

Sex Education Programme

Please find a summary of the sex education content for each year group.

Year 1 and 2

Programme 1 Differences has the theme of 'living things', the difference between male and female, feelings and life cycles.

Year 2

Programme 2 How Did I Get Here? Has the theme of 'Growing' and looks at growth and change from the point of view of the child, considering themselves as babies and thinking about their future as adults. It also covers the growth of the foetus during pregnancy.

Programme 3 Growing Up has the theme of 'Where Do I Come From?' and continues work on life cycles, growth and change. It looks at relationships.

Year 3 and 4

Programme 1 **Changes** explores the physical and emotional changes that take place at the onset of puberty, and how we feel about ourselves. It considers some of the changes that are outside our control, and the choices we face in others over which we have no control as we grow up. It reaffirms that puberty is a normal and natural process.

Programme 2 **How Babies Are Made** examines the whole process of life cycles and reproduction, rites of passage, friendships and feelings. It emphasises the importance of loving, caring relationships between couples and the value of the family and relationships within it.

Year 5 and 6

Programme 3 **How Babies Are Born** reviews relationships and feelings and investigates roles and responsibilities. It focuses on the development of the baby in the womb, the needs of the baby and the mother before the birth, and the inheritance of physical characteristics.

The unit enables children to make comparisons with their own development and to reflect upon their own relationships in positive ways.

Programme 1 **Girl Talk** reviews the physical and emotional changes that take place for girls at the onset of puberty. It deals with the information not only from the point of view of girls but also in terms of what boys need to know. Menstruation is discussed and common problems faced by girls are given consideration.

Programme 2 **Boy Talk** reviews the physical and emotional changes that take place for boys at the onset of puberty. It deals with the information not only from the point

of view of boys but also in terms of what girls need to know. Sexual intercourse and problems faced by boys are given consideration.

Programme 3 **Let's Talk About Sex** examines the development of relationships, the images of sex created by the media and popular culture, and marriage. Conception and contraception are explored along with stereotypical attitudes towards sex and relationships.

The unit enables children to make comparisons with their own development and to reflect upon their own relationships in positive ways.