

Growing Up At Litton School



A Guide to Sex and Relationship Education

Dear Parents and Carers,

Every year, we deliver our Relationships & Health Education Program which is firmly rooted in our Science & Personal, Social + Health & Education (PSHE) curriculum.

This leaflet provides information about the content for each year group and may also provide parents and carers with a helpful starting point to discuss issues in what can sometimes be a difficult subject to broach. Please be assured however, that as always, the topic will be covered with great sensitivity and provide opportunity for children to reflect, ask questions and to discuss their views on this vital aspect of learning.

These lessons are usually taught by members of our teaching staff but also occasionally by healthcare professionals.

If you should require any further information, then please talk to your child's class teacher – *we're always happy to help!*

Reception

Friendships

- Why do friendships make us happy?
- How can we welcome new friends?

Saying sorry

- Why is it important to say sorry and forgive others?
- How can I deal with arguments without using physical means?

Families and Care

- What different types of families are there?
- What can I tell people about my family?
- How can family members help each other?

Year 1

Friendships

- Can we be friends with people who are different to us?

Growing and Changing

- How do babies grow and change?
- What support do babies need and how does this change as they get older?

Families and Care

- What different types of families are there?
- What can I tell people about my family?
- Who can I ask for help?

Year 2

Life Cycles

- What are the differences between male and female animals?
- How is new life made?

Body Parts

- What are the physical differences between males and females?
- What are the scientific names for male and female body parts?

Year 3/4

Body Differences

- What are the similarities and differences between males and females?
- What are the correct scientific names for male and female body parts?

Personal Space

- Who does my body belong to?
- What is meant by unwanted touch?

Healthy Relationships

- Why is respect important in all (including online) relationships?
- How can friendships make people feel unhappy or uncomfortable?

Year 5/6

Puberty

- What physical changes happen during puberty?
- What emotional changes happen during puberty?
- Why is it important to be able to talk confidently about puberty?
- How can I manage these changes?
- Where can I go to for help?
- How does my body change during puberty, to prepare for reproduction?

Relationships

- What is a healthy relationship?
- Why are communication and respect important?
- When is it ok to share personal / private information in a relationship?
- Where can I get help if a relationship ends or goes wrong?

Having a Baby

- What decisions need to be made before having children?
- What happens during conception and pregnancy?