

0-4	Information Give information about	Skills Enable children to	Attitudes Help children to develop
Relationships and lifestyles	<ul style="list-style-type: none"> <li>■ different kinds of relationship</li> <li>■ different family relationships</li> </ul>	<ul style="list-style-type: none"> <li>■ talk about own relationships and family</li> </ul>	<ul style="list-style-type: none"> <li>■ a feeling of closeness and trust based on the experience of bonding</li> <li>■ a positive attitude towards different lifestyles</li> <li>■ the awareness that relationships are diverse</li> </ul>
Sexuality, health and well-being	<ul style="list-style-type: none"> <li>■ good and bad experiences of your body/what feels good? (listen to your body)</li> <li>■ if the experience/feeling is not good, you do not always have to comply</li> </ul>	<ul style="list-style-type: none"> <li>■ trust their instincts</li> <li>■ apply the three-step model (say no, go away, talk to somebody you trust)</li> <li>■ achieve feelings of well-being</li> </ul>	<ul style="list-style-type: none"> <li>■ an appreciation of their body</li> <li>■ the awareness that it is ok to ask for help</li> </ul>
Sexuality and rights	<ul style="list-style-type: none"> <li>■ the right to be safe and protected</li> <li>■ the responsibility of adults for the safety of children</li> <li>■ the right to ask questions about sexuality</li> <li>■ the right to explore gender identities</li> </ul> <ul style="list-style-type: none"> <li>• <i>the right to explore nakedness and the body, to be curious</i></li> </ul>	<ul style="list-style-type: none"> <li>■ say “yes” and “no”</li> <li>■ develop communication skills</li> <li>■ express needs and wishes</li> </ul> <ul style="list-style-type: none"> <li>• <i>differentiate between “good” and “bad” secrets</i></li> </ul>	<ul style="list-style-type: none"> <li>■ an awareness of their rights which leads to self-confidence</li> <li>■ the attitude “My body belongs to me”</li> <li>■ the feeling that they can make their own decisions</li> </ul>
Social and cultural determinants of sexuality (values/norms)	<ul style="list-style-type: none"> <li>■ social rules and cultural norms/values</li> <li>■ gender roles</li> <li>■ social distance to be maintained with various people</li> </ul> <ul style="list-style-type: none"> <li>• <i>the influence of age on sexuality and age-appropriate behaviour</i></li> <li>• <i>norms about nakedness</i></li> </ul>	<ul style="list-style-type: none"> <li>■ differentiate between private and public behaviour</li> <li>■ respect social rules and cultural norms</li> <li>■ behave appropriately according to context</li> </ul> <ul style="list-style-type: none"> <li>• <i>know where you can touch</i></li> </ul>	<ul style="list-style-type: none"> <li>■ respect for their own and others’ bodies</li> <li>■ acceptance of social rules about privacy and intimacy</li> <li>■ respect for “no” or “yes” from others</li> </ul>

■ main topic (new)    
■ main topic (consolidation)    
• additional topic (new)    
• additional topic (consolidation)