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'Nurturing hearts, growing minds, opening eyes, imagining futures'
'Meithrin calonnau, tyfu meddyliau, agor llygaid, dychmygu dyfodol'

RSE (Relationships and Sexuality Education) Curriculum

Monday 3rd November 2025
Dydd Llun 3^{ydd} Tachwedd 2025

Dear Parents/Carers,

We are writing to share an update on the progress we have made over the past year in developing our **Relationships and Sexuality Education (RSE) curriculum**, which was a key school priority 24-25.

Throughout the year, staff have worked hard to strengthen our RSE provision across all year groups. We are pleased to report that **significant progress has been made**, with thoughtful planning and collaboration ensuring that our RSE teaching is age-appropriate, inclusive, and aligned with the Welsh Government's guidance.

As part of this work, we have now developed a **school RSE policy** and an **RSE implementation plan**. The RSE policy is available to view on our **school website**, and we encourage all parents to take a look. A brief summary of the implementation plan, which outlines our approach and what pupils will learn at each stage is attached to this letter.

We remain committed to working in partnership with families to ensure our RSE curriculum supports pupils' wellbeing, development, and understanding of healthy relationships.

If you have any questions or would like to discuss the RSE curriculum further, please don't hesitate to contact the school.

Kind Regards,

Miss Sarah Corbett (Headteacher)

RSE implementation plan summary

RSE in the curriculum focuses on three broad and interlinked strands:

- **Relationships and identity:** helping learners develop the skills they need to develop healthy, safe, and fulfilling relationships with others and helping them to make sense of their thoughts and feelings.
- **Sexual health and well-being:** helping learners to draw on factual sources regarding their sexual and reproductive health and well-being, allowing them to make informed decisions throughout their lives.
- **Empowerment, safety and respect:** helping to protect learners from all forms of discrimination, violence, abuse and neglect and enabling them to recognise unsafe or harmful relationships and situations, supporting them to recognise when, how and where to seek support and advice.

Relationships and Identity-

Phase 1 (From age 3)	Phase 2 (From age 7)
<ul style="list-style-type: none"> ➤ Act with kindness and empathy. ➤ Communicate wants and needs in relationships. ➤ How needs respond to rights. ➤ Diversity of families. ➤ Sense of themselves in context of families, friends, communities. ➤ Valuing differences. ➤ Respect others whatever their gender. ➤ Recognise rights to be treated fairly, kindly and with respect. 	<ul style="list-style-type: none"> ➤ Ability to form relationships. ➤ Demonstrate respect and kindness. ➤ Managing conflict. ➤ Effective communication. ➤ Characteristics of different families. ➤ Positive behaviour in relationships. ➤ How families, relationships and parenting are shaped by social and cultural norms and laws that have changed over times. ➤ Identity can be expressed in different ways. ➤ Valuing others. ➤ Sex and gender equality. ➤ How to safely respond to unfair behaviour. ➤ Gender and sexual stereotypes. ➤ Positive and negative social and cultural norms regarding sex, gender and sexuality.

Sexual health and well-being-

Phase 1 (From age 3)	Phase 2 (From age 7)
<ul style="list-style-type: none"> ➤ The use of accurate terminology for all body parts. ➤ An awareness of the human life cycle and that reproduction is a part of life. ➤ Human bodies and change over time. ➤ Importance of personal self-care and hygiene. ➤ Everyone's body is unique and special to them. ➤ Awareness of different feelings one can have, and how other people's feelings may differ from own. ➤ Recognising trusted adults who can help, especially when they feel unhappy or unsafe. 	<ul style="list-style-type: none"> ➤ Knowledge and understanding of how reproductive organs develop. ➤ Understanding fertility and the process of reproduction, including menstrual health well-being. ➤ Recognise the process of pregnancy and birth. ➤ Recognise the changes during puberty (physical, emotional, social and cognitive). ➤ Manage personal self-care and hygiene, including importance of menstrual well-being. ➤ Awareness of sources of information offline and online that help us learn about our bodies and affect how we feel about our bodies and other people's bodies. ➤ How people can be attracted to others as they mature and how it can lead to emotional and physical responses. ➤ Identify trustworthy sources of information and raise issues and questions with trusted adults.

