

Relationship and Sex Education Programme

Dates	Year 5 Unit – God loves me in my changing and development	Year 6 unit – The wonder of God’s love in creating new life
Session 1: Year 5 and Year 6	<ul style="list-style-type: none">• Physical changes in girls – menstruation, ovulation• Physical changes in boys – puberty	
Session 2: Year 5 and Year 6	<ul style="list-style-type: none">• Social and emotional changes• Relationships and hygiene	
Session 3: Year 6 only		<ul style="list-style-type: none">• Male and female reproductive organs• Conception and growth of a baby• Sexual relationships within marriage