

# **Relationships, Sex & Health Education (RSHE) March 2023**

**Information for parents and carers**



# **Welcome!**

**The aim of this presentation is to inform you of:**

- **the school's legal obligations on Relationships and Sex Education (from 2020)**
- **your rights as a parent/carer**
- **how, what, why and when we intend to teach children**

When and where did you learn about relationships, puberty and human reproduction?

- Was it the best way?
- Was there anything you didn't understand?
- Was there anything you were worried about?
- Has the world changed since then?

# Why is Relationships, Sex and Health Education (RSHE) important to our children?

*Children are part of networks of relationships and need to be able to understand, maintain and recognise when things are not o.k.*

*We all live in a world dominated by body image, where we are bombarded with the need to be attractive, often linked to sex. This occurs via:*

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

**Music and lyrics-** What percentage of songs in the charts are linked to sex and body image? What messages are they getting about what healthy relationships should be like?

**Messages in TV programmes-** Story lines linked to Domestic violence, cervical cancer, same sex relationships, sex and body image, dating shows

**Online-** Chat rooms, click bait, pornography, grooming, Tiktok, Snapchat, Facebook, Instagram, Twitter and other.

# A unified approach

There are real dangers and misconceptions that Relationships, Sex Education aim to address. It is important for children to be taught the content of RSHE so that they can recognise dangers and seek help if they need it.

Children will become aware of adult relationships and sex – and schools and parents must work together to ensure that facts are presented to eliminate myths and half-truths

Also, we must be positive and aim to build healthy attitudes towards positive relationships, rather than just avoiding perceived threats.

# Ethos

The most effective way to deliver vital information to our children.

MUST be through a factual approach that takes into account the age, stage of development of the children.

It MUST also be a clear and consistent message, coming from a school and home partnership.

# Relationships Education

What will children learn about relationships and why?

1. What a positive, healthy, caring, safe relationship looks and feels like
2. How to speak up and get help when a relationship does NOT feel healthy/positive/safe
3. How to make and maintain positive relationships

# The view of the government

'Today's children and young people are growing up in an increasingly complex world and living their lives seamlessly on and offline....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 Guidance on Relationships Education, Sex Education and Health Education 2019

# Compulsory status of RSE and Health Education

- In 2017 the government passed an amendment to the Children and Social Work Bill to make RSE and Health Education statutory from Sept 2020.
- Supported by over 100 organisations, including Public Health England, Teaching Unions, NCB, etc)
- Ratified by House of Lords 24 April 2019
- Jigsaw meets all the expectations of the DfE guidance (published April 2019)
- ...as long as it is delivered fully and well.



## Relationships Education, Relationships and Sex Education (RSE) and Health Education

Statutory guidance for governing bodies, proprietors, head teachers, principals, senior leadership teams, teachers

# What do we need to teach?

RELATIONSHIPS EDUCATION IS COMPUSLORY

HEALTH EDUCATION IS COMPULSORY

But Sex Education is at school's discretion

# What areas of Health Education are taught?

- Mental wellbeing
- Internet safety and harms
- Physical health and fitness
- Healthy eating
- Drugs, alcohol and tobacco
- Health and prevention
- Basic First Aid
- Changing adolescent body (Puberty)

# What will be covered in relationships education?

- Families and people who care for me
- Caring friendships
- Respectful relationships
- Online relationships
- Being safe

# **LGBTQ+ Equality: DfE RSHE guidance:**

***‘Schools are required to comply with relevant requirements of the Equality Act 2010. Further guidance is available for schools in The Equality Act 2010 and schools advice. Schools should pay particular attention to the Public sector equality duty (PSED) (s.149 of the Equality Act).’ - Para 27 page 13***

***‘Schools should be alive to issues such as everyday sexism, misogyny, homophobia and gender stereotypes and take positive action to build a culture where these are not tolerated, and any occurrences are identified and tackled.’ - Para 31 page 13***

# Sex education

**The Department of education *recommends* 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'**

# How is Sex Education taught through science at KS1?

## 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

# How is Sex Education taught through Science 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

# After Spring 2021,

## **By law:**

1. Schools **MUST** teach the Science curriculum
2. The DfE guidance 2019 states that Relationships and Health Education (including changing adolescent body) are compulsory

## **By recommendation**

1. All schools have a Sex Education Programme, but how schools do this is up to them.

# Right to withdraw

“Parents have the right to request that their child be withdrawn from some or all of sex education delivered as part of statutory RSE”.

