

## Guidance Age Appropriate SRE lessons

### Ages 3-6

At this age children are interested in the differences between boys and girls, naming body parts, where babies come from, and friends and family. What areas of the body are private and should not be touched and who they can talk to if they are worried are also important.

#### Relationships

**Including:** Family tree. Differences between other families. What do I like about my friends/What do my friends like about me. What can I do to make myself feel good. Why should I respect other people

#### My body

**Including:** What are the difference between girls' and boys' bodies. What are the names of different parts of girls' and boys' bodies.

#### Life cycles

**Including:** Where babies come from. How the bodies changes since being a baby. How other children are similar and different.

#### Keeping safe & looking after myself

**Including:** What body parts are private. When is it OK to let someone touch your body. How to say 'no' if you don't want someone to touch your body. Who should you tell if someone wants to touch your private parts.

#### People who help me

**Including:** Who can you speak to if you have a question. Who can you go to if you are worried about something.

## **Ages 7-8**

At this age children are interested in the changing nature of friendships, the emotional and physical changes of growing up, similarities and differences between boys and girls, coping with strong emotions and how babies are made from eggs and sperm. How to look after our bodies and how to be safe and healthy are also important.

### **Relationships**

**Including:** How do relationships changed as you grown up and why friendships change. How can you be a good friend. Why it can be fun to have a friend who is different. Unhealthy friendships. How do you know if you are being bullied and what do you do if you are being bullied. How can you make up with a friend when you have fallen out. Why are some parents married and some not.

### **My body**

**Including:** How has your body changed since you was a baby. How is your body changing Why do some children growing quicker than others. How do girls and boys grow differently. Is it ok to be different? What are the similarities and differences between boys and girls. Should boys and girls behave differently.

### **Feelings**

**Including:** What makes you feel good/ bad. How do you know how other people are feeling. Why do your feelings change as you get older. How do you feel about growing up and changing. How can you cope with strong feelings.

### **Life cycles**

**Including:** Why is a male and female needed to have a baby. What are eggs and sperm. How do different animals have babies. What happens when people get older.

### **Keeping safe & looking after myself**

**Including:** How you can look after your growing body. Peer pressure. Is it good or bad to keep secrets.

### **People who help me**

**Including:** Who should you talk to if you feel anxious or unhappy. Where can you find information about growing up

## **Ages 9-10**

At this age children are interested in knowing about love and the different kinds of families, they will be curious about puberty and sexual feelings and changing body image. They will want more details about conception, how babies develop and are born and why families are important for having babies.. They will also want to know who they can talk to if they want help or advice and information about puberty and sex.

### **Relationships**

**Including:** The important relationships in you life now. What is love. How do we show love to one another. People of the same sex love one another and this is ok. Different kinds of families and partnerships. What do the words 'lesbian' and 'gay' mean. Why does calling someone 'gay' count as bullying. What should you do if someone is being bullied or abuse. Are boys and girls expected to behave differently in relationships and why. Healthy relationships.

### **My body**

**Including:** Puberty. Does everyone go through it and at what age. What body changes do boys and girls go through. Why are some girls 'tomboys' and some boys a bit 'girly'. Is my body normal. What is a 'normal' body. How will my body change as I get older.

### **Feelings and attitudes**

**Including:** Feelings and puberty. Sexual feelings. Wet dreams. Masturbation and is it normal. How to cope with different feelings and mood swings. How to say 'no' to someone without hurting their feelings. What to do if family or friends don't see things the same way. What do families from other cultures and religions think about growing up. Should you believe everything you see on the TV about perfect bodies/relationship/girls and boys.

### **Lifecycles/ human reproduction**

**Including:** Sex. What is sexual intercourse. How many sperm does a man produce. How many eggs does a woman have. How do sperm reach the egg to make a baby. Does conception always occur or can it be prevented. How do families with same-sex parents have babies. How does a baby develop and how a baby is born. What does a new baby need to keep it happy and healthy.

### **Keeping safe & looking after myself**

**Including:** How can you look after your body when you are going through puberty. How can girls manage periods (menstruation). How you can keep safe on the internet.

