



Sex and Relationships Education (SRE)

Dear Parents/Carers

During this half term, as part of the national curriculum, we will be covering sex and relationship education (SRE) from years 1-6. We will be following the Jigsaw scheme to plan these lessons using the '**Changing Me**' unit. The full overview of Jigsaw is available on the school website.

The content of the sessions for each year group is as follows:

Year 1	<ul style="list-style-type: none"> • Life cycles of animals and humans • Changes that happen as we grow • Understand growing up is natural and everyone grows at different rates • Identify parts of the body that make boys different to girls • Respect my body and understand which parts are private <p><i>Key vocabulary: adult, adulthood, anus, anxious, baby, change, changes, coping, curious, excited, feelings, female, grow, growing up, growth, happy, learn, life cycle, male, nervous, new, penis, proud, testicles, vulva, worried</i></p>
Year 2	<ul style="list-style-type: none"> • Recognise life cycles in nature • Changes outside my control • The process of growing from young to old • Recognise how my body has changed and grown from birth • Differences physical differences between boys and girls • Different types of touch and which are appropriate; how to ask for help <p><i>Key vocabulary: adult, anus, anxious, assertive, baby, change, child, cope, comfortable, control, dislike, elderly, excited, female, freedom, fully grown, grow, growing up, hug, independent, life cycle, like, looking forward, male, nervous, old, older, penis, physical, private, public, respect, responsibilities, teenager, testicles, texture, timeline, toddler, touch, uncomfortable, vagina, vulva, young</i></p>
Year 3	<ul style="list-style-type: none"> • How babies grow inside the uterus and what they need (not conception) • Feelings towards babies • Understand boys' and girls' bodies change on the outside and the inside while growing up • Discuss feelings about changes • Stereotypes about parenting and family roles <p><i>Key vocabulary: animals, babies, birth, breasts, care, challenge, change, changes, control, egg, family, female, genitals, growing up, looking forward, male, mother, ovaries, ovum / ova, penis, personal hygiene, puberty, pubic hair, roles, scrotum, sperm, stereotypes, task, testicles, vagina, womb / uterus, worries</i></p>
Year 4	<ul style="list-style-type: none"> • Personal characteristics come from both parents due to the joining of the egg and sperm • Internal and external parts of male and female bodies necessary for making a baby



	<ul style="list-style-type: none"> • Changes in a girl's body in order to have a baby including menstruation • Emotional changes in puberty <p><i>Key vocabulary: acceptance, anxious, belonging, care, characteristics, change, choices, circle, control, family, fallopian tube, hobbies, hormone, identity, inner circle, interests, love, looking forward, menstrual cup, menstrual cycle, menstrual pads, menstrual towel, menstruation, ovaries, panty liner, period pants, period products, periods, personality, proud, proportionate, puberty, reliable, seasons, skills, support, tampons, trusted adult, trustworthy, unique, values, vagina, vulva, womb</i></p>
Year 5	<ul style="list-style-type: none"> • Understand self-image and develop self-esteem • Changes in boys' and girls' bodies during puberty • Looking after myself physically and emotionally during puberty • Sexual intercourse can lead to conception which is how babies are made • Understand IVF is sometimes needed • The age of consent <p><i>Key vocabulary: affirmation, anxious, aspects, authentic, body image, change, characteristics, cope, conception, contraception, consent, erection, edited, embryo, emotions, excitement, facial hair, fallopian tube, fear, fertilisation, fertility treatment (IVF), filter, growth spurt, hormone, hope, hormones, influences, larynx, making love, manage, media, media influencer, menstrual cycle, menstrual pads, menstrual towels, menstruation, mental health/wellbeing, milestone, opportunities, oestrogen, ovary, ovaries, perception, perceptions, periods, pregnancy, puberty, relationships, reliable sources, responsibilities, scrotum, self, self-esteem, self-image, sexual intercourse, semen, sperm, teenager, testicles, testes, testosterone, vagina, vulva, wet dream, womb/uterus</i></p>
Year 6	<ul style="list-style-type: none"> • Develop self-image and self-esteem • Changes during puberty for both boys and girls • How a baby develops from conception through pregnancy • What happens when a baby is born • How being physically attracted to someone changes the nature of the relationship <p><i>Key vocabulary: adolescent, assertive, attraction, baby, caesarean, celebrity, cervix, challenge, choice, contractions, consent, criticise, embryo, feelings/emotions, foetus, freedoms, identity, independence, journey, labour, looking forward, love, mental health, midwife, negative body-talk, opportunities, placenta, pregnancy, pressure, puberty, real self, relationship, relationships, responsibilities, secondary, self-esteem, self-image, sexting, transition, umbilical cord, values, worries</i></p>

If you have any concerns over this topic or would like more information, please feel free to contact your child's teacher or the school office. The policy is available on the school website should you wish to read it.

Yours sincerely,

Mrs Khanna

PSHE coordinator

