



Park Primary School



RSE (Relationships and Sex Education) – Information for Families

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Why is Relationships and Sex (RSE) Education in schools important?

High quality RSE helps create safe school communities in which students can grow, learn, and develop positive, healthy behaviour for life.

RSE plays a vital part in schools fulfilling their statutory duties to protect and safeguard their students. It helps to safeguard children and prevent: Child Sexual Exploitation, grooming, abuse, sexting and online pornography.

Technology is evolving at a tremendous pace. The need to protect children and young people from inappropriate online content, cyberbullying and exploitation is a growing concern. A comprehensive RSE programme can support in addressing these issues.

Puberty is starting earlier – for some children by the age of 9.

High quality RSE aims to help prevent unwanted teenage conceptions.

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Where and how did you learn about sex and relationships?

For our young people, their learning comes from wide range of sources – not all of them accurate.



twitter



Misinformation or incorrect perceptions can cause a whole range of issues for children as they grow up.

We want to equip our children with age appropriate, factually correct information as well as providing a safe, respectful environment for questions and discussion.

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What are the changes?

A new curriculum for Relationships and Sex Education became mandatory from September 2020 (postponed to Summer 2021 due to Covid-19).

Relationships Education is compulsory for all primary age pupils from September 2020.

Relationships and Sex Education (RSE) will be compulsory for all Secondary age pupils.

Health Education including education on mental wellbeing, will be compulsory for all pupils in all state funded schools.

Primary schools are not required to teach sex education. However the DfE recommends that 'all primary schools should have a sex education programme tailored to the age and the physical and emotional maturity of the pupils. It should ensure that both boys and girls are prepared for the changes that adolescence brings and – drawing on knowledge of the human life cycle set out in the national curriculum for science - how a baby is conceived and born'

What is effective Relationships & Sex Education (RSE)?

It is:

Age appropriate

Based on needs of the pupils

Progressive

Inclusive

Delivered by trained staff in a safe environment

What are our aims?

Prepares children for adult life

Promotes positive relationships

Prepares children adequately for puberty in a timely way

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As a school, we would always want to deliver a curriculum which has the support of the vast majority, if not all, parents.

We believe that children will accept information which is given to them in small chunks over time and at an age appropriate level more easily than information which is 'kept secret' until they are in Y6.

We recognise that children need an increasing level of skill to deal with the modern world and the impact of social networking, advertising and media.

Schools and parents have a responsibility to give a positive message which builds children's resilience to the negative messages they may encounter through the easy availability of pornography / photo-shopped body images / TV programmes such as Love Island which portray sex as separate from relationships.

We would want all pupils to grow with the knowledge of natural changes before they happen. While the average age for a girl to begin menstruation in the UK is 12, many begin in Y5 & Y6 with some as early as Y3 & Y4.

What must we teach?

Relationships and Health Education are **compulsory** in all primary schools in England. For primary aged children this includes curriculum content under two headings:

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Relationships Education	Health Education
Families and people who care for me.	Mental wellbeing.
Caring friendships.	Internet safety and harms.
Respectful relationships.	Physical health and fitness.
Online relationships.	Healthy eating.
Being safe.	Drugs, alcohol and tobacco.
	Health and prevention
	Basic first aid
	Changing adolescent body including puberty.

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Relationships and Sex Education – What will your child learn?

At Park Primary School we follow the Jigsaw scheme, a mindful approach to PSHE which includes RSE lessons.

Relationships are the main theme for PSHE lessons during the first half of the Summer Term, although promoting positive relationships is threaded throughout all the PSHE themes covered during the year.

Sex Education is covered during the theme Changing Me, which is taught in the second half of the Summer Term. The following pages give you more detail on what will be taught in each year group.

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What will your child learn in Foundation Stage?

Relationships	Changing Me
Family life Friendships and falling out Dealing with bullying Being a good friend	Bodies Respecting my body Growing up Growth and change Fun and fears Celebrations

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What will your child learn in Year 1?

Relationships	Changing Me
<ul style="list-style-type: none">Belonging to a familyMaking friends/being a good friendPhysical contact preferencesPeople who help usQualities as a friend and personSelf-acknowledgementBeing a good friend to myselfCelebrating special relationships	<ul style="list-style-type: none">Life cycles – animal and humanChanges in meChanges since being a babyDifferences between female and male bodies (correct terminology)Linking growing and learningCoping with changeTransition



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What will your child learn in Year 2?

Relationships	Changing Me
<p>Different types of family Physical contact boundaries Friendship and conflict Secrets Trust and appreciation Expressing appreciation for special relationships</p>	<p>Life cycles in nature Growing from young to old Increasing independence Differences in female and male bodies (correct terminology) Assertiveness Preparing for transition</p>



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What will your child learn in Year 3?

Relationships	Changing Me
<p>Family roles and responsibilities.</p> <p>Friendship and negotiation.</p> <p>Keeping safe online and who to go to for help.</p> <p>Being a global citizen.</p> <p>Being aware of how my choices affect Others.</p> <p>Awareness of how other children have different lives.</p> <p>Expressing appreciation for family and friends.</p>	<p>How babies grow.</p> <p>Understanding a baby's needs.</p> <p>Outside body changes.</p> <p>Inside body changes.</p> <p>Family stereotypes.</p> <p>Challenging my ideas.</p> <p>Preparing for transition.</p>

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What will your child learn in Year 4?

Relationships	Changing Me
<p>Jealousy. Love and loss. Memories of loved ones. Getting on and falling out. Girlfriends and boyfriends. Showing appreciation to people and animals.</p>	<p>Being unique. The choice to have a baby. Body parts that are necessary for making a baby and, in simple terms, how this happens.* Girls and puberty. Confidence in change. Accepting change. Preparing for transition. Environmental change.</p>

*Parents have the right to request their child is withdrawn from lessons highlighted in red.



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What will your child learn in Year 5?

Relationships	Changing Me
<ul style="list-style-type: none">Self-recognition and self-worth.Building self-esteem.Safer online communities.Rights and responsibilities online.Online gaming and gambling.Reducing screen time.Dangers of online grooming.SMARRT internet safety rules.	<ul style="list-style-type: none">Self- and body image.Influence of online and media on body image.Puberty for girls.Puberty for boys.Conception (including IVF).Growing responsibility.Coping with change.Preparing for transition.

*Parents have the right to request their child is withdrawn from lessons highlighted in red.



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What will your child learn in Year 6?

Relationships	Changing Me
<p>Mental health. Identifying mental health worries and sources of support. Love and loss. Managing feelings. Power and control. Assertiveness. Technology safety. Take responsibility with technology use.</p>	<p>Self-image. Body image. Puberty and feelings. Conception to birth. Reflections about change. Physical attraction. Respect and consent. Boyfriends/girlfriends. Sexting. Transition.</p>

*Parents have the right to request their child is withdrawn from lessons highlighted in red.



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What are your rights as a parent?

To be informed of the RSE curriculum and policy and to be consulted about changes to these.

To withdraw your child from Sex Education lessons (that are outside of/ additional to the Science National Curriculum following discussion with the Headteacher.

Topics covered that are related and linked to the Science Curriculum are statutory and not optional to teach. This is as follows:

In Key Stage 1, children learn that animals, including humans, have offspring that grow into adults. They should be introduced to the concepts of reproduction and growth but not how reproduction occurs.

In Upper Key Stage 2 (Year 5/6), children are taught about the life cycles of humans and animals, including reproduction. They also learn about the change that happen in humans from birth to old age. This includes learning about what happens in puberty.