

Relationships, Sex and Health Education

At Riddings Junior School we want all children to grow up healthy, happy, safe, and able to manage the challenges and opportunities life offers. Relationships, Sex and Health Education will equip your child with knowledge to make informed decisions about their wellbeing, health and relationships as well as preparing them for a successful adult life.

In September 2020 the Government guidance for PSHE was been updated and Relationships and Health Education became statutory for all primary schools.

Below are the key objectives and vocabulary taught within each year group.

Year	Key Objective	Key Vocabulary
3	Understand differences. Recognise that change is part of growing up. Identify different types of relationships and families. Know the correct terms for the sexual body parts and other major organs in the body. Understand the needs of a new born baby and the impact of change to a family. Understand and challenge gender stereotypes.	Girl Boy Man Woman Changes Sex parts Penis Vagina Breasts Testicles/Testes Womb / uterus Ovaries
4	Describe strategies for coping with change. Develop a positive attitude to personal body image. Recognise some of their own positive qualities, skills and attributes. Recognise the stages of development when growing up. Recognise that puberty is part of growing up. Begin to learn about the physical and emotional changes during puberty. Understand how the need to keep clean changes during puberty. Develop strategies for resisting peer pressure. Recognise that there are agencies that support children and young people to be safe and happy.	Sex parts Penis Vagina Breasts Testicles Scrotum Sperm Ovaries Womb Clitoris Testicles/Testes Womb / uterus Ovaries Fertilisation Reproduction Pregnant Foetus
5	Understand how girls and boys bodies change in puberty. Understand how to deal with physical changes e.g. periods, wet dreams – <i>it is important that both boys and girls learn about each other's changes.</i> Explain a range of emotional changes during puberty and how to deal with them. Understand how a baby is conceived.	Sex parts Penis Vagina Vulva Breasts Testicles / testes Scrotum Sperm Ovaries

	Consider how different qualities impact on friendships/relationships. Reflect on the need for love and trust in a range of relationships.	Womb / uterus Clitoris Puberty Menstruation Periods Wet dreams
6	Revise and develop their understanding of puberty. Revise and develop their understanding of how babies are made. Recognise the difference between healthy and unhealthy friendships and relationships, and understand their right to physical boundaries. The importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs. Practical steps they can take in a range of different contexts to improve or support respectful relationships. The importance of self-respect and how this links to their own happiness. Understand the pressure to conform to gender and body stereotypes comes from media and peer pressure. Develop awareness of the pressures to conform to gender and some strategies on how to deal with gender based prejudice.	Sex parts Penis Vulva Vagina Breasts Testicles / testes Scrotum Sperm Ovaries Womb / uterus Fallopian tubes Clitoris Puberty Menstruation Periods Wet dreams Hormones Emotions

Why is using the correct language important?

- Safeguarding and sexual health
- Give confidence to ask for help and support using known terminology
- Respect—plenty of disrespectful words for body parts that can offend
- Maturity- introducing the vocabulary early in an age appropriate way minimises the giggles and helps develop a mature attitude.