

## Relationships, Sexual Relationships and Health Education Overview

<b>Protective Factors</b>				
<b>Reception</b>	<p><b>Feelings:</b> There are no such things as good or bad feelings</p>	<p><b>Body Awareness:</b> Naming private body parts:</p>	<p><b>Scary body feelings:</b> Feeling sad, afraid, angry, confused etc</p>	<p><b>Telling &amp; Secrets:</b> Children will construct their own support network hands. E-Safety The Emergency Services</p>
<b>Year 1</b>	<p><b>Feelings:</b> Feelings are feelings, not good or bad, it is how we behave when we have feelings that matters. Understanding and managing our feelings.</p>	<p><b>Unsafe Feelings &amp; Body Awareness:</b> Our bodies warn us if we feel unsafe - we call these feelings Early Warning Signs (EWS)</p>	<p><b>Body Privacy &amp; Secrets:</b> Naming private body parts: Safe &amp; unsafe secrets</p>	<p><b>Telling &amp; Networks:</b> Children will construct their own support network hands. E-Safety</p>
<b>Year 2</b>	<p><b>Feelings, Rights &amp; Responsibilities:</b> What are our 'Rights &amp; Responsibilities'?</p>	<p><b>Unsafe Feelings, Problem Solving:</b> Recognising Early Warning Signs. Is my fun, fun for everyone?</p>	<p><b>Body Awareness &amp; Personal Space:</b> My body belongs to me. No one has the right to touch me in a way I don't like.</p>	<p><b>Networks &amp; Using Them:</b> Children will construct their own support network hands. E-safety The Emergency Services</p>
<b>Year 3/4</b>	<p><b>Feelings, Rights &amp; Responsibilities:</b> A feeling is a feeling, not good or bad, right or wrong. What are rights &amp; responsibilities? Exploring children's rights and the responsibilities that come with them.</p>	<p><b>Unsafe Feelings:</b> Identifying children's Early Warning Signs. Strategies as to what to do when experiencing EWS. Exploring situations when feelings turn to feeling scared.</p>	<p><b>Body Awareness &amp; Telling/Secrets</b>  My body belongs to me. Safe and unsafe secrets</p>	<p><b>Networks &amp; Using Them:</b> Children will construct their own support network hands. Keep telling Reporting E-Safety</p>
<b>Year 5/6</b>	<p><b>Rights &amp; responsibilities, Feelings:</b> Exploring the rights of the child. Emotions and Empathy</p>	<p><b>Safe feelings, Fun to Feel Scared &amp; EWS:</b> Exploring &amp; creating safe places. Situations when it feels fun to feel scared. Recognising EWS. Is my fun, fun for everyone? Recognising EWS</p>	<p><b>Secrets</b>  Safe and unsafe secrets</p>	<p><b>Networks &amp; Using Them:</b> Children will construct their own support networks hands. Keep telling Reporting Where to go for advice and support/ E-safety The Emergency Services</p>

## All About Me

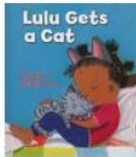
	Me	My Relationships	My Body	My Thoughts, Feelings & Behaviours	My Choices & Personal Boundaries	My Health
Reception	Similarities/differences. We are all unique & special	Explore important relationships and that not all families are the same.	NSPCC Pants Learning about private parts and their names	Exploring & recognising feelings,	Understanding just because you like something doesn't mean everyone does.	Develop simple skills to prevent disease spreading Oral hygiene Sun safety Hobbies and interests
Y1	Looking at personal relationships, & support networks	Answering children's questions about where babies come from	Safe & appropriate touching. Naming Private parts and understanding when it is okay to be naked NSPCC Pants	Exploring feelings and how they can affect our behaviours. developing <b>empathy</b>	Explore the concept of different types of touch & consider how they like to be touched.	Bacteria and viruses and how to stop them spreading. Oral hygiene Sun safety Hobbies and interests
Y2	Challenge gender and other stereotypes. promote positive expectations, aspirations, & identities regardless of gender or protected characteristics	Explore different types of love, friendship, family etc. and how we can care for important people in our lives.	Early warning signs. Personal body rules. Private parts and private spaces. NSPCC Pants	Anger itself is not bad- it is how people sometimes behave that makes anger unsafe. looking at how we feel when angry and how to manage our feelings	Review of all the rules children have learnt about safe and appropriate touching.	Healthy food choices/diet and nutrition Oral hygiene Sun safety Allergies Hydration

