

RSE Knowledge and Vocabulary Overview

At Ashleigh, we teach children about Relationships, Sex and Health in the context of a wider PSHE (Personal, Social, Health and Economic curriculum) and our Online Safety curriculum. Please see the RSHE curriculum map for this to see how all elements are covered.

This document sets out some of the key RSE (Relationships and Sex Education) objectives and the vocabulary that children will learn at different stages of their time at Ashleigh. We teach using a spiral curriculum so that vocabulary will be revisited and concepts will be built upon in an age-appropriate way.

This document should be read alongside our RSHE policy and curriculum map.

Year Group	RSHE objectives	Key Vocabulary
Reception	<p>I can identify comfortable and uncomfortable feelings. I can describe my feelings. I can manage uncomfortable feelings.</p> <p>I can identify ways to keep clean. I know when it is important to wash my hands. I know how to wash my hands.</p> <p>I have thought about things that I like. I have thought about things that I dislike. I have considered how to make a difficult choice, listening to other people's opinions.</p> <p>I know what private means. I know that some things are done in private. I know that other people need to be private sometimes.</p> <p>I know that some body parts are private. I know that the NSPCC PANTS rule is 'Privates are Private'.</p> <p>I know the people that are special to me. I know what makes people special to each other. I know how special people look after each other.</p>	<p>Comfortable feeling, uncomfortable feeling, similar, different, like, dislike, private, special</p> <p>PRIVATES ARE PRIVATE</p> <p>ALWAYS REMEMBER YOUR BODY BELONGS TO YOU</p> <p>NO MEANS NO</p> <p>TALK ABOUT SECRETS THAT UPSET YOU</p> <p>SPEAK UP, SOMEONE CAN HELP</p>
1	<p>I can describe my feelings. I understand that people react differently to their feelings. I know that all feelings are OK, but some behaviours are not.</p> <p>I can correctly name the main parts of the body. I can name the private part of the body that boys have. I can name the private part of the body that girls have.</p>	<p>Emotions, feelings</p> <p>Penis, vulva</p>

	<p>I can actively listen to other people. I have thought about ways of communicating effectively. I have considered ways to resolve disagreements through negotiation.</p> <p>I know I am the same as other people in some ways. I know I am different to other people in some ways. I can celebrate the similarities and differences that people have.</p> <p>I know some ways that diseases are spread. I know some ways that I can protect myself from diseases. I know some ways that I can protect others from diseases.</p> <p>I know the people that can help look after me. I have identified people I can ask for help. I can ask for help if I need to.</p> <p>I understand the NSPCC PANTS rule.</p>	<p>Communication</p> <p>Similarities, differences</p> <p>Diseases, bacteria</p> <p>Problem, help</p> <p>PRIVATES ARE PRIVATE ALWAYS REMEMBER YOUR BODY BELONGS TO YOU NO MEANS NO TALK ABOUT SECRETS THAT UPSET YOU SPEAK UP, SOMEONE CAN HELP</p>
2	<p>I have considered my self-esteem. I can recognise and celebrate my strength. I have set a goal for myself.</p> <p>I know how a baby grows. I know how I have grown and changed. I know how I might change as I grow older.</p> <p>I know what bullying is. I have considered how bullying can make someone feel. I know what to do if I am bullied or I see someone else being bullied.</p> <p>I know that I am uniquely special. I know that there are lots of different types of families. I do not feel under pressure to be different to who I am.</p> <p>I know that that there are different types of touch.</p>	<p>Self-esteem Confidence</p> <p>Egg Foetus</p> <p>Bullying</p> <p>Unique, special, similarities, differences</p>