Empowerment, safety and respect-

Phase 1 (From age 3)	Phase 2 (From age 7)
<ul style="list-style-type: none"> ➤ Recognising harmful behaviour- discrimination and the right to be free from discrimination. ➤ Interact with others in a way that is fair. ➤ Recognising the right to be free from harmful, abusive and bullying behaviour. ➤ How to recognise positive and harmful behaviours, including bullying. ➤ Ability to share with a trusted adult when faced with harmful behaviours. ➤ Recognise people have thoughts, feelings and opinions that are different. ➤ The need to seek agreement to share i.e. toys. ➤ Awareness of the right of privacy, boundaries and which part of the body are private. ➤ Communicate if someone is touching them in a way that makes them feel uncomfortable. ➤ Safety when using digital media, sharing with a trusted adult when they feel uncomfortable or scared. ➤ The right to be safe and no one is allowed to harm anyone else. ➤ Ability to speak up for each other. 	<ul style="list-style-type: none"> ➤ Fair treatment for all and respect in all interactions offline and online. ➤ Value non-discriminatory behaviours and know when and how to take safe action to respond to and challenge discrimination. ➤ The right to be free from harm and abuse. ➤ Different kinds of harmful behaviours- physical, sexual, emotional and neglect. ➤ Bullying and the role technology can play. ➤ How to seek help and offer support to others. ➤ How to be a good friend. ➤ The right to body privacy and personal boundaries including online. ➤ Behaviours online and offline and how they may be perceived. ➤ Steps to take to keep safe from harm both in offline and online friendships. ➤ Social and emotional norms and pressures that lead to non-consensual behaviours. ➤ Developing the skills to build consensual behaviours and relationships and know how to safely respond, challenge and report non-consensual behaviours. ➤ Benefits and dangers of the internet and social media. ➤ The needs to keep safe online, and steps to protect themselves and share with trusted adults. ➤ Laws in place to protect from different forms of discrimination, violence, abuse, neglect and harassment.

Please see below how the RSE curriculum and its three strands can be divided into Year groups and one of 6 topic areas.

	Me in my World	Differences	Dreams and Goals	Healthy Me	Relationships	Changes
Reception	All About Me- Looks, Likes, Dislikes Understanding Feelings and Emotions Belonging to my Class Being Gentle Trusted Adults Rights and Responsibilities	Families Cynefin- Where we Live / Belong Being Special Identifying our Talents Standing up for Myself	Building Confidence. Goal Setting & Achieving Goals Challenges Overcoming Obstacles Perseverance & Seeking Help Jobs- What do our Families do?	Exercising Bodies Physical Activity Healthy Food Sleep Keeping Clean	Family Life- Who is Important to Me Making & Breaking Friendships Being a Good Friend Sharing & Taking Turns Manners & Politeness Falling Out Dealing with Bullying	Bodies Respecting my Body Role-modelled Consent Growing Up Fun and Fears Celebrations
Year 1	Self- identity- We are all Unique Appearance- Gender Stereotypes Feeling Special and Safe Being a part of my Class Feeling Proud Owning our Learning Rights and Responsibilities Being Treated fairly	Similarities and Differences Celebrating our Differences Valuing our Differences Making New Friends Understanding Bullying & Knowing How to Deal with it	Setting Goals Learning Styles Feelings of Success Identifying Successes Celebrating Achievement Tackling new Challenges Identifying and Overcoming Obstacles Jobs- Gender Stereotypes	Keeping Myself Healthy Healthier Lifestyle Choices Linking Health & Happiness Keeping Clean- Teeth, Bath Being Safe Medicine Safety & Road Safety Safety with Household Items	Belonging to a Family Being a Good Friend & Person Being a Friend to Yourself Self-acknowledgement Celebrating Special People who Help Us People in our Community Physical Contact Preferences- Safe Touch	Life Cycles- Nature & Animals Changes since being a Baby Coping with Change Differences- Male & Female Bodies Linking Growing & Learning Transition

