

## Including Sex Education

At Holybrook, Relationships and Health Education (RHE) is taught in Years 2, 4 and 6 through the PHSE curriculum, though elements of it may be taught in other year groups and in other subjects in the wider Holybrook Curriculum.

Statutory relationships and health education lessons are included in RHE as is Sex Education.

**The learning objectives which are Sex Education are highlighted in purple.** Parents can withdraw their children from these lessons if they wish.

For more information about this, please see Holybrook's Relationships and Sex Education Policy 2023.

<p><b>Year 2</b> <b>Boys, Girls and Families</b></p>	<p><b>Year 4</b> <b>Growing up and changing</b></p>	<p><b>Year 6</b> <b>Healthy Relationships</b></p>
<p><b>1) Children learn to understand and respect the differences and similarities between people.</b></p> <ul style="list-style-type: none"> <li>- They can define difference and similarity.</li> <li>- Understand that boys and girls can do the same tasks and enjoy the same things, but that stories, TV and people sometimes say boys do this and girls do that.</li> </ul> <p><b>2) Children learn about the biological differences between male and female animals and their role in the life cycle.</b></p> <ul style="list-style-type: none"> <li>- They will know that female mammals give birth and nurse their young</li> </ul>	<p><b>1) Children will learn about the way we grow and change throughout the human life cycle.</b></p> <ul style="list-style-type: none"> <li>- They will identify changes throughout the human life cycle.</li> <li>- Understand that change is ongoing,</li> <li>- Understand that change is individual.</li> </ul> <p><b>2) Children will learn about the physical changes associated with puberty.</b></p> <ul style="list-style-type: none"> <li>- They will be able to define puberty: the changes that occur sometime between 8-17 that turns us from children to young adults.</li> <li>- Identify physical changes associated with puberty.</li> </ul>	<p><b>1) Children learn about the changes that occur during puberty.</b></p> <ul style="list-style-type: none"> <li>- They will identify the physical, emotional and behavioural changes that occur during puberty for both males and females.</li> <li>- Understand that puberty is individual and can occur any time between 8-17.</li> <li>- Understand that body changes at puberty are a preparation for sexual maturity.</li> </ul> <p><b>2) Children will learn to consider different attitudes and values around gender stereotyping and sexuality and consider their origin and impact.</b></p> <ul style="list-style-type: none"> <li>- Understand how our attitudes and values around gender and sexuality might be affected by factors such as religion and culture.</li> </ul>

- They will be able to describe the biological differences between male and female
- Understand that the creation of life requires a male and female

**3) Children will learn the biological differences between male and female children.**

- Children will identify and name biological terms for male and female sex parts.
- They will label the male and female sex parts with confidence
- They will understand that male and female sex parts are related to reproduction

**4) Children learn about growing from young to old and that they are growing and changing.**

- Pupils will identify key stages in the human life cycle.
- Understand some ways that they have changed since they were babies
- Understand that all living things, including humans, start life as babies.

**5) Pupils learn that everybody needs to be cared for and ways in which they care for others.**

- Pupils will understand that we all have different needs and require different types of care.
- They will identify ways we show care towards each other.
- They will understand the links between needs, caring and changes through the life cycle.

- Understand that everyone's experience of puberty is different and that it begins and ends at different times.

**3) Children learn about menstruation and wet dreams.**

- They will describe menstruation and wet dreams.
- They will explain effective methods for managing menstruation and wet dreams.
- They will understand the relationship between sex cells (sperm and ovum), menstruation and wet dreams.

**4) Children learn about the impact of puberty on physical hygiene and strategies for managing this.**

- They will explain how changes at puberty affect body hygiene.
- They will describe how to care for their bodies during puberty.
- They will recognise the similarities between the needs and wants of girls and boys and challenge gender stereotypes around hygiene and grooming.

**5) Children will learn how puberty affects emotions and behaviour and strategies for dealing with this.**

- They will describe how feelings and behaviour change during puberty.
- They will devise strategies for managing these changes.
- Understand how changes during puberty affect relationships with other people.

**6) Pupils will learn to answer other people's questions about puberty with confidence**

- Recognise and challenge gender stereotypes.
- Understand how media messages affect attitudes, can cause inequality of opportunity and affect behaviour.

**3) Children learn what values are important to them in relationships and to appreciate the importance of friendship in intimate relationships.**

- They will identify positive qualities and expectations from a variety of relationships.
- Explain the similarities and differences between friendships and intimate relationships.
- Describe that there are different types of intimate relationships, including marriage.
- Understand that sex or making love may be one part of an intimate relationships between adults.

**4) Children will learn about human reproduction in the context of the human life cycle.**

- Understand that closeness in a relationship can be expressed in a variety of ways between consenting adults.
- Know that sexual intercourse may be one part of a sexual relationship.
- Describe how babies are made and explain how sexual intercourse is related to conception.
- Can name the male and female reproductive organs.

**5) Children learn how a baby is made and grows (conception and pregnancy).**

**6) Pupils learn about different types of family and how their home-life is special.**

- Pupils will describe different types of family.
- They will identify what is special and different about their home life.
- Pupils will understand that families care for each other in a variety of ways.

**and to seek advice and support when they need it.**

- Identify sources of information, advice and support for children and young people.
- Will use appropriate language to discuss puberty and growing up with confidence.
- Will answer their own questions about puberty and growing up.

- Know the male and female body parts associated with conception and pregnancy
- Define conception and understand the importance of implantation in the womb.
- Know what pregnancy is, where it occurs and how long it takes.

**6) Children know about the roles and responsibilities of parents and carers.**

- Identify some of the skills and qualities needed to be a parent and carer.
- Understand the variety of ways that parents and carers (men and women) can meet the needs of babies and children.
- Know some of the difficulties faced by parents and carers and where they can get help.

**7) Children learn to answer each other's questions about sex and relationships with confidence and where to get advice and support if needed.**

- Answer each other's questions about sex and relationships
- Use appropriate language to discuss sex and relationships and growing up with confidence.
- Identify sources of information, advice and support for children and young people.