

RSHE Long Term Plan UKS2

Year A

	<u>Autumn term</u> <u>My Beliefs</u>	<u>Spring term</u> <u>My Rights and</u> <u>Responsibilities</u>	<u>Summer term</u> <u>Asking for help</u>
<u>Overview</u>	<ul style="list-style-type: none"> - I know the terms associated with gender identity and sexual orientation - I know that using the terms to bully someone is unacceptable - I have considered ways to respond to identity bullying - I know that the cultural practice of female genital mutilation is against British law - I know that female genital mutilation constitutes abuse and is a crime - I know how to support a friend who I am worried might be at risk of female genital mutilation 	<ul style="list-style-type: none"> - I can identify personal information that is shared online - I understand how quickly personal information and photographs can be shared online - I know I have a responsibility not to share my own or other people's photographs online - I know that infections can be shared during sexual intercourse - I am aware that infections spread easily, and to lots of people - I know a condom can help reduce the spread of infections 	<ul style="list-style-type: none"> - I know that the internet can contain images and information that I find upsetting - I understand that people can be upset by different things - I feel confident to talk to a trusted adult about something that I found online that makes me feel upset. - I have considered a range of problems that may affect people of my age - I have identified different sources of help, advice and support for a range of problems - I feel confident to ask for help and to help other people to ask for help if needed

Year B

	<u>Autumn term</u> <u>My feelings</u>	<u>Spring term</u> <u>My body</u>	<u>Summer term</u> <u>My relationships</u>
<u>Overview</u>	<ul style="list-style-type: none"> - I understand how puberty may affect my emotions - I have considered how my changing emotions may affect me - I know how to respond to overwhelming emotions - I can recognise that images in the media, including online do not always reflect reality - I understand that the unrealistic media images of the body can have a negative impact on how people feel about themselves - I have considered ways to feel positive about myself and celebrate my body 	<ul style="list-style-type: none"> - I know how the male body can be affected by puberty - I know how the female body can be affected by puberty - I have thought about how these body changes might make people feel about themselves - I can name the sexual organs of a man and a woman - I know how a man and a woman have sexual intercourse - I understand how sexual intercourse can lead to reproduction 	<ul style="list-style-type: none"> - I can identify the relationships that I am in - I can recognise healthy and unhealthy relationships, and how these can make me feel - I recognise the skills to respond to an unhealthy relationship - I know the correct terms to describe gender and sexuality - I know that treating someone as 'wrong' or 'less than' because of their gender and/or sexuality can constitute homophobic, biphobic or transphobic bullying - I have considered appropriate ways to communicate about gender and sexuality

