

RELATIONSHIPS & SEX EDUCATION

Parent Consultation May 2021





COMMON PRINCIPLES

- We all want what is best for children.
- We want to protect children and to keep them safe.
- We want children to be healthy and happy.

High quality RSE is part of this.

CONTENTS

- Why is the curriculum changing?
- Why is Relationship and Sex Education important?
- Relationship and Sex Education in Primary Schools
- Overview of Teaching
 - The Christopher Winter Project RSE Scheme of work
 - Reception Lessons and resource example
 - Year 1 Lessons and resource example
 - Year 2 Lessons and resource example
 - Year 3 Lessons and resource example
 - Year 4 Lessons and resource example
 - Year 5 Lessons and resource example
 - Year 6 Lessons and resource example
- The Whole School Approach
- RSE Policy
- Support for Parents
- I have some questions!
- Where can I find out more info on what my child will be taught?
- Thank you

WHY THE CURRICULUM IS CHANGING

- 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.
- The Children and Social Work Act 2017 introduced a new legislation on Relationships Education, Relationships and Sex Education, and Health Education in Schools.
- Safeguarding Children is at the heart of Relationships and Sex Education.

WHY RELATIONSHIPS & SEX EDUCATION IN SCHOOLS IS IMPORTANT

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

- RSE plays a vital part in schools fulfilling their statutory duties to protect and safeguard their students. Ofsted is clear that schools must have a preventative programme that enables students to learn about safety and risks in relationships.
- Schools maintain a statutory obligation under the Children Act (2004) to promote their students' wellbeing and under the Education Act (2002) to prepare children and young people for the challenges, opportunities and responsibilities of adult life. A comprehensive RSE programme can have a positive impact on students' health and wellbeing and their ability to achieve and can play a crucial part in meeting these obligations.
- Technology is evolving at a tremendous pace. The need to protect children and young people from inappropriate online content, cyber- bullying and exploitation is a growing concern. A comprehensive RSE programme can support in addressing these issues.

RELATIONSHIPS & SEX EDUCATION

AN INTRODUCTION

- **‘Relationships’ education will be compulsory for all primary age pupils from September 2020 – many schools will opt to teach the content in Summer Term 2021.**
- **Health education will be compulsory for all pupils in all state funded schools.**
- Teaching at school will complement (not replace) and reinforce the lessons families teach their children as they grow up.
- At Five Spires Academy we aim to flexibly and inclusively deliver any content in a way that is age and developmentally appropriate with respect to the backgrounds and beliefs of pupils and parents while always with the aim of providing pupils with the knowledge they need to be safe.

RELATIONSHIPS EDUCATION IN PRIMARY SCHOOLS

- Relationships Education is introduced at Primary and students explore the following areas:
 - ✓ Families and people who care for me
 - ✓ Caring Friendships
 - ✓ Respectful Relationships
 - ✓ Online Relationships
 - ✓ Being Safe
- The Department for Education continues to recommend that all Primary schools offer a sex education programme. Sex education is not compulsory in Primary schools and parents have a right to withdraw their child from the dedicated 'sex education' lessons; however, we advise asking to see the teaching content before making this decision.

OVERVIEW OF TEACHING EXPECTATIONS

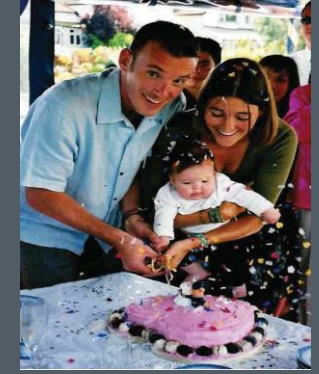
Relationships Education	Physical Health and Mental Well Being	National Science Curriculum
Families and People who care for me	Mental Wellbeing	<ul style="list-style-type: none"> • Describe life processes of reproduction in plants and animals • Describe the changes to humans develop to old age • Recognise that living things produce offspring of the same kind but normally offspring vary and are not identical to parents
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	
	Changing Adolescent Body	

Reception Family and Friendship

Scheme of Work

Word Box: Friendship, kindness, happy, sad, shy, feelings, lonely, sorry, angry, family, mum, dad, brother, sister, grandma, grandad, stepmum, stepdad, foster mum, foster dad.

