

## Relationship Education

### EYFS

I can explain why I have special relationships with some people and how these relationships help me feel safe and good about myself. I can also explain how my qualities help these relationships. I can give examples of behaviour in other people that I appreciate and behaviours that I don't like.

### Year 1

I can explain why some things might make me feel uncomfortable in a relationship and compare this with relationships that make me feel safe and special. I can give examples of some different problem-solving techniques and explain how I might use them in certain situations in my relationships.

### Year 2

I can explain how my life is influenced positively by people I know and also by people from other countries. I can expect that everyone's family is different and understand that most people value their family.

### Year 3

I can recognise how people are feeling when they miss a special person or animal. I can give ways that might help me manage my feelings when missing a special person or animal.

### Year 4

I can compare different types of friendships and the feelings associated with them. I can also explain how to stay safe when using technology to communicate with my friends, including how to stand up for myself, negotiate and to resist peer pressure. I can apply strategies to manage my feelings and the pressures I may face to use technology in ways that may be risky or cause harm to myself or others.

### Year 5

I have an accurate picture of who I am as a person in terms of my characteristics and personal qualities.

I understand that belonging to an online community can have positive and negative consequences.

I recognise when an online game is becoming unhelpful or unsafe.

### Year 6

I can explain a range of feelings that people may experience within different social groups and social contexts and how this may relate to their behaviour. I can explain the feelings I might experience in different social groups and different social contexts and how these might manifest in my behaviour. I can offer strategies to help me manage these feelings.

## Sex Education - Changing Me

### EYFS

I can compare how I am now to when I was a baby and explain some of the changes that will happen to me as I get older. I can name different parts of the body e.g. hand, leg stomach and eyebrow. I can explain why some changes I might experience might feel better than others e.g. transition into Year 1.

### Year 1

I can understand that changes happen as we grow. I start to understand the life cycles of animals and humans. I can tell you about changes that have happened in my life. I know ways to cope with changes.

### Year 2

I can understand there are some natural changes in the body that are outside of my control. I can recognise the physical differences between boys and girls and use correct names for parts of the body (penis, anus, testicles and vagina). I can tell you what I dislike about being a boy and a girl. I can understand when it is appropriate to hug (stranger/family).

### Year 3

I can summarise the changes that happen to boys' and girls' bodies that prepare them for making a baby when they are older. I can explain some of the choices I might make in the future and some of the choices that I have no control over. I can offer some suggestions about how I might manage my feelings when changes happen.

### Year 4

I can continue to label correctly the internal and external parts of the male and female body. I will also explore why looking after myself physically and emotionally is important. Girls only will describe how a girl's body changes in order to have a baby and that menstruation is part of this.

### Year 5

I am aware of my own self-image and how my body image fits into that. I can identify what I am looking forward to about becoming a teenager and understand this brings responsibilities. I can identify what I am looking forward to when I move to my next class. I can describe how a girls and boys bodies changes in order to have a baby and that menstruation is part of this.

### Year 6

I can explain why some personal and family changes happen. I can explain ways that I can give emotional support to myself and others during times of personal change.