



Relationships and Sex Education (RSE) Parent Consultation

School and Home Partnership



We aim to inform you of:

- The school's legal obligations on Relationships and Sex Education from 2020.
- Your rights as a parent/career.
- How, what, why and when we intent to teach children.

The main aims for RSE

To enable young people to understand and respect their bodies, and be able to cope with the changes puberty brings (without fear).

To help young people develop positive and healthy relationships appropriate to their age, development, etc. (respect for self and others)

To support young people to have positive self-image and body image, and to understand the influences and pressures around them.



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What is RSE?

RSE stands for “relationships and sex education” and as part of Relationships and Health Education, is a new approach to teaching children about relationships and health.

The Relationships Education, RSE, and Health Education (England) Regulations 2019 have made Relationships Education compulsory in all primary schools.

All primary school children will be required to learn about relationships and health. Relationships and Health Education comprises two distinct areas:

- Relationships
- Physical health and mental wellbeing





Today's considerations

- The internet
- Television
- Social media
- Other media
- Friends
- Family
- School



What are the aims of SRE in primary schools?

The opening paragraph of the Department for Education guidance states:

“Today’s children and young people are growing up in an increasingly complex world and living their lives seamlessly on and offline. This presents many positive and exciting opportunities, but also challenges and risks. In this environment, children and young people need to know how to be safe and healthy, and how to manage their academic, personal and social lives in a positive way.”

(DfE, 2019, Relationships Education, Relationships and Sex Education and Health Education)



What are the benefits of teaching RSE?

RSE explains the positive qualities of relationships, such as trust, respect and commitment as well as recognising that there are different types of relationships and families.

It raises the importance of educating children about gender equality, consent, relationships and sex in an age appropriate way.

RSE can provide young people with the knowledge required to resist peer, partner and media pressure and understand issues of consent as well as what is and is not appropriate behaviour.

There is evidence that good quality RSE teaching can help young people to:

- Have consensual relationships
- Delay the age of first sexual encounters
- Prevent underage pregnancy
- Know who to report abuse to
- Have improved sexual health



Programme of Study

Pupils should be taught:

- Ways of keeping physically and emotionally safe
- About managing change, such as puberty, transition and loss
- How to make informed choices about health and well-being and to recognise sources of help with this



Sex Education is discretionary at Primary... what exactly does the guidance say?

The Department 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 knowledge of the human life cycle set out in National Curriculum Science - how a baby is conceived and born'



Science and PSHE/RSE at KS1

- **Science Key Stage 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
- notice that animals, including humans, have offspring which grow into adults

- **PSHE Key Stage 1**

- The names for the main parts of the body (including external genitalia) the similarities and difference between boys and girls
- **how to maintain physical, mental and emotional health and well-being**
- **how to manage risks to physical and emotional health and well-being**
- **ways of keeping physically and emotionally safe**
- **about managing change, such as puberty, transition and loss**
- **how to make informed choices about health and well-being and to recognise sources of help with this**



Science and PSHE/RSE at KS2

- Science Key Stage 2
 - describe the differences 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
- PSHE Key Stage 2
 - how their body will change as they approach and move through puberty
 - about human reproduction
 - **how to develop and maintain a variety of healthy relationships, within a range of social/cultural contexts**
 - **how to recognise and manage emotions within a range of relationships**
 - **how to recognise risky or negative relationships including all forms of bullying and abuse**
 - **how to respond to risky or negative relationships and ask for help**
 - **how to respect equality and diversity in relationships**



How will we be teaching RSE?

We have recently purchased 'Jigsaw, the Mindful Approach To PSHE'. You may have heard your child talk about this at home.

The Jigsaw PSHE Programme includes lessons on ALL aspects of compulsory Relationships and Health Education, designed in a sensitive, spiral, age-appropriate curriculum. The Jigsaw teaching materials integrate Personal, Social, Health Education (PSHE), emotional literacy, social skills, mindfulness, and spiritual development in a whole-school approach. The expectations of the DfE Relationships and Health Education guidance are woven throughout Jigsaw but specifically covered in the Relationships and Healthy Me Puzzles (units), with puberty and human reproduction being taught in the Changing Me Puzzle.



Units of study in Jigsaw PSHE

Term	Puzzle (Unit)	Content
Autumn 1:	Being Me in My World	Includes understanding my own identity and how I fit well in the class, school and global community. Jigsaw Charter established.
Autumn 2:	Celebrating Difference	Includes anti-bullying (cyber and homophobic bullying included) and understanding
Spring 1:	Dreams and Goals	Includes goal-setting, aspirations, who do I want to become and what would I like to do for work and to contribute to society
Spring 2:	Healthy Me	Includes drugs and alcohol education, self-esteem and confidence as well as healthy lifestyle choices, sleep, nutrition, rest and exercise
Summer 1:	Relationships	Includes understanding friendship, family and other relationships, conflict resolution and communication skills, bereavement and loss
Summer 2:	Changing Me	Includes Relationships and Sex Education in the context of coping positively with change



RSE Units

The bold text refers to RSE.