Statutory Guidance	Learning Intentions and Learning Outcomes	Title	Resources
Relationships Education Caring friendships (2a,2c) Health Education Mental wellbeing (6b,6c,6g)	Learning Intention To recognise the importance of friendship Learning Outcomes Know that friendships can make us feel happy Know some ways that we can make new friends feel welcome	Lesson 1 Caring Friendships	Elephant glove puppet or toy Pictures of children at school
Relationships Education Caring friendships (2d) Health Education Mental wellbeing (6b,6c)	Learning Intention To recognise the importance of saying sorry and forgiveness Learning Outcomes Know that arguing with friends and then making up can make friendships stronger That resorting to violence is never right	Lesson 2 Being Kind	Elephant glove puppet or toy Picture of a crown and art materials to make crowns, i.e. paper or play-doh
Relationships Education Families and people who care for me (1a) Caring friendships (2a) Respectful relationships (3a)	Learning Intention To recognise that all families are different Learning Outcomes Identify different members of the family Understand how members of a family can help each other	Lesson 3 Families	Elephant glove puppet or toy <i>The Family Book</i> , Todd Parr Families pictures Paper and drawing materials



Year 1

Growing & Caring For Ourselves Key Stage 1

Scheme of Work

Word Box: Friends, feelings, similar, different, family, boy, girl, male, female, private parts, penis, vulva

Statutory Guidance

Relationships Education
Respectful relationships
(3a,3e)
Healthy Education
Mental wellbeing
(6b,6c)

Key Stage 1 Science
- Identify, name, draw and label
the basic parts of the human
body

Relationships Education
Families and people who care
for me (1a,1b,1c,1d,1f)
Caring friendships (2e)
Respectful relationships (3a,3e)
Being Safe (5d,5e)
Health Education
Mental wellbeing (6b,6c)

Learning Intentions and Learning Outcomes

Learning Intention
To understand that we are all different but can still be friends
Learning Outcomes
Know that we can be friends with people who are different to us

Learning Intention
To discuss how children grow and change
Learning Outcomes
Understand that babies need care and support
Know that older children can do more by themselves

Learning Intention
To explore different types of families and who to ask for help
To identify who can help when families make us feel unhappy or
unsafe
Learning Outcomes
Know there are different types of families
Know which people we can ask for help

Lesson Title

Lesson 1
[Different Friends](#)

Lesson 2
[Growing and Changing](#)

Lesson 3
[Families and Care](#)

Resources

Talking object
Story bag containing an elephant puppet (or the
elephant picture) and a school jumper or shirt if the
school has one.
Paper and coloured pencils

Talking object
Story bag containing [Pictures of newborn babies](#)
[Lifecycle picture cards](#)
[Lifecycle word cards](#)
[Lifecycle whiteboard summary](#)

Talking object
Story bag - containing a ball and a school jumper
[Families pictures](#)
The Family Book, Todd Parr



Lifecycle Word Cards

Baby

Toddler

Child

Teenager

Adult

Elder

YEAR 1 LESSON OVERVIEW & RESOURCE
EXAMPLE

Year 2

Differences

Key Stage 1

Scheme of Work

Word Box: Similar, different, sex, gender roles, stereotypes, boy, girl, male, female, private parts, penis, vulva

Statutory Guidance

Relationships Education
Respectful relationships
(3a,3g)
Key Stage 1 Science
- Identify, name, draw and label the basic parts of the human body

Learning Intentions and Learning Outcomes

Learning Intention
To introduce the concept of gender stereotypes
To identify differences between males and females
Learning Outcomes
Understand that some people have fixed ideas about what boys and girls can do
Describe the difference between male and female babies

Lesson Title

Lesson 1
[Differences](#)

Resources

2 large PE hoops
[Boy/Girl/Everyone labels](#)
Bag of objects and clothing to explore male and female stereotypes or [Pictures of objects and clothing](#)
[Clothed Babies picture cards](#)
[Clothed Babies whiteboard summary](#)
[Pictures of newborn babies](#)
Suggested reading:
Pearl Power and the Toy Problem, Mel Elliott
Julian is a Mermaid, Jessica Love
Are you a boy or are you a girl, Sarah Savage and Fox Fisher
Princess Smartypants, Babette Cole
William's Doll, Charlotte Zolotow
Amazing Grace, Mary Hoffman and Caroline Binch

Relationships Education
Respectful relationships (3a)
Key Stage 1 Science
- Notice that animals, including humans, have offspring that grow into adults

Learning Intention
To explore some of the differences between males and females and to understand how this is part of the lifecycle
Learning Outcomes
Describe some differences between male and female animals
Understand that making a new life needs a male and a female

