actions impact others?	
To introduce the concept of male and female gender stereo-types	
My Body	
What are the differences between girls and boys?	
To name male and female body parts in humans	
Is it okay for someone to look different?	
Life Cycles	
What is a life cycle?	
To describe differences between male and female animals	
To know that making a new life needs a male and female	
Know that animals, including humans, have offspring which grow into adults	
Find out about and describe the basic needs of animals, including humans, for survival.	
Keeping safe and looking after myself	
Which parts of my body are private?	
How do I keep safe around strangers?	
What should I do if I feel uncomfortable?	
People who help me	
Who can I ask if I need to know something?	
Who can I go to if I'm worried about something?	

Relationship Education Key Objectives

Year 3

2015-2016

Relationships	
Why do friendships change?	
How can I make up with a friend if we have fallen out?	
What is bullying?	
How are families different?	
My Body	
Why are some children growing quicker than others?	
How is my body changing?	
To explore the differences between male and females	
Feelings	
What makes me feel good or feel bad?	
How do I know how others are feeling?	
Is it okay to have different opinions to others?	
Life Cycles	
How do different animals have babies?	
How do different animals look after their babies before and after birth?	
Keeping safe and looking after myself	
To understand personal space	
To talk about ways of dealing with unwanted touch	
What are good habits for looking after my body?	
When is it good or bad to keep secrets?	
People who help me	
Who can I talk to if I am anxious or unhappy?	
Who can I go to for support (Introduce Childline and other agencies)	

Relationship Education Key Objectives

Year 4

2015-2016

Relationships	
How have my relationships changed as I have grown up?	
Is it good to have friends that are different to you?	
What are some of the ways people can be unkind to each other?	
What do I do if I'm being bullied or know someone who is?	
My Body	
How has my body changed since I was a baby?	
Why is my body changing?	
What is puberty and what changes will I see?	
Should boys and girls behave differently? Do they?	
Feelings	
How are my feelings changing as I get older and why?	
How do I feel about growing up and changing?	
How can I cope with these strong feelings?	
Do I always have the same opinions as others?	
Life Cycles	
What is the human life cycle? (Baby, child, teenager, adult)	
What happens to our bodies as we grow?	
To explore how puberty is linked to reproduction	
Keeping safe and looking after myself	
What are good habits for looking after my body?	
What do I do if someone wants me to do something dangerous, wrong or makes me feel uncomfortable?	
When is it good or bad to keep secrets?	
People who help me	
Who can I talk to if I am anxious or unhappy?	
Where can I find information about growing up?	

Relationship Education Key Objectives

Year 5

2015-2016

Relationships	
What are the important relationships in my life now?	
What are the different kinds of families and partnerships?	
Why are families important for having babies and bringing them up?	
What should I do if someone is being bullied or hurt?	
My Body	
How will my body change in puberty?	
Does everyone go through it? At what age?	
What changes do boys and girls go through at puberty?	
The importance of personal hygiene during puberty	
Describe the changes as humans develop from birth to old age. (gestation, foetus, fertilization, species, baby, toddler, adolescent, adult, elderly, puberty, hormones, pituitary gland, testosterone, oestrogen)	
Feelings	
What kind of feelings come with puberty?	
How can I cope with different feelings and mood swings?	
What should I do if friends and family don't see things the way I do?	
Life Cycles	
What are the male and female reproductive organs?	
What is menstruation and why do girls have it?	
How do sperm reach the egg to have a baby?	
Does conception always occur or can it be prevented?	
Keeping safe and looking after myself	
How can I look after my body now I am going through puberty?	
How can girls manage periods?	
People who help me	
Who can I talk to if I want help or advice?	
Where can I find information on puberty or sex?	

Relationship Education Key Objectives

Year 6

2015-2016

Relationships	
To consider physical and emotional behaviour in relationships	
What is a positive, healthy relationship?	
What is important in a relationship?	
What makes someone feel safe in a relationship?	
What decisions need to be made before having a baby?	
To explore positive and negative ways of communication in a relationship.	
Can people of the same sex love each other? Is this ok?	
What are the different kinds of families and partnerships?	
What do the words "lesbian" and "gay" actually mean?	
When is it appropriate to use the word "gay"?	
Are boys and girls expected to behave differently in relationships? Why?	
What is a stereo-type? Can we challenge them?	
My Body	
How does the body change during puberty to prepare it for reproduction?	
What parts of your body are private?	
What is conception?	
What is pregnancy?	
Is my body normal?	
Feelings	
What is consent?	
Why might people choose to have sex?	
What do families from other cultures and religions think about growing up?	
Can I believe everything I see on the TV about perfect bodies, relationships/boys and girls to be true?	
Life Cycles	
Can we talk about puberty and reproduction with confidence?	
How does a baby develop?	
How is a baby born?	
What does a new baby need to keep it happy and healthy?	

Keeping safe and looking after myself

Where can I go to for help or support if a relationship goes wrong?

People who help me

Who can I talk if I want help or advice?

Where can I find information on puberty or sex?

How can I find reliable information about these things safely on the internet?