

RSE- Yasmin and Tom Overview

Module One

Year 1

Lesson 2- Friendships and feelings

- I can describe what makes a good friend.
- I can identify when friendship feels good.
- I can describe how to solve a problem when a friendship goes wrong

Lesson 3- Different families

- I can identify different types of families.

Lesson 4- My brilliant body

- I can explain that all bodies are different.
- I can say what is brilliant about my body.

Lesson 5- Keeping clean and taking care of myself

- I can name the objects that are used to help keep someone clean and healthy.
- I can explain why it is important to keep clean.
- I can describe which things I can do for myself to look after my body and which things I am learning to do.

Lesson 7- Keeping safe

- I can recognise when a situation is safe or unsafe.
- I can describe some ways that I can keep safe.
- I can describe how to get help.

Year 2

Lesson 1- Yasmin and Tom – Spring 2

- I can describe some ways that boys and girls are similar or the same.
- I know that there is more than one way to be a boy and more than one way to be a girl.

Lesson 3- Different families – Autumn 2

- I can describe a similarity and difference between different types of families.

Lesson 4- My brilliant body – Summer 2

- I can explain that all bodies are different.
- I can say what is brilliant about my body.
- I can explain what to do if someone says mean things about someone's body.

- I can describe how to get help.

Lesson 6- Naming body parts – spring 2

- I can name all of the different parts of my body including the private and personal body parts.
- I can explain what private and personal parts are and how they are identified.

Vocabulary: vulva, penis, testicles

Lesson 7- Keeping safe – summer 1

- I can recognise when a situation is safe or unsafe.
- I can describe some ways that I can keep safe.
- I can describe how to get help.

Module Two

Year 3

Lesson 2- Gender stereotypes and aspirations

- I can take part in a discussion and respond respectfully to someone I don't agree with.
- I can describe what a stereotype is.

Lesson 3- Me, myself and I

- I can show respect to others who are different to me.
- I can tell you at least one thing I am good at.
- I can tell you one thing I can do to make myself feel better if I am feeling down.

Lesson 4- What makes a good friend

- I can tell you two or more things that make a good friend.
- I can tell you two things that would make me think someone is not a good friend.
- I can explain what I need to do to be a good friend.

Lesson 5- Families and getting on with our families

- I can tell you one thing that most families have in common and one way in which families can be different.
- I can explain how I would respond to unkind, mean or bullying behaviour about my family or someone else's.
- I can identify who I talk to if I am worried about anyone or anything in my family.

Year 4

Lesson 1- Yasmin and Tom

- I can contribute to small group discussions.

- I can identify one person I can talk with about growing up.

I can identify something that will make us feel safe to discuss our bodies and relationships.

Lesson 6- My personal and private body parts and keeping safe

- I can label the personal and private parts of bodies.
- I can explain the difference between safe and unsafe touches.
- I know that no one has the right to touch us in a way that feels unsafe not even someone in our family.

Vocabulary: vulva, penis, scrotum, testicles

Lesson 8- Is it risky?

- I know what risky means and that some risks are good and for others I need to think carefully.
- I am beginning to understand how to take steps to assess risk and keep myself safe.
- I can say no to things I don't want to do.
- I can use 'Stop Think Go' to help me know what my options are if I start to feel unsafe.

Lesson 9- People who can help us on and off line

- I can identify someone I can ask for help if I need it.
- I can explain what the CEOP reporting symbol means.

Module Three

Year 5

Module 2

Lesson 7- Body care

- I can tell you at least one brilliant thing about my body.
- I can explain which parts of the body I particularly need to keep clean as I get older.

Module 3

Lesson 1- Introducing Yasmin and Tom

- I can tell you two things that change as we get older.
- I can explain what ground rules are and why they are important.

Lesson 2- Online and offline friendships

- I can explain how healthy friendships and relationships make me feel.
- I can explain what online bullying is.

- I can tell someone what to do if they see something that is upsetting or shocking online.

Lesson 3-Friendships and secrets

- I can explain the difference between a safe and unsafe secret.
- I can describe some qualities of a good friendship.
- I can ask for help if I need it.

Lesson 5- Keeping safe-safe and unsafe touch

- I can explain the difference between a safe and unsafe secret.
- I can describe some qualities of a good friendship.
- I can ask for help if I need it

Lesson 7- Changes at puberty

- I can describe some of the changes that will happen in my body and others bodies during puberty.
- I can describe who to talk to when I need help dealing with the changes at puberty.
- I can ask for support for any changes that are difficult to manage.

Vocabulary:

Testosterone, testicles, penis, pubic hair, sperm, scrotum, Adam's apple, facial hair, hormonal changes, breasts, nipples, vulva, vagina, discharge, menstruation, period

Lesson 8- Periods

- I can explain what a period (menstruation) is.
- I can suggest ways to overcome possible problems from periods

Vocabulary: Periods, menstruation, vulva, reproductive cycle, puberty, egg, ovary, fallopian tube, womb

Lesson 14- Equality and the law

- I can describe discrimination.
- I can explain that groups of people are protected by the Equality Act.
- I can describe ways to challenge prejudice and discriminatory behaviour.

Lesson 15- Getting help

- I can describe what Childline is and how to access it.
- Using my helping hand, I can identify who I can go to for help.
- I can explain that there is nothing too awful or small that I can't talk to someone about it.

Year 6

Lesson 4- Friendships and pressure

- I can say no to something I don't want to do.

- I can explain what peer pressure is.

Lesson 6- Keeping safe- online images

- I can explain why posting pictures online could be risky.
- I can explain the law about sharing pictures of a child's personal and private body parts.
- I can describe how to help a friend who has made a 'mistake' online.

Lesson 9- Wet dreams and masturbation

- I can explain what wet dreams are.
- I can explain that some boys have wet dreams, and some don't.
- I can suggest ways to manage wet dreams.
- I can describe what masturbation is.

Vocabulary: masturbation, puberty, hormones, sexual feelings, penis, vulva, clitoris, vulva, ejaculate, orgasm.

Lesson 10- Making babies (sexual intercourse)

- I can describe fertilization through sexual intercourse.
- I can explain how a baby is made and that different people use different methods to do this.
- I can describe what consent means.
- I know the age of consent.

Vocabulary: consent, sexual intercourse, pregnancy, penis, vagina, contraception, ovary, ejaculated, sperm, ovulation, fertilised, womb, uterine wall, pregnancy, trimesters, periods, fallopian tube, uterus, embryo, foetus, adoption.

Lesson 12- Making babies- pregnancy and birth

- I can say how long an average pregnancy lasts.
- I can explain why a pregnancy lasts approximately 40 weeks (9 months).
- I can identify and explain why some things that should and should not be eaten in pregnancy.
- I can explain describe how babies are born (delivered).
- I can work in a group.

Vocabulary: vaginal birth, caesarean, labour, cervix, contractions, placenta.

Lesson 13- Identity and prejudice

- I understand what key terms related to sexual orientation and gender identity.
- I can define what sexual orientation and gender identity mean.
- I can identify things that shape our personal identity.
- I can explain what prejudice means.

Vocabulary: gay, lesbian, bisexual, transgender, transvestite.