

Relationships and Sex Education Curriculum Overview

Virinusy	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Family and relationships	 Introduction to RSE What is family? What are friendships? Family and friends help and support each other Making friends Friendship problems Healthy Friendships 	 Introduction to RSE Families offer stability and love Families are all different Managing friendships Unhappy friendships Valuing me Manners & courtesy Loss and change 	 Introduction to RSE Healthy families Friendships - conflict Effective communication Learning who to trust Respecting differences Stereotyping 	 Introduction to RSE Respect & manners Healthy friendships My behaviour Bullying Stereotypes Families in the wider world Loss and change 	 Introduction to RSE Build a friend Resolving conflict Respecting myself Family life Bullying 	 Introduction to RSE Respect Developing respectful relationships Stereotypes Bullying Being me Loss and change
Safety and the changing body	 Getting lost Making a call to the emergency services Asking for help Appropriate contact Medication Safety at home People who help to keep us safe 	 The Internet Communicating online Secrets and surprises Appropriate contact Road safety Drug education 	 Basic first aid Communicating safely online Online safety Fake emails Drugs, alcohol & tobacco Keeping safe out and about 	 Online restrictions Share aware Basic first aid Privacy and secrecy Consuming information online The changing adolescent body (puberty) 	 Online friendships Identifying online dangers The changing adolescent body (puberty, including menstruation) First aid Drug education 	 Drugs alcohol & tobacco First aid Critical digital consumers Social media The changing adolescent body (puberty, conception, birth)

Health and wellbeing	 Wonderful me What am I like? Ready for bed Relaxation Hand washing & personal hygiene Sun safety Allergies People who help us stay healthy 	 Experiencing different emotions Being active Relaxation Steps to success Growth mindset Healthy diet Dental health 	 My healthy diary Relaxation Who am I? My superpowers Breaking down barriers Dental health 	 Looking after our teeth Relaxation: Visualisation Celebrating mistakes Meaning and purpose: My role My happiness Emotions 	 Relaxation The importance of rest Embracing failure Going for goals Taking responsibility for my feelings Healthy meals Sun safety 	 What can I be? Mindfulness Taking responsibility for my health Resilience toolkit Immunisation Physical health concerns Habits - positive and negative
Citizenship	ResponsibilityCommunityDemocracy	ResponsibilityCommunityDemocracy	ResponsibilityCommunityDemocracy	ResponsibilityCommunityDemocracy	ResponsibilityCommunityDemocracy	ResponsibilityCommunityDemocracy
Economic well-being	MoneyCareer and aspirations	MoneyCareer and aspirations	MoneyCareer and aspirations	MoneyCareer and aspirations	MoneyCareer and aspirations	MoneyCareer and aspirations
Transition	1 lesson	1 lesson	1 lesson	1 lesson	1 lesson	1 lesson
Identity						What contributes to identityGender identity