

PSHE AND RELATIONSHIPS AND SEX EDUCATION

— Robert Wilkinson Primary Academy

Objectives

We want to:

- Explain the requirements for RSE which became statutory in September 2020.
- Explain how we have updated our PSHE curriculum to cover the new statutory elements of RSE and share our RSE/PSHE/Safeguarding Curriculum.
- Share resources with you regarding the RSE and PSHE content.

What was new in 2020?

All schools must provide the following to all pupils:

- Relationships education
- Health education

The DfE (Department of Education) made it clear that schools should **not** just 'teach to the guidance', but see it as the basic requirement which forms part of broader PSHE education.

The statutory guidance outlines what schools **must** cover – though not everything that schools **should** cover – in PSHE from 2020. The Department for Education (DfE) says: 'All elements of PSHE are important and the government continues to recommend PSHE be taught in schools'.

RELATIONSHIP EDUCATION ELEMENTS

- Families and the people who care for me- families of all types, marriage.
- Caring friendships-healthy friendships, friendship difficulties, what makes a good friend, trust and respect
- Respectful relationships- respecting differences, building relationships, courtesy and manner, building self respect and happiness, bullying, stereotypes.
- Online relationships-rules and principles for keeping safe, trusting relationships, how information and data is shared online.
- Being safe-boundaries, privacy, safe and unsafe physical contact,seeking support and advice.
- In an age-appropriate way, your child's school will cover how to treat each other with kindness, consideration and respect.

PHYSICAL HEALTH AND MENTAL WELL-BEING

- Mental wellbeing- range of emotions, how to judge their emotions, bullying and its effects, seeking support.
- Internet safety and harms- rationing time on the internet, respectful behaviour, age restrictions, online bullying and trolling,
- Physical health and fitness-benefits of regular exercise and physical activity, risks of an inactive lifestyle
- Healthy eating- what is a healthy diet, planning and preparing healthy meals, risks of a poor diet.
- Drugs, alcohol and tobacco-legal and illegal substances and the risks with them.
- Health and prevention- recognising the signs of illness, sun exposure, importance of sleep, dental health, personal hygiene and germs, immunisation and vaccine.
- Basic First Aid- how to call the emergency services, dealing with common injuries.
- Changing adolescent body- puberty, menstruation.

What is PSHE and how does this fit with Relationships and Sex Education?

Personal, Social, Health and Economic (PSHE)

Is a non-statutory school subject through which pupils develop the knowledge, skills and attributes they need to manage their lives, now and in the future.

These skills and attributes help pupils to stay healthy, safe and prepare them for life and work in modern Britain. When taught well, PSHE education helps pupils to achieve their academic potential, and leave school equipped with skills they will need throughout later life.

Relationships and sex education (RSE)