NOT from Relationships or Health Education.

So, this presentation is to inform you of what this school defines as Sex Education, what teaching materials are used in Jigsaw and what we intend to teach in RSHE and why

...so you can make this decision.

**(Government guidance 2020)**

**To withdraw your child from Sex education, you will need to complete the ‘Withdrawal from Sex Education’ form. This can be found on the school website or requested from school.**

# **As a school, we define Sex Education as...**

*Human reproduction: Conception and birth*

*In Jigsaw, Sex Education is about human reproduction NOT about sexual activity.*

# Keeping Children SAFE

*“Ignorance does not protect innocence and could make children more vulnerable.”*

*PSHE, including relationships education, Health Education and Sex Education aims to keep children safe.”*

*(Jigsaw PSHE)*

# RSHE Topics

At Dovecote, we follow the JIGSAW approach to teaching Personal and Social, Health Education (PSHE). This enables us to deliver high-quality, factual lessons that cover all of the recommended strands of learning.

The two topics link to RSHE are as follows:

## 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**  
**\* 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 class/schools**  
**\*Sex education topics.**

# What is taught and when?

## Puberty and Human Reproduction in the Changing Me topic

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 and when?

## Puberty and Human Reproduction in the Changing Me Topic

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 to illustrate the Female Reproductive System)
	Girls and puberty	How a girl's body changes <b>so that she can have a baby when she's an adult</b> - 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)
	<b>Conception</b>	<b>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)</b>
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)
	<b>Conception to birth</b>	<b>The story of pregnancy and birth (animations used - the Female and Male Reproductive Systems)</b>

# What can I choose to opt out of?

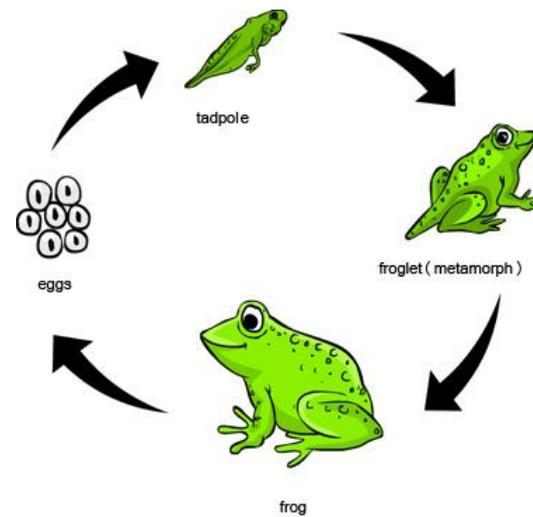
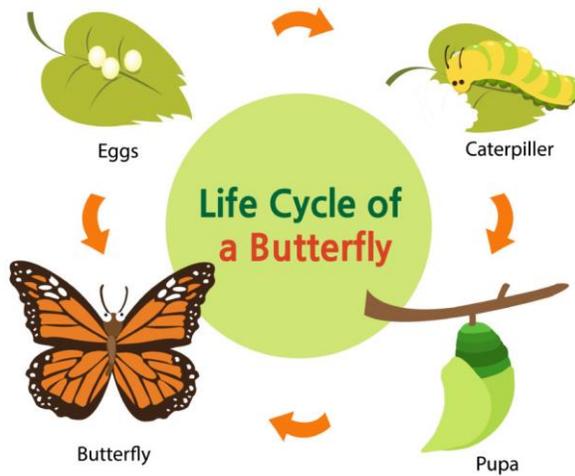
Puberty and Human Reproduction in the Changing Me Topic

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**There are only  
3 lessons that a  
child can be  
withdrawn from**