Year 2	<p>Safe & Fair Environment Being a part of my community Valuing Contributions Recognising Feelings Choices Rewards & Consequences Rights & Responsibilities Hopes and Fears for the Year</p>	<p>Making & Remaining Friends Understanding Bullying Standing up for Self & Others Gender Diversity Celebrating Differences Assumptions & Stereotypes about Gender</p>	<p>Achieving Realistic Goals Learning Strengths Learning with Others Group Co-operation Contribute to & Share Success Perseverance Motivation</p>	<p>Healthier Choices Healthy Eating & Nutrition Healthier Snacks & Sharing Food Infection Control- Washing Hands Relaxation Personal Space Being safe & Learning about Risk</p>	<p>Different Types of Families Different Communities Friendship & Conflict Secrets, Trust & Appreciation Expressing Appreciation for Special Relationships Physical Contact Boundaries Privacy- Toileting / Changing</p>	<p>Life Cycles- Humans Growing Young to Old Difference in Male & Female Bodies (correct terminology) Privacy Increasing Independence Assertiveness Preparing For Transition</p>
Year 3	<p>Self-identity & Self-worth Setting personal Goals Responsible Choices My Actions & How they Influence Others Others' Perspectives Rules What motivates Behaviour Rewards & Consequences Rights & Responsibilities Right to Privacy</p>	<p>Families & their Differences Managing Family Conflict Understanding Perspectives Stereotypes- Challenging ideas Solving Bullying Witnessed Recognising Hurtful Words Giving & Receiving Compliments Importance of Equity</p>	<p>Dreams & Ambitions Motivation & Enthusiasm New & Difficult Challenges Achieving Success Overcome Obstacles Evaluating Learning Processes Simple Budgeting</p>	<p>Respect for Myself and Others Exercise & Fitness Challenge Food Labelling & Healthy Swaps Personal Hygiene & Self Care Attitudes Towards Drugs Healthy & Safe Choices Keeping Safe Online Awareness of Positive Influences</p>	<p>Family Roles & Responsibilities Friendship & Setting Boundaries Negotiation Being a Global Citizen Keeping Safe Online Our Choices Affect Others Appreciation- Family & Friends Giving & Receiving Compliments</p>	<p>How Babies Grow Understanding a Baby's Needs Outside Body Changes Inside Body Changes Managing Feelings Preparing for Transition</p>
Year 4	<p>Being Unique & Special Being a Part of a Class Team Behaviour Affects Groups Being a School Citizen Group Decision-making Democracy- School Council Having a Voice Asking for Help & Trusted Adults Rights & responsibilities</p>	<p>Accepting Self and Others First Impressions Stereotyping Judging by Appearance Challenging Assumptions Understanding Influences Understanding Bullying Problem-solving</p>	<p>Hopes and dreams Overcoming Disappointment Achieving Goals Working in a Group Celebrating Contributions Resilience Positive Attitudes</p>	<p>Healthier Friendships Group Dynamics Assertiveness Lifestyle Choices Illness Smoking Alcohol Peer pressure Celebrating Inner Strength</p>	<p>Showing Appreciation Getting on & falling out Girlfriends & Boyfriends Jealousy Online Communication Digital Footprint Love and loss Memories of Loved Ones</p>	<p>Having a baby Girls and Puberty Feelings & Emotions Confidence in Change Accepting Change Environmental Change Preparing for Transition</p>
Year 5	<p>Identify & Express Differences Planning the Forthcoming Year Being a Citizen Democracy- Having a Voice Participating Rights and Responsibilities Rewards and Consequences Behaviour</p>	<p>Types of Bullying Rumours and Name-calling Racism Prejudice Advocate for Others Importance of Equity Other Cultures Cultural Differences Conflicts Respect</p>	<p>Future Dreams How to Achieve Jobs and Careers Importance of Money Material Wealth and Happiness Motivation Goals in Different Cultures Supporting Others (Charity)</p>	<p>Body Image Relationships with Food Healthy Choices Motivation and Behaviour Personal Hygiene Smoking, Vaping & Alcohol Anti-social Behaviour Emergency Aid</p>	<p>Self-recognition and Self-worth Building Self-esteem Safer Online Communities Internet Safety Rules Inappropriate Images Dangers of Online Grooming Being Responsible Online Online Gaming and Gambling Reducing Screen Time</p>	<p>Self and Body image Influence- Online / Social Media Influence- Advertisements / Song Lyrics Right to Privacy Puberty Conception, including IVF Growing Responsibility Coping with Change Preparing for transition</p>
Year 6	<p>Personal Identity & Influences Feeling Welcome and Valued Global Citizenship Identifying Goals for the Year Children's Rights Anti-social Behaviour Expectations Group dynamics Democracy- Having a Voice Choices, Consequences & Rewards</p>	<p>Understanding Bullying Understanding Disability Prejudice & Discrimination Empathy Perceptions of Normality Power Struggles Inclusion / Exclusion Differences as a Conflict Difference as a Celebration Awareness of Laws in Place</p>	<p>Personal Learning Goals Goals out of School Success Criteria / Steps to Success Motivation Recognising Achievements Emotions in Success Making a Difference Compliments Role-modelling</p>	<p>Emotional and Mental Health Managing Stress Taking Personal Responsibility Substances Affect the Body Medicines & Immunisation Exploitation- County Lines and Gang Culture</p>	<p>Mental health Sources of Support Managing Feelings Love and Loss Power and Control Assertiveness Consent Technology safety Responsibility</p>	<p>Self-image & Body image Puberty and Feelings / Changes Conception to Birth Reflections about Change Physical Attraction Respect and Consent Boyfriends and Girlfriends Sexing Transition</p>