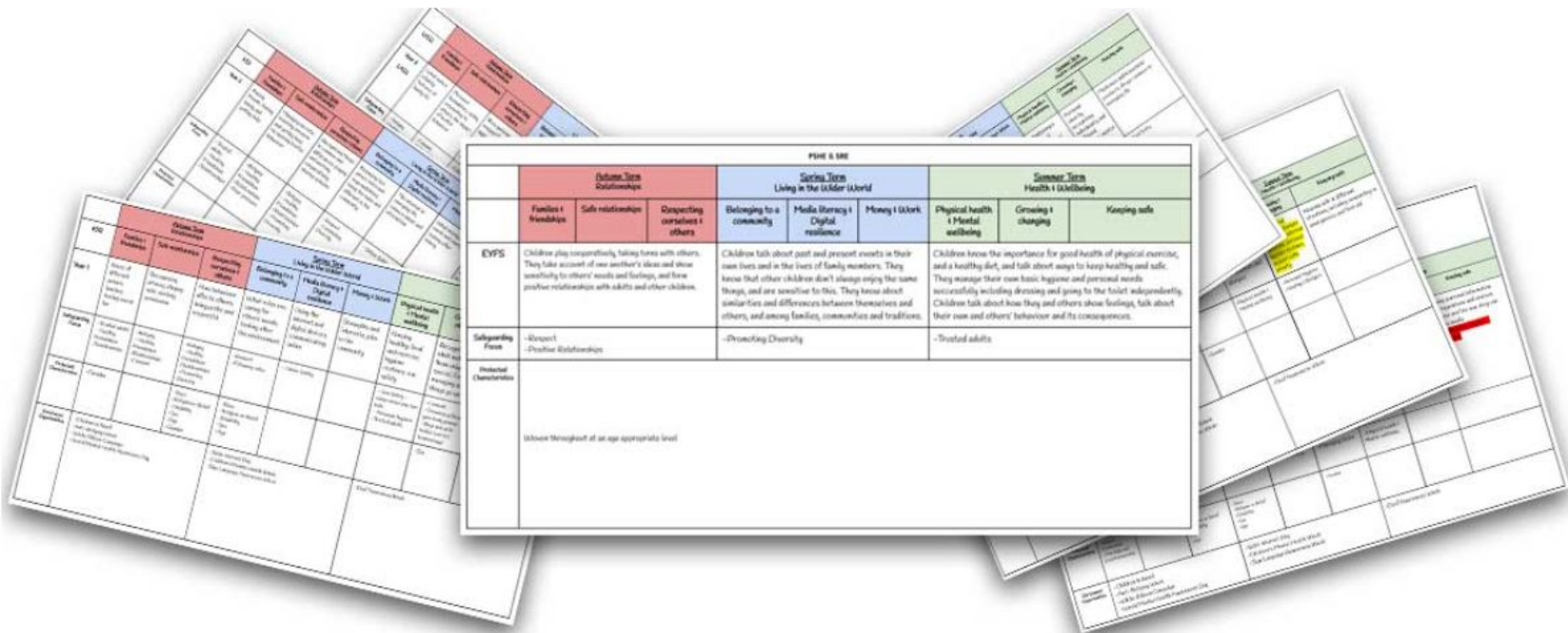
Is part of a planned, developmental PSHE education programme. The Relationships and Sex Education (RSE) aspect of PSHE education became compulsory in all schools from September 2020, and 'Relationships Education' compulsory in all primary schools.

What does this look like in our school?

- RSE is timetabled in all year groups and has been added to our schools long term plan. (Please see appendix 2 of the RSE policy)
- Each year group will be following the same theme at the same time.
- It will be responsive and relevant to our context and meet the needs of all identified pupils.
- Progress in RSE is reviewed and assessment opportunities are built into the taught cycle of activities
- Staff delivering RSE are trained and will work in year groups to plan and deliver sessions.
- Sessions will be approximately 45 minutes per week with each strand being addressed over a three week period.
- PSHE elements are also be woven into whole school assemblies or theme weeks.
- All RSE Statutory elements will be delivered- except how a baby is conceived and born.
- Parents have a right to withdraw their child from the sex education element of the sessions and will be informed when these will take place.
- Parents will be offered the opportunity to view the resources used and speak with staff who will be delivering the sex education sessions.

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	Autumn Term			Spring Term			Summer Term		
	Family & Friendship	Safe relationships	Respecting ourselves & others	Belonging to a community	Media literacy & Digital resilience	Money & Work	Physical health & Mental wellbeing	Growing & changing	Keeping safe
EYFS	Children play cooperatively, taking turns with others. They take account of one another's ideas and show sensitivity to others' needs and feelings, and have positive relationships with adults and other children.			Children talk about past and present events in their own lives and in the lives of family members. They know that other children don't always enjoy the same things, and are sensitive to this. They know about similarities and differences between themselves and others, and among families, communities and traditions.			Children know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe. They manage their own basic hygiene and personal needs successfully including dressing and going to the toilet independently. Children talk about how they and others show feelings, talk about their own and others' behaviour and its consequences.		
Self-awareness	- Respect - Positive Relationships			- Growing Diversity			- Trusted adults		
Personal Characteristics	Where throughout at an age appropriate level								



Right of withdrawal

Started in September 2020

You cannot withdraw your child from Relationships Education because it is important that all children receive this content, covering topics such as friendships and how to stay safe.