Relationships

Families
Friendships
Love and Loss
Memories
Grief cycle
Safeguarding and keeping safe
Attraction
Assertiveness
Conflict
Own strengths and self-esteem
Cyber safety and social networking
Roles and responsibilities in families
Stereotypes
Communities



Changing Me

Life cycles
How babies are made / How they grow
My changing body
Puberty
Growing from young to old / Becoming a teenager
Assertiveness
Self-respect
Safeguarding
Family stereotypes
Self and body image
Attraction
Change / Accepting change
Looking ahead / Moving/transition to secondary



What is taught in each year?

Only 2 or 3 lessons in every year group are specifically about either puberty (statutory) or How babies are made (not statutory).

RSE in the Jigsaw PSHE scheme

FS	Growing Up	How we have changed since we were babies
Y1	My changing body	Understanding that growing and changing is natural and happens to everybody at different rates
	Boys' and girls' bodies	Appreciating the parts of the body that make us different and using the correct names for them
Y2	The changing me	Where am I on the journey from young to old, and what changes can I be proud of?
	Boys and girls	Differences between boys and girls – how do we feel about them? Which parts of me are private?
Y3	Outside body changes	How our bodies need to change so they can make babies when we grow up – outside changes and how we feel about them
	Inside body changes	How our bodies need to change so they can make babies when we grow up – inside changes and how we feel about them (animations used – shorter version Female and Male Reproductive Systems)



What is taught in each year?

RSE in the Jigsaw PSHE scheme

Y4	Having a baby	The choice to have a baby, the parts of men and women that make babies and – in simple terms – how this happens (animations used – the Female Reproductive System)
	Girls and puberty	How a girl's body changes so that she can have a baby when she's an adult – including menstruation (animations used – the Female Reproductive System)
Y5	Puberty for girls	Physical changes and feelings about them – importance of looking after yourself (animations used – the Female Reproductive System)
	Puberty for boys	Developing understanding of changes for both sexes – reassurance and exploring feelings (animations used – the Male Reproductive System)
	Conception	Understanding the place of sexual intercourse in a relationship and how it can lead to conception and the wonder of a new life (animations used – the Female and Male Reproductive Systems)
Y6	Puberty	Consolidating understanding of physical and emotional changes and how they affect US (animations used – the Female and Male Reproductive Systems)
	Girl talk / boy talk	A chance to ask questions and reflect (single sex) (animations used – the Female and Male Reproductive Systems)
	Conception to birth	The story of pregnancy and birth (animations used – the Female and Male Reproductive Systems)



Can parents withdraw their child?

Parents have a right to withdraw their children from all or any part of Sex Education aspect of RSE if they wish to do so, but not from the biological aspects of human growth and reproduction provided under the National Curriculum for science.

Parents do not have to give reasons for withdrawing their child but must inform the head teacher. Requests for withdrawal should be put in writing, making it clear which aspects of the programme they do not wish their child to participate in.



Which lessons can parents withdraw their children from?

Puberty is taught as a statutory requirement of Health Education and covered by our Jigsaw PSHE Programme in the 'Changing Me' Puzzle (unit). We conclude that sex education refers to Human Reproduction, and therefore parents can request their child be withdrawn from the PSHE lessons that explicitly teach this i.e. the Jigsaw Changing Me Puzzle (unit) e.g.

- Year 4, Lesson 2 (Having a baby)
- Year 5, Lesson 4 (Conception)
- Year 6, Lesson 3 (Conception, birth)

Alternative work will be given to pupils who are withdrawn from non-statutory components of Sex Education.

Examples of the content of these lessons can be made available to parents if they wish.



Why are LGBT issues included?

There has been much mis-information in the media about how LGBT+ issues are to be taught within the Relationships, Health and Sex Education curriculum in primary schools. We believe that all pupils should be taught about the society in which they are growing up. Relationships Education is designed to foster respect for others and for difference and educate pupils about healthy relationships. We also believe that children should receive teaching on LGBT content during their school years. Teaching children about the society that we live in and the different types of loving, healthy relationships that exist is very important.



Why are LGBT issues included?

The DFE have stated:

“Pupils should be able to understand the world in which they are growing up, which means understanding that some people are LGBT, that this should be respected in British society, and that the law affords them and their relationships recognition and protections”

Sexual orientation is a protected characteristic, as defined by the Equality Act 2010, and therefore it is illegal to show prejudices against anyone for it.

Throughout our school we show respect for others and celebrating our differences.



Feedback

If you have any questions or feedback please email the school office for the attention of Mr Gynn, Mrs Rees and / or Miss Kelly.

secretary@mevagisseysch.org

