



Relationships and Sex Education (RSE) Policy

Content and Coverage

In Year 5 pupils are taught to....

- Know and understand the importance of listening to others
- Understand the role of the listener in any relationship
- Recognise that there are many ways to communicate
- Understand the need to both listen and speak when communicating with others
- Understand the benefits of living in a diverse community and learn to celebrate diversity
- Recognise that people can feel alone and misunderstood and learn how to give appropriate support
- Develop strategies for understanding, managing and controlling strong feelings and emotions and dealing with negative pressures
- Identify how to find information and advice through help lines
- Reflect on the many different types of relationships that exist
- Talk with a wide range of adults
- Recognise and respect similarities and differences between people
- Listen to, reflect on and respect other people's views and feelings
- Work co-operatively, showing fairness and consideration to others
- Recognise that communities and the people within them are diverse, changing and interconnected
- Discuss how people can live and work together to benefit their communities
- Recognise the difference between right and wrong and what is fair and unfair
- Recognise how rights need to be balanced against responsibilities in order to protect individuals and communities from injustice
- Recognise that people's basic needs are the same around the world, discussing why some societies are more able to meet these needs than others
- Know that the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online including when we are anonymous
- Know how to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met
- Know that the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health
- Take action based on responsible choices
- Develop strategies for understanding, managing and controlling strong feelings and emotions and dealing with negative pressures
- Know key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes



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In Year 5 pupils are taught to....

- Begin to reflect on their worth as individuals by identifying positive things about themselves and their achievements
Show awareness of changes that take place as they grow
- Reflect on how to deal with feeling about themselves, their family and others in a positive way
- Develop strategies for understanding, managing and controlling strong feelings and emotions and dealing with negative pressures
- Recognise that when the body changes during puberty it can affect feelings and behaviour
- Understand the physical and emotional changes that take place during puberty, why they are taking place and the importance of person hygiene
- Recognise how new relationships may develop
- Manage changing emotions and recognise how they can impact on relationships
- Know the importance of permission-seeking in relationships with friends, peers and adults
- Recognise that there are many different ways to communicate
- Understand the need for confidentiality in certain situations
- Know that each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact
- Know about and understand the importance of touch in a range of contexts
- Know the difference between appropriate and inappropriate touches
- Know how to recognise and report feelings of being unsafe or feeling bad about any adult
- Recognise when physical contact is acceptable and unacceptable
- Judge what kind of physical contact is acceptable or unacceptable in relationships
- Recognise and respond to issues of safety relating to themselves and others and how to get help
- Negotiate and present their own views



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In Year 5 pupils are taught to....

In Year 6, children are taught to...

- Understand that there are many situations in which collaboration is necessary
- Understand the need to develop teamwork skills
- Recognise that there are many roles within a community
- Understand the need to collaborate in a group situation
- Learn about cultural differences and how diverse cultures can enhance societies
- Learn about gender discrimination and its impact
- Recognise that positive friendships and relationships can promote health and wellbeing
- Recognise how new relationships may develop
- Reflect on the many different types of relationships that exist
- Recognise and respect similarities and differences between people
- Recognise stereotyping and discrimination
- Recognise their strengths and how they can contribute to different groups
- Work co-operatively, showing fairness and consideration to others
- Recognise that communities and the people within them are diverse, changing and interconnected
- Identify different forms of discrimination against people in societies
- Recognise and know how to deal with situations involving peer pressure
- Recognise the features of extremism
- Identify why and how people are recruited into extremist activity
- Understand the meaning and importance of resilience and courage
- Understand the nature and consequences of negative behaviours such as bullying, aggressiveness
- Reflect on how to deal with feelings about themselves, their family and others in a positive way
- Develop strategies for understanding, managing and controlling strong feelings and emotions and dealing with negative pressures
- Recognise and respect similarities and differences between people
- Recognise their strengths and how they can contribute to different groups
- Recognise how their behaviour and that of others may influence people both positively and negatively
- Identify and talk about their own and others' strengths and weaknesses and how to improve
- Work collaboratively towards common goals
- Talk with a wide range of adults
- Listen to and show consideration for other people's views
- Take responsibility for their own safety and the safety of others and be able to seek help in an emergency
- Know that bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing



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In Year 5 pupils are taught to....

- Know the importance of self-respect and how this links to their own happiness
- Learn about racial discrimination and its impact on societies, past and present
- Develop strategies for understanding, managing and controlling strong feelings and emotions and dealing with negative pressures
- Recognise that positive friendships and relationships can promote health and wellbeing
- Identify how to find information and advice through help lines
- Recognise and respect the similarities and differences between people
- Recognise how attitude, behaviour and peer pressure can influence choice and behaviour, including dealing with bullying
- Know that marriage represents a formal legally recognised commitment for two people to each other which is intended to be lifelong
- Know that relationships can change as a result of growing up
- Recognise that when the body changes during puberty it can affect feelings and behaviour
- Reflect on the many different types of relationships that exist
- Manage changing emotions and recognise how they can impact on relationships
- Recognise how their behaviour and that of others may influence people both positively and negatively

During the summer term of Year 6, children will also complete an additional unit around Relationships and Sex Education. This comprises of 4 areas which the children will look at over a series of lessons. As this is an additional unit, parents can choose to remove their child from all or some of these sessions. Within the unit, the following areas are covered:

1. Forming Relationships.

Children will look at how and why close relationships are formed, especially during adolescence. They will also look at the importance of friendship, kindness, understanding and respect in the development of any close relationship.

2. Sexual Relationships.

Children will build on their previous (statutory) work in Year 5 to look at the physical, mental and emotional changes that take place during puberty. They will then learn about sex becoming more familiar with vocabulary used, discussing the reasons why people may have sex and spending time looking at some common myths about this topic. Children will be given opportunities to ask questions in a safe and nurturing environment.



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3. Healthy Relationships

Children will look further into the importance of friendship, kindness, understanding and respect in the development of any close relationship. They will begin to identify the key features of a healthy relationship and be given opportunities to ask questions around this.

4. Unhealthy Relationships

Children will look into what an unhealthy relationship is. Using a range of resources and in a safe and nurturing environment, children will explore ways in which a relationship could be unhealthy and how to identify 'red flags' in a relationship or in a situation. They will look at ways to deal with relationship issues in a safe and healthy way and they will be given information on who to go to for support if needed.