

WORKING TOGETHER IN RELATIONSHIPS AND SEX EDUCATION


A Parental Consultation on RSE at Dove Bank
Primary School



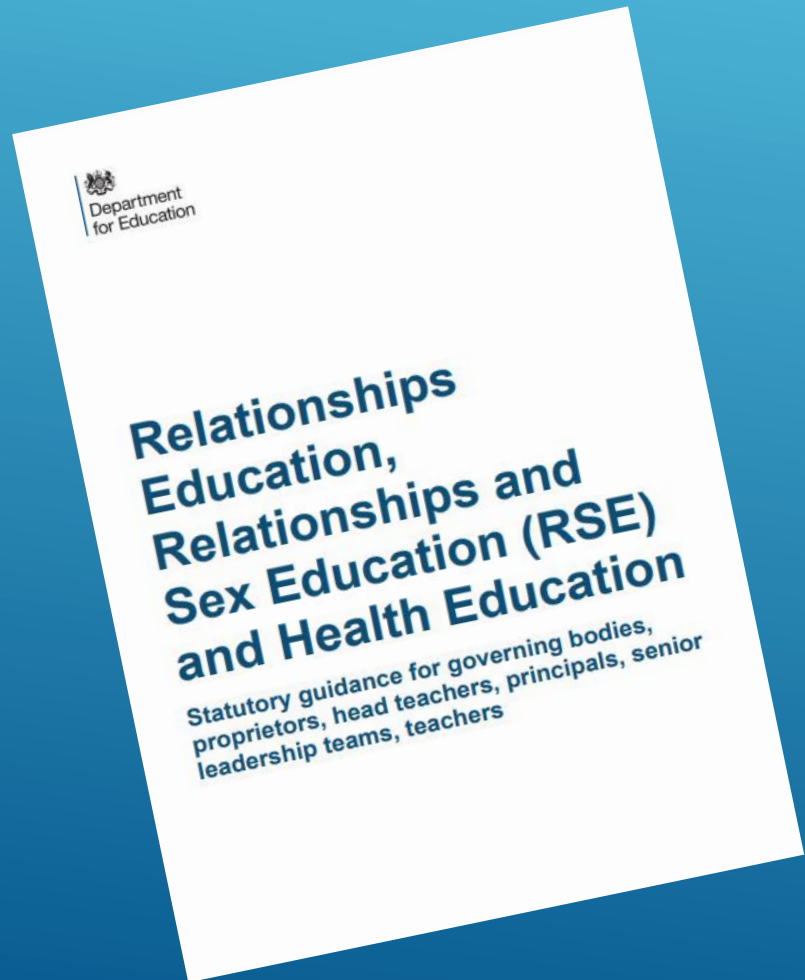
Keeping Our Children Safe

- PSHE- Personal, Social, Health and Economic Education
- RSHE- Relationships, Sex and Health Education

Both of these subjects teach children about keeping themselves and others safe and empowering children to speak up.

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Relationships, Sex and Health Education



This presentation will help you to understand the three areas:

- Relationships Education
- Relationships and Sex Education
- Health Education

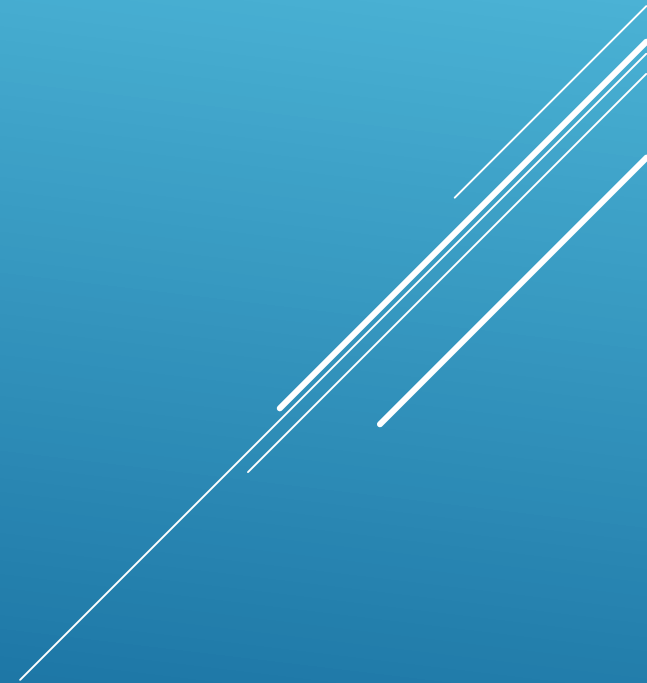
It will outline the Government expectations.

PSHE- Personal, Social, Health and Economic Education

Children are taught PSHE throughout the school year.


It involves Statutory Requirements (things we have to teach) and other elements that we feel our children need.

Relationships and Health Education are the Statutory Elements for Primary Schools.




What is Relationships Education?

Families and People who care for me

- Learning all about different families
 - Learning about how we can take care of each other
 - Being part of a family
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What is Relationships Education?

Caring Friendships and Respectful Relationships

- How to be a good friend
 - How to handle difficulties in friendships
 - Respecting others- choices, lifestyles, cultures
 - Anti-bullying
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What is Relationships Education?

Online Relationships

- Staying safe online
- Learning about the positive and negative sides of interacting with people online
- Knowing where to go and who to ask for help

Being Safe

- Boundaries within friendships and with peers
- Responding safely and appropriately to adults they may encounter or do not know
- Recognising and reporting feelings of being unsafe
- Reporting concerns or abuse and the vocabulary needed to do so
- Asking for help for themselves or others

What is Health Education?