Lesson 2
[Male and Female Animals](#)

Talking object
[Pictures of male and female animals](#)
[Cats and Kittens worksheet](#)
Anatomically correct toy farm animals

Key Stage 1 Science
- Identify, name, draw and label the basic parts of the human body

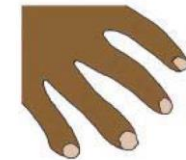
Learning Intention
To focus on sexual difference and name body parts
Learning Outcomes
Describe the physical differences between males and females
Name the different body parts

Lesson 3
[Naming Body Parts](#)

2 large PE Hoops
[Hoop labels](#)
[Body Parts picture cards](#)
[Female x-ray picture](#)
[Body Parts worksheet](#)
Suggested reading:
Shaperville, Andy Mills
It's OK to be Different, Todd Parr



resources



Fingers



Penis

Body Parts picture cards



Head



Knees

YEAR 2 LESSON OVERVIEW & RESOURCE EXAMPLE

Year 3

Valuing Difference and Keeping Safe Key Stage 2

Scheme of Work

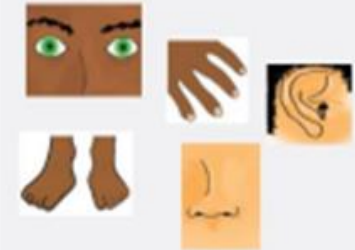
Word Box: Stereotypes, gender roles, similar, different, male, female, private parts, penis, testicles, vulva, vagina, uterus, family, fostering, adoption, relationship

Statutory Guidance	Learning Intentions and Learning Outcomes	Lesson Title	Resources
Relationships Education Respectful relationships (3a)	Learning Intention To identify that people are unique and to respect those differences To explore the differences between male and female bodies Learning Outcomes Know and respect the body differences between ourselves and others Name male and female body parts using agreed words	Lesson 1 Body Differences	It's OK to be different, Todd Parr Pictures of male and female bodies Body Difference matching cards Additional Activities Cinderella's Bum, Nicholas Allan Shaperville, Andy Mills
Relationships Education Caring friendships (3a) Respectful relationships (3b, 3d, 3f) Being safe (3a, 3b, 3c, 3d, 3f, 3g)	Learning Intention To consider appropriate and inappropriate physical contact and consent Learning Outcomes Understand that each person's body belongs to them Understand personal space and unwanted touch	Lesson 2 Personal Space	PANTS cards Unwanted Touch scenarios Additional Activities It's my body-- a book about body privacy, Louise Spilsbury and Mirella Mariani
Relationships Education Families and people who care for me (3a, 1b, 1c, 1d, 1f) Being safe (3d, 3f, 3g, 3h)	Learning Intention To explore different types of families and who to go to for help and support Learning Outcomes Understand that all families are different and have different family members Identify who to go to for help and support	Lesson 3 Help and Support	Families pictures Who can I talk to? worksheet The Family Book, Todd Parr Additional Activities Tell Me Again About The Night I Was Born, Jamie Lee Curtis What's in a Family? Robert Skutch Happy Families, Allan Ahlberg Spark! Leans to Fly, Judith Foxon Stronger Dancer, Anne Fine



Body Difference matching cards

1. Our bodies are all unique, but we have many body parts that are similar



2. One difference is the male and female private parts



Year 4

Growing Up Key Stage 2

Scheme of Work

Word Box: Puberty, lifecycle, reproduction, physical, breasts, sperm, egg, pubic hair, emotional, feelings

Statutory Guidance Health Education Changing adolescent body (8a) Key Stage 2 Science - describe the life process of reproduction in some plants and animals	Learning Intentions and Learning Outcomes Learning Intention To explore the human lifecycle To identify some basic facts about puberty Learning Outcomes Understand that puberty is an important stage in the human lifecycle Know some changes that happen during puberty	Lesson Title Lesson 1 <u>Changes</u>	Resources Lifecycle whiteboard summary Body Parts Bingo cards Bingo flash cards Body Changes pictures Lifecycle Quiz slides Lifecycle Quiz answers Additional Activities Babies and Children worksheet
Health Education Mental wellbeing (8a,8b,6c,6d,6f) Health Education Changing adolescent body (8a, 8b) Menstruation (9a) Key Stage 2 Science - describe the life process of reproduction in some plants and animals - describe the changes as humans develop to old age	Learning Intention To explore how puberty is linked to reproduction Learning Outcomes Know about the physical and emotional changes that happen in puberty Understand that children change into adults to be able to reproduce if they choose to	Lesson 2 <u>What is Puberty?</u>	Bag containing spot cream, deodorant, shaving foam, menstrual pads/tampon, a love heart Puberty Card Sort Puberty Card Sort whiteboard summary Body Changes worksheet Puberty Changes Teacher Guide Suggested Reading Where Willy Went, Nicholas Allan Hair in Funny Places, Babette Cole
Relationships Education Caring friendships (3a,3c,3d,2e) Respectful relationships (3a,3b,3d,3e,3f,3h) Online relationships (4b,4d)	Learning Intention To explore respect in a range of relationships To discuss the characteristics of healthy relationships Learning Outcomes Know that respect is important in all relationships including online Explain how friendships can make people feel unhappy or uncomfortable.	Lesson 3 <u>Healthy Relationships</u>	Healthy Friendships cards Relationship pictures Online Respect and Self-Respect video https://www.youtube.com/watch?v=m23XvLdipk



