

Sutton House Academy

RHSE Summer 1 Learning Objectives

Year 4 – Developing understanding of puberty and body changes, keeping our bodies safe (Medway Planning)

To identify myself as an individual	To develop an awareness of body parts	To name body parts and know which parts should be private and learn the PANTS rule	To understand how my body might change as I grow older	To explain how and why it is important to keep clean during puberty	To describe ways of managing physical change during puberty	Q&A
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Year 5 – Life Support Productions The Primary Guide to Growing Up, Relationships and Sex (Growing up & Looking after yourself)

To be able to identify the changes that occur to our bodies as we grow up and change from children to adults	To be aware of menstruation, it's onset and the possible emotional effects and recognise types of sanitary protection available	To be aware of wet dreams	To be aware of emotional changes that occur as we grow up	To be aware of the importance and methods of personal hygiene	To recognise the importance and methods of self-examination including the need for privacy	Q&A
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Year 6 – Life Support Productions The Primary Guide to Growing Up, Relationships and Sex (Pregnancy & Sex)

To understand contraception, pregnancy and birth	To know how to find advice and help for puberty, contraception and pregnancy	To know about consent and the right to say no	To be aware of different types of relationships	To have knowledge of and respect different attitudes and opinions about sex	To be aware of consent, including the age of consent and the right to say 'no'	Q&A
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Year 7/8 –

Life Support Productions

You, Your Body, Growing Up and looking after yourself

To recognise that we all have different bodies that change at different times	To explain and understand how to keep private parts of our body clean	To understand what menstruation is	To understand what a wet dream is	To explain why it is important to check yourself regularly	To understand that loneliness is common and clarify who to talk to if feeling lonely or sad	To illustrate what 'crushes' mean and the importance of being real and not going with strangers
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Year 9/10 –

Life Support Productions

Consent and Relationships, Body changes, growing up

To describe and be able to identify the changes that occur to our bodies as we grow up and change from adults to children	To explain what the menopause is and how it is different for each woman	To explain different types of relationships including gay, lesbian and straight	To explain what consent is and the importance of saying no	To explain what pornography is and that it can be bad	To know about masturbation and the importance of privacy	To be aware of different attitudes and opinions about sex and know the age of consent
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Year 11 –

Life Support Productions

Relationships and Sex, first dates, Consent, Safe sex, contraception

To explain why respect and affection is important in relationships and discuss different types of sexuality	To be aware of first dates and touching with special emphasis on consent	To know what to do and who to talk to if you are experiencing unwanted sexual advances	To explain the dangers of sexting and revenge porn	To know what contraception is and recognise that condoms are the most effect form of contraception for protection from diseases	To know what condoms are and how to use them	To know about contraception, pregnancy and birth
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