

Relationships and Sexuality Education (RSE) Continuum

Themes	Progression Step 1	Progression Step 2	Progression Step 3
Sex, Gender and Sexuality	Gender Stereotypes within choice / freedom of job or career Equity Acceptance Uniqueness Aspirations Diverse families	Gender stereotypes / roles – breaking gender stereo types / stereo typical jobs / challenging preconceptions Treating everyone equally – empathy and kindness It's ok to be yourself - uniqueness Aspirations Understanding and compassion Same sex relationships Respect	Differences – freedom of choices –support networks Gender stereotypes – identifying people who have not conformed to typical stereotypes Sex (Year 6 - if this topic has been raised by pupils) Different families – same love Acceptance of differences LGBTQ+ community Love Respect
Bodies and Body Image	Healthy eating Benefits of sleep Benefits of exercise Body parts – names Early changes in the body	Body changes Personal hygiene How to look after our bodies Terms for reproductive organs/parts Self-esteem / body acceptance / positivity Differences that make us, us! Importance of sleep and how this makes us feel Benefits of exercise	Correct biological terms for body parts – Year 6 What happens as we grow – hygiene, changes in bodies and puberty Body acceptance - body ideals as perceived online and false imagery Banter about body image – what is real?
Relationships	Different types of relationships Friends Developing empathy and compassion Diverse families Anti-bullying Kindness Feelings How to give compliments	Friendships – suitable and unsuitable Relationships - how different relationships make us feel What makes a good friend? PANTS – private parts and naming body parts Kindness All kinds of families Empathy	Communicating wants and needs Appropriate relationships - who can be in relationships and how we act in different relationships Healthy relationships and what to do if the relationship is not healthy Contact (appropriateness) Developing relationships and emotions Self-respect and respect for others

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Rights and Equity	Equity and acceptance UNCRC / RRS Fairness Celebration of different cultures – multiculturalism Pupil voice Racism	Celebrating identity, culture, class, disability, ethnicity and race and how it impacts on relationships Freedom - religion Treating everyone equally and fairly Equity in our lives UNCRC - creation of charters Discrimination and racism - refugees	UNCRC – Rights of the child Gender equality Rights through history Every child is welcome - equity Pupil voice groups Discrimination
Sexual Health and Wellbeing	Private body parts Celebrating happiness – what sparks joy? Things that make me feel happy Giving compliments Recognising and naming emotions Mindfulness and Yoga	Importance of mental health and emotional changes PANTS –naming body parts Mindfulness and yoga What is wellbeing?	Emotions Puberty – Year 6 Sex - Year 6 if this topic has been raised by pupils Looking after our-selves and our bodies Mindfulness Mental health
Violence, Safety and Support	Space and privacy Identifying emotions Who can support and help Anti-bullying Online safety and bullying ELSA Provision	Right and wrong actions Resilience Importance of asking for help - knowing where to go for support Online safety Different types of bullying and the possible impact Importance of the word “no” and the respect that should be given when faced with the word - consent and children’s rights The right to feel safe The importance of support systems e.g. friends ELSA	Resilience Gaining permission – online / photos / acts Boundaries and consent - the right to say “no” Privacy Feeling safe Banter about body image – negative impact Unwanted touch The power of talk and speaking out Online safe relationships What to do if you do not feel safe Anti-bullying