### **People who help me/getting help and advice**

**Including:** Who can you talk to if you want help or advice. Where you can find information about puberty and sex. How you can find reliable information about these things safely on the internet. Reliable internet sites. CEOP.

## **Ages 11-13**

At this age most young people will be entering puberty and will be interested in hormones, how they will be affected by them, the menstrual cycle, wet dreams, erections, fertility, pregnancy - how it can be avoided, and safer sex. They may also be wondering if their physical development is 'normal'. They will want to know about the difference between sexual attraction and love and whether it is normal to be attracted or in love with someone of the same gender. Young people will be asking questions about relationships, when is the right time to have sex, how to avoid pressure and where they can get more information if they need it, including the best websites, confidential services etc.

They will be interested in knowing about how people can get sexually transmitted infections including HIV, from sex and how they can be prevented.

### **Relationships**

**Including:** What makes a relationship healthy or unhealthy. How and why relationships change during puberty. How to cope with changing relationships with family and friends. Difference between people getting married or having a civil partnership. How to deal with a family or friendship break-up. The qualities to look for in a partner. Should everyone have a boyfriend or girlfriend at this age. Sex and the law. What age is it legal to get married/ or have a civil partnership. How do you know when you are ready to have sex/be intimate with your boyfriend/girlfriend. Different expectations in relationships. What does it mean to be gay, lesbian, bisexual or transgender. The difference between transvestite and trans-sexual. Acceptable touching and behaviour amongst peers.

### **My body**

**Including:** Am I normal. What is normal for my age. Media and its negative impact. Body image. Hormones and the effect they have on the body and emotions. How hormones affect boys and girls differently. The menstrual cycle and how it affects fertility. Why boys get erections. Sexual attraction and feelings. Pleasure.

### **Feelings and attitudes**

**Including:** The difference between sexual attraction and love. How you will know if you are in love. Ways to show someone you love them without having sex. Self esteem. Sexuality, Peer pressure. Delaying early sex. Teenage parents.

### **Keeping safe and looking after my sexual health**

**Including:** Sexual health. Contraception. What is safe sex. Who is responsible for contraception. HIV and AIDS. Pregnancy and options. Effects of alcohol or using drugs, decision making and behaviour changes. Consent and the law. Social media and keeping safe. Sexting and the law. Reputations and how these can affect our emotional well being. Healthy behaviours. Keeping safe. Confidentiality when visiting and service/Clinic. What happens when visiting a service/clinic.

### **People who can help me/Sources of help and advice**

**Including:** Local contraception and sexual health services/Clinics. Trusted websites.

## **Ages 14-16**

At this age some young people will either be sexually experimental or know friends who are. They will be interested to know what they should expect of a partner and how to talk to them. They will need more information on contraception, sexual health and how to access services. They will want to know about different types of relationships and homophobia. They may want to know about how to cope with strong feelings and how to cope with the pressures to have sex. They will start to ask questions about parenthood and may like to know how they can talk to their own parents or a trusted adult. They will also be interested in other influences on sexual decision making such as the law, different cultures and religious beliefs, pornography, the media and the effects of drugs and alcohol.

### **Relationships**

**Including:** What is a healthy sexual relationship. How to make a sexual relationship enjoyable. What to do if someone is control or exploiting one another through a sexual relationships. How to recognise and respond to a controlling or exploitive relationship. How to effectively resist pressure from friends or partner to do things you don't want to do. How to support a friend in an abusive relationship. Homophobia, the negative effects it has on people and what to do if you or a friend experience it. What is most important to you in relationships with friends, family and sexual partner. What causes conflict in relationships with friends, family and peers and how you can deal with it. Effective communication skills to help me in relationships. Parenthood including parenting skills. How to deal with family break-up, divorce and bereavement and local services that can provide support. Teenage parenthood. Challenging bullying and prejudice. Sexting and the law.

