

Key Points in relation to our new Relationships, Sex and Health Education (RSHE) Policy

This is a summary document to help parents and carers at our school understand the key information about our proposed RSHE curriculum as part of our parental consultation process.

Why is this RSHE curriculum needed?

There are four main aims for teaching RSHE within the context of Primary School PSHE (Personal, Social, Health Education):

- More than ever before, children are exposed to representations of sex and sexuality through the social culture around them. The unregulated content on the internet or social media, can mean children may be exposed to dangerous, confusing or scary content. We can prepare them for this by presenting a balanced view of positive healthy relationships to help them to be discerning and to stay safe.
- There is much independent research showing most parents and carers value the support of schools in providing Relationship, Health and Sex Education for their children. Parents and schools want children to be safe and happy.
- A range of independent research consistently shows that effective Relationship Education delays first sexual experience and reduces risk-taking in young people.
- Surveys of children and young people, as well as Ofsted, have repeatedly said that Relationship, Health and Sex Education tends to be “too little, too late and too biological”. This is one of the many reasons why the Department for Education is making Relationships and Health Education compulsory in primary schools from September 2020, with an emphasis on Relationships Education.

What must primary schools teach in Relationships Education, Health Education and Sex Education?

From September 2020, Relationships and Health Education are compulsory in all primary schools in England. For primary aged children this includes curriculum content under two headings (DfE 2019):

Relationships Education Families and people who care for me Caring Friendships Respectful Relationships Online Relationships Being safe	Health Education Mental wellbeing Internet safety and harms Physical health and fitness Healthy Eating Drugs, alcohol and tobacco Health and prevention Basic first aid Changing adolescent bodies
---	---

This DfE guidance clearly states the statutory requirements, i.e. what children MUST be taught by the end of primary school. Health Education includes learning about ‘the changing adolescent body’ to equip children to understand and cope with puberty.

The National Curriculum for Science (also a compulsory subject), includes learning the correct names for the main external body parts, learning about the human body as it grows from birth to old age and reproduction in some plants and animals.

So, Relationships Education, Health Education and Science are compulsory subjects and parents / carers do NOT have the right to withdraw their children from these subjects.

Sex Education at Uplands Manor Primary School

The DfE recommends, ‘that all primary schools should have a Sex Education programme tailored to the age and the physical and emotional maturity of the pupils.’

We define 'sex education' as teaching about human reproduction and will teach our lessons through our RSHE curriculum. Parents and carers have the right to request their child is withdrawn from these specific lessons. Please be aware, this only forms a very small part of our curriculum and specific sequences of lessons are taught the 'Changing Me' puzzle (unit) in years 4, 5 and 6:

- Year 4 - Having a baby
- Year 5 – Conception and the creation of new life
- Year 6 - Conception to birth

The Jigsaw PSHE lessons that we follow aim to give children their entitlement to information about relationships, puberty and human reproduction, appropriate to their ages and stages of development. This work is treated in a matter-of-fact and sensitive manner and helps children to cope with change, including puberty, and to learn about healthy relationships.

There are six puzzles (units), each with six lessons that are taught by the class teacher:

- Being me in My World
- Celebrating Difference
- Dreams and Goals
- Healthy Me
- Relationships
- Changing Me,

These are sequenced from the beginning to the end of the school year. The 'Relationships' and 'Changing Me' puzzles are always taught in the Summer Term.

What will my child actually be taught about puberty and human reproduction?

Jigsaw's 'Changing Me' unit is taught over a period of 6 weeks, usually in the second half of the summer term. Each year group will be taught appropriate to their age and developmental stage, building on the previous years' learning. Please note: at no point will a child be taught something that is inappropriate; and if a question from a child arises and the teacher feels it would be inappropriate to answer, (for example, because of its mature or explicit nature), the child will be encouraged to ask his/her parents or carers at home. The question will not be answered to the child or class if it is outside the remit of that year group's programme.

The 'Changing Me' puzzle is all about coping positively with change and includes:

Ages 3-5 Growing up: how we have changed since we were babies.

Ages 5-6 Boys' and girls' bodies; correct names for body parts.

Ages 6-7 Boys' and girls' bodies; body parts and respecting privacy (which parts of the body are private and why this is).

Ages 7-8 How babies grow and how boys' and girls' bodies change as they grow older.

Introduction to puberty and menstruation.

Ages 8-9 Internal and external reproductive body parts. Recap about puberty and menstruation.

Conception explained in simple terms.

Ages 9-10 Puberty for boys and girls in more detail including the social and emotional aspects of becoming an adolescent. Conception explained in simple biological terms.

Ages 10-11 Puberty for boys and girls revisited. Understanding conception to the birth of a baby. Becoming a teenager.

All lessons are taught using correct terminology, child-friendly language and diagrams.

Commitment to Partnership Working

We, like you as parents and carers, want the children to be safe, healthy and happy. In delivering our programme we will at all times be respectful of the faith, beliefs and contexts of children's families, engaging with parents and carers as necessary.

We will always be open with you about what is being taught and give you prior notice before any 'sex education' lessons are delivered in school so that you have a chance to view the materials and request for your child to be withdrawn