MARLPOOL FEDERATION

Relationships and Sex Education Overview

This document details the importance and the key objectives for one part of the Personal, Social and Health Education (PSHE) programme; Relationships and Sex Education (RSE).

Teaching about relationships and health is nothing new for primary schools – RSE is covered through PSHE education, an established curriculum subject taught in the vast majority of schools. The statutory changes have huge potential to ensure support for safe, effective PSHE practice across all schools – a 'levelling up' of standards.

Why is RSE important? (Taken from the PSHE Association guidance)

- Our ability to make, maintain and perhaps even end healthy, positive and productive relationships is part of what makes us human and is fundamental to a caring and supportive society. Our relationships come in a wide variety of forms: colleagues, family, casual acquaintances, close friendships and eventually, sexual.
- Our children learn by looking at and listening to all the messages they experience. They are constantly trying to make sense of the world around them.
- In our society, children are confronted with sexual images in advertising and stories and messages about celebrity lifestyles and relationships in the media. Pornography is readily available on the internet. How many parents have found themselves saying, 'I can't believe my child asked / knew / thought that!'?
- Using their natural curiosity combined with wonderful 'child logic', our young children often put together their own complex ideas about where babies come from. This understanding can be a mixture of correct, almost correct and completely incorrect ideas.
- Many children will also enter puberty whilst still at primary school and some without suitable preparation. This can be a confusing, embarrassing and even distressing time.

What is the purpose of RSE in primary schools?

- A planned, progressive programme of RSE gradually and appropriately begins to prepare our children for adult life. It teaches the skills they need to fully manage the natural physical and emotional changes that will happen to them as they grow and mature into healthy, confident and responsible adults.
- RSE teaches the skills children need to develop positive healthy relationships. It supports their moral development, helping them to understand themselves and to respect and care for others.

What will my child learn at Marlpool?

Across the Marlpool Federation, RSE is fully integrated into our PSHE teaching through a PSHE Association accredited programme called 1Decision. Some objectives of RSE overlap and can be seen in many units to ensure they are revisited and presented in various ways and through different themes throughout the years. Lessons are adapted according to the classes and discussions take place in the event of SEN and children in different circumstances.

Reception

- Reflect on the fact that children enter the world as babies and this is called 'birth'
- Reflect on feelings when a new sibling is born
- Recognise the different stages in life
- Understand that people's needs change as they get older
- Understand that people are part of the cycle of nature

- Identify the people they love and are special to them
- Explore the feelings they experience with special people
- Identify body parts using proper vocabulary including penis and vagina
- Understand appropriate and inappropriate touch

The following objectives are covered over a two-year cycle (some objectives may appear more than once – others may be a stand-alone for one year or a stand-alone for both years).

Key Stage 1 – Years 1 and 2

Children learn about:

- Their special people; friends and friendship; learning to recognise and react to different feelings and how to keep safe.
- How we show love and express feelings in our relationships. T
- How we are all special and what makes us the same, what feelings we all share and what makes us different.
- How we feel when our special people go away or even die.
- Good and not so good promises and secrets and how to say "No!", "Don't", "I'll ask" and "I'll tell".
- Growing and changing in animals, plants and people and understand that growing and changing is a natural part of living.
- Recognising and naming main body parts. This helps children understand the differences between males and females and how they change as they get older. It is also a key safeguarding objective in ensuring children know right and wrong and privacy.
- How they have grown and changed and what they can do now that they couldn't do before. Different families are discussed and looked at – including step families, single parents and same sex parents.
- The different stages of human development: understanding how some people's needs and responsibilities stay the same, whilst some change as they get older.

Key stage 2 – years 3-6

Children learn about:

- Emotional changes and how to manage feelings towards themselves, their families and others in a positive way.
- Physical and emotional changes but the age at which changes happen will depend on their own personal 'body clock'.
- Being able to talk sensibly and learn about this is an important part of growing up.
- Privacy and secrets. Including which body parts are private through the 'Pantosaurus' video and song https://www.youtube.com/watch?v=-lL07JOGU5o
- The importance of 'no' meaning 'no'.

Specific for year 5 and 6

- Revisiting differences in reproductive system between boys and girls, they learn how they change during puberty.
- They learn that although people's bodies may be ready to have/make babies, they as people are not ready in many other ways (emotionally, financially, and educationally) for a long time.
- Included in this is positive self-image.
- Children look at the importance of loving, stable relationships.
- Children discuss Lesbian, Gay, Bisexual, Transexual and Transgender.

Specific for year 6

- Children learn how a baby is conceived and born.

Science objectives link for year 5/6:

- Describe the life process of sexual and asexual reproduction in some plants and animals
- Describe the changes as humans develop to old age
- Pupils learn how to keep their bodies healthy and how their bodies might be damaged – including how some drugs and other substances can be harmful to the human body.
- Pupils might work scientifically by: exploring the work of scientists and scientific research about the relationship between diet, exercise, drugs, lifestyle and health.
- Recognise that living things produce offspring of the same kind, but normally offspring vary and are not identical to their parents.

RSE in primary schools prepares children for Secondary school where learning will continue and broaden to include: contraception, pregnancy, sexually transmitted infections and HIV.

Withdrawal

Year 6 parents can withdraw their child from RSE (PSHE) specific 'conception' (sexual intercourse) lessons, however not those that are included as part of the science curriculum. There is no right to withdraw from all the other aspects of PSHE, Relationships or Health Education.

Resources

Some of the videos we use in school are here http://archive.teachfind.com/ttv/www.teachers.tv/series/all-about-us-living-and-growing.html
We also use books which *could* include:

- 'Frog in Love' by Max Velthuijs
- 'Where Willy Went' by Nicholas Allan
- 'Mummy Laid an Egg' by Babette Cole
- 'What If' by Shel Silverstein

How can I support my child?

Children will have many questions when they begin talking about sex, relationships and puberty at school (either through PSHE lessons or science) and some children will be quite happy to ask the adults at home or school. However, others will feel like they can't discuss or don't want to. Talking about topics such as puberty and sex can be embarrassing, but there are websites, documents and books, which can help you have these tricky conversations at an age appropriate level.

Our school website contains some useful links to guidance and support on talking to your child about `tricky' topics.

As a Federation we are currently building up our very own lending library where parents will be able to borrow books for free on a range of topics. More details to come.