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# RSE

Relationships and  
Sex Education

PARENTAL GUIDE.

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# RSE – Relationships and Sex Education

The purpose of this guide is to present to parents the curriculum for Relationships and Sex Education that will be taught in Newport Junior School and Newport Infant School during the Summer Term 2024.

This guide will aim to;

- ▶ explain the statutory changes to the curriculum schools need to embed into their existing curriculum.
- ▶ share some of the planned lessons, materials and key vocabulary which will be used to meet these requirements.
- ▶ explain parental rights

# What are the changes?

- The Health Education and Relationships Education aspects of PSHE (personal, social, health and economic) education will be compulsory in all primary schools from September 2020.
- Our definition of RSE is based on the Ofsted 2002 recommendations

"A caring and developmental RSE programme needs to be more than just biology and the fundamentals of reproduction. Children and young people want reassurance about how their body image, behaviour, feelings, and relationships. They also need knowledge and skills appropriate to their levels of maturity and developmental need."

- Parents will have the right to withdraw their child from Sex Education but not from statutory Relationships Education or Health Education.

# The context behind these changes

Our RSE Policy is available on the school website.

Our RSE Policy is based on legislation including:

- ▶ section 80A of the Education Act 2002
- ▶ section 403 of the Education Act 1996.
- ▶ the Relationships Education, Relationships and Sex Education, and Health Education regulations 2019
- ▶ the Children and Social Work Act 2017.
- ▶ Equalities Law 2010 – (which defines Protected characteristics)
- ▶ Keeping Children Safe in Education 2021 (Safeguarding)

# Families & people who care for me. Relationships.

These elements are the **compulsory part** of the changes and form our Relationship and Health Education Curriculum.

- Importance of families.
- Characteristics of healthy family life.
- How to recognise and seek help if family relationships make them feel unhappy or unsafe.
- Variety of different types of families.
- Marriage represents formal and legal commitment.
- Caring friendships & respectful relationships.
- Importance & characteristics of healthy friendships.
- Recognise who to trust, how to judge, manage conflict , seek help and advice.
- Respect differences & recognise stereotypes.
- Courtesy, manners, self-respect, authority, permission seeking.
- Bullying- recognise & report.

# Being Safe. Online Relationships.

More elements of the compulsory curriculum.

- Understand the importance of boundaries.
- Concept of privacy & secrets.
- Safe and unsafe contact.
- Report feelings of being unsafe, having the vocabulary and confidence.
- Asking for help or advice for self and others.
- Online behaviour, inc. pretending.
- Key principles on & offline for friendships & keeping safe.
- How to judge friendships & information.
- How is information and data shared.
- How to report harmful content & contact.

Much of this Relationship and Health Curriculum will be taught through our Computing Curriculum and through our PSHE Curriculum resource called **Jigsaw**.

# National Curriculum for Science

- Maintained schools are required to teach the national curriculum for science.
- At Key Stage 1 and 2 this includes teaching about the main external body parts and changes to the human body as it grows from birth to old age, including puberty.

**There is no right to withdraw from the national curriculum**

# Advice from The Lichfield Diocesan Board of Education.

Sex and Relationship Guidance: A Christian Perspective 2008, states that 'Sex and Relationship Education is part of a child's broad, balanced curriculum, integral to the basic curriculum of the school and part of the child's all-round development.

"In Church of England schools, RSE will be rooted in the teachings of the Church, including the importance of trust, loyalty, fidelity and the Christian understanding of marriage as the context for sexual relationships, as well as the understanding of abstinence and celibacy as positive life choices.

In partnership with parents, schools have a vital role to play in the formation of our children. Taking that responsibility seriously means we are not prepared to leave their development to the distorted representations of sex and relationships that are just a few clicks away on their phones and computers, but will actively promote staying safe, developing healthy relationships, and protecting self-esteem and good mental health. That's what good RSE should aim for as it contributes to an education that develops dignity and respect.

Nigel Genders the Church of England's Chief Education Officer  
2019 response to DfE guidance



These lessons are taken from the Respect Yourself Resource which will be used for our Relationship and Sex Education Curriculum. Respect Yourself is used widely across Telford and Wrekin and Shropshire schools.

These lessons will build upon prior learning in KS1.

They will form the Sex Education part of our RSE curriculum.

These are the lessons parents will have the right to withdraw children from if they wish.

Parents will need to make this request, using the appropriate form, to the Headteacher. (See form attached to parental letter).