Parents have the right to withdraw their children from the [non-statutory/non-science] components of sex education within RSE. The science curriculum in all maintained schools also includes content on human development, including reproduction, which there is no right to withdraw from.

If you do not want your child to take part in some or all of the lessons on Sex Education, you can ask that they are withdrawn. At primary level, the head teacher must grant this request.

Requests for withdrawal should be put in writing using the form found in Appendix 4 of the RSE policy and addressed to the headteacher. We will invite you to talk through your concerns, explain our school's rationale for RSE and invite you to review some of the materials we hope to use. Withdrawing your child from sex education remains a statutory right as a parent or legal guardian.

Alternative work will be given to pupils who are withdrawn from sex education.

For more information



Promotional material

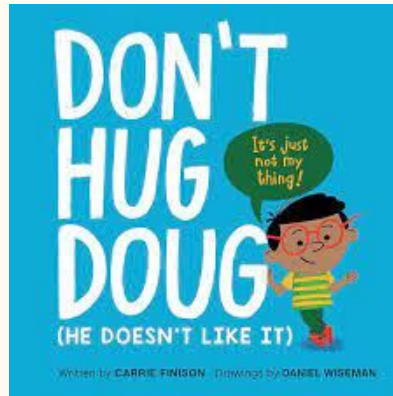
**Relationships, sex and health
education: guides for parents**

Search 'RSE FAQ' on GOV.UK

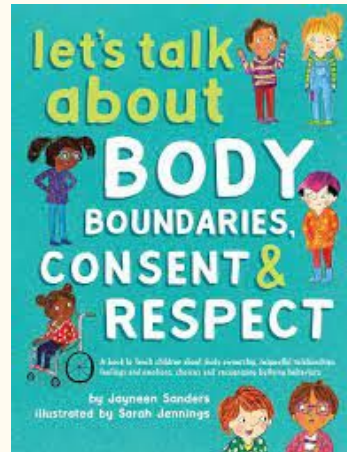
Search 'RSE Parent Guide' on GOV.UK

Examples of resources

EYFS



KS1



What does consent mean?

KS2

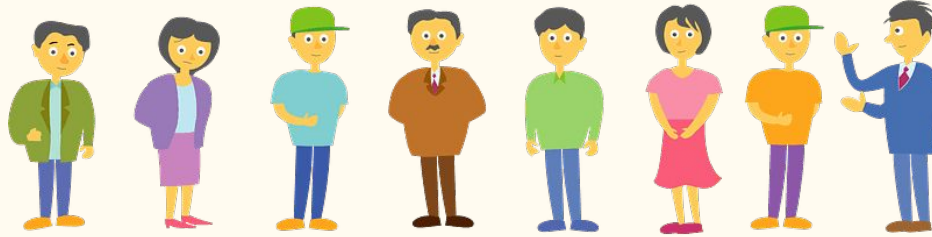
CONSENT:

- * Permission for something to happen or an agreement to do something.
- * Agreeing or giving permission that something can happen.



REVIEW...

If something happens that makes you feel uncomfortable, where can you report it to?



childline

ONLINE, ON THE PHONE, ANYTIME

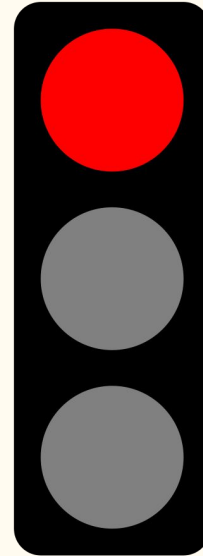
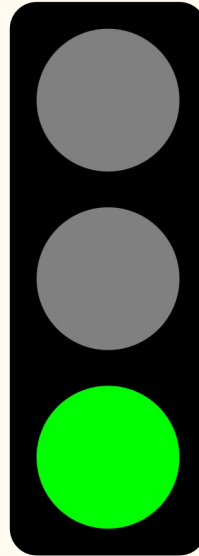
[childline.org.uk](https://www.childline.org.uk) | 0800 1111

EXPLORE...

