



Teaching RSHE at Millbrook

Relationships, Sex and Health Education is taught within *Healthy Me, Safe Me: PSHE* lessons at Millbrook in Years Two, Four, Five and Six. There is a gradual progression of learning, from understanding life cycles and the differences between boys and girls, to staying healthy and hygienic, to changes in our bodies during puberty and finally the reproductive system.

The content covered in each of these year groups is listed below:

Year Group	Content Covered – Pupils Learn:
Two	Relationships and health education: Boys and girls, families <ul style="list-style-type: none"> • to understand and respect the differences and similarities between people • about the biological differences between male and female animals and their role in the life cycle • the biological differences between male and female children • about growing from young to old and that they are growing and changing • that everybody needs to be cared for and ways in which they care for others • about different types of family and how their home-life is special
Four	Growing up and changing <ul style="list-style-type: none"> • about the way we grow and change throughout the human lifecycle • about the physical changes associated with puberty • about the impact of puberty in physical hygiene and strategies for managing this
Five	Growing up and changing <ul style="list-style-type: none"> • about the way we grow and change throughout the human lifecycle • about the physical changes associated with puberty • about menstruation and wet dreams • how puberty affects emotions and behaviour and strategies for dealing with this • to answer each other's questions about puberty with confidence, to seek support and advice when they need it
Six	Healthy relationships <ul style="list-style-type: none"> • about the changes that occur during puberty • to consider different attitudes and values around gender stereotyping and sexuality and consider their origin and impact • what values are important to them in relationships and to appreciate the importance of friendship in intimate relationships • about human reproduction in the context of the human lifecycle • how a baby is made and grows (conception and pregnancy) • about roles and responsibilities of parents and carers • to answer each other's questions about sex and relationships with confidence, where to find support and advice when they need it • some myths and misconceptions about HIV who it affects and how it can and cannot be transmitted • that contraception can be used to stop a baby from being conceived

Links to the content of each lesson in these year groups can be found here:

[Year Two](#)

[Year Four](#)

[Year Five](#)

[Year Six](#)