



# Relationship and Sex Education


MONDAY, 18<sup>TH</sup> JUNE

# RSE POLICY: COMPULSORY SCIENCE CURRICULUM

## Appendix 2 – Science national curriculum

In accordance with the DfE's 'Sex and Relationship Education Guidance' 2000, there are certain aspects of sex and relationship education which are compulsory for pupils to learn as they progress through the key stages.

Key stage	Pupils must be taught:
Key stage 1	<ul style="list-style-type: none"><li>• That animals, including humans, move, feed, grow, use their senses and reproduce.</li><li>• To recognise and compare the main external parts of the bodies of humans.</li><li>• That humans and animals can produce offspring, and they grow into adults.</li><li>• To recognise similarities and differences between themselves and others.</li><li>• To treat others with sensitivity.</li></ul>
Key stage 2	<ul style="list-style-type: none"><li>• That nutrition, growth and reproduction are common life processes for humans and other animals.</li><li>• About the main stages of the human life cycle.</li></ul>



## RSE POLICY: PERSONAL, SOCIAL AND HEALTH EDUCATION (PSHE)

- 2 YEAR PROGRAMME FROM PSHE ASSOCIATION
- 3 MAIN THEMES:

**RELATIONSHIPS** – OVERCOMING ARGUMENTS, COPING WITH ANXIETY, DIFFERENT TYPES OF RELATIONSHIPS, WORKING TOGETHER

**HEALTH AND WELLBEING** – TEETH, NSPCC, HYGIENE, GROWTH, FIRST AID, DRUG AND ALCOHOL EDUCATION

**LIVING IN THE WIDER WORLD** – HUMAN RIGHTS, BRITISH VALUES, MONEY, COMMUNITY, RULES AND LAWS, ROAD/RIVER/RAIL SAFETY

## RSE POLICY: PSHE – RELATIONSHIPS...

### RELATIONSHIPS

- WITHIN THE FAMILY
- EXTENDED FAMILY
- PEER FRIENDSHIPS
- STRATEGIES TO OVERCOME ARGUMENTS
- ANTI-BULLYING
- STRANGER DANGER
- IMPORTANCE OF COMMITMENT TO A RELATIONSHIP

# RSE POLICY:

## 3. Reception

3.1. Children coming into reception are beginning to learn about making choices and developing responsibility. They are encouraged to think about relationships and to develop an awareness of others. The following issues are explored:

- The concept of the male and female gender.
- An awareness of stereotyping.
- Safety, good touches and bad touches. "Saying No".
- Friendship and respect.
- Similarities and differences. |
- The beginning of life (me, animals, plants).
- Loss and grieving.

# RSE POLICY:

## 4. Key stage 1

4.1. Through the theme of 'Ourselves' and 'All About Me', pupils in KS1:

- Understand the concept of male and female.
- Understand the idea of growing from young to old.
- Know that humans develop at different rates.
- Know there are different types of family.
- Know the rituals associated with birth, marriage and death and talk about the emotions involved.
- Appreciate ways in which people learn to live and work together.
- Know about personal safety e.g. know that individuals have rights over their own bodies.
- Talk about emotions.
- Learn biological names for various body parts including penis, vagina, testicles and breasts.
- Understand families may have different words for these body parts.
- Appreciate the function of clothing to make us look nice, keep us warm and keep certain parts of our bodies private.
- Understand the process of aging and the fact that this cannot be controlled.

4.2. Children will complete Unit 1, 'All About Us: Living and Growing'

- Programme 1 - Differences
- Programme 2 – How Did I Get Here?
- Programme 3 – Growing Up

## RSE POLICY:

### 5. Key stage 2

#### 5.1. Pupils in Years 3 and 4 are taught:

- To name and locate some of the major organs of the body.
- To identify some of the changes which have already happened to their bodies (e.g. growing taller) and accepting that they cannot change these.
- About some of the needs of the old or ill and to understand death.
- The basic biology of human reproduction.
- About the word "puberty", and that this is used to explain when a child's body turns into an adult and is necessary in order to make babies.
- Begin to have understanding of the physical, emotional and social changes during puberty.
- That girls begin periods once they have entered puberty and that this is a natural process necessary to being able to one day make a baby.
- That women have babies and that in most animals, it is also the female that has babies.
- About the importance of hygiene.
- To know there are differences between good and bad touching.
- About the importance of relationships within the family, between friends and in the community.
- That there are many patterns of friendship.
- To know about agencies which can support families and individuals in different circumstances.

#### 5.2. Children will complete Unit 2, 'Living and Growing'

- Programme 1 - Changes
- Programme 2 – Girl Talk
- Programme 3 – Boy Talk

## RSE POLICY:

### 5.3. Pupils in Years 5 and 6 are taught:

- More about how girls' and boys' bodies change during puberty, including how they might feel about these changes.
- To identify things that they are looking forward to about becoming a teenager and to understand that growing up brings responsibilities.
- Strategies for the development of positive self-image and self-esteem.
- The importance of looking after themselves physically and emotionally.
- About what to expect in secondary school and to discuss any worries that they might have about this transition.
- The way in which being physically attracted to someone might change the nature of the relationship that they have with each other.
- That the legal age for sexual consent is 16.
- That babies are made during sexual intercourse.
- That having a baby is a choice which responsible adults make when they are with someone they love.
- The importance of good parenting.
- Some of the skills necessary for parenting.
- About what terms such as "gay" mean, as and when these terms arise.
- About different situations and scenarios represented in the world around them (e.g. same sex parents).

### 5.4. Children will complete Unit 3, 'Living and Growing'

- Programme 7 – How Babies are Made
- Programme 8 – How Babies are Born





## RSE TEACHING APPROACHES

- ALL YEAR GROUPS COME TOGETHER TO WATCH THE VIDEOS – ALL HAVE THE SAME MESSAGES
- FOLLOW-UP LESSONS DONE IN CLASS PSHE SESSIONS. INDIVIDUAL / SMALL GROUP WORK WHERE NECESSARY
- RULES ESTABLISHED – EG SENSITIVITY, NOT TO TALK OUTSIDE CLASSROOM ABOUT ISSUES MENTIONED
- QUESTIONS ARE ENCOURAGED – AGE APPROPRIATE ANSWERS GIVEN
- 'POST-BOX' APPROACH
- PASTORAL WORRY BOX



## QUESTIONS...?

- RSE POLICY ON THE WEBSITE
- WITHDRAWAL OF CHILDREN