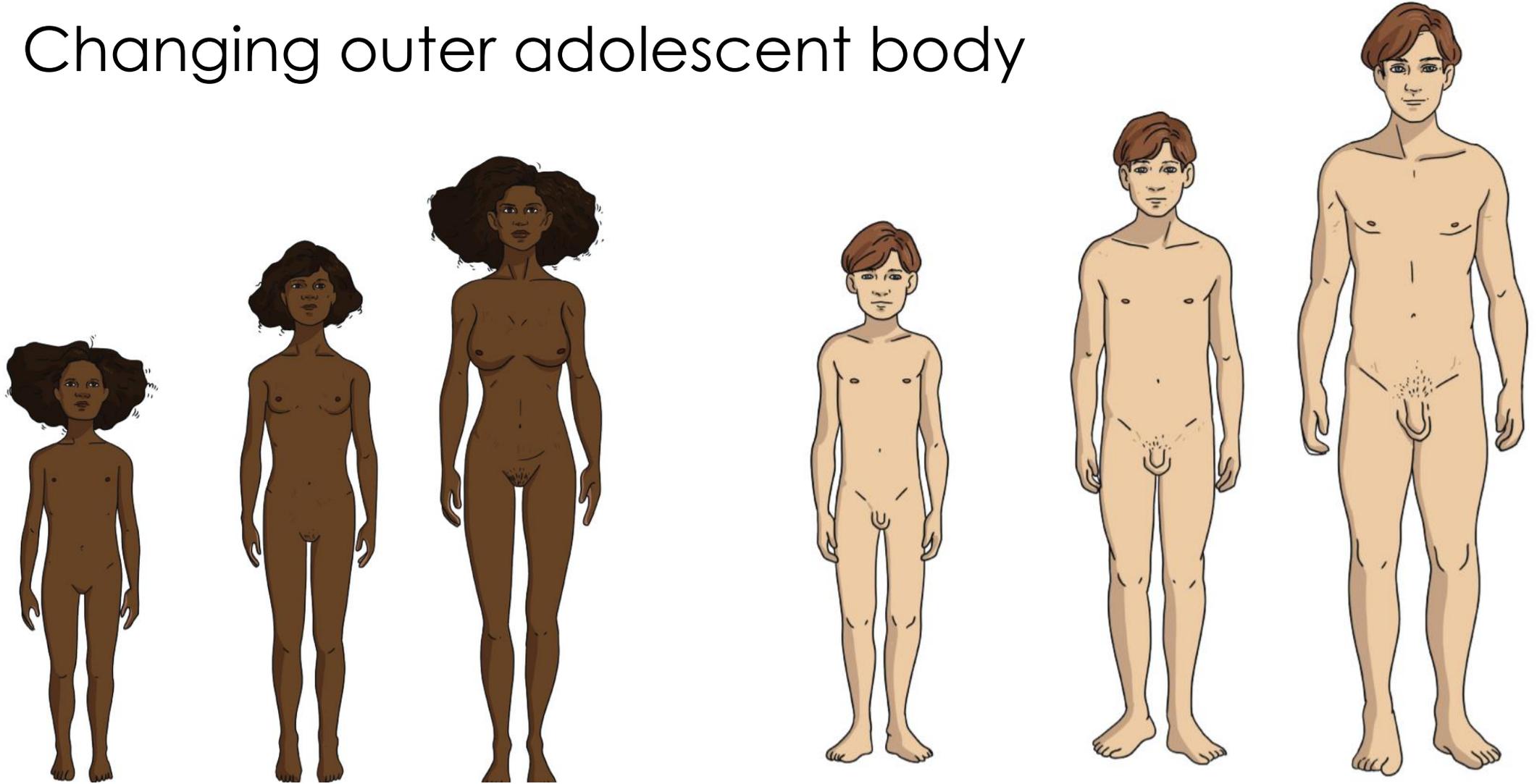
# Some examples from 'Changing Me'

