

Relationships and Sex Education September 2020 Changes

In school we aim to help children to learn to respect themselves and others and move safely and confidently from childhood, through adolescence, into adulthood. We deliver much of this work through Relationships and Health Education, which are statutory parts of the broader subject, PSHE. As part of our programme we provide Relationships and Sex Education (RSE).

We are very aware that the RSE we deliver in school is only a small part of children's learning about their bodies, keeping safe, emotions, relationships, sexual behaviour, sexuality, sexual health and themselves. The majority of children's learning in this area takes place with you at home.

From September 2020, the Government has issued new guidelines making Relationship, Health and Sex Education (RHSE) compulsory in primary schools. This means that as parents and carers, you will not have the right to withdraw your child from this subject.

Due to this, from September 2020 all primary schools have to teach children Relationships Education and Health Education. In our school, we have been teaching most of required content for some time, as part of our PSHE (Personal, Social and Health Education) lessons. We combine some aspects of Relationships Education (families, healthy relationships, being safe) and Health Education (puberty, hygiene), along with Sex Education (teaching about human reproduction and birth) to create a topic called Relationships and Sex Education (RSE).

What the children learn in school

What do children learn in RSE in school?

	Questions children will consider	Content Areas
Age 3-5	<ul style="list-style-type: none"> What does my body look like? How has my body changed as it has grown? What can my body do? What differences and similarities are there between our bodies? How can I look after my body and keep it clean? How am I learning to take care of myself and what do I still need help with? Who are the members of my family and trusted people who look after me? How do I feel about growing up? How can I be a good friend? Can I recognise and show my emotions? 	<ul style="list-style-type: none"> Valuing the body Body parts My teeth Shapes and sizes Self care skills Change and responsibilities Identifying and managing emotions

Age 5-7	<ul style="list-style-type: none"> What are the names of the main parts of the body? (R) What can my amazing body do? When am I in charge of my actions and my body? (R) How can I keep my body clean? (H) How can I avoid spreading common illnesses and diseases? (H) How do babies change and grow? (Science) How have I changed since I was a baby? (Science) What's growing in that bump? (Science) What do babies and children need from their families? (R) Which stable, caring relationships are at the heart of families I know? (R) What are my responsibilities now I'm growing up? (H) 	<ul style="list-style-type: none"> External parts of the body Valuing the body Personal hygiene Babies to children to adults Growing up Changing responsibilities
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Age 7-9	<ul style="list-style-type: none"> How are male and female bodies different and what are the different parts called? (R) When do we talk about our bodies, how they change, and who do we talk to? (R) What can my body do and how is it special? Why is it important to keep myself clean? (H) What can I do for myself to stay clean and how will this change in the future? (H) How do different illnesses and diseases spread and what can I do to prevent this? (H) What are the main stages of the human life cycle? (Science) How did I begin? (Sex Ed) What does it mean to be 'grown up'? (H) What am I responsible for now and how will this change? (H) How do different caring, stable, adult relationships create a secure environment for children to grow up? (R) 	<ul style="list-style-type: none"> Difference between males and females Valuing the body Responsibilities for hygiene Stages of human life Sperm+egg=baby Being grown up My responsibilities Parents/carers' responsibilities
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Age 9-11	<ul style="list-style-type: none"> What are male and female sexual parts called and what are their functions? (R) How can I talk about bodies confidently and appropriately? (R) What happens to different bodies at puberty? (H) What might influence my view of my body? How can I keep my growing and changing body clean? (H) How can I reduce the spread of viruses and bacteria? (H) What are different ways babies are conceived and born? (Sex Ed) What effect might puberty have on people's feelings and emotions? (H) How can my words or actions affect how others feel, and what are my responsibilities? (H) What should adults think about before they have children? (R) Why might people get married or become civil partners? (R) What are different families like? (R) 	<ul style="list-style-type: none"> Names of sexual parts Puberty Physical change Menstruation Developing body image Changing hygiene routines Viruses and bacteria Human lifecycle Human sexual reproduction Changing emotions Responsibility for others Love, marriage and families
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Please click below to see the Department for Educations' guide to RSHE for parents and carers.

<https://www.gov.uk/government/publications/relationships-sex-and-health-education-guides-for-schools>