Where is it OK to touch
someone?



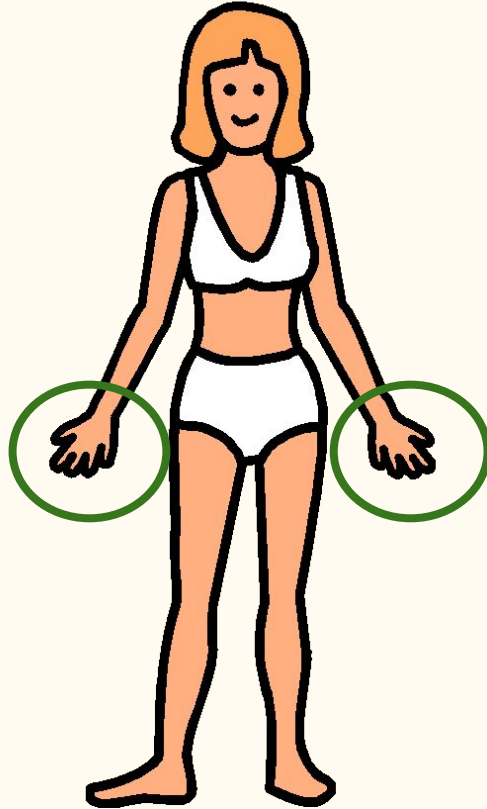
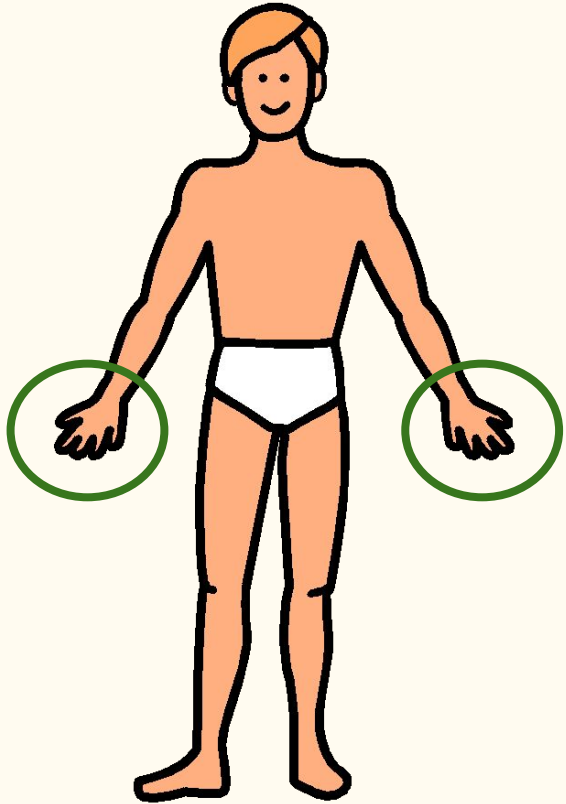
Safe
touch...



Unsafe
touch...

EXPLORE...

Hands are SAFE to touch, but if someone asks you to stop, you do.

