In You, Me PSHE relationships and health education (RHE) is taught in Years 2, 4 and 6. Some relationships and health education may also be covered in other years and topics. Schools may prefer to teach RHE in each year group or may want to teach a particular topic across consecutive year groups. PSHE subject leaders can adapt this PSHE curriculum area of learning to best suit the school's relationships and sex education policy.

Statutory relationships and health education lessons are included in RHE as is sex education.
The learning intentions and outcomes that are sex education, meaning parents can withdraw their children from these lessons, are highlighted in purple text.

Relationships and health education (RHE)					
Y1 *No specific unit of work for this year group, although aspects of RHE are covered through other PSHE topics in this year group.*	**Y2** **Boys and girls, families**	**Y3** *Schools can decide to teach the entire or aspects of the Year 2 or Year 4 RHE lessons in Year 3 if preferred.*	**Y4** **Growing up and changing**	**Y5** *Schools can decide to teach the entire or aspects of the Year 4 or Year 6 RHE unit of work in Year 5 if preferred.*	**Y6** **Healthy relationships**
	1. Pupils learn to understand and respect the differences and similarities between people **Pupils** • are able to define difference and similarity • understand that boys and girls can do the same tasks and enjoy the same things, but that stories, TV and people sometimes say boys do this and girls do that		**1. Pupils learn about the way we grow and change throughout the human life cycle** **Pupils** • can identify changes throughout the human life cycle • understand change is ongoing • understand change is individual		**1. Pupils learn about the changes that occur during puberty** **Pupils** • can identify the physical, emotional and behavioural changes that occur during puberty for both males and females • understand that puberty is individual and can occur any time between 8-17 • understand that body changes at puberty are a preparation for sexual maturity
	2. Pupils learn about the biological differences between male and female animals and their role in the life cycle **Pupils** • know that female mammals give birth and nurse their young • can describe the biological differences between male and female • understand that the creation of life requires a male and female		**2. Pupils learn the physical changes associated with puberty** **Pupils** • are able to define puberty: the changes that occur sometime between 8-17 that turns us from children to young adults • identify physical changes associated with puberty • understand that everyone's experience of puberty is different and that it begins and ends at different times		**2. Pupils learn to consider different attitudes and values around gender stereotyping and sexuality and consider their origin and impact** **Pupils** • understand how our attitudes and values about gender and sexuality may be affected by factors such as religion and culture • can recognise and challenge gender stereotypes • understand how media messages affect attitudes, can cause inequality of opportunity and affect behaviour

Relationships and health education (RHE)					
Y1 *No specific unit of work for this year group, although aspects of RHE are covered through other PSHE topics in this year group.*	**Y2** **Boys and girls, families**	**Y3** *Schools can decide to teach the entire or aspects of the Year 2 or Year 4 RHE lessons in Year 3 if preferred.*	**Y4** **Growing up and changing**	**Y5** *Schools can decide to teach the entire or aspects of the Year 4 or Year 6 RHE unit of work in Year 5 if preferred.*	**Y6** **Healthy relationships**
	3. Pupils learn the biological differences between male and female children **Pupils** • identify and name biological terms for male and female sex parts • can label the male and female sex parts with confidence • understand that the male and female sex parts are related to reproduction		**3. Pupils learn about menstruation and wet dreams** **Pupils** • can describe menstruation and wet dreams • can explain effective methods for managing menstruation and wet dreams • understand the relationship between the sex cells (sperm and ovum), menstruation and wet dreams		**3. Pupils learn what values are important to them in relationships and to appreciate the importance of friendship in intimate relationships** **Pupils** • can identify positive qualities and expectations from a variety of relationships • can explain the similarities and differences between friendships and intimate relationships • can describe that there are different types of intimate relationships, including marriage • understand that sex or making love may be one part of an intimate relationship between adults
	4. Pupils learn about growing from young to old and that they are growing and changing **Pupils** • can identify key stages in the human life cycle • understand some ways they have changed since they were babies • understand that all living things including humans start life as babies		**4. Pupils learn about the impact of puberty on physical hygiene and strategies for managing this** **Pupils** • can explain how changes at puberty affect body hygiene • can describe how to care for their bodies during puberty • can recognise the similarities between the needs and wants of boys and girls and challenge gender stereotypes around hygiene and grooming		**4. Pupils learn about human reproduction in the context of the human life cycle** **Pupils** • understand that closeness in a relationship can be expressed in a variety of ways between consenting adults • know that sexual intercourse may be one part of a sexual relationship • can describe how babies are made and explain how sexual intercourse is related to conception • can name the male and female sex cells and reproductive organs

