



RSE Curriculum Map

TAKEN FROM PSHE ASSOCIATION PROGRAMME OF STUDY FOR PSHE EDUCATION KEY STAGES 1-5

Relationships and Sex Education

Where a maintained primary school chooses to teach aspects of sex education (which go beyond the national curriculum for science), the school must set this out in their policy and all schools should consult with parents on what is to be covered. Primary schools that choose to teach sex education must allow parents a right to withdraw their children. Unlike sex education in RSE at secondary, in primary schools, head teachers must comply with a parent's wish to withdraw their child from sex education beyond the national curriculum for science. Sex education in primary will be highlighted in red on this document for reference.

		New Vocabulary Taught:	
KS1	Year 1	<p>About what it means to keep something private, including parts of the body that are private</p> <p>The names of their body part and that parts of bodies covered with underwear are private.</p> <p>How to keep themselves healthy and who helps them to stay healthy.</p>	<p>Washing • Brushing teeth • Get dressed • Clean • Boy • Girl • Penis • Vagina • Same • Different • Physical characteristics • Gender • Hair • Face • private</p>
	Year 2	<p>To identify and name the main parts of the body including external genitalia.</p> <p>How our needs and bodies change as we grow up</p> <p>How to resist pressure to do something that makes them feel unsafe or uncomfortable, including keeping secrets.</p>	<p>• Similar • Different • Sex • Gender roles • Stereotypes • Boy • Girl • Male • Female • Body parts • Penis • Vagina • Safe/unsafe • private parts • Permission • Uncomfortable • No • Stop • Hygiene • testacies</p>
KS2	Year 3	<p>About what privacy and personal boundaries are, including online</p> <p>That their body belongs to them and should not be hurt or touched without their permission.</p> <p>Discuss about how we are all different and how we can support one another</p>	<p>Maturity • Puberty • Penis • Vagina • Breasts • Testicles • Foreskin • Circumcision • Body odour • Safe • Permission • Uncomfortable</p>
	Year 4	<p>How to identify external genitalia and reproductive organs</p> <p>About the physical and emotional changes during puberty</p> <p>Key facts about the menstrual cycle and menstrual wellbeing, erections and wet dreams</p> <p>Strategies to manage the changes during puberty including menstruation</p> <p>The importance of personal hygiene routines during puberty including washing regularly and using deodorant</p> <p>How to discuss the challenges of puberty with a trusted adult</p> <p>How to get information, help and advice about puberty</p>	<p>• Puberty • Lifecycle • Reproduction • Physical • Pregnancy • Period • Breasts • Sperm • Egg • Pubic hair • Emotions feelings • Menstruation • Hormones • Genitals • Erection • Uterus • Fallopian tube • Cervix • Vulva • Ovary • Clitoris • Urethra • Testicles • Foreskin • Anus (Science)</p>



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	Year 5	That for some people their gender identity does not correspond with their biological sex. How babies are made discussing sexual intercourse including different sexual relationships. Getting ready for adulthood. How to have safe sex and the need for contraceptives to avoid unplanned pregnancy and STDs. Different relationships: friendships parent/child, family, and adult relationships. Discuss how sex is presented in the media and sexual stereotyping.	<ul style="list-style-type: none"> • Puberty • Physical changes • Emotional changes • Moods • Menstruation • Periods • Tampons • Sanitary towels • Wet dreams • Semen • Erection • Sweat • Breasts • Spots • Pubic hair • Facial hair • Underarm hair • Sexual feelings Privacy Human rights Protection Female Genital Mutilation
	Year 6	<p>What sexual intercourse is, and how it can be one part of an intimate relationship between consenting adults</p> <p>How pregnancy occurs i.e. when a sperm meets an egg and the fertilised egg settles into the lining of the womb</p> <p>That pregnancy can be prevented with contraception - Pupils are often aware that sexual intercourse does not always result in a baby and they may already be aware of or have heard about some common methods of contraception (e.g. condoms, the contraceptive pill or avoiding sexual intercourse). A basic understanding of contraception can be taught at primary level. This may include basic information about common forms of contraception (for example, condoms and the contraceptive pill) and how these can prevent a baby being made. Schools will need to decide whether this is appropriate for their community and cohorts and consider how to approach this as part of Sex Education. Coping with changes which occur during puberty both physically and emotionally, where to seek advice. Positive examples of sexual relationships. Importance of valuing ourselves to avoid negative sexual relationships.</p>	<ul style="list-style-type: none"> • Womb • Sperm • Egg • Conception • Fertilisation • Pregnancy • Sexual intercourse • Twins • Fostering • Adoption • Relationship • Friendship • Love • Consent • Intimacy • Ejaculation • Wet Dreams • Scrotum
KS3	Year 7	<p>Healthy routines, influences on health, puberty, unwanted contact, and FGM</p> <p>Self-worth, romance and friendships (including online) and relationship boundaries</p>	<ul style="list-style-type: none"> • self-worth • self-efficacy • qualities • positive relationships • unhealthy relationships • media stereotypes • romantic relationships • consent
	Year 8	Gender identity, sexual orientation, consent, 'sexting', and an introduction to contraception	<ul style="list-style-type: none"> • consent • contraception, • condom • pill • sexual orientation • sexting
	Year 9	Relationships and sex education including consent, contraception, the risks of STIs, and attitudes to pornography	<ul style="list-style-type: none"> • Pornography • Readiness for sexual activity • Delay sex • Intimacy • Myths and Misconceptions • Capacity • STIs • Condoms • Negotiating safer sex • Unprotected sex • Sending, sharing or passing on sexual images



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KS4	Years 10	Relationships and sex expectations, myths, pleasure and challenges, including the impact of the media and pornography	Behaviours • Ethical • Implications • Legal • Manipulation • Coercion • Consent • Capacity • Exploitation • • Victim Blaming • Asexuality • Abstinence • Celibacy
	Year 11	Personal values, assertive communication (including in relation to contraception and sexual health), relationship challenges and abuse	• Wants and Needs • Harassment • Stalking • Exploitative • Abusive • adoption
KS5	6th Form	<p>To develop and maintain healthy, pleasurable relationships and explore different levels of emotional intimacy</p> <p>To evaluate different degrees of emotional intimacy in relationships, the role of pleasure, how they understand the difference between 'love' and 'lust'</p> <p>How to recognise, and seek help in the case of, sexual abuse, exploitation, assault or rape, and the process for reporting to appropriate authorities</p> <p>To understand the implications of unintended pregnancy and young parenthood; to recognise the advantages of delaying conception, whilst acknowledging the changes in fertility with age</p> <p>To negotiate, and if necessary be able to assert, the use of contraception with a sexual partner</p> <p>How to effectively use different contraceptives, including how and where to access them</p> <p>To evaluate the most appropriate methods of contraception in different circumstances (including emergency contraception)</p> <p>To access the pathways available in the event of an unintended pregnancy and understand the importance of getting advice and support quickly</p>	