### **Feelings and attitudes**

**Including:** How to cope with strong feelings such as anger, sadness, desire and love. What influences on you and your friends sexual behaviour and health. Different cultures and religions believe about sex and relationships. How you feel about you body and how this can affect self esteem and relationships with others. Pornography V's Reality. Sexuality including stereotyping gays and lesbians/ male, females and transgender/ and stigmatising people with STIs such as HIV.

### **Keeping safe and looking after my sexual health**

**Including:** Different types of contraception, their advantages and disadvantages, and how to make personal choices. Risks of different sexual activities. Who is responsible for contraception in a relationship. How to negotiate a sexual relationship with you partner. How alcohol and drugs may affect sexual choices and behaviour and how you can reduce the risk and keep safe. How to use condoms. Consent.

### **People who can help me/sources of help and advice**

**Including:** Your rights as a young person to information, sexual health services and confidentiality. The full range of services, help and information available, where you can find out about them and how can to make the most of these services. The importance and how to talk to you parents or a trusted adult about sex and relationships. Sex and the law. Pregnancy choices.

At this age young people are at the legal age of consent and many, but not all, will be in intimate relationships and will be interested to know about the challenges of long-term commitments and the qualities needed for successful loving relationships. They will be interested in what issues can be difficult to talk about in intimate relationships, for example sexual pleasure and contraception and how this can be addressed.

They will be interested to know more about being gay, lesbian, bisexual or transgender. Young people at this age will need more information on sexual risk, pregnancy, sexual health, fertility and infertility. They will be keen to discuss gender stereotyping, violence, exploitation, the law, and discrimination. Learning about the relationship between self esteem and body image and how to challenge negative messages from peers, the media and society is also important.

### **Relationships**

**Including:** Challenges of long-term commitments and qualities needed for successful loving relationships. How to overcome talking about difficult issues in intimate relationships for example sexual pleasure and contraception. The psychological and emotional impact of relationships breaking up, loss, grief and death. How you can be assertive when communicating with others. How to be an active listener. The struggles of 'coming out' about being gay, lesbian or bisexual to family and friends. Power struggles with in relationship and how to overcome them. What would you like to have learnt about in sex and relationship education as you were growing up.

### **Feelings and attitudes**

**Including:** Body image with realistic and unrealistic standards for bodily appearance. Bodily appearance, self-esteem and behaviour are linked. Mental health and wellbeing. Self esteem. Gender norms and attitudes to gender equality in different cultures. Personal values about gender roles and gender equality. What does transgender mean and how you can challenge transphobia.

### **Influences on behaviour**

**Including:** The impact of culture and law in determining what is considered acceptable and unacceptable sexual behaviour in society and how this changed over time. How peer norms can impact on the use of condoms and contraceptives. The impact media has on self-esteem and expectations about our bodies, sex and relationships. How negative messages from our peers, the media and society effect us. How pornography present particular values in relation to power, gender and sexual behaviour. Pornography and the law. The law and discrimination on the grounds of gender and sexual orientation.

### **Keeping safe and looking after my sexual health**

**Including:** Sexual health. Safe sexual practises. Contraception. Sexting. Consent and the law. The use alcohol and drugs to increase sexual confidence and reduce sexual inhibitions. The key signs of sexual exploitation.

### **People who can help me/Sources of help and advice**

**Including:** Your rights as a young person to information, sexual health services and confidentiality. The full range of services, help and information available, where you can find out about them and how can to make the most of these services. The importance and how to talk to you parents or a trusted adult about sex and relationships. Sex and the law. Pregnancy choices.

See Also

Reference; Sex Education Forum Website;

[www.sexeducationforum.org.uk/resources/curriculum-design](http://www.sexeducationforum.org.uk/resources/curriculum-design)

See also Brook, the PSHE Association and the Sex Education Forum collaborated on the production of *Sex and Relationships Education (SRE) for the 21st Century*.

This provides supplementary advice and information to teachers on topics that are missing from the Government's statutory guidance on SRE (published in 2000) including issues about pornography, the safe use of technology, sexual consent, violence and exploitation.

The supplementary advice is supported by the Department for Education and a range of other government, education and voluntary sector stakeholders.

<https://www.brook.org.uk/our-work/sre-supplementary-advice>