Y3/4	Exploring how children see themselves & work towards creating a positive self-image	Exploring different types of families and understanding that not all families look the same.	My ancestry and family tree	PB. Theme 1 & 2 exploring how feelings may influence behaviours & who to talk to if we have a worry	Review EWS. Explore personal boundaries & touch. recognising everyone is different	Understanding the importance of exercise and sleep Oral hygiene Sun safety Hobbies and interests
	Similarities & differences between friends and families - consider their own talents, qualities & ambitions	Exploring qualities of a good friend, managing relationships		Recognising early signs of anger, developing skills to manage negative behaviours	Exploring privacy & recognising how it may change with growing up. Private behaviours in private spaces.	

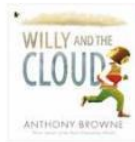
Y 5/6	Promote positive expectations, aspirations and identities for both girls and boys. Challenge gender stereotypes	Exploring relationships including romantic. Consider how a crush may feel and pressures to have a boy/girlfriend. Relationship dilemmas	Physical & emotional changes during puberty. Development of sexual anatomy, Menstruation, Wet dreams	Exploring how people's feelings may influence their behaviour & how these may impact others around them. Options of behaviours that may be safer & more considerate	Review EWS. Exploring the difference between 'good'/'bad' secrets & who to talk to if they have worries. Support networks	Explore how to take responsibility for healthy lifestyle choices linked to diet, exercise and hygiene  Planning and preparing meals
	Reflect on how much they have achieved, changed during primary. opportunity to set goals for future	What makes someone a good friend & spotting healthy/unhealthy relationships.	Consensual sex Age appropriate information about pregnancy how babies are conceived, grow and develop	Developing a growth mindset & resilience. How and when to ask for help	Rights & responsibilities when it comes to consent, personal boundaries. Public/private spaces & touch	Risks of unhealthy lifestyles  Harmful substances  First Aid  Signs of illness

## Picture books

A mixture of books for 4–11-year-olds. No child is ever too old for a great picture book, and we've used this symbol \* where they are best suited to older children.



**Lulu Gets a Cat**  
**Anna McQuinn**  
Illustrator Rosalind Beardshaw  
Understanding pets' feelings and needs can help children develop their empathy muscles. Lulu learns how to make her new cat feel at home in this gently delightful book.  
Alanna Books



**Willy and the Cloud\***  
**Anthony Browne**  
Explaining dark moods to a child can be challenging. Browne uses the image of a personal cloud hanging over the central character in this multi-layered, powerful and moving book.  
Walker Books



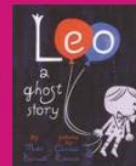
**Grandad's Island\***  
**Benji Davies**  
A sensitive exploration of the emotions involved in bereavement, and healing. Davies subtly conveys a positive message about letting go whilst always carrying the loved one in your heart.  
Simon & Schuster



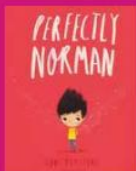
**King of the Sky\***  
**Nicola Davies**  
Illustrator Laura Carlin  
A lonely boy in a new country meets an old man, and they start to share a passion for racing pigeons. Superb book, exploring inter-generational understanding and what helps people to feel less alone.  
Walker Books



**Here I Am\***  
**Patti Kim**  
Illustrator Sonia Sánchez  
A powerful wordless picture book about the chaotic feelings of a boy coming to a new country, and how these emotions gradually ease as he experiences kindness.  
Curious Fox



**Leo: a Ghost Story\***  
**Mac Barnett**  
Illustrator Christian Robinson  
A lonely ghost is glad when a family moves into his house, but he is rejected and forced to roam the streets before finally finding a true friend. An unusual story about difference and the value of having an open heart and mind.  
Chronicle Books



**Perfectly Norman**  
**Tom Percival**  
In this beautifully illustrated story Norman suddenly finds himself with a pair of wings, and struggles to accept himself until other children reveal that they also have wings!  
Bloomsbury Children's Books



