

Sex and Relationships Overview

Topics covered by Growing Up with Yasmine and Tom are:

Module One (EYFS – Year 2)

My body: External body parts

My body: Internal body parts

My body: Keeping clean

Life cycles: Different ages

Life cycles: Looking after babies

Keeping safe: In the house

Keeping safe: Out and about

Keeping safe: People who can help me

Feelings: Different emotions

Feelings: What to do if we feel sad

Relationships: Different families

Relationships: Friends

Online technology safety: Taking care online: personal details

Online technology safety: Taking care online: Who can help us?

Gender stereotypes/Celebrating difference: Similar and different

Gender stereotypes/Celebrating difference: Toys

EYFS – 5 lessons

Year 1 – 6 lessons

Year 2 – 5 lessons

Sex and Relationships Overview

Topics covered by Growing Up with Yasmine and Tom are:

Module Two (Year 3 and Year 4)

My body: Sexual body parts - male

My body: Sexual body parts - female

My body: Keeping clean

Life cycles: Growing up and getting older

Life cycles: Me, myself and I

Keeping safe: Personal space

Keeping safe: Identifying risk

Keeping safe: People who can help me

Feelings: Expressing our feelings

Feelings: Managing our feelings

Relationships: What makes a good friend?

Relationships: Getting on with your family

Online technology safety: Photos of myself online

Online technology safety: who can help us?

Gender stereotypes/Celebrating difference: Jobs we do

Gender stereotypes/Celebrating difference: Mothers and fathers

Year 3 Units – 8 lessons

Year 4 Units – 8 lessons

Sex and Relationships Overview

Topics covered by Growing Up with Yasmine and Tom are:

Module Three (Year 5 and Year 6)

My body: Puberty

My body: Periods

My body: Wet dreams

Life cycles: How babies are made – sexual intercourse

Life cycles: How babies are made – assisted fertility

Life cycles: Multiple births

Life cycles: How babies are born

Keeping safe: Assertiveness, saying no

Keeping safe: Good and bad touch

Keeping safe: People who can help me

Feelings: How easy is it to talk about...

Feelings: Talking to people about how we feel

Relationships: Trust

Relationships: Peer pressure

Online technology safety: Social networking and sending pictures

Online technology safety: Cyberbullying

Gender stereotypes: Sexual orientation

Gender stereotypes: Discrimination and equal opportunities

Year 5 – 9 lessons

Year 6 – 9 lessons