

Sex Education Overview - linked to 'Life to the Full' Relationship, Sex and Health Education

	Social/Emotional	Sex Education/Science
Reception	Children learn that we are each unique, with individual gifts, talents and skills. Whilst we all have similarities because we are made in God's image, difference is part of God's plan!	Children learn that: That their bodies are good and made by God . They also learn the names of parts of the body (not genitalia)
Year 1	We are created individually by God. God wants us to talk to Him often through the day and treat Him as our best friend. God has created us, His children, to know, love and serve Him in this life and forever – this is our purpose and goal and will bring us true happiness . We are created as a unity of body, mind and spirit: who we are matters and what we do matters. We can give thanks to God in different ways	Children learn that: Our bodies are good; They will know the names of the parts of our bodies. That girls and boys have been created by God to be both similar and different and together make up the richness of the human family.
Year 2	Children will learn that we are unique, with individual gifts, talents and skills.	Children will know and appreciate that there are natural life stages from birth to death, and what these are. Children will think about: What sort of things do we do to stay healthy? Why is it important to have a good night's sleep? Why is it important to exercise regularly? Why is it important to eat healthy food? Why is it important to have a wash and to brush our teeth?
Year 3	Children will learn that: Similarities and differences between people arise as they grow and make choices, and that by living and working together ('teamwork') we create community; They will also learn that self-confidence arises from being loved by God (not status, etc).	Children learn: About the need to respect and look after their bodies as a gift from God through what they wear, what they eat and what they physically do.
Year 4		Children learn what the term puberty means; Learn when they can expect puberty to take place; Understand that puberty is part of God's plan for our bodies.

		<p>They will also learn: Correct naming of genitalia. What changes will happen to boys during puberty. What changes will happen to girls during puberty.</p>
<p>Year 5</p>	<p>Children will learn about the similarities and differences between people that arise as they grow and mature, and that by living and working together ('teamwork') we create community; They will know that self-confidence arises from being loved by God (not status, etc).</p>	<p>Children learn:</p> <p>That human beings are different to other animals. About the unique growth and development of humans, and the changes that girls will experience during puberty;</p> <p>About the need to respect their bodies as a gift from God to be looked after well, and treated appropriately;</p> <p>The need for modesty and appropriate boundaries.</p> <p>How to make good choices that have an impact on their health: rest and sleep, exercise, personal hygiene, avoiding the overuse of electronic entertainment, etc.</p> <p>About the nature and role of menstruation in the fertility cycle, and that fertility is involved in the start of life; · Some practical help on how to manage the onset of menstruation</p>
<p>Year 6</p>	<p>Children will be able to recognise that images in the media do not always reflect reality and can affect how people feel about themselves. That thankfulness builds resilience against feelings of envy, inadequacy, etc. and against pressure from peers or media</p> <p>They will deepen their understanding of the range and intensity of their feelings and that 'feelings' are not good guides for action. They will know that some behaviour is wrong, unacceptable, unhealthy or risky.</p> <p>Children will learn that emotions change as they grow up (including hormonal effects); About emotional well-being: that beauty, art, etc. can lift the spirit; and that also openness with trusted parents/carers/teachers when worried ensures healthy well-being.</p>	<p>Children learn:</p> <p>That they were handmade by God with the help of their parents. How a baby grows and develops in its mother's womb including, scientifically, the uniqueness of the moment of conception; How conception and life in the womb fits into the cycle of life. How a baby grows and develops in its mother's womb</p> <p>Basic scientific facts about sexual intercourse between a man and woman; The physical, emotional, moral and spiritual implications of sexual intercourse; The Christian viewpoint that sexual intercourse should be saved for marriage.</p>