Relationships and health education (RHE)					
Y1 *No specific unit of work for this year group, although aspects of RHE are covered through other PSHE topics in this year group.*	**Y2** **Boys and girls, families**	**Y3** *Schools can decide to teach the entire or aspects of the Year 2 or Year 4 RHE lessons in Year 3 if preferred.*	**Y4** **Growing up and changing**	**Y5** *Schools can decide to teach the entire or aspects of the Year 4 or Year 6 RHE unit of work in Year 5 if preferred.*	**Y6** **Healthy relationships**
	5. Pupils learn that everybody needs to be cared for and ways in which they care for others **Pupils** • understand that we all have different needs and require different types of care • identify ways we show care towards each other • understand the links between needs, caring and changes throughout the life cycle		**5. Pupils learn how puberty affects emotions and behaviour and strategies for dealing with this** **Pupils** • are able to describe how feelings and behaviour change during puberty • can devise strategies for managing these changes • understand how changes during puberty can affect relationships with other people		**5. Pupils learn how a baby is made and grows (conception and pregnancy)** **Pupils** • know the male and female body parts associated with conception and pregnancy • can define conception and understand the importance of implantation in the womb • know what pregnancy is, where it occurs and how long it takes
	6. Pupils learn about different types of family and how their home-life is special **Pupils** • can describe different types of family • identify what is special and different about their home life • understand families care for each other in a variety of ways		**6. Pupils learn to answer each other's questions about puberty with confidence, to seek support and advice when they need it** **Pupils** • can identify sources of information, support and advice for children and young people • can use appropriate language to discuss puberty and growing up with confidence • can answer their own questions about puberty and growing up		**6. Pupils learn about roles and responsibilities of parents and carers** **Pupils** • can identify some of the skills and qualities needed to be a parent and carer • understand the variety of ways in which parents and carers (men and women) meet the needs of babies and children • know some of the difficulties that can be faced by parents and carers and where they can get help
			Re Year 6 Lesson 7 **N.B.** *Where parents or carers have requested their child is withdrawn from sex education teachers will need to choose questions accordingly. Questions related to sex education should still be answered but not with children whose parents have requested their withdrawal.*		**7. Pupils learn to answer each other's questions about sex and relationships with confidence, where to find support and advice when they need it** **Pupils** • can answer each other's questions about sex and relationships • can use appropriate language to discuss sex and relationships and growing up with confidence • can identify sources of information, support and advice for children and young people

Relationships and health education (RHE)					
Y1 *No specific unit of work for this year group, although aspects of RHE are covered through other PSHE topics in this year group.*	**Y2** **Boys and girls, families**	**Y3** *Schools can decide to teach the entire or aspects of the Year 2 or Year 4 RHE lessons in Year 3 if preferred.*	**Y4** **Growing up and changing**	**Y5** *Schools can decide to teach the entire or aspects of the Year 4 or Year 6 RHE unit of work in Year 5 if preferred.*	**Y6** **Healthy relationships**
					Additional lessons: schools will want to consider including these lessons, as part of RHE policy development
					ADDITIONAL LESSON 1 **Pupils learn some myths and misconceptions about HIV, who it affects and how it can and cannot be transmitted** **Pupils** • know that HIV can affect anyone, not a specific group or type of person • can identify how HIV can and cannot be passed on • know that the risk of HIV being passed on through sexual intercourse can be reduced if a condom is used
					ADDITIONAL LESSON 2 **Pupils learn that contraception can be used to stop a baby being conceived** **Pupils** • know that a condom stops sperm from meeting an egg and therefore stops fertilisation • know that women can take a pill to stop an egg being released, preventing conception • understand contraception is both partners' responsibility