

## Primary Relationships and Health Education at North Zealand International School

### Purpose

The Relationships and Health Education learning has been developed to ensure that all learners at North Zealand International School receive age-appropriate, inclusive, and evidence-based learning opportunities that support their wellbeing, personal development, and understanding of healthy relationships. As a school operating in Denmark, our approach is fully aligned with Danish legislation, including the *Folkeskole Act*, which mandates comprehensive health and sexual education as part of the national curriculum.

In accordance with the Danish Ministry of Education's curriculum guidelines (*Fælles Mål*), sex education is taught and focuses on supporting learners' in developing **Knowledge, Skills, and Understanding** related to:

- Families
- Bodies
- Emotions
- Relationships
- Puberty
- Reproduction
- Rights and Responsibility

Our international context enriches our approach by fostering respect for cultural diversity and promoting a global perspective on wellbeing and equality.

### Aim

Through a safe, supportive, and respectful learning environment, we aim to empower all learners to make informed decisions, develop healthy attitudes, and understand their rights and responsibilities.

This aim is in line with our shared vision and supports us in enabling learners who are '*actively engaged in shaping their own learning as well as being respectful and responsible lifelong learners.*'

Comparison between Fælles Mål requirements and North Zealand International School		
Age/Grade	Danish Ministry of Education guidelines (Fælles Mål)	North Zealand International School Coverage
Age 5-6 0.klasse Year 1	<ul style="list-style-type: none"> <li>• Families and relationships</li> <li>• Personal boundaries</li> <li>• Safe vs. unsafe touches</li> <li>• Respect for others</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Healthy Habits:</b> Understanding the importance of sleep, exercise, and healthy foods.</li> <li>• <b>Body Autonomy:</b> Recognising they can choose what happens to their body and practising consent.</li> <li>• <b>Safety &amp; Hygiene:</b> Identifying safe vs. unsafe substances and demonstrating good hygiene.</li> <li>• <b>Getting Help:</b> Knowing when to ask a trusted adult for support or clarification.</li> </ul>
Age 6-7 1. klasse Year 2	<ul style="list-style-type: none"> <li>• Begin to understand how children are made (simple reproduction basics)</li> <li>• Diversity of families</li> <li>• Respecting boundaries</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Body Awareness:</b> Name some of the body parts and knowing which parts are private.</li> <li>• <b>Respect &amp; Consent:</b> Understanding “no” and “stop,” recognising hurt feelings and boundaries.</li> <li>• <b>Growing &amp; Changing:</b> Discussing how bodies and needs change over time, from baby to child.</li> <li>• <b>Identity &amp; Preferences:</b> Exploring likes/dislikes, individuality, and challenging stereotypes.</li> <li>• <b>Families &amp; Relationships:</b> Understanding different family types and sharing information about their own.</li> </ul>
Age 7-8 2.klasse Year 3	<ul style="list-style-type: none"> <li>• Simple reproduction concepts</li> <li>• Adoption and assisted conception</li> <li>• Empathy and care in families</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Healthy Lifestyles:</b> Importance of sleep, exercise, nutrition, and how the body works.</li> <li>• <b>Body Autonomy &amp; Safety:</b> Knowing they can choose what happens to their body and recognising unsafe secrets.</li> <li>• <b>Hygiene &amp; Disease Prevention:</b> Understanding germs and identifying ways to stay healthy.</li> <li>• <b>Identifying Risk:</b> Predicting, assessing and managing risk in different situations.</li> </ul>
Age 8-9 3.klasse Year 4	<ul style="list-style-type: none"> <li>• Introduction to <b>puberty changes</b> (body development, emotions)</li> <li>• Understanding norms and roles in society</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Human Reproduction:</b> Naming reproductive body parts and understanding how babies are conceived and born.</li> <li>• <b>Puberty Changes:</b> Identifying physical and emotional changes for boys and girls.</li> <li>• <b>Relationships &amp; Families:</b> Learning about different family structures and loving relationships.</li> <li>• <b>Support &amp; Communication:</b> Knowing who to talk to about puberty or body changes.</li> </ul>
Age 9-10 4.klasse Year 5	<ul style="list-style-type: none"> <li>• Emotional aspects of puberty, identity, and body changes</li> <li>• Respectful relationships</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Autonomy &amp; Consent:</b> Understanding the right to make decisions about their own bodies.</li> <li>• <b>Healthy Choices:</b> Sleep, hygiene, exercise, and balanced lifestyle habits.</li> <li>• <b>Body Image &amp; Identity:</b> Discussing body confidence, stereotypes, and positive self-image.</li> <li>• <b>Seeking Support:</b> How and where to get help when worried.</li> </ul>
Age 10-11 5.klasse Year 6	<ul style="list-style-type: none"> <li>• Full puberty topics (physical + emotional)</li> <li>• Reproduction</li> <li>• Diverse families</li> <li>• Decision-making</li> <li>• Personal safety</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Puberty &amp; Development:</b> Physical and emotional changes experienced during adolescence.</li> <li>• <b>Sexual Relationships:</b> Understanding what sexual relationships are and how conception occurs.</li> <li>• <b>Body Image:</b> Appreciating that there is no “perfect” body and recognising stereotypes.</li> <li>• <b>Healthy Relationships &amp; Support:</b> Identifying characteristics of loving relationships and knowing trusted adults to talk to.</li> </ul>

