



# *RELATIONSHIP AND SEX EDUCATION (RSE)*

*Parent Meeting*

# *Statutory Guidance*

*From September 2020 aspects of Personal, Social, Health and Economic (PSHE) curriculum were made statutory.*

*(To be implemented by the Summer term)*

*In Primary Schools:-*

*Relationships Education and Health Education are now compulsory.*

*However...*

*Relationships and Sex Education (RSE) is not compulsory.*

# *RSE – What does the guidance say?*

*The DFE continues to recommend that all Primary Schools should have a Sex Education Programme tailored to the age and physical and emotional maturity of the pupils, drawing on their knowledge from the National Curriculum for Science.*

# RSE – Beacon Policy

- *...promote the development of the whole child so that children can grow in wisdom and stature, understanding both the emotional, social and physical aspects of growing spiritual, as well as moral aspects of relationships within a context of a Christian vision for the purpose of life.*
- *...teachers, parents, carers, pupils and all members of each school's community have an important contribution in preparing children for a healthy and fulfilled life where positive relationships enable them to flourish*

# *RSE – Relationships education*

*3 Main strands within our PSHE curriculum*

<i>At Bishop Martin three Key themes run through each topic in PSHE</i>		
<i>Health and Wellbeing</i>	<i>Relationships</i>	<i>Living in the wider world</i>

*Our RSE curriculum is taught;*

- Whole school approach*
- With sensitivity*
- To equip pupils with the knowledge and understanding*
- To ensure pupils develop confidence in talking about relationships*

# *RSE – How is it delivered?*

*As a school we have chosen to use Christopher Winter resources to deliver 'Sex Education' lessons.*

*These are quality resources which are up to date with current guidance and provide the children with age-appropriate information.*

# *What does age-appropriate mean?*

- *The Statutory Guidance gives content for primary and secondary, but not by key stage or year.*
- *This is because the ‘age and developmentally appropriate’ judgement may vary by school and context.*
- *Considerations might include for example:*
  - *what pupils are likely to need to know (including safeguarding considerations)*
  - *what they are likely to be able to understand*

# *RSE – What do the resources contain...*

*Problem pages*

*Question cards*

*Quizzes*

*Scenarios*

*Pictures*

*Games*

*Diagrams*



# MENSTRUATION CARD GAME SUMMARY

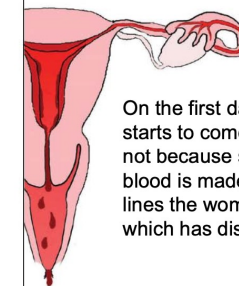
It is embarrassing to buy menstrual products	Depends
A period normally lasts 2 - 7 days	True
A girl gets her first period at age 12	False
Girls can go swimming when they have their periods	True
The best way to get rid of used pads and tampons is to flush them down the toilet	False
All girls and women should use tampons	False
It is OK to take a bath or wash your hair when you are menstruating	True
All women get period pains and are moody when they expect their periods	False
Girls who start their periods expectedly should go home immediately	False
The blood from a period is dirty	False

## Body Changes

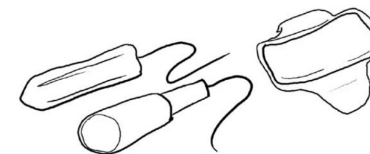
Changes that happen in puberty...	Male	Female	Everyone
Grows taller			
Has hair under the arms			
Develops pubic hair			
Grows hair on the face			
Private parts grow bigger			
Breasts grow			



The menstrual cycle starts on the first day of a girl's period.



On the first day of a girl's period, the lining of the uterus starts to come out of the vagina. This is because the blood is made up of cells that have dissolved the lining of the uterus.



The bleeding can last from 2 to 7 days. Sometimes the blood comes out a bit at a time and sometimes there is quite a lot. Girls use sanitary protection to soak up the blood during their period.

When the bleeding stops, the body starts to grow a new egg. The womb makes another egg and it develops.

