

**Please note:** This document outlines the key information and vocabulary taught in each year group in relation to all content that is related to the sex education component of Relationships and Sex Education (RSE). Other aspects of relationships education (in addition to the content below) are also taught. For information about the parental right to withdraw children from the non-statutory elements of Relationships and Sex Education, please see the information on the [school website](#).

Year Group	Resource	Key Information	Vocabulary
<b>Rec</b>	Talk PANTS NSPCC	Children are introduced to the ‘PANTS’ song and there is a discussion of ‘safe adults’ and how we can recognise a safe adult. Through Pantosaurus, children learn about clothing that covers up ‘private parts’ and that their body belongs to them, and they can say no to touch. There is a discussion of not keeping secrets and how to speak out/ speak up.	Private Parts Safe adults
<b>Y1</b>	Talk PANTS NSPCC	The children learn the correct naming of some key body parts including genitalia. The children also review the message from Pantosaurus and his song about private parts and if someone asks to see them tell them no. The lesson explains about times when safe adults may need to see their private parts, for example one of the dinosaurs is uncomfortable because it has sand inside pants.  The children are taught about touch and asked to think about how touch makes us feel. They consider safe touch, unsafe touch and touch that makes them feel uncomfortable. They review their body belongs to them and they can say no to touch. The children review the PANTS rules and learn the difference between happy surprises and secrets.	Vagina Nipple Penis Bottom/ Buttocks Testicle Stroke Tickle Pat on the bottom Kiss Pinch Kick Hit Sitting on lap
<b>Y2</b>	HeartSmart Medway	The children discuss special people and people who make us feel safe and comfortable. The children review if they feel uncomfortable about anything they should speak to a trusted adult.	Safe/ Unsafe Comfortable/ Uncomfortable. Life cycle



		The children discuss differences between people that we can and cannot see. The children review names for genitalia and label these on a body. They review consent through the pants rule.	Human Growth Penis Nipple Vagina Penis Testicle Buttocks/ Bottom
<b>Year Group</b>	<b>Resource</b>	<b>Key Information</b>	<b>Vocabulary</b>
<b>Y3</b>	HeartSmart Medway	<p>The children discuss what makes a good friend and that there are different types of relationship. The message of speaking out to trusted adults is again reinforced in the context of when children are struggling with friendship. The children also look at why sometimes there are difficulties in friendships involving falling out and arguing. They look at what makes a strong friendship and how to repair after fall outs.</p> <p>The children review the names for body parts including genitalia and also the PANTS rule and that their body belongs to them.</p>	Relationship Trusted adult Conflict Argue Friendship Penis Nipple Vulva Vagina Penis Testicle Buttocks/ Bottom
<b>Y4</b>	Medway	The focus of the lessons is children understanding the physical changes that happen during puberty so that they are prepared for these changes in their bodies. Children look at diagrams showing a changing body from a child to an adult in both genders. The children learn about the changes that will happen to both genders in puberty including the menstrual cycle, and also the different period products available.	Penis Testicles Vagina Vulva Nipples



**Parbold Douglas CE Academy**

Curriculum Summary: Relationships and Sex Education

			<p>Uterus Fallopian tubes Cervix Ovary Foreskin Urethra Scrotum Anus Epididymis Period products Menstrual cup Period Pants/Pads Tampon</p>
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<b>Year Group</b>	<b>Resource</b>	<b>Key Information</b>	<b>Vocabulary</b>
Y5	HeartSmart Medway	The children review the biological changes in puberty. They look at diagrams of internal reproductive organs and external genitalia. They review the menstrual cycle and period products and also learn about wet dreams. Children learn about the importance of hygiene during puberty and also different emotions and feelings they may have. The idea of talking to someone and seeking support is reinforced.	<p>Penis Testicles Vagina Vulva Nipples Uterus Fallopian tubes Cervix Ovary Foreskin</p>



			<p>Urethra                  Scrotum                  Anus                  Epididymis                  Period products                  Menstrual cup                  Period Pants/Pads                  Tampon                  Clitoris                  Opening of vagina                  Opening of urethra                  Pubic hair                  Bladder                  Wet Dreams                  Semen                  Nocturnal                  Emission                  Fancying                  Crush                  Mood swings</p>
<b>Y6</b>	HeartSmart Medway	<p>Children recap puberty and the physical and emotional changes the discussed in Year 5. There is a focus on children understanding that they are learning some information that is important for now and some information that might be important for them in the future. There is discussion of becoming more independent and responsible as they get older. The children look at positive, healthy relationships, the different relationships people may have at different stages of life and the understanding that relationships may change or end.</p>	<p>Testicles                  Vagina                  Vulva                  Nipples                  Uterus                  Fallopian tubes                  Cervix                  Ovary Foreskin</p>



		<p>There is discussion around the different ways people may love and care for one another. Sex is described as one of ways adults may show love and care for each other and to feel good and close to one another. Children learn that sexual intercourse is also how babies are made without medical intervention. There is discussion around what consent means. As well as explaining how a baby is made through sexual intercourse, the lesson discusses other ways babies may be made such as IVF, assisted conception and surrogacy. The children learn how twins are made and that a baby can be born through the vagina or caesarean section.</p>	<p>Urethra                  Scrotum                  Anus                  Epididymis                  Period products                  Menstrual cup                  Period Pants/Pads                  Tampon                  Clitoris                  Opening of vagina                  Opening of urethra                  Pubic hair                  Bladder                  Wet Dreams                  Nocturnal                  Emission                  Sex/ Sexual intercourse                  Sticky liquid                  Semen                  Womb                  Foetus                  Uterus                  Fertilised                  Ovum                  Sperm                  Independent                  Responsible                  Transition                  Positive                  Healthy</p>
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