**Courtney Primary Relationships & Sex Education Curriculum YR –Y4**

To support our teaching of Relationships & Sex Education we use a resource called ‘Living and Growing’. This provides a range of resources including a DVD. Below is an overview of the programmes shown in each year group.

***Reception / Year 1 – ‘****Growing Up’*

It’s Jamahl’s 7th birthday – the programme explores how Jamahl has changed since he was a baby. What can he do now that he could not do as a baby? How have his interests changed? The toys he plays with etc. He goes to a farm for his birthday. The programme explores how animals also change as they grow into adults.

*Key Vocabulary: baby, birthday, celebration, change, child, grandparent, growing, growing up, living, parent, teenager, toddler, suckling.*

***Year 2 – ‘****Differences’ Ch 1 & 3*

Ch 1 – Jamahl and Vicky have lost their pet cat Mogsy. They look everywhere for him. They eventually find him under the stairs and discover that Mogsy is not a male cat but a female cat and she has just had five kittens.

Ch 3 – Vicky and Jamahl are at the ice-rink with their friends. The programme looks at how the children have similarities and differences in other areas such as looks, likes and dislikes. The children talk about their best and worst days, food they like and dislike and describe their looks. The programme finishes with Vicky and Jamahl talking about the kittens. They decide it doesn’t matter whether they are boys or girls, it doesn’t stop them being friends.

*Key Vocabulary: male, female, boy, girl, baby, man, women, different.*

***Year 3 – ‘****Differences’ Ch 1, 2 & 3*

Ch 1 & 3 – As above

Ch 2 – Vicky and Jamahl talk about the physical things they have in common. The programme then presents images of babies, both boys and girls, showing what the sex parts look like and emphasising that the sex parts are necessary to make babies. Jamahl and Vicky then change into cartoon characters and the narrator describes the sex parts that distinguish boys from girls, and their purpose. Boys and girls external and internal genitalia, in cartoon form, are shown and the correct vocabulary is used.

*Key Vocabulary: male, female, boy, girl, baby, man, women, different, penis, vagina, clitoris, sex parts.*

*‘How did I get here?’*

Jamahl and Vicky explore the funny stories some children are told about where they come from; ‘the stork brought you’, ‘you hatched from a giant egg’ and ‘you were found under a gooseberry bush’. Through a cartoon sequence the children are told that when a man and women love each other they may choose to have a baby. The sex parts are needed to make a baby. The sequence of fertilisation is shown and described, introducing the egg and the sperm. The children are told they are a mixture of their mum and dad. The cartoon sequence goes on to show how a fertilised egg grows into a baby in the women’s womb. The programme finishes with the children visiting an Aunt and Uncle in hospital after the birth of their baby. Jamahl and Vicky know the baby wasn’t delivered by a stork; he came from an egg and a sperm.

*Key Vocabulary: fertilisation, foetus, hospital, ovaries, vagina, womb, breast, penis, testicles.*

***Year 4 –*** *‘Changes’*

The children are introduced to the idea that changes will happen as they grow up some they can control and others they cannot. The programme goes on to explore the changes that will happen to their body as they grow up. It will happen at different times and different rates and is completely natural. Animation is used to describe the differences between males and females, showing the sex parts externally and internally. The children are introduced to the word puberty and are told about the changes that will happen to their body. The narrator explains that the changes that occur during puberty enable adults to make a baby. The children are reminded that having a baby is something adults may decide to do when they are in a loving relationship. The programme finishes with Kadi and Leon thinking about how they have changed in other ways – hobbies, likes, dislikes, clothes and toys. The children are reminded that everyone is different and they should like themselves.

*Key Vocabulary: puberty, menstruation, period, penis, vagina, clitoris, scrotum, egg, sperm, ovaries, testicles, sexual relationship.*

**Courtney Primary Relationships & Sex Education Curriculum Y5 and Y6**

To support our teaching of Relationships & Sex Education we use a resource called ‘Living and Growing’. This provides a range of resources including a DVD. Below is an overview of the programmes shown in each year group.

***Year 5 –*** *‘Girl Talk’* – girls only

*‘How babies are made’*

This programme starts by exploring different relationships and how people can be special to one another. Leon and Kadi are children at a family party and they decide to interview all the couples and ask why they like each other and what that means. This leads towards the idea of a sexual relationship. Animation is used to describe sexual relationships and making love. The children find out that making love generates pleasant feelings and is ultimately the process by which the sperm fertilises the egg to make a baby. Through library film the children can see the actual moment of fertilisation, and the egg cell dividing to form an embryo.