## YEAR 6 Puberty Problem Page

### A problem shared...

**"He's asked me out and I don't know what to do"**

Dear Problem Page,

My family doesn't talk about things like sex and going out with people. I've got an older sister but she is married and doesn't live with us anymore. I know about some stuff but now this boy has asked me out and I don't know what to do. What does going out mean and how do you do it?

T, 12

Dear Problem Page,

**Boys in my class sometimes talk about wet dreams. When I asked what they are they all laughed at me and now they keep going on about it. How will I know when I have a wet dream and how can I stop them making fun of me?**

P, 12

**"They all laughed at me"**

Dear Problem Page,

**Growing Pains**  
I am starting puberty and I have lots of questions about growing up. I don't live with my family so I can't ask them about it and I feel embarrassed about asking my carer. Who should I speak to and what should I say?

A, 11

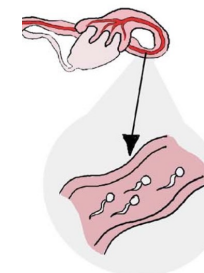
Dear Problem Page,

**Too Close to Home**

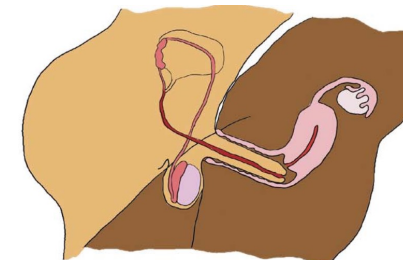
I can't talk to anyone in my family about personal things because they get too embarrassed. I had my first period last week but I didn't tell anyone. I don't know what to do when I have it again. How can I get sanitary protection and what do I do if I have to go

Dear Problem Page,

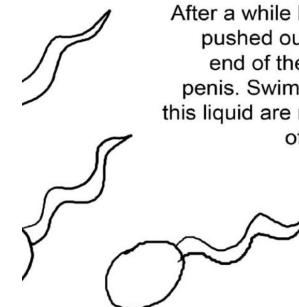
**People in my class often say stuff is gay when they mean that it is rubbish. It**



The sperm swim into the woman's womb and then into the fallopian tubes.



Now the woman's vagina can take the man's penis inside it. This is called sexual intercourse. It should feel nice.



After a while liquid is pushed out of the end of the man's penis. Swimming in this liquid are millions of sperm.



Sometimes a man and a woman are making love. The man's penis goes into the woman's vagina. It should feel nice.



