



Relationships and Sex Education

Parent information presentation



Introduction

- Teaching Relationships and Sex Education became compulsory for schools in September 2020.
- Our children are growing up in an increasingly complex and constantly changing world where they are expected to live both a physical and virtual existence. This opens up many positive and exciting opportunities but also exposes our pupils to challenges and risks
- Previous guidance/recommendations on relationships and sex education now form a compulsory part of the curriculum
- It is important that pupils are taught about puberty in a timely manner in order to adequately prepare them for the changes they will face

Why is relationships and sex education (RSE) in schools important?

- RSE guides our pupils through physical, moral and emotional development
- It also covers the importance of family life and stable, loving relationships (including friendships)
- Pupils are also taught about empathy, self-respect, confidence, responsibility, staying safe, love and care, resilience and respect towards others
- RSE also plays a significant positive part in pupils developing a sense of 'self' and helping them to understand the roles they will play in a family, community and wider society



RSE in primary education

- Relationships education is compulsory for all primary school pupils
- Teaching about changes throughout puberty is compulsory as it forms part of the science curriculum
- Sex education is (currently) not compulsory in primary school
- Parents have the right to withdraw their child from sex education (other than that contained within the science curriculum) but not relationships education or teaching about changes which occur during puberty



How is RSE taught in our school?

- RSE is taught (largely) as part of our personal, social, health and economic (PSHE) curriculum although some units are covered as part of the science curriculum
- The RSE curriculum is broken into manageable chunks and is clearly sequenced to allow pupils to keep building on prior knowledge, with repetition of key concepts such as building positive relationships, self-respect and respect for others, along with physical and mental well-being
- RSE lessons begin with staff and pupils negotiating ground rules to establish the appropriate atmosphere for learning
- RSE lessons are taught honestly and factually and do not intend to promote any form of sexual orientation
- Lessons are constantly adapted and reviewed to take into consideration the age, maturity and needs of the class so that teaching is always specific and inclusive for all pupils
- Our RSE lessons are taught in years 2, 4 and 6

How RSE teaching is supported in school

- RSE is one part of our comprehensive personal, social, health and economic (PSHE) curriculum
- The PSHE curriculum as a whole is designed to teach pupils to make well informed choices relating to their relationships and their physical and mental health
- Lots of other topics are covered such as tobacco, drugs and alcohol education, staying safe online (grooming), getting into debt and money management, media and social media manipulation along with basic first aid
- RSE is an integral part of the PSHE curriculum as relationships, staying safe, dealing with peer pressure and conflict resolution all combine together to give pupils a well rounded understanding of their role in today's society
- The core intention of all PSHE lessons is to protect children and keep them safe by educating them about some of the tougher challenges and choices they may encounter throughout their lives



What is actually taught?

- On the following slides is a breakdown of the lesson content for our RSE program of study in years 2, 4 and 6
- The lesson sequences are sometimes switched around and some lessons may require more than one session as the pupils have questions (or just because quality discussion takes over) and it is important we give our pupils time to vocalise and process their thoughts in a safe environment
- All lessons are tailored specifically for the pupils needs. The outcome of lessons will always remain the same but the content may alter to ensure the lesson is appropriate for the maturity and needs of the class

Year 2

- 1) **Understand and respect differences and similarities between people** – know that boys and girls can do the same things and enjoy them. Be aware that some people and TV shows say that ‘boys do this’ and ‘girls do that’ but this is not necessarily correct
- 2) **Learn biological differences between male and female animals and their role in a life cycle** – know that female mammals give birth and nurse their young and know that creation of new life requires a male and a female
- 3) **Learn biological differences between male and female children** – Identify and name male and female sex parts and label them with confidence.
- 4) **Learn about growing from young to old and understand they are growing and changing** – Identify stages in a human life cycle, recognise ways they have changed since babies, understand that all living things (including humans) start life as babies



Year 2 - continued

- 5) Learn that everybody needs to be cared for and know ways to care for each other – Know that we all have different needs and require different kinds of care, identify ways we can show care towards each other and know that there are times in our life cycle when we will have greater needs and need more care
- 6) Learn about different types of family and how their home-life is special – Describe different types of family, identify what is special about their home life and celebrate all families





Year 4

- 1) Learn about the way we grow and change throughout the human lifecycle – understand change is individual and ongoing
- 2) Learn about the physical changes associated with puberty – Pupils are able to define puberty and that changes usually occur between the ages of 8-17 which turn us from children to young adults. Pupils will identify physical changes which occur during puberty and understand that everyone's experience will be different and begin and end at different times
- 3) Pupils learn about menstruation and wet dreams – Understand the changes which are happening during menstruation and wet dreams and know how to manage them and who to go to for support

Year 4 - continued

- 4) Learn about the impact of puberty on physical hygiene and strategies for managing this – explain how puberty affects body hygiene, describe how to care for their bodies during puberty and challenge gender stereotypes about hygiene and grooming
- 5) Learn how puberty can affect emotions and behaviour and learn strategies for dealing with this – describe how feelings and behaviour can change during puberty and devise strategies for dealing or managing this
- 6) Learn strategies to deal with feelings in the context of relationships – identify feelings and understand how they affect behaviour, including those of parents and carers



Year 4 - continued

- 7) Learn to answer each others questions about puberty with confidence and know where to go to seek support and advice if they need it – identify quality sources of information and support. Use appropriate language to discuss puberty and be confident to answer each others' questions





Year 6

- 1) Learn about changes in puberty (recap) – identify physical, emotional and behavioural changes that occur in puberty for both males and females and understand that changes during puberty are linked to sexual maturity
- 2) Learn to consider different attitudes and values around gender stereotyping and sexuality and consider their origin and impact – understand how attitudes and values about gender may be affected by factors such as religion or culture, recognise and challenge stereotypes and understand how media messages can cause inequality of opportunity or affect behaviour



Year 6 - continued

- 3) Learn what values are important to them in relationships and appreciate the importance of friendships in intimate relationships – identify positive qualities and expectations from a variety of relationships , explain similarities and differences between friendships and intimate relationships, describe different types of intimate relationships including marriage, understand that sexual intercourse or making love may be one part of an intimate relationship between adults
- 4) Learn about human reproduction in the context of the human lifecycle – can name the male and female reproductive organs, learn that sexual intercourse is related to conception

Year 6 - continued

- 5) Learn how a baby is made and grows (conception and pregnancy) – know the male and female body parts associated with conception and pregnancy, define conception and implantation in the womb, know what pregnancy is, how it occurs and how long it takes
- 6) Learn about role and responsibilities of carers and parents – identify skills needed to be a parent and carer, understand there are a variety of ways in which parents meet the needs of babies and children, recognise that both men and women can take on these roles and responsibilities
- 7) Learn to answer each others questions about sex and relationships with confidence - use appropriate language to discuss sex and be confident to answer each others' questions, be able to identify quality sources of information, support and advice

