

PSHE: Me and My Relationships

This is a statutory part of the National Curriculum for Primary Schools

During the next term, as part of our PSHE from the National Curriculum, we will deliver lessons on 'Me and My Relationships'. During these lessons all children will learn about different families, making friends, how their bodies change and how to keep themselves safe. Children will learn about different types of relationships and how to staying safe both on and offline. We'll be using the NSPCC Pantosaurus resource. <https://www.itsnotokay.co.uk/professionals/pantosaurus/>

In Year 5, children will learn about how their bodies change during puberty and how this might make them feel. Year 6 will revisit this learning and then learn about human reproduction. They will be using the Busybodies resources to support this teaching. https://www.healthpromotion.ie/health/inner/busy_bodies

Here is some of the language from the National Curriculum that will be used in each year group.

Year 1	Year 2
Family Relationship Friend Online Offline Girl Boy Gender Respect Difference Private Secrets Acceptable/unacceptable Feelings Emotions All body parts including nipples, penis and vagina	Unique Online Offline Unsafe Unkind Male Female All body parts including nipples, penis and vagina Stereotyping Bullying Same/different Appropriate physical contact Cultural
Year 3	Year 4
Separation Divorce Bereavement Responsibilities Independence Same-sex Valued Trusted adult Secrets	Marriage Civil partnership Emotions Body image Appropriate physical contact Self-worth

Surprises	
Year 5	Year 6
Relationships Confident Respectful Physical reaction Appropriate physical contact Immunization Bacteria Virus Puberty Periods Breasts Nipples Vagina Vulva Pubic hair Penis Sperm Erection	Marriage Civil partnership Stereotyping Anti-social behavior Racism Homophobia Transphobia Biphobia Hate crime Peer pressure Puberty Periods Breasts Nipples Vagina Vulva Pubic hair Penis Sperm Erection Reproduce Conception