# Year 5: Puberty

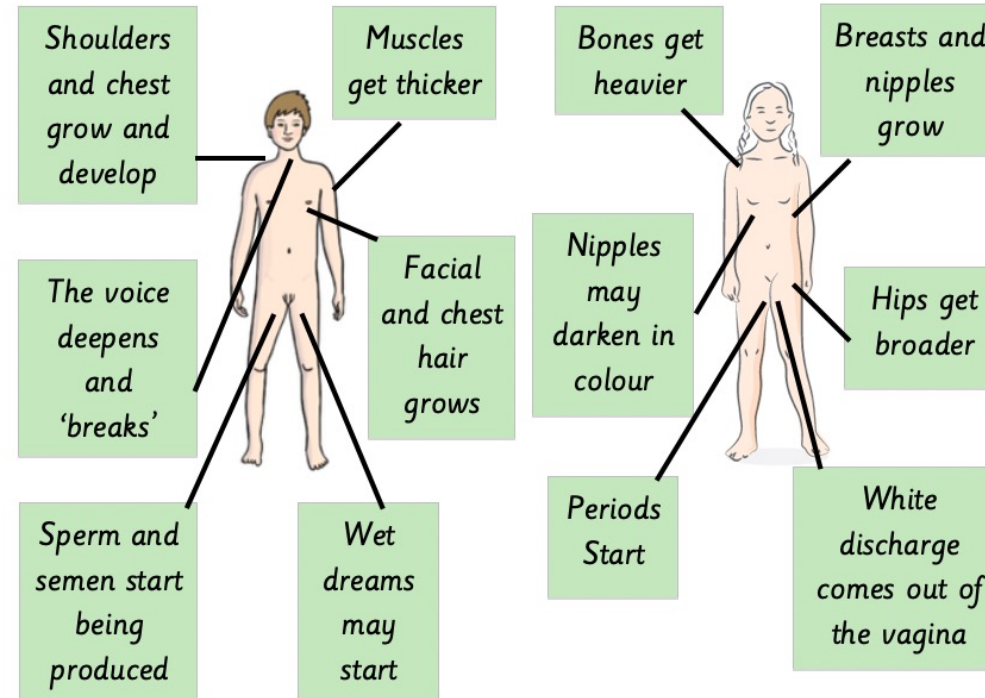
## Key Vocabulary

Puberty	The stage or age at which a person experiences the development of the reproductive system
Moods	The way a person feels at a certain time
Menstruation	The process in a woman of discharging blood and other material from the lining of the uterus at intervals
Breasts	The front part of the body between the neck and the stomach; chest
Periods	A flow of blood and other material from the lining of the uterus in women lasting for a few days
Tampons	A plug of soft material inserted into the vagina to absorb menstrual blood.
Semen	The male reproductive fluid
Erection	An enlarged and rigid state of the penis
Sweat	Moisture released through the pores of the skin
Spot	A small hard inflamed pimple on the skin

## Puberty Changes

Private parts (genitals) grow and develop
Body hair grows
Spots can appear on the face and shoulders
The body sweats more and smells differently
Hair may become greasy
Sexual feelings can develop
Moods and feelings can change a lot

## Male and Female Puberty Changes



# RSE – Curriculum Overview

- Reception – Friendships, saying sorry, families and their differences
- Y1 – Know that people are different, how we change when we grow, when families make us feel unsafe
- Y2 – Gender stereotypes, differences between males and females, sexual parts difference
- Y3 – Male and female body parts, appropriate and inappropriate touch, different types of families
- Y4 – Human lifecycle, basics of puberty linked to reproduction, healthy relationships
- Y5 – Changes during puberty, male and female changes in detail, personal hygiene
- Y6 – Puberty, communication and respect in relationships, conception and pregnancy, positive and negative ways of communicating in a relationship

# **RSE – Parents**

*All Knowledge Organisers will be shared in advance of the lessons to support parents understand what is being taught and vocabulary used, this also allows children to speak to adults at home and ask questions.*

*For Year 6 parents you will have the opportunity to look at all the resources the children will be shown during the lessons.*



# *LGBT Inclusive curriculum*

- *At primary level, this is statutory 'relationships education' not 'sex education'.*
- *Pupils are aware of inclusivity – teaching about LGBT relationships begins with teaching about diverse families from an early age.*
- *Diversity week - June 24<sup>th</sup> 2022*

# *Inclusive curriculum*

*‘Children will of course find out about all sorts of things, including the diversity of our society, anyway – the question is where and how is it best to do so – in class, on the internet, or in the playground. I would strongly encourage schools to discuss with children in class that there are all sorts of different, strong and loving families, including families with same-sex parents, while they are at primary school.’*

- *Damian Hinds (Secretary of state for Education 2018-2019). 24<sup>th</sup> June 2019.*

# Science

## Science Key Stage 1

### Year 1

- Identify, name, draw and label the basic parts of the human body and say which part of the body is associated with each sense.

### Year 2

- Notice that animals, including humans, have offspring which grow into adults.

## Science Key Stage 2

### Year 5

- Describe the difference in the life cycles of a mammal, an amphibian, an insect and a bird.
- Describe the life process of reproduction in some plants and animals.
- Describe the changes as humans develop to old age.
- Learn about the changes experienced in puberty.



# *Parental Right to Withdraw*

- *There is no right to withdraw from **Relationships Education, Health Education or Science.***
- *Parents have the right to request that their child be withdrawn from some or all of **Sex Education.***
- *Before granting any such request it would be good practice for the head teacher to discuss the request with parents and as appropriate with the child.*
- *The school needs to provide appropriate and purposeful education during the period withdrawal.*

