

Working in partnership with our parents

Links to support the delivery of RSE

[curriculum-for-wales-relationships-sexuality-education-code.pdf](#)
([gov.wales](#))

[Talk PANTS & Join Pantosaurus - The Underwear Rule | NSPCC](#)

[Internet Safety Guide for Kids | SafeWise](#)

[Keeping children safe online | NSPCC](#)

[Childnet — Online safety for young people](#)

[National Online Safety | Keeping Children Safe Online in Education](#)

**Please always come
and see us if you
have any concerns or
questions**



Relationships and Sexuality Education (RSE)



Relationships and identity

Sexual health and well-being

Empowerment, safety and respect.

The Curriculum for Wales – Relationships and Sexuality Education Code (Welsh Government)

Relationships and Sexuality Education (RSE)

Nursery

healthy eating and living, parts of the body, kind hands, growing from babies to adults, hand washing, tooth brushing, people who help us, recognising emotions, rights and wrongs, recognising dangers, sharing

Reception

likes and dislikes, different types of families, making choices, celebrating differences, challenging gender roles, panto-saurus, asking for permission, naming emotions

Year 1

human and animal life cycles, body changes from babies to children, scientific names for gender specific body parts, cooperation, coping with change, gender stereotypes, recognising others emotions

Year 2

peer pressure, being yourself, understanding how people can have different emotions

Year 3

NSPCC speak out stay safe, managing conflict,

Year 4

social and cultural norms, knowledge and understanding of reproductive organs, periods and menstrual hygiene

Year 5

physical and emotional changes during puberty, positive body images

Year 6

awareness of laws that keep us safe, conception, process of pregnancy and birth, development of foetus, cognitive changes during puberty, healthy and unhealthy relationships, emotional and physical attraction

friendships, empathy, kindness, sharing, compassion, maintaining relationships, respect, consent, equality, diversity, rights, identity, values, trust, inclusion, correct vocabulary, wants and needs, anti-bullying, online safety, digital citizen-

Continuous Concepts

Principle	Because of that ...
Safety	<p>We will ensure children:</p> <ul style="list-style-type: none"> • Know who to speak to if they are worried • Know the correct names of body parts • Know which parts of the body are private • Know how to keep themselves safe online • Know that they should be safe from harm • Use resources from organisations such as childline and NSPCC to help us. Parents can also use these at home • Know that the school has policies and procedures that are designed to keep them safe.
Respect	<ul style="list-style-type: none"> • We will help children learn how to share their toys and to listen to one another • We will ensure children know how to treat each other respectfully. • We will help children to understand why and how some words and actions can be considered offensive, and provide opportunities for children to reflect on the impact of this • We will ensure children know who to talk to if they see or experience unkindness or bullying • We will help children to respect their own family or religious culture and those of others • We will ensure that the information that we are sharing with children is factually correct and respectful of cultural and faith differences
Health	<ul style="list-style-type: none"> • We will help children learn about how to keep themselves fit and healthy • We will help children to develop independent self-care skills and to understand the importance of personal hygiene • We will ensure that children understand that all living things grow and change • We will help prepare our older children for the changes in their own bodies and emotions as they get older • We will help children to understand why these emotional and physical changes are taking place
Celebrating diversity	<ul style="list-style-type: none"> • We will ensure that children are aware of different faith practices in our world and reflect respectfully on similarities and differences • We will help children to become aware of and celebrate their own faith and cultural identity • We will share faith and cultural celebrations in our school communities. • We will encourage children to explore the concept of family in its many different forms • We will give them opportunities to explore what "family" means to themselves and others (e.g The relationships that children have with a grandparent, a foster carer, two mums or dads, or in multiple homes etc)
Inclusion & Fairness	<ul style="list-style-type: none"> • We will ensure that our school environment is accessible as possible • We will ensure that all children will have equitable learning opportunities • We will help children to understand that we all have different needs yet we all have the same rights • We will help children explore and challenge stereotypes