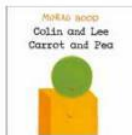
**The Parrot and the Merchant**  
**Marjan Vafaian**  
A Persian merchant loves keeping colourful birds in cages, but her favourite talking parrot longs to escape. A lovely story based on a Rumi fable, which sparks empathic reflection on how our actions affect other creatures.  
Tiny Owl



**In My Heart: A Book of Feelings**  
**Jo Witek**  
Illustrator Christine Roussey  
In order to understand other people's feelings, children need to be able to identify and articulate their own. An intriguingly designed book with illuminating descriptions of how different emotions feel, physically.  
Abrams Appleseed

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**Colin and Lee, Carrot and Pea**  
**Morag Hood**

Colin is a carrot struggling to fit in with the peas' games. Sparsely witty illustrations celebrate their growing realisation that their differences don't have to divide them.

Two Hoots



**You're Safe With Me**  
**Chitra Soundar**

**Illustrator Poonam Mistry**

The forest creatures are afraid of the thunder and strong winds, but reassured by a mother figure. Great for exploring relationships, and different perspectives.

Lantana



**Can I Join Your Club?**  
**John Kelly**

**Illustrator Steph Laberis**

Duck really needs some new friends but none of the other animals will let him join their club. So he starts one of his own and he welcomes everyone in. A story that shows the importance of being open to making real connections, not judgments.

Little Tiger Press



**My Name is Not Refugee\***  
**Kate Milner**

A boy describes his experience of having to leave his town, asking very direct questions of the reader that invite reflection about how we would cope in his situation. Ends with the powerful message that Refugee is just a label – not a name.

Barrington Stoke



**15 Things Not to Do with a Granny\***  
**Margaret McAllister**

**Illustrator Holly Sterling**

A granny is a wonderful person to have in your life, but never make assumptions about what grannies do! A book which will make everyone laugh whilst getting children thinking about their own family members, and what they really need.

Frances Lincoln

## Novels, poetry, graphic novels

Thirteen superb stories, a poetry book and two graphic novels to help children immerse themselves in other people's lives. Perfect for 7–11-year-olds, with this symbol \* showing those suitable for the top of this age range.

\*\* denotes books which are demanding, often emotional reads, suitable for emotionally mature readers. Please read them in order to decide which children they are appropriate for.



**Me and Mister P**  
**Maria Farrer**

**Illustrator Daniel Rieley**

Arthur is struggling with conflicting feelings of jealousy, guilt and love, caused by his brother's learning difficulties. Then Mr P (a polar bear) stumbles through the front door... and helps Arthur cope with his emotions.

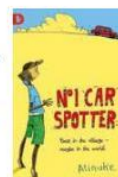
Oxford University Press



**The Road to Ever After\***  
**Moira Young**

A magical adventure about an unlikely friendship between thirteen-year-old Davy, who is homeless, and the elderly Miss Flint. Deeply touching, this is an example of how great writing creates characters children will care about – ones that expand their emotional understanding.

Macmillan Children's Books



**The No. 1 Car Spotter**  
**Atinuke**

**Illustrator Warwick Johnson Cadwell**

An African village is overcome with problems caused by a corrupt developer, but the brilliant Oluwalase Babatunde Benson (the No. 1 Car Spotter) saves the day. Lovely insights into different emotions and life challenges.

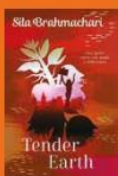
Walker Books



**The Wild Robot**  
**Peter Brown**

What does it mean to be human? That's the question raised by this tale of a shipwrecked robot. The robot (Roz) is inadvertently activated and gradually learns to feel, to care and to love. The ability to feel empathy is at the heart of Roz's journey.

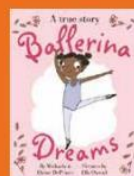
Piccadilly Press



**Tender Earth\***  
**Sita Brahmachari**

Empathy can motivate people to try to make a difference. In this sensitive coming-of-age story, readers experience Laila's growing determination to make a stand against racism in her community. Even small acts of empathy can change lives.

Macmillan Children's Books



**Ballerina Dreams**  
**Michaela and Elaine DePrince**

**Illustrator Elia Okstad**

Don't be misled by the cover – this is a gritty true story of how a Sierra Leone orphan overcame racism as she followed her ballerina dreams. It opens children's eyes to very different life experiences, and has a message of hope – Michaela is now a principal ballerina.

