

## TEACHING RSE WITH CONFIDENCE IN PRIMARY SCHOOLS - CURRICULUM OVERVIEW

**Reception:** My body, my relationships

**Lesson 1:** Caring Friendships

**Lesson 2:** Being Kind

**Lesson 3:** Different Families

**Lesson 4:** My Body My Choices

**Year 1:** Growing up, staying safe

**Lesson 1:** Different Friends

**Lesson 2:** Growing and Changing

**Lesson 3:** Body Safety (Online and Off)

**Lesson 4:** Families and Care

**Year 2:** Differences

**Lesson 1:** Gender Stereotypes

**Lesson 2:** Male and Female

**Lesson 3:** Naming Body Parts

**Lesson 4:** My Body Belongs to Me

**Year 3:** Valuing difference and keeping safe

**Lesson 1:** Body Differences

**Lesson 2:** Personal Space and Consent

**Lesson 3:** Families and People who Help Us

**Lesson 4:** Staying Safe and Getting Help Online

**Year 4:** Growing up with Respect

**Lesson 1:** Changes

**Lesson 2:** What is Puberty

**Lesson 3:** Healthy Friendships

**Lesson 4:** Valuing Difference

**Year 5:** Puberty and personal boundaries

**Lesson 1:** Talking about Puberty

**Lesson 2:** The Reproductive System

**Lesson 3:** Puberty Help and Support

**Lesson 4:** Respect Boundaries and Being an Upstander

**Year 6:** Puberty, relationships and reproduction

**Lesson 1:** Puberty and Reproduction

**Lesson 2:** Communication and Consent  
in Relationships

**Lesson 3:** Families, Conception and Pregnancy

**Lesson 4:** Communication and Respect in  
Relationships and Online