

## Relationships Education Curriculum Map

January	February	March	April
Changing Adolescent Bodies	Online Relationships	Caring Friendships	Being Safe
1. The Growing Body 2. Body Parts (terminology) 3. As we get older - Personal Hygiene 4. <i>Basic Puberty Facts</i> * <b>Menstruation, Masturbation, Sexual Intercourse Teach only with RSHE Lead Coordinator permission *</b>	5. Internet Safety and harms 6. Online Relationships <b>Half Term</b> 1. Private Information - So safe/ Safer Adults	2. What makes a good friend 3. How do friends make us feel 4. Getting on and falling out 5. Dealing with peer pressure 6. Online Relationships	6. Online Relationships (cont.) <b>End of Term</b> 1. So Safe/ Safer Adults 2. Privacy
<b>Events:</b>	<b>Events:</b> Safer Internet Day Children's Mental Health Week Random Acts of Kindness Week, LGBTQ+ Month	<b>Events:</b> National Careers Week	<b>Events:</b> Stress Awareness Month World Health Day
May	June	July	August
Being Safe	Families and People that know and care for me	Families and People that know and care for me	Respectful Relationships
3. My Body Belongs to me 4. Good touch Bad touch (let's talk pants) 5. Appropriate and Inappropriate Physical Contact 6. Secrets	<b>Half Term</b> 1. Role's people play in our lives 2. So Safe/ Safer Adults 3. Who loves and cares for me 4. Different Families	5. Good and Bad Relationships 6. Common Features of family life 7. Who I can talk to <b>End of Term</b> 1. Telling the truth/Honesty	2. We are all different 3. Right from Wrong 4. My behaviour and the community <b>Half Term</b>
<b>Events:</b> Mental Health Week	<b>Events:</b> Healthy Eating Week RSE Day Pride Month	<b>Events:</b> International Day of Friendship	<b>Events:</b> Dental Health Week
September	October	November	December
Mental Wellbeing – Emotions	Mental Wellbeing – Emotions	Respectful Relationships	Respectful Relationships
1. Happy 2. Sad 3. Anger 4. Dealing with Anger 5. Appropriate Behaviour	5. Appropriate Behaviour (cont.) 6. Worried/ Anxious 7. Jealousy 8. Self-Care Techniques <b>Half Term</b>	1. Kind and Unkind Behaviour 2. Anti-Bullying 3. Bullying/ Reporting Concerns 4. So Safe/ Safer Adults	5. Respect 6. Manners 7. So Safe/ Safer Adults <b>End of Term</b>
<b>Events:</b> International First Aid Day International Democracy Day	<b>Events:</b> World Mental Health Day World Values Day	<b>Events:</b> World Kindness Day Road Safety Week Anti-Bullying Week	<b>Events:</b>