### RSE Planning Overview Summer Term

Year 3	Changes Create a character. Lesson 1 - Growing Up.	Changes Lesson 2 - Knowing our bodies.	Changes Lesson 3 - Facts & Fiction	Care and Commitment Friendship		
Year 4	Changes Create a character. Lesson 1 - Life cycles	Changes Lesson 2 - Knowing our bodies	Changes Lesson 3 - Periods	Care and Commitment Healthy Choice Challenge	Care and Commitment What and who helps	Care and Commitment Celebrating
Year 5	Changes Create a character. Lesson 1 - Puberty	Changes Lesson 2 - Menstruation	Changes Lesson 3 - Reproduction	Changes Lesson 4 Pregnancy and Birth		
Year 6	Create a character Lesson 1 - Valuing Ourselves	Lesson 2 - Changes	Lesson 3 - Puberty	Lesson 4 - Knowing our bodies	Lesson 5 - Unit Review	

# Create a Character

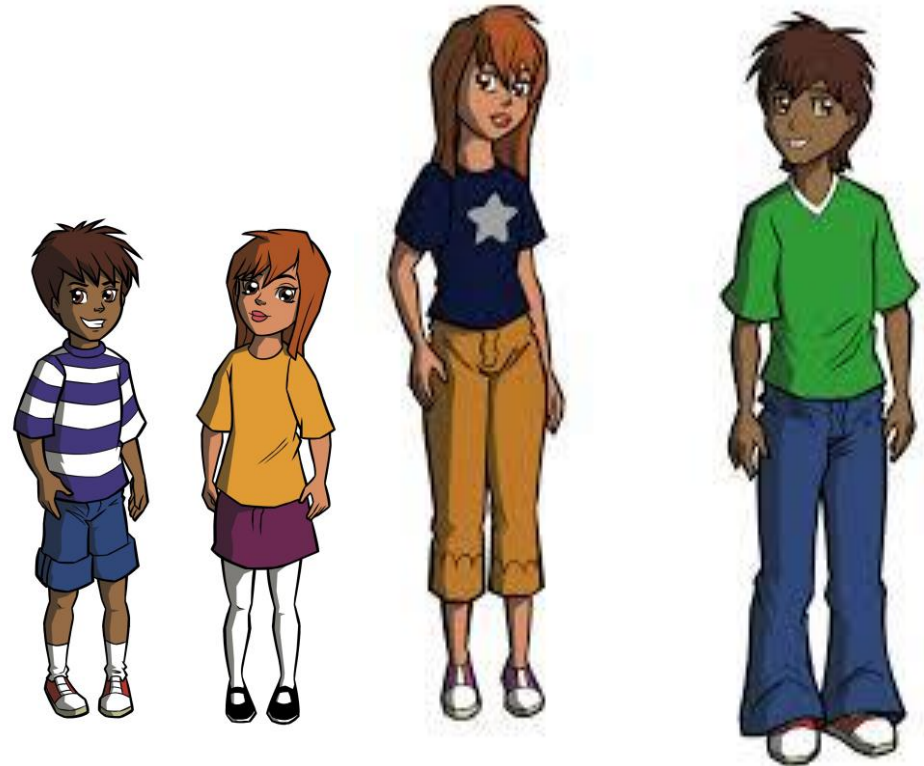
## Boz and Baz

The first lesson for each year group will begin with the introduction of two imaginary characters, Boz and Baz.

Teachers can refer to them as the focus for changes in their bodies and how they, as characters, might feel.

It allows the children to project their emotions onto the characters rather than personalising any conversations.

e.g. Boz has noticed her body is changing... I wonder how she feels...



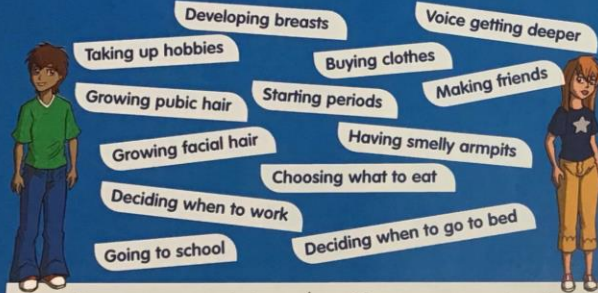
# Key Vocabulary

Yr. 2	Yr. 3	Yr. 4	Yr. 5	Yr. 6
testicle penis vagina	period * Breasts vulva pubic hair life cycle  (*at this stage children are using the word 'period' to label an event in a child's development, <b>not learning what a period is or what happens to the body</b> )	puberty anus sperm fallopian tube ovary / ovaries bladder	reproduction menstruation tampons sanitary towels uterine tube uterus (womb) ovum urethra fertilisation foetus umbilical cord contractions labour conception contraception	erection ejaculate semen genitals wet dream ovulation labia clitoris hormones prostate gland scrotum foreskin nipple

## Sort The Changes

Year 3 Lesson 1

Which changes can we control? Sort them into two columns and add some of your own. Are some in the middle?



### Questions to think about

What would it feel like to be the first or last person in your class to experience these changes?

Will I have more or less control as I get older?

What do I need to think about and who will help me?

## What Do Things Come From?

Year 3 Lesson 3

Choose a word from the list below to finish the sentence.

Cats  
Seeds

Tadpoles  
Caterpillars

Eggs  
Acorns



Frogs come from



Flowers come from



Birds come from



Butterflies come from



Kittens come from



Oak trees come from

Two sample lesson worksheets from Yr3. Focus is on the changes we face as we grow up and secondly to begin looking at life cycles.