Healthy Friendships Cards

1. Likes to talk and listens to my ideas.
2. We are both happy spending time together and have lots of fun.
3. Tells me who I can and can't be friends with.
4. Gets moody and sometimes hits me if I don't do what they want.
5. Asks me what I would like to do when we spend time together
6. Always telling me what I should and shouldn't do.

YEAR 4 LESSON OVERVIEW & RESOURCE EXAMPLE

Year 5 Puberty

Key Stage 2

Scheme of Work

Word Box: Puberty, physical changes, emotional changes, moods, menstruation, periods, tampons, sanitary towels, wet dreams, semen, erection, sweat, breasts, spots, pubic hair, facial hair, underarm hair, sexual feelings

Statutory Guidance

Health Education
Mental wellbeing
(6c, 6d, 6e)
Changing adolescent body
(8a, 8b)
Menstruation (9a)

Learning Intentions and Learning Outcomes

Learning Intention
To explore the emotional and physical changes occurring in puberty
Learning Outcomes
Explain the main physical and emotional changes that happen during puberty
Ask questions about puberty with confidence

Lesson Title

Lesson 1
Talking About Puberty

Resources

[Puberty Changes Teacher Guide](#)
[Puberty Changes worksheet](#)
[Reproductive System slides](#)
[Pupil Questions template](#)

Health Education
Changing adolescent body
(8a, 8b)
Menstruation (9a)

Learning Intention
To understand male and female puberty changes in more detail
Learning Outcomes
Understand how puberty affects the reproductive organs
Describe what happens during menstruation and sperm production

Lesson 2
The Reproductive System

[Reproductive System slides](#)
[Puberty Changes Teacher Guide](#)
Menstrual cycle animation
[Male Changes Powerpoint](#)
[Puberty Card Game](#)
[Puberty Card Game answer sheet](#)
[Puberty Card Game whiteboard summary](#)
Model materials: spaghetti (fallopian tubes) and poppy seeds (eggs)
Selection of menstrual product (tampons, pads, liners, re-usable)
Pupil questions from Lesson 1
Additional Activities
[What is the Menstrual Cycle? cards](#)
[What is the Menstrual Cycle? whiteboard summary](#)
[Menstruation Card Game](#)
[Menstruation Card Game whiteboard summary](#)

Health Education
Mental wellbeing
(6a, 6b, 6c, 6d, 6e, 6f)
Changing adolescent body
(8a, 8b)
Menstruation (9a)

Learning Intention
To explore the impact of puberty on the body and the importance of physical hygiene
To explore ways to get support during puberty
Learning Outcomes
Explain how to keep clean during puberty
Explain how emotions/relationships change during puberty
Know how to get help and support during puberty

Lesson 3
Puberty Help and Support

Kim's Game items and a cloth to cover them (see lesson plan)
[Kim's Game Teacher Guide](#)
[Year 5 Puberty Problem Page](#)
[Year 5 Puberty Problem Page cut-outs](#)
[Year 5 Problem Page Teacher Guide](#)
Pupil questions from Lesson 1
Additional Activities
[Puberty Bingo cards](#)

Puberty Card Game

1. A girl gets her first period when she starts secondary school

2. A period normally lasts 2-7 days

3. All boys have wet dreams

4. Girls can go swimming when they have their periods

Scheme of Work

Puberty, Relationships and Reproduction Key Stage 2

Word Box: Womb, sperm, egg, conception, fertilisation, pregnancy, sexual intercourse, twins, fostering, adoption, relationship, friendship, love, consent, intimacy, communication, personal/private information, internet safety


