

**Moss Hall Schools Federation**  
**RSE & Puberty learning**

Year Group	Term	Core theme and topic	Content (Children should learn...)
1	Au1	<i>Relationships:</i> Who is special to us?	<ul style="list-style-type: none"> <li>how families are all different but share common features – what is the same and different about them</li> </ul>
	Au2	<i>Relationships:</i> What is the same and different about us?	<ul style="list-style-type: none"> <li>to use the correct names for the main parts of the body, including external genitalia; and that parts of bodies covered with underwear are private</li> </ul>
	Su1	<i>Living in the wider world:</i> How can we look after each other and the world?	<ul style="list-style-type: none"> <li>how people grow and change and how people's needs change as they grow from young to old</li> </ul>
2	Au2	<i>Relationships:</i> What is bullying?	<ul style="list-style-type: none"> <li>how to ask for and give/not give permission regarding physical contact and how to respond if physical contact makes them uncomfortable or unsafe</li> </ul>
3	Sp1	<i>Health and Wellbeing:</i> What keeps us safe?	<ul style="list-style-type: none"> <li>that their body belongs to them and should not be hurt or touched without their permission; what to do and who to tell if they feel uncomfortable</li> </ul>
	Sp2	<i>Relationships:</i> What are families like?	<ul style="list-style-type: none"> <li>how families differ from each other (including that not every family has the same family structure, e.g. single parents, same sex parents, step-parents, blended families, foster and adoptive parents)</li> </ul>
4	Au1	<i>Relationships:</i> How do we treat each other with respect?	<ul style="list-style-type: none"> <li>how to respond to aggressive or inappropriate behaviour (including online and unwanted physical contact) – how to report concerns</li> </ul>
	Sp2	<i>Health and Wellbeing:</i> How will we grow and change?	<ul style="list-style-type: none"> <li>about puberty and how bodies change during puberty, including menstruation and menstrual wellbeing, erections and wet dreams</li> <li>how puberty can affect emotions and feelings</li> <li>how personal hygiene routines change during puberty</li> <li>how to ask for advice and support about</li> </ul>

			growing and changing and puberty
5	Au1	<i>Relationships:</i> How can friends communicate safely?	<ul style="list-style-type: none"> <li>about the different types of relationships people have in their lives</li> </ul>
	Au2	<i>Health and Wellbeing:</i> What makes up a person's identity?	<ul style="list-style-type: none"> <li>how individuality and personal qualities make up someone's identity (including that gender identity is part of personal identity and for some people does not correspond with their biological sex)</li> </ul>
6	Au2	<i>Health and Wellbeing:</i> How can we keep healthy as we grow?	<ul style="list-style-type: none"> <li>that FGM is illegal and goes against human rights; that they should tell someone immediately if they are worried for themselves or someone else</li> </ul>
	Su1	<p><i>Health and Wellbeing:</i> What will change as we become more independent?</p> <p>How do friendships change as we grow?</p>	<ul style="list-style-type: none"> <li>that people have different kinds of relationships in their lives, including romantic or intimate relationships</li> <li>that adults can choose to be part of a committed relationship or not, including marriage or civil partnership</li> <li>how puberty relates to growing from childhood to adulthood</li> <li>about the reproductive organs and process - how babies are conceived and born and how they need to be cared for</li> <li>that there are ways to prevent a baby being made</li> </ul>
	Su2	<p><i>Health and Wellbeing:</i> What will change as we become more independent?</p> <p>How do friendships change as we grow?</p>	<ul style="list-style-type: none"> <li>that people have different kinds of relationships in their lives, including romantic or intimate relationships</li> <li>that adults can choose to be part of a committed relationship or not, including marriage or civil partnership</li> <li>that marriage should be wanted equally by both people and that forcing someone to marry against their will is a crime</li> <li>that people who are attracted to and love each other can be of any gender, ethnicity or faith; the way couples care for one another</li> </ul>