**Foundation Phase Sex and Relationships Education (SRE) Overview**

The following areas are covered in the Foundation Phase, through using the PATHS PSHE resources in conjunction with the SENSE resources:

* Keeping clean.
* Feeling poorly and how to get better.
* Growing and changing (babies, toddlers, young children, older children).
* Being different.
* Naming the parts of the body.
* Understand some changes that occur during pregnancy.
* Getting help – speaking to a responsible adult.
* Ambitions & jobs (boys and girls can do the same jobs).
* Begin to show an understanding of loss and death.
* Everyone is special – being yourself.
* Caring for the environment.
* Joining in.
* Being a good citizen.
* Money and saving money.
* Bullying.
* Being safe on a computer.
* Feelings.
* What makes a good friend?
* Rules and good behaviour.
* Playing safely and building friendships.
* Keeping fit.
* Healthy and unhealthy foods.