

4-6	Information Give information about	Skills Enable children to	Attitudes Help children to develop
The human body and human development	<ul style="list-style-type: none"> <li>■ all body parts and their functions</li> <li>■ different bodies and different sexes</li> <li>■ body hygiene</li> <li>● <i>age differences in bodies and development</i></li> </ul>	<ul style="list-style-type: none"> <li>■ name the body parts</li> <li>■ practise hygiene (wash every part of the body)</li> <li>■ recognize body differences</li> <li>■ express needs and wishes</li> <li>● <i>recognize own and others' need for privacy</i></li> </ul>	<ul style="list-style-type: none"> <li>■ <b>a positive gender identity</b></li> <li>■ a positive body-image and self-image: self-esteem</li> <li>■ respect for differences</li> <li>■ respect for gender equality</li> </ul>
Fertility and reproduction	<ul style="list-style-type: none"> <li>■ <b>myths related to reproduction (e.g. in some countries, children are told that a new baby has been “brought by the stork”)</b></li> <li>■ life: pregnancy, birth and babies; end of life</li> <li>■ basics of human reproduction</li> </ul>	<ul style="list-style-type: none"> <li>■ talk about these issues by providing them with the correct vocabulary</li> </ul>	<ul style="list-style-type: none"> <li>● <i>respect for differences: some people have babies, others do not</i></li> </ul>
Sexuality	<ul style="list-style-type: none"> <li>■ enjoyment and pleasure when touching one's own body; early childhood masturbation</li> <li>■ discovery of one's own body and genitals</li> <li>● <i>the meaning and expression of sexuality (for example, expressing feelings of love)</i></li> <li>● <i>appropriate sexual language</i></li> <li>● <i>sexual feelings (closeness, enjoyment, excitement) as a part of all human feelings (these should be positive feelings; they should not include coercion or harm)</i></li> </ul>	<ul style="list-style-type: none"> <li>■ <b>talk about sexual matters (communication skills)</b></li> <li>■ <b>consolidate their gender identity</b></li> <li>● <i>use sexual language in a nonoffensive way</i></li> </ul>	<ul style="list-style-type: none"> <li>■ a positive body image</li> <li>■ respect for others</li> </ul>
Emotions	<ul style="list-style-type: none"> <li>■ <b>jealousy, anger, aggression, disappointment</b></li> <li>■ <b>friendship and love towards people of the same sex</b></li> <li>● <i>the difference between friendship and love</i></li> <li>● <i>secret loves, first love (infatuations and “crushes”, unrequited love)</i></li> </ul>	<ul style="list-style-type: none"> <li>■ <b>manage disappointments</b></li> <li>■ express and communicate own emotions, wishes and needs</li> <li>● <i>manage their own and others' need for privacy</i></li> <li>● <i>name own feelings adequately</i></li> </ul>	<ul style="list-style-type: none"> <li>■ <b>the acceptance that feelings of love (as a part of all emotions) are natural</b></li> <li>■ the attitude that their own experience and expression of emotions is right and important (valuing their own feelings)</li> </ul>

■ main topic (new)

■ main topic (consolidation)

● additional topic (new)

● additional topic (consolidation)

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Relationships and lifestyles	<ul style="list-style-type: none"> <li>■ <b>friendship</b></li> <li>■ <b>same-sex relationships</b></li> <li>■ different kinds of (family) relationship               <ul style="list-style-type: none"> <li>• <i>different concepts of a family</i></li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>■ <b>relate to each other and to family members and friends in an appropriate way</b></li> <li>■ <b>live together in families based on mutual respect</b></li> <li>■ <b>build up and maintain relationships</b></li> </ul>	<ul style="list-style-type: none"> <li>■ <b>acceptance of diversity</b></li> <li>■ <b>respect for differences in lifestyle</b></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 and apply the three-step model (say no, go away, talk to someone you trust)</li> <li>■ achieve feelings of well-being</li> </ul>	<ul style="list-style-type: none"> <li>■ <b>the attitude that they have a choice</b></li> <li>■ <b>an awareness of risks</b></li> <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>■ <b>abuse; there are some people who are not good; they pretend to be kind, but might be violent</b></li> <li>■ their rights (including the right to information and the right to protection)</li> <li>■ the responsibility of adults for the safety of children</li> </ul>	<ul style="list-style-type: none"> <li>■ <b>ask questions</b></li> <li>■ <b>turn to somebody you trust if in trouble</b></li> <li>■ express needs and wishes</li> </ul>	<ul style="list-style-type: none"> <li>■ the attitude “My body belongs to me”</li> <li>■ an awareness of their rights</li> </ul>
Social and cultural determinants of sexuality (values/norms)	<ul style="list-style-type: none"> <li>■ <b>gender, cultural, age differences</b></li> <li>■ <b>values and norms differ by country and culture</b></li> <li>■ <b>all feelings are ok, but not all actions taken as a result of these feelings</b></li> <li>■ social rules and cultural norms/values</li> </ul>	<ul style="list-style-type: none"> <li>■ <b>recognize and deal with differences in values</b></li> <li>■ respect social rules and cultural norms</li> <li>• <i>talk about differences</i></li> </ul>	<ul style="list-style-type: none"> <li>■ <b>socially responsible behaviour</b></li> <li>■ <b>an open, nonjudgmental attitude</b></li> <li>■ <b>acceptance of equal rights</b></li> <li>■ <b>respect for different norms regarding sexuality</b></li> <li>■ respect for their own and others' bodies</li> </ul>

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