Younger children



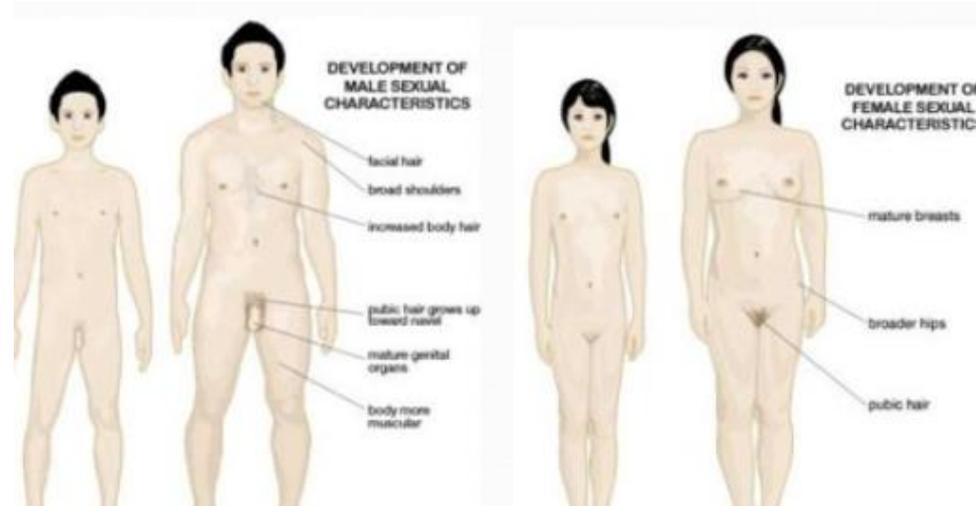
# KS2

## Changing outer adolescent body



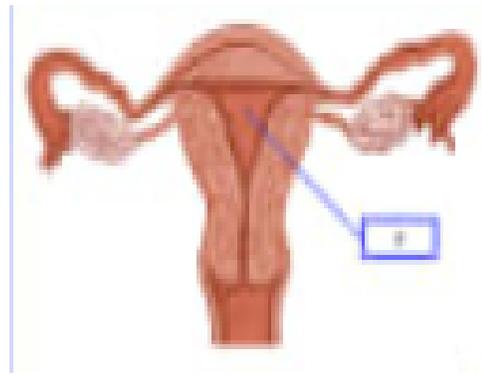
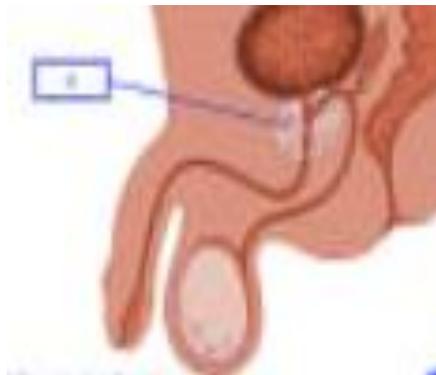
# Teaching: Sex education

Teachers have the responsibility to plan and teach lessons to meet the needs of the children. This may include images similar to the below:



(Caucasian skin tone has been used in this presentation for clarity of image, however other skin tones are used in our Jigsaw teaching resources.)

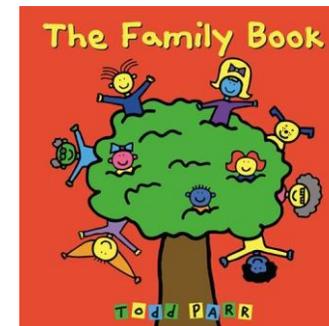
Diagrams and illustrations (including animations)



# • Teaching: Relationships Education

Teachers have the responsibility to plan and teach lessons to meet the needs of the children. This will include the following aspects and resources may look like:

- 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



# **Specific topic:**

Appropriate and inappropriate contact, taught in Y2?

Children will discover appropriate touching, where pupils trace letters on each other's hands with their finger

Consideration of how touching could be good or bad.

The teacher also asks for strategies if someone is experiencing a touch they don't like.

**Parent leaflets and a curriculum overview is available on the school website**

**To withdraw your child from Sex education, you will need to complete the 'Withdrawal from Sex Education' form. This can be found on the school website or requested from school.**

**If you have any questions that have not been answered in this presentation, or via the other information provided, Mrs Harris (PSHE Lead) is happy to speak to you.**