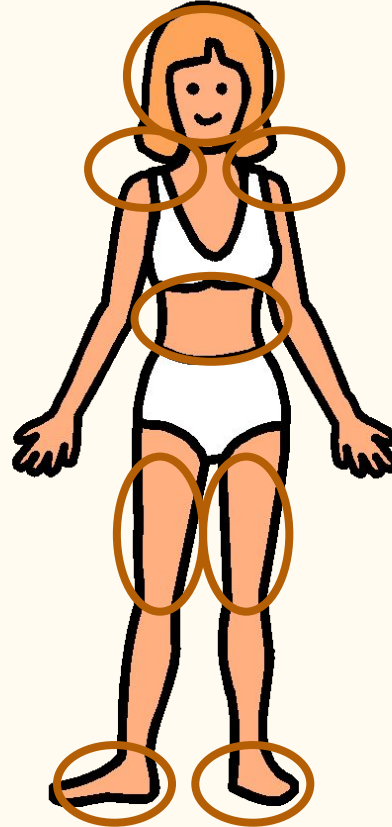
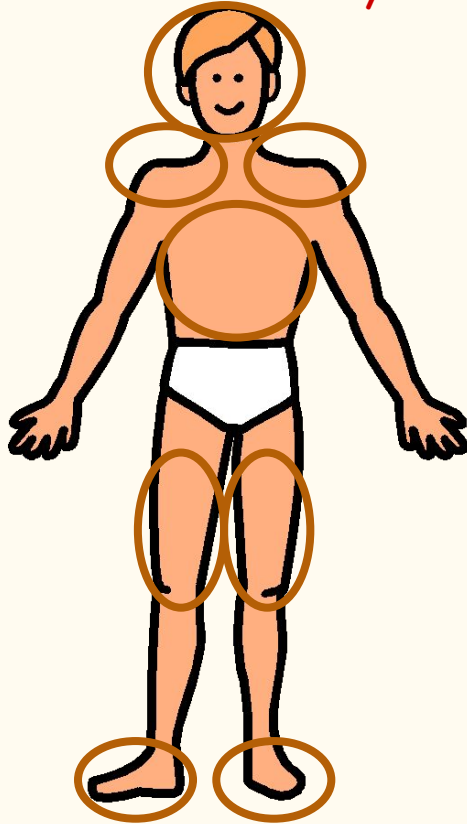


Safe
touch...



EXPLORE...

Faces, shoulders, tummies, legs and feet are OK to touch, with consent, but people may not like to be touched there.

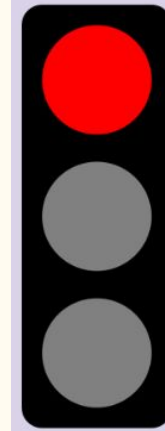
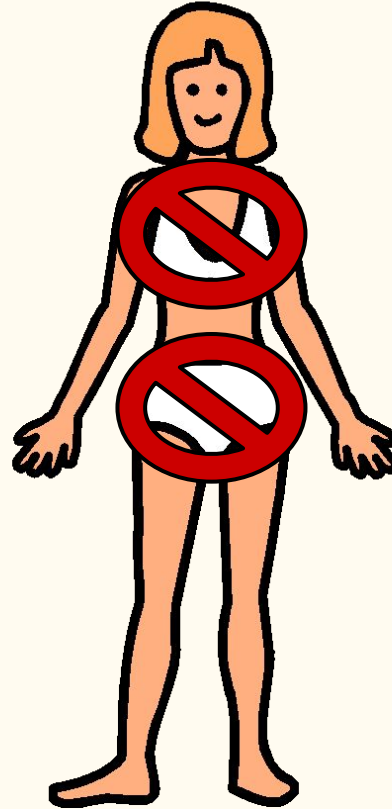
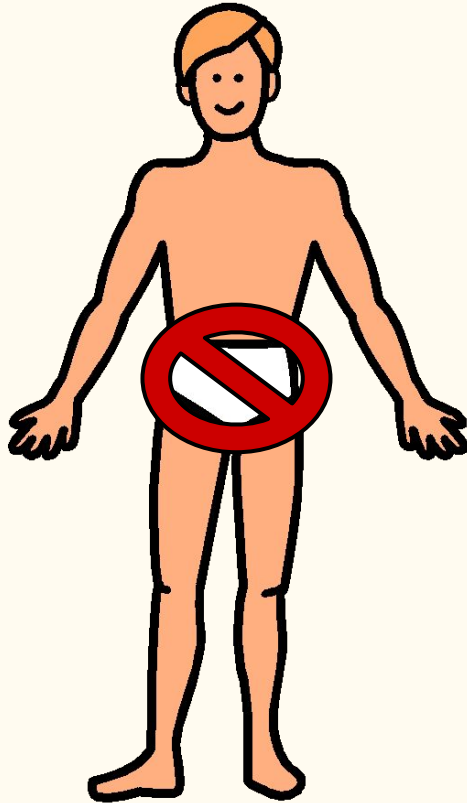


OK
touch...