Mental Health and Well-being

- Describing and identifying emotions and how to cope with these

Staying safe online

- What to do if something happens online and how to keep ourselves safe

Healthy Eating

- The importance of a healthy and nutritious diet

Fitness and exercise

- Understanding why we need to exercise and the effects it can have on our body

What is Health Education?

Alcohol, Tobacco and Drugs, including prescription medications

- Safety around medicines
- Moving onto Alcohol and Tobacco
- Year 5 and 6- illegal drugs and how to stay safe

Changing Adolescent body

- Key facts about puberty, including physical and emotional changes
- Key facts about menstrual well being including the menstrual cycle

First Aid

- Basic first aid
- Ways to look after each other

Health and Prevention

- Recognise early signs of physical illness
- Sun safety
- Oral health
- Personal hygiene

What is Relationships and Sex Education?

- It forms part of our PSHE Curriculum
- Some parts are not statutory at Primary Age, although it is strongly recommended within the DfE guidance and also helps us to fulfil our statutory safeguarding obligations towards our children

ALSO – not quite sure why relationships and health ed is on here again as you've done those on previous slides?


Consists of:-

- **Health:** personal hygiene, changing bodies (yr 5/6- puberty)
- **Relationships:** Families and feeling and being safe
- **Body Parts:** being able to name these so you can confidently say if someone is not being respectful towards your body and private parts
- **Sex Education:** Some elements are not statutory

What is Sex Education?- Non- Statutory

- Learning about how a human baby is conceived and how a human baby is born
- In year 4, children learn that a baby grows from a male seed and a female egg, relating this to other animals
- In year 6, children will learn about different ways that babies are conceived and born, including sexual reproduction and sexual intercourse
 - This forms the non-statutory aspect of our Relationships and Sex Education although the government recommends it.
 - It is an area that we need to ask parents views on and ensure that opinions are heard and represented where appropriate


Science Links

- Significant proportion of RSE curriculum links to National Curriculum Science
 - Year 5 teaches about the human lifecycle- babies through to old age.
 - It will also teach about animal **or** plant reproduction.
 - Children **will not** learn about human reproduction as part of their Science curriculum in year 5.
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Right to Withdraw

- If a school is teaching about human sexual reproduction, this is non-statutory so can withdraw
 - Teaching about plant or animal reproduction- science statutory curriculum therefore can not withdraw
 - Most schools teach the non-statutory sex education
 - If you wish to discuss this further you can speak to Mrs Fletcher or Mrs Leeson and there is a form to withdraw from these elements which we be kept as a written record
 - We will have a conversation with you to explain why we offer these lessons and to find out your viewpoints.
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- We have chosen to teach the Non-Statutory elements of Sex Education because we feel it forms part of the overall picture of giving our pupils stronger personal safety skills

Core Learning


- Families, friends and relationships
 - How to communicate
 - How communication may change
 - Being part of a group and accepted
 - Being loved unconditionally
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- Body Parts
 - Ensuring children grow up with a positive body image
 - Being able to talk about their bodies
 - Having a strong awareness of personal safety
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Key Vocabulary


- Some adults can be wary about children learning correct body names and feel it may challenge children's innocence
- Knowing correct scientific vocabulary can build a positive image and strong personal safety goals
- Doctor words are used at Dove Bank and are used from the very beginning, building up across each year group
- Children know these about their private parts and are confident about using these words
- Able to speak to trusted adults if their private parts are touched inappropriately because it has been openly discussed and children know it isn't shameful
- Safeguarding

	Key areas of learning	Feelings relationships	Body parts and processes	Other
Foundation	External body parts	Range of feelings words e.g. happy, pleased, calm, sad baby child girl boy	Size Shape range of simple external body parts e.g. hands, head, teeth penis testicles vulva/ vagina (<i>Choose one or the other</i>) bottom	range of action words e.g. run, jump growing up germs boy girl male female
KS1 Year 1/2	External body parts	same similar different unique special responsibility	birth death range of more specific external body parts e.g. stomach, chest	man woman teenager adult
KS2 Year 3/4	External body parts Differences between male and female First steps in understanding sexual reproduction	love dependent independent	breast nipple anus scrotum egg sperm	toiletries bacteria infection hygiene
KS2 Year 5/6	Puberty Sexual reproduction Internal body parts	commitment marriage stable relationship	Puberty Period Menstruation Cervix Labia fallopian tube clitoris ovary/ ovum vulva/ vagina (<i>which ever has not already been introduced in YR</i>) uterus/womb sperm/sperm duct urethra pubic hair voice breaking arousal erection sexual intercourse/sex ejaculate conception pregnancy ovulation	sanitary towel tampon body odour deodorant

Core Learning

- Comparing their bodies as they get older
 - EYFS to Key Stage 1- getting taller, faster at running, better at balancing, how they looked as a baby and how they look now they are older
 - As they get older, they look at the next stage of change- puberty
 - Puberty happens at different times for different people and isn't something to be scared of and that they can always speak to a trusted adult
 - Keeping clean and personal hygiene and how responsibilities for this change as we get older
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How and When?

- Part of the timetable- taught during usual PSHE lessons
 - Assemblies and visitors such as NSPCC Pants resources
 - Variety of resources and activities
 - Recap previous learning
 - Delivered by class teachers who know the children well and will be able to respond sensitively to questions and personal situations
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Questions that you may have...

- Why do children need to learn the names for body parts?
 - This gives children the confidence to talk to a trusted adult about their body
 - Do the children learn about LGBTQ+ families at school?
 - Yes they do. Through the use of stories, children will learn about different types of families to build their understanding and respect towards others.
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Parent Views

- Please ensure you have accessed our RSE Policy, the example lesson plans and PSHE overview. These will always be available on our website for you to continue to access.

<https://dovebankprimary.co.uk/>

Thank you for taking the time to engage with these resources. If you have any questions, or require any further information please just ask.