

## What do children learn about in Sex and Relationships Education in school?

	Questions children will consider	Content areas
Age 3-5	<ul style="list-style-type: none"> <li>• What does my body look like?</li> <li>• How has my body changed as it has grown?</li> <li>• What can my body do?</li> <li>• What differences and similarities are there between our bodies?</li> <li>• How can I look after my body and keep it clean?</li> <li>• How am I learning to take care of myself and what do I still need help with?</li> <li>• Who are the members of my family and trusted people who look after me?</li> <li>• How do I feel about growing up?</li> <li>• How can I be a good friend?</li> <li>• Can I recognise and show my emotions?</li> </ul>	<ul style="list-style-type: none"> <li>• Valuing the body</li> <li>• Body parts</li> <li>• My teeth</li> <li>• Shapes and sizes</li> <li>• Self care skills</li> <li>• Change and responsibilities</li> <li>• Identifying and managing emotions</li> </ul>
Age 5-7	<ul style="list-style-type: none"> <li>• <b>What are the names of the main parts of the body?</b></li> <li>• <b>What can my body do?</b></li> <li>• <b>When am I in charge of my actions and my body?</b></li> <li>• <b>Do I understand how amazing my body is?</b></li> <li>• <b>How can I keep my body clean?</b></li> <li>• <b>How can I stop common illnesses and diseases spreading?</b></li> <li>• How do babies change and grow?</li> <li>• How have I changed since I was a baby?</li> <li>• What do babies and children need?</li> <li>• What are my responsibilities now I'm older?</li> <li>• Who is in my family, and how do we care for each other?</li> <li>• Do I know what makes me feel happy, sad, cross etc?</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Naming the external parts of the body</b></li> <li>• <b>Personal hygiene</b></li> <li>• Babies to children to adults</li> <li>• Growing up</li> <li>• Changing responsibilities</li> </ul>
Age 7-9	<ul style="list-style-type: none"> <li>• How are males and females different and what are the different parts called?</li> <li>• What can my body do and how is it special?</li> <li>• Why is it important to keep clean?</li> <li>• What can I do for myself to stay clean and how will this change in the future?</li> <li>• How do different illnesses and diseases spread and what can I do to prevent this?</li> <li>• What are the main stages of the human life?</li> <li>• What does it mean to be 'grown up'?</li> <li>• What am I responsible for now and how will this change?</li> <li>• How do parents and carers care for babies?</li> </ul>	<ul style="list-style-type: none"> <li>• Difference between males and females</li> <li>• Valuing the body's uniqueness and capabilities</li> <li>• Responsibilities for hygiene</li> <li>• Stages of human life</li> <li>• Being grown up</li> <li>• My responsibilities</li> <li>• Parents/carers' responsibilities</li> </ul>

Age 9-11	<ul style="list-style-type: none"> <li>• What are male and female sexual parts called and what do they do?</li> <li>• What happens to the bodies of boys and girls when they reach puberty?</li> <li>• What influences my view of my body?</li> <li>• How can I keep my growing and changing body clean?</li> <li>• How can the spread of viruses and bacteria be stopped?</li> <li>• What is HIV?</li> <li>• How are babies made?</li> <li>• How can I express my feeling positively as I grow up?</li> <li>• When am I responsible for how others feel?</li> <li>• What should adults think about before they have a baby?</li> <li>• What are families like?</li> <li>• What can I do when I realise I'm in a bad mood?</li> <li>• How do I recognise how other people feel and respond to them?</li> </ul>	<ul style="list-style-type: none"> <li>• Names of sexual parts</li> <li>• Puberty</li> <li>• Physical change</li> <li>• Menstruation</li> <li>• Developing body image</li> <li>• Changing hygiene routines</li> <li>• Viruses and bacteria</li> <li>• Human lifecycle</li> <li>• Sexual reproduction</li> <li>• Changing emotions</li> <li>• Responsibility for others</li> <li>• Love, marriage and families</li> </ul>
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This table above is a summary of what and when Sex and Relationships are taught in school. The section marked in red are the areas we will be covering in the first part of the summer term.

The remaining part of the 5-7 box is taught in year 2.

If you wish to talk about this aspect of the curriculum further then please do email me or book a time to see me in person.

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