

Relationship, Sex and Health Education: 'Changing Me' Unit

Age	Overview	Understanding taught	Questions for Home Learning
Foundation	<ul style="list-style-type: none"> • Growing Up 	<ul style="list-style-type: none"> • Understanding how we have changed since we were babies. 	Which parts of the body do you know the name of? Who could you talk to if you felt worried or frightened? (in school / at home) Can you tell me a time when you felt really happy?
Year 1	<ul style="list-style-type: none"> • My Changing Body • Boys' and Girls' Bodies 	<ul style="list-style-type: none"> • Understanding that growing and changing is natural and happens to everybody at different rates. • Understanding and appreciating the parts of the body that make us different and using the correct names for them. 	What is a lifecycle? How will you change when you grow up? Who is the tallest/smallest in your class? Which parts of your body are private? Who is allowed to see your private body parts? What do you do if you don't like the way someone is touching you? Who could you talk to if you felt worried or frightened? (in school / at home) What is the best part about being your age?
Year 2	<ul style="list-style-type: none"> • The Changing Me • Boys and Girls 	<ul style="list-style-type: none"> • Understanding where we are on the journey from young to old. • Understanding the differences between boys and girls. Understanding which parts of the body are private. 	What is a life cycle? How have you changed since you were a Baby? How will you change over the next year / 5 years / 20 years? What changes can you / can't you control? Which parts are your private parts? Who is allowed to see them? What would you do if someone was touching you and you didn't like it? Who can you talk to if you ever feel worried or frightened? (at school / at home)? What is your favourite part of Jigsaw lessons?
Year 3	<ul style="list-style-type: none"> • Outside Body Changes • Inside Body Changes 	<ul style="list-style-type: none"> • Understanding how our bodies need to change so they can make babies when we grow up. • Understand how our body changes inside so we can make babies as we grow up. 	Can you tell me about some of the changes that happen to a puppy / kitten / baby as they grow up? Can we talk about some of the changes that are going to happen to you as you grow up? How do you feel about these changes? Do you have any questions about the changes that are going to happen to you as you grow up?
Year 4	<ul style="list-style-type: none"> • Having a Baby • Girls and Puberty 	<ul style="list-style-type: none"> • Understanding we have a choice to have a baby and the parts of men and women and, in simple terms, how making babies happens. • How a girl's body changes so that she can have a baby when she is an adult - including mensuration. 	Which of your characteristics did you get from your birth parents? Do you have any questions about the changes that happen to a girl when they grow up? Do you have any questions about how babies are made? How do you feel about the changes that will happen to you as you grow?
Year 5	<ul style="list-style-type: none"> • Puberty for Girls • Puberty for Boys • Conception 	<ul style="list-style-type: none"> • Understand the physical changes and the importance of looking after yourself. • Understanding of changes for both sexes • Understanding the place of sexual intercourse in a relationship and how it can lead to conception. 	Can you tell me how you feel about yourself? What can people do if they don't feel great about themselves? Can I share with you how I see you and how I care about you? Do you have any worries about puberty? Do you have any questions about puberty? Do you have any questions that you'd like to ask me about how babies are conceived? What do you think it will be like when you are a teenager? What kinds of things do you think you will be allowed to do when you are a teenager that you're not allowed to do now? What do you enjoy about being your age now?
Year 6	<ul style="list-style-type: none"> • Puberty • Girl Talk / Boy Talk • Conception to Birth 	<ul style="list-style-type: none"> • Understanding the physical and emotional changes and how they affect us. • An opportunity to ask questions and reflect. • Understanding the story of conception through to birth. 	Can we talk about the changes that will happen to your body over the next few years? How do you feel about these changes? What does mutual respect mean? Why is that important in a relationship? What are you excited about in secondary school? What are you worried about in secondary school? What can we do with these worries?

Content in red is non-statutory in the RSE curriculum (but most could be covered within the Science curriculum, which is statutory)