Statutory Guidance	Learning Intentions and Learning Outcomes	Lesson Title	Resources
Health Education Mental wellbeing (6c,6d,6f,6g,6i,6j) Changing Adolescent body (8a,8b)	Learning Intention To consider puberty and reproduction Learning Outcomes Describe how and why the body changes during puberty in preparation for reproduction Talk about puberty and reproduction with confidence	Lesson 1 Puberty and Reproduction	Resources Puberty Changes Teacher Guide Puberty Body Part cards Reproduction questions sheet Reproduction answer cards Reproduction whiteboard summary Additional Activities Year 6 Puberty Problem Page Year 6 Puberty Problem Page Cut-outs Year 6 Puberty Problem Page Teacher Guide
Relationships Education Families and people who care for us (1a,1b,1d,1f) Caring friendships (2a,2b,2c) Respectful relationships 3b,3d,3h) Being safe (5a,5b,5c,5d,5e)	Learning Intention Exploring the importance of communication and respect in relationships Learning Outcomes Explain differences between healthy and unhealthy relationships Know that communication and permission seeking are important	Lesson 2 Communication in Relationships	Communication and Touch cards Pupil Questions template
Relationships Education Families and people who care for us (1c,1d,1e) Key Stage 2 Science - recognise that living things produce offspring of the same kind, but normally offspring vary and are not identical to parents	Learning Intention To consider different ways people might start a family Learning Outcomes Describe the decisions that have to be made before having children Know some basic facts about conception and pregnancy	Lesson 3 Families, Conception and Pregnancy	Couple pictures How does a baby start? cards (one set per group) How does a baby start? whiteboard summary Pupil Questions from previous lesson - typed Additional Activities Conception and Pregnancy statements Conception and Pregnancy Quiz Conception and Pregnancy Quiz Answers Reproductive System slides
Relationships Education Online relationships (4a,4b,4c,4d,4e) Being safe (5a,5b,5d,5e,5g,5h) Mental wellbeing (6h,6i)	Learning Intention To explore positive and negative ways of communicating in a relationship Learning Outcomes To have considered when it is appropriate to share personal/private information in a relationship To know how and where to get support if an online relationship goes wrong	Lesson 4 Online Relationships	Relationship Question cards Communication Scenario cards Communication Scenarios answers Communication Scenarios whiteboard summary Additional Activities Film clip from www.thinkuknow.co.uk

Communication and Touch Cards

1. Kel is 14 years old and has been going out with Shay for two weeks. Kel wants to kiss Shay but is too embarrassed to ask. Kel decides to just kiss Shay anyway. Shay doesn't really want to kiss Kel but is too embarrassed to say anything.

2. Sayeed and Mark have been best mates for ages and Sayeed often gives Mark a big hug each morning when they meet at school. They have never spoken about it but it just happens. Mark doesn't really like being hugged but he goes along with it because he doesn't want to lose the friendship.

3. Jay always gets told to kiss his grandma when she comes over. He really doesn't want to but feels like he has to and feels like he can't say anything.



WHOLE SCHOOL APPROACH

- All of these subjects should be and are set in the context of a wider whole-school approach to supporting pupils to be safe, happy and prepared for life beyond school.
- For example, the curriculum on relationships and sex complements, and is supported by, the school's wider policies on behaviour, inclusion, respect for equality and diversity, bullying and safeguarding.
- At the heart of Relationships Education, Relationships and Sex Education and Health Education, there is a focus on keeping children safe and the role that schools can play in preventative education.



DRAFT RSE POLICY

- A draft RSE Policy has been drawn up alongside the REAch2 Academy Trust to reflect current statutory guidance including RSE curriculum offer.
- The draft RSE Policy can be found on the school RSE webpage.
- Our Draft RSE policy in line with RSE Guidance 2020/21 includes information on What is RSE?, Curriculum Content and lessons, Inclusion, Role and responsibilities, confidentiality and your rights as a parent.

WHERE CAN I FIND SUPPORT?

- School website
- Department for Education including a FAQ sheet and Parent Guide to RSE

If you would like to see any of the Sex Education resources before giving consent for your child to take part in the sessions, please contact the school for this to be arranged.

THANK YOU

We hope, as parents/carers you have the confidence that we are providing the highest quality education for your children.

As a school community we are committed to working in partnership with parents so your views will be greatly appreciated to further inform our RSE policy and curriculum. Thank you.