Year 4 Lesson 2

## Inside Our Bodies

The diagram shows a human figure with various organs labeled and their functions listed below:

- Brain:** Digests food
- Heart:** Produce sperm
- Intestine:** Produces chemicals for digestion
- Liver:** Pumps blood around our bodies
- Kidneys:** Protects the outside of the body
- Ovaries & Fallopian Tube:** Processes food waste
- Bladder:** Exchange oxygen for carbon dioxide
- Penis & Testicles:** Controls mental processes
- Produce eggs:** (Associated with Ovaries & Fallopian Tube)
- Clean the blood:** (Associated with Kidneys)

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Year 4 Lesson 2

## Periods

What do you know?

Can you help Boz, Baz and their friends with their questions?

**What is a period?**

**How old are girls when their periods start?**

**How many days do periods last for?**

**What do you use to soak up the blood?**

**Can you still do PE and go swimming?**

**A period is...**

**Girls are...**

**Periods last for...**

**You use...**

**You can...**

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A sample of lesson worksheets from Yr4. The focus here is on introducing the idea of periods to both boys and girls in Yr4. Children will also explore the function of key body organs.

## True or False

Year 5 Lesson 2

### Menstruation Cards

1. Menstruation is the word used for when a girl has her period	2. A period normally lasts 3-6 days
3. A girl gets her first period at age 12	4. Men cannot have periods
5. A girl loses about 2 tablespoons of blood at each period	6. The blood from a period is dirty
7. It is not OK to take a bath or wash your hair when you are menstruating	8. Girls can go swimming when they have their periods
9. Not all women get periods	10. Girls who start their periods unexpectedly should go home immediately
11. It is best to get rid of used sanitary towels & tampons by flushing them down the toilet	12. Young women should use tampons
13. Missing a period is always a sign of pregnancy	14. It is not harmful to exercise when you have a period
15. All women are moody when they expect their periods	16. It is embarrassing to buy sanitary wear

Year 5 Lesson 4

### Nine Months

Match each description to the right picture stage.



The foetus is fully formed. It has all its organs, muscles, limbs and bones. It still has to grow and mature. The sex organs are well developed and the baby is moving about.

The baby is growing plumper. Its skin, which was quite wrinkled, is now smooth. It is probably lying head-downwards ready for the birth.

The hair is beginning to grow, including eyebrows and eyelashes. The baby moves and responds to touch and sound, often by kicking. Sometimes it may get hiccups. It wakes and sleeps. Its heartbeat can be heard through a stethoscope.

A sample of lesson worksheets from Yr5. There is a true or false sorting task about menstruation which will lead to a discussion and a lesson about how baby grows and develops over nine months.



# Puberty Quiz



**Read the sentences below**

Decide if the statements are true or false.

Circle the **T** if you think it is **True** or **F** if you think it is **False**.

1. Both boys and girls go through puberty T F
2. Puberty involves physical changes and emotional changes T F
3. Puberty starts at the same time for everyone T F
4. Puberty happens because of hormones T F
5. Name two changes, physical or emotional, that happen for girls during puberty:  
 (a) \_\_\_\_\_  
 (b) \_\_\_\_\_
6. Name two changes, physical or emotional, that happen for boys during puberty:  
 (a) \_\_\_\_\_  
 (b) \_\_\_\_\_

# Body Part Names

## Summary Sheet



### Penis

Boys and men have one.  
Urine or wee comes from it when a man urinates.  
It becomes erect and stiff when the man becomes sexually excited.

### Testicle

Boys and men have two of these.  
They hang either side of the penis.  
Other names are balls, nuts, testes, bollocks.  
They produce sperm.

### Foreskin

This is the skin that surrounds the head of the penis.  
When the penis is erect, the foreskin stretches back.

### Scrotum

This is like a soft bag. The testicles or balls hang on it. Helps control temperatures.

### Womb

This contains women's reproductive organs.  
It is also called a uterus and is where a baby grows, if an egg is fertilised by sperm.

### Ovary

A women has two, one each side of her womb.  
They contain her eggs.

### Clitoris

Small fleshy and sensitive bump at the opening of the vagina.

### Fallopian Tube

Once a month the egg moves down this tube to the womb, in a women's body.

### Vagina

Opening between the top of a woman's legs.  
Where the penis goes during sex, and where a baby is born from.

### Breast

Can be different sizes and shapes.  
May become sore before a period.  
Produces milk for a baby.

### Urethra

Urine (also known as pee or wee) pass down this tube from the bladder. In a man part of it is in the penis. It carries the sperm out of the body.

### Nipple

Both men and women have these.  
They can be different sizes and shapes.

### Anus

This is a small opening where the body gets rid of waste. Faeces (poo) leaves the body here.

### Bladder

This is where urine (wee) collects.



A sample of lesson worksheets from Yr6. There is very much a focus on reviewing all previous learning in Yr6 and allowing children to ask questions prepare for the transition to secondary school.



# RSE – Further questions.

Thank you for taking the time to read this guide through and familiarising yourself with our RSE Curriculum.

If you have any questions, please do make contact with the class teacher or directly with Mr Rotherham.