



# **Relationships and Sexuality Education (RSE)**

**All Saints C/W Primary School**

# **Relationships and Sexuality Education (RSE)**

**Education in Wales is changing. Teachers and education experts from across Wales have been working together to develop the Curriculum for Wales**

**We need to help all of our young people to excel in all aspects of life, so they grow into adults who are healthy, confident individuals. Education should encourage and support young people to respect themselves and others, to value diversity, and give them the ability to build healthy, respectful relationships.**

**The new curriculum starting in September 2022 will include developmentally appropriate Relationships and Sexuality Education (RSE).**

# What is RSE?

Young people should have the right to access information that keeps them safe from harm. This includes learning about healthy relationships, keeping safe, online and offline, and being confident to raise issues with responsible adults.

RSE is designed to safeguard all our children and young people, supporting them to develop knowledge, skills and behaviours that will assist in protecting them throughout their lives.

This is critical to building a society which treats others with understanding and empathy, whatever their ethnicity, social economic background, disability, sex, gender or sexuality.

# **RSE Topic Overview - Nursery & Reception**

## **Bodies**

**Respecting my body**

**Growing up**

**Growth and change**

**Fun and fears**

**Celebrations**

# **RSE Topic Overview - Year 1**

**Life cycles – animal and human**

**Changes in me**

**Changes since being a baby**

**Differences between female and male bodies**

**(correct terminology)**

**Linking growing and learning**

**Coping with change**

**Transition**

# **RSE Topic Overview - Year 2**

**Life cycles in nature**

**Growing from young to old**

**Increasing independence**

**Differences in female and male bodies**

**(correct terminology)**

**Assertiveness**

**Preparing for transition**

# **RSE Topic Overview - Year 3**

**How babies grow**

**Understanding a baby's needs**

**Outside body changes**

**Inside body changes**

**Family stereotypes**

**Challenging my ideas**

**Preparing for transition**

# **RSE Topic Overview - Year 4**

**Being unique**

**Having a baby**

**Girls and puberty**

**Confidence in change**

**Accepting change**

**Preparing for transition**

**Environmental change**



# **RSE Topic Overview - Year 5**

**Self- and body image**

**Influence of online and media on body image**

**Puberty for girls**

**Puberty for boys**

**Conception (including IVF)**

**Growing responsibility**

**Coping with change**

**Preparing for transition**

# **RSE Topic Overview - Year 6**

**Self-image**

**Body image**

**Puberty and feelings**

**Conception to birth**

**Reflections about change**

**Physical attraction**

**Respect and consent**

**Boyfriends/girlfriends Sexting**

**Transition**