

## Sex and Relationship Education (SRE) – Year 4 and Year 5

### Healthy Relationships

#### How a baby is made

### 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
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### 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
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### 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 human reproduction in the context of the human lifecycle**

##### **Pupils**

- understand that sexuality is 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

#### **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 roles and responsibilities of carers and parents**

##### **Pupils**

- can identify some of skills and qualities needed to be parent and carer
- understand the variety of ways in which parents and carers meet the needs to be a parent and carers meet the needs of babies and children
- can recognise that both men and women can take on these roles and responsibilities

#### **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 their own 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

## **8. 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

## **9. Pupils learn about how the risk of HIV can be reduced**

### **Pupils:**

- know that the risk of HIV being passed on can be reduced if a condom is used
- can describe how a condom protects against HIV and other sexually transmitted infections

## **10. Pupils learn that contraception can be used to stop a baby from 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