	<p>I understand that people need personal space. I understand that some touches are unsafe and know how to respond to these.</p> <p>I know what a secret is. I know what a surprise is. I can tell someone if I am asked to keep something a secret that makes me feel uncomfortable, worried or afraid.</p> <p>I understand the NSPCC PANTS rule.</p>	<p>Personal space, privacy , unwanted touch, permission</p> <p>secret, surprise</p> <p>PRIVATES ARE PRIVATE ALWAYS REMEMBER YOUR BODY BELONGS TO YOU NO MEANS NO TALK ABOUT SECRETS THAT UPSET YOU SPEAK UP, SOMEONE CAN HELP</p>
3	<p>I understand the term self-esteem and know why it is important to have high self-esteem. I can recognise some of my strengths. I have set an aspirational personal goal for myself.</p> <p>I understand that friendships can change. I can use empathy and confidence to deal with unkindness in an assertive way.</p> <p>I understand how my body might change as I grow and develop. I can celebrate everybody’s physical uniqueness. I know how to keep my body clean and hygienic.</p> <p>I know what a relationship is and the different types of relationships that people enjoy. I can identify the different types of relationships that I am in. I have considered ways people show that they care for each other within a relationship</p> <p>NSPCC PANTS rule I know the scientific names for private parts. I know that it is my right to decide who can touch my body. I know how to respond if someone touches my body without my permission.</p> <p>I can identify a secret and a surprise, understanding the difference. I know that it is OK to keep a surprise and that it is important to share a secret that upsets me. I have considered ways of sharing a secret appropriately.</p>	<p>Aspiration, compliment, self-esteem</p> <p>Empathy, confidence, assertive</p> <p>unique Penis, vulva, hygiene</p> <p>Relationship, friendship, peer pressure</p> <p>Private, penis, testicles, vulva, vagina</p> <p>PRIVATES ARE PRIVATE ALWAYS REMEMBER YOUR BODY BELONGS TO YOU NO MEANS NO TALK ABOUT SECRETS THAT UPSET YOU SPEAK UP, SOMEONE CAN HELP</p> <p>Surprise, secret</p>
4	<p>I can recognise a wide range of emotions, and identify factors that affect emotions. I have considered strategies to help manage my emotions.</p>	<p>Emotions, empathy</p>

	<p>I have thought about ways to recognise and respond to other people's emotions.</p> <p>I know how a baby develops. I know how my body has changed so far and how it might change in the future.</p> <p>I can recognise that some things can be done in public and some things should only be done in private. I have thought about different types of touch within relationships and how to respond. I have thought about types of behaviours within relationships and how to respond.</p> <p>NSPCC PANTS rule I know the scientific names for private parts. I know that it is my right to decide who can touch my body. I know how to respond if someone touches my body without my permission.</p> <p>I can recognise situations that I will need help to manage. I know who I can ask for help. I have practised asking for help.</p>	<p>Foetus, puberty</p> <p>Public, private penis, testicles, vulva, vagina</p> <p>PRIVATES ARE PRIVATE ALWAYS REMEMBER YOUR BODY BELONGS TO YOU NO MEANS NO TALK ABOUT SECRETS THAT UPSET YOU SPEAK UP, SOMEONE CAN HELP</p> <p>Peer pressure</p>
5	<p>I understand how puberty may affect my emotions. I have considered how my changing emotions may affect me. I know how to respond to emotions.</p> <p>I can discuss what a healthy friendship looks like and how to stand up to peer pressure.</p> <p>I know how the female and male bodies can be affected by puberty. I have thought about how these body changes might make people feel about themselves. I know what periods are and how to prepare for this change.</p> <p>I understand that everyone has the right to be treated equally. I know what discrimination is and the protected characteristics of the equality act.</p> <p>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.</p>	<p>Puberty, emotions</p> <p>Peer pressure, bullying</p> <p>Periods, menstruation, fallopian tube, womb, vagina, pubic hair, breasts, testicles, penis, vaginal discharge</p> <p>Discrimination, protected characteristics, bullying</p>

6	<p>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.</p> <p>I know how the female and male bodies can be affected by puberty. I have thought about how these body changes might make people feel about themselves. I know what wet dreams are.</p> <p>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.</p> <p>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 infection</p> <p>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.</p>	<p>Body image</p> <p>Erection, wet dream, semen, ejaculation, menstruation,</p> <p>Scrotum, foreskin, penis, testicles, sperm ducts, epididymis, urethra Vulva, labia, clitoris, vagina, fallopian tubes, ovaries, uterus Sexual intercourse, reproduction, conception, egg sperm,</p> <p>Infection, sexually transmitted infection, condom</p> <p>Problems, support, help, trust</p>
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