



# Relationships and Sex Education (RSE) Policy

## Content and Coverage

In Year 1 pupils are taught to....

- Understand the importance of making friends
- Identify and respect the differences and similarities between people
- Learn how to develop positive relationships with peers
- Recognise that family and friends should care for one another
- Learn about the importance of sharing as part of friendship and kindness
- Learn about some similarities and differences between people from different countries and the importance of cross-cultural friendships
- Learn about bullies and bullying behaviour
- Understand that bullying is wrong
- Understand that name-calling is hurtful and avoidable
- Take part in discussions with the whole class
- Recognise how their behaviour affects other people
- Understand what is and what is not bullying behaviour
- Understand what is positive and negative behaviour
- Understand who can help if someone is affected by bullying
- Understanding that there are different types of bullying, that bullying is wrong and how to get help to deal with bullying
- Learn strategies to cope with unfair teasing
- Understand that there are different types of teasing and bullying
- Develop a sense of belonging in the wider community
- Understand the role of the local community
- Develop a strong relationship with the local community
- Learn the names of different parts of the body including penis, vagina, breasts, testicles and anus
- Recognise similarities and differences between boys and girls
- Recognise kind and unkind behaviour
- Be able to take turns
- Know how to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings
- Recognise and communicate feelings to others
- Learn how to share their views
- Recognise, name and deal with their feelings in a positive way
- Learn about the difference between secrets and surprises
- Understanding when not to keep adults' secrets
- Understand that it is acceptable to say 'no'
- Know where and how to seek support (including recognising the triggers for seeing support) including whom in school they should speak to if they are worried
- Learn about who to go to for help and advice
- Identify their special people and what makes them special