



Key Aspects of Sex Education at Sutton Bonington Primary School

Year Group	Term	Key elements of the Growing and Changing unit – children will be taught...	Resources
2	Summer	<ul style="list-style-type: none"> about the human life cycle and how people grow from young to old how our needs and bodies change as we grow up to identify and name the main parts of the body including external genitalia (vulva, vagina, penis, testicles) about change as people grow up, including new opportunities and responsibilities preparing to move to a new class and setting goals for next year 	Medway Resources – Changing and Growing Up – Year 1/2 – Lesson 3
4	Summer	<ul style="list-style-type: none"> about the physical and emotional changes during puberty strategies to manage the changes during puberty including menstruation the importance of personal hygiene routines during puberty including washing regularly and using deodorant how to discuss the challenges of puberty with a trusted adult how to get information, help and advice about puberty 	Medway Resources – Changing and Growing Up – Year 4/5 – Lesson 1 and Lesson 3
5	Summer	<ul style="list-style-type: none"> learning about the physical and emotional changes during puberty including identifying external genitalia and reproductive organs key facts about the menstrual cycle and menstrual wellbeing, erections and wet dreams about personal identity and what contributes to it, including race, sex, gender, family, faith, culture, hobbies, likes/dislikes how to recognise, respect and express their individuality and personal qualities 	Medway Resources – Changing and Growing Up – Year 4/5 – Lesson 2

		<ul style="list-style-type: none"> • ways to boost their mood and improve emotional wellbeing • about the link between participating in interests, hobbies and community groups and mental wellbeing 	
6	Summer	<ul style="list-style-type: none"> • to recognise some of the changes as they grow up e.g. increasing independence • about what being more independent might be like, including how it may feel • about the transition to secondary school and how this may affect their feelings • about how relationships may change as they grow up or move to secondary school • practical strategies that can help to manage times of change and transition e.g. practising the bus route to secondary school • identify the links between love, committed relationships and conception • what sexual intercourse is, and how it can be one part of an intimate relationship between consenting adults • how pregnancy occurs i.e. when a sperm meets an egg and the fertilised egg settles into the lining of the womb • that pregnancy can be prevented with contraception • about the responsibilities of being a parent or carer and how having a baby changes someone's life 	Medway Resources – Changing and Growing Up – Year 6 – Lessons 1 to 4