EXPLORE...

These parts of a person's body are private and are UNSAFE to touch.

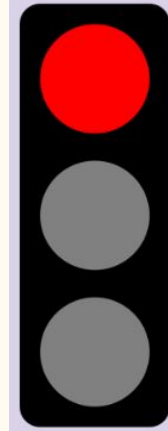


**Unsafe
touch...**

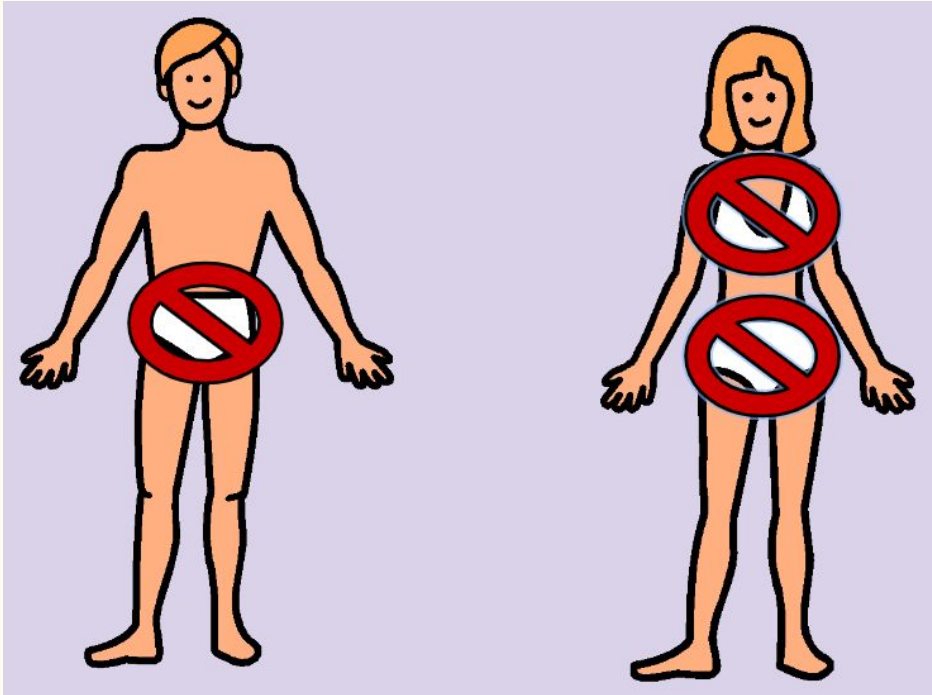
You **SHOULD NOT** touch anyone on the parts of their body that are covered by underwear.

EXPLORE...

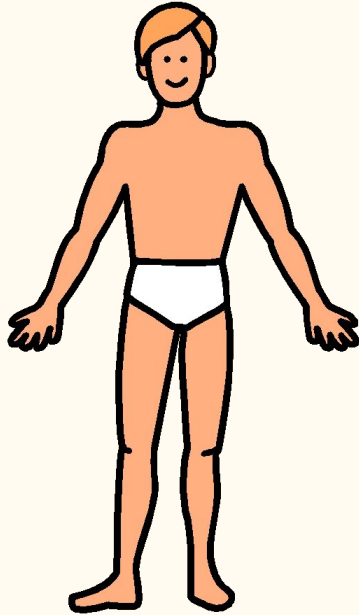
Can you think of a time when it may be necessary for someone to touch an UNSAFE area of your body?



Unsafe touch...



We have parts of our bodies which are **safe** to touch,
some which are **ok** to touch
and others which are **unsafe** to touch.



Do you
know
which
areas are
which?