*Key Vocabulary: caring, conception, egg, fertilisation, friend, honesty, trust, love, making love, sexual relationship, sperm, womb.*

*‘How babies are born’*

Kadi’s Aunt Jo is pregnant. Leon is shown at the park pretending to be pregnant with a pillow up his t-shirt. The programme reminds the children of the difference between boys and girls sex parts and explains that by making love, or having sexual intercourse, the sperm can join with the egg to make a baby. This process is called fertilisation. Images are shown of the baby in the womb and how it grows. The narrator talks about what the baby can do and hear in the womb and the importance of the umbilical cord. To illustrate the beginnings of labour, animation is used to show the baby being pushed through the cervix by muscle contractions. The animation then switches to a live birth and finally mum and dad holding their new baby. The programme finishes by Kadi and Leon visiting Auntie Jo and Uncle Richard in hospital with their new baby. They discuss who the baby looks like and what she can do now and in the future as she grows up.

*Key Vocabulary: fertilisation, foetus, labour, oxygen, pregnancy, pregnant, ultrasound, umbilical cord, womb.*

***Year 6*** *– ‘Girl Talk / Boy Talk’ (Watched in single sex groups – they watch both programmes)*

Girl Talk – This programme has a teenage presenter, Sarah. She is introduced as a typical teenager. She explains that this programme will look at girls growing up and the things that happen to their bodies. First the programme explores what ‘going out’ means. Young people are asked about it and their thoughts. Sometimes you can be attracted to someone and want to spend time with them. This happens at different times for different people and is completely natural. Having a crush is like practicing for real love that will one day develop within a relationship.

A group of young people talk about the difficulties parents can have dealing with the changes that happen in puberty. Female puberty is explained using cartoons that show the changes as they are described. These changes are caused by hormones and that we should not worry as everyone goes through it at some point. Sarah the presenter goes on to talk about how she is still the same person even though she has gone through puberty. She discusses periods, sanitary protection, buying a bra and spots. The programme finishes by reminding the children that they should talk to someone if they have worries or are unsure, ‘the more you know, the more relaxed you will be’.

*Key Vocabulary: crush, hormone, menstruation, period, puberty, sexual attraction.*

Boy Talk – This programme is presented by Dr David Bull. It opens with a discussion about what being a boy means and how that might change as they grow up. David acknowledges that it can be a confusing time with both physical and emotional changes. This is quite normal and natural. The programme talks about girlfriends and how during puberty, feelings may change towards the opposite sex but this happens at different times for different people. It is their bodies’ way of getting ready for sexual intercourse as adults. We hear from boys who have gone through puberty reflecting on the changes that have happened. Some of the changes are shown and described through animation. These changes occur due to hormones in the body and the presenter offers reassurance that ‘everyone is different’ and the age at which puberty starts will vary, as will the time taken to go through it.

The programme then introduces Matt, a typical teenager who has gone through puberty. He answers questions about puberty addressing issues such as spots, shaving, voice breaking and washing regularly. He also talks about wet dreams and masturbation. The programme offers advice to boys to talk to friends and family about their worries and not to think it is just them who are going through it.

*Key Vocabulary: girlfriend, puberty, relationship, masturbation, shaving, spots, wet dream.*

*‘Let’s talk about sex’*

Dr David Bull introduces the programme, telling us that it is about sex and the media including newspapers, television and advertising. Six young investigators are sent to find out how much sex there is in the media. They show pictures to a range of people and discuss what age the images are suitable for. The programme goes on to look at sex in music and how this impacts on children’s ideas and perceptions. Newspapers are also focused on, addressing two issues in particular: homosexuality and child pregnancy. The word ‘gay’ is discussed as well as its meaning and impact.

The programme then looks at teenage magazines and soaps such as Hollyoaks. Often storylines based on relationships attract the reader or viewer. Clips are shown to illustrate this. The first clip shows two teenage boys discussing if they have ‘done it’ or ‘gone all the way’. Both are exaggerating their own experiences and in fact they haven’t ‘done it’ at all. The second clip shows the two boys trying to unclip a bra on a dummy only to be discovered by family members. The third clip shows a man trying to talk to his son about condoms, words such as ‘johnnies’ is used. It is explained that adults use condoms so as not to make a baby when they have sex with their partner. The clips are discussed and Dr David Bull explains that sometimes soaps give the impressions that you can only have a good time if you are going out with someone. This is not the case, friends whom you can trust and rely on are just as important. He finishes by saying that although growing up can be a bit of a muddle, talking about it is a great way of sorting things out.

*Key Vocabulary: relationship, stereotype, media, lesbian, gay, gender, condom.*