## Detailed overview of taught curriculum in each Year Group

Year Group	Relationships and Sexual Education Unit	Overview	Key Goals
Year 1	It's My Body	<p>This unit explores choices that children can make about looking after their bodies. The lessons look at key areas where children can make safer choices: their body, sleep and exercise, diet, cleanliness and substances. Learners will learn facts about each of these areas and learn strategies to manage them. The message of choice and consent runs through the unit and learners are encouraged to get help from trusted adults when necessary.</p>	<ul style="list-style-type: none"> <li>• Explain how much sleep they need</li> <li>• Discuss why exercise is good for them</li> <li>• Understand they can choose what happens to their bodies</li> <li>• List healthy snacks</li> <li>• Know to ask a trusted adult if uncertain about whether something is safe to eat or drink</li> <li>• Demonstrate hygienic ways to look after their bodies.</li> </ul>
Year 2	Growing Up	<p>This unit is an <b>introduction</b> to how we grow and change, both physically and emotionally. Learners will learn about their own and others' bodies, gender stereotypes and different types of families. They will also learn about respecting their own and others' bodies, keeping their bodies safe and sharing their feelings in response to life experiences</p>	<ul style="list-style-type: none"> <li>• Use the scientific names introduced to name male and female body parts</li> <li>• Identify some differences between males and females</li> <li>• Identify the body parts that we keep private</li> <li>• Understand the words 'no' and 'stop'</li> <li>• Understand that people's bodies and feelings can be hurt</li> <li>• Talk about their own likes and dislikes</li> <li>• Understand that girls and boys can like different things, or the same things</li> <li>• Describe how they have changed since they were a baby</li> <li>• Understand that peoples' needs change as they grow older</li> <li>• Discuss some changes that people might go through in life</li> <li>• Talk about their family and ask others' questions about their family</li> </ul>
Year 3	It's My Body	<p>This unit explores the choices children can make about looking after their bodies. The unit will look at making safer choices about their bodies, sleep and exercise, diet, and cleanliness. Learners will learn facts about each of these areas and learn strategies on how to manage them. The message of choice and consent runs through the unit and children are encouraged to get help from trusted adults when necessary.</p>	<ul style="list-style-type: none"> <li>• Understand the importance of sleep, exercise and healthy eating</li> <li>• Discuss what happens to muscles when we exercise them</li> <li>• Understand they can choose what happens to their body and know when a 'secret' should be shared</li> <li>• Explain that too much sugar is bad for health</li> <li>• Know the difference between medicine and harmful drugs and chemicals</li> <li>• Explain how germs travel and spread disease</li> <li>• Identify ways to protect their bodies from ill health</li> <li>• Identify and manage risks in our everyday lives</li> </ul>

Year 4	Growing Up	<p>This unit builds on children's knowledge of the human body; how we grow and change, both physically and emotionally. Learners will learn about their own and others' bodies and how male and female bodies play a part in human reproduction. They will also learn about different relationships and family structures.</p>	<ul style="list-style-type: none"> <li>• Name the main male and female body parts needed for reproduction</li> <li>• Describe some of the changes boys go through during puberty</li> <li>• Describe some of the changes girls go through during puberty</li> <li>• Describe some feelings young people might experience as they grow up</li> <li>• Talk about their own family and the relationships within it</li> <li>• Understand that there are many different types of family</li> <li>• Identify similarities and differences in different loving relationships</li> <li>• Explain in simple terms how babies are made and how they are born</li> <li>• Identify someone they could talk to about their changing body should they need to</li> </ul>
Year 5	It's My Body	<p>In this unit, children will learn about how to take care of their bodies. This will involve learning about consent and autonomy, learning about body image and stereotypes and learning about substances which are harmful to our bodies. Learners will also learn about the importance of sleep, exercise and hygiene. Year 5 will explore the things that influence the way people think about their bodies, where different pressures can come from and how these pressures can be resisted. Throughout the unit, learners will be encouraged to consider the choices they have, healthy habits that can benefit us all and how to seek support should they need to.</p>	<ul style="list-style-type: none"> <li>• Understand that they can choose what happens to their own bodies</li> <li>• Know where and how to get help if they are worried</li> <li>• Understand the importance of sleep, exercise and healthy eating</li> <li>• Identify positive aspects about themselves</li> <li>• Discuss the choices related to health that they make each day</li> <li>• Identify choices that will benefit their health and provide a 'balanced lifestyle'</li> <li>• Identify ways to protect their bodies from ill health.</li> </ul>
Year 6	Growing Up	<p>This topic builds on children's knowledge of how we grow and change, both physically and emotionally, and the types of relationships that people have. Learners will learn about sexual relationships. They will also learn about positive body images and stereotypes.</p>	<ul style="list-style-type: none"> <li>• Name physical changes young people will experience during puberty</li> <li>• Describe emotional changes young people might experience during puberty</li> <li>• Appreciate that there is no such thing as a perfect body</li> <li>• List things that all loving relationships have in common</li> <li>• Explain what a sexual relationship is</li> <li>• Explain how babies are conceived and how they are born</li> <li>• Identify someone they could talk to about their changing body, should they need to</li> </ul>