Faber & Faber



**Sky Dancer\***  
**Gill Lewis**

A great example of how books can help children see different people's perspectives. The characters hold diametrically opposed views about whether to shoot or protect endangered hen harriers on a grouse moor. A superb, uplifting book.

Oxford University Press



**Smart\*\***  
**Kim Slater**

The assumptions we make about people can inhibit our feelings of empathy. Kieran, the central character here, makes no such judgments and his genuine compassion makes a huge difference to his community.

Macmillan Children's Books



**Sputnik's Guide to Life on Earth\***  
**Frank Cottrell Boyce**

**Illustrator Steven Lenton**

Sputnik is an alien tasked with writing a guidebook to Earth, who struggles to understand how humans work. With his new, shy friend Prez, he learns about the planet's very best things. Exuberant, witty writing with a strong emotional core.

Macmillan Children's Books

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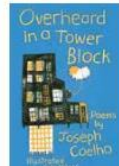
### **The Song from Somewhere Else\***

**A.F. Harrold**

**Illustrator Levi Pinfold**

Francesca (Frank) is bullied but finds courage through an unlikely friendship. A magical story with an ethereal quality, yet firmly rooted in gritty reality.

**Bloomsbury Children's Books**



### **Overheard in a Tower Block\*\***

**Joseph Coelho**

**Illustrator Kate Milner**

A powerful poetry collection about growing up. The agonies of missing an absent dad, the grief of a mother and the stresses of city life touch our emotions through Coelho's potent yet approachable voice.

**Otter-Barry Books**



### **El Deafo\***

**Cece Bell**

A moving semi-autobiographical graphic novel told from the viewpoint of a young deaf girl. Thought bubbles and dialogue draw us into Cece's world, making it easy to identify with her self-consciousness and frustration, and with her friends' confused feelings as they struggle to do the 'right thing'.

**Amulet Books**

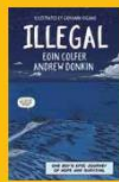


### **Charlie and Me\***

**Mark Lowery**

Martin takes his big-brother responsibilities very seriously, and understands Charlie (who has health and behavioural issues) like no one else does. A deeply affecting story, of an epic journey from Preston to Cornwall with an extraordinary twist.

**Piccadilly Press**



### **Illegal\*\***

**Eoin Colfer and Andrew Donkin**

**Illustrator Giovanni Rigano**

A young boy makes a terrifying journey from Africa to Europe. Upsetting, important graphic novel with illuminating insights into the experiences of refugees and migrants and their resilience.

**Hodder Children's Books**



### **The Guggenheim Mystery**

**Robin Stevens**

This gloriously inventive art-theft whodunit is narrated by Ted Sparks, who is living with autism and has unusual powers of detection (read *The London Eye Mystery* to meet him for the first time). A lovely depiction of how Ted's family value him for who he is.

**Puffin**



### **The Island at the End of Everything\*\***

**Kiran Millwood Hargrave**

Amihan is separated from her mother, who has leprosy, and sent to live in an orphanage on a distant island. A gripping read, with beautifully drawn characters to help children expand their emotional understanding.

**Chicken House Books**

## RSHE Vocabulary

By the end of their Primary Education, our children will be able to understand and use the following vocabulary. It will be introduced in a developmentally appropriate manner by the children's teachers and reinforced by all adults.

<p>abuse            adolescence            advice            alcohol            allergy            appropriate            authority            boundaries            bullying            care            catfish            character            choice            commitment            compassion            conflict            consent            courage            courtesy            cyber-bullying            diet</p>	<p>kindness            lifestyle            loneliness            love            loyalty            manners            marriage            menstruation            mental health            mood            mutual            nurture            nutrition            obesity            penis            perseverance            physical health            privacy            protection            puberty            relationships</p>
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<p>drugs emergency services emotions empathy equality excluded exercise E-safety family feelings first-aid flossing generosity harmful substance harassment healthy help hobby hygiene immunisation inappropriate injury isolated kindness harmful substance healthy</p>	<p>respect responsibility risk safety secrets security self-respect sharing social media stability stereotype support symptom tolerance tooth decay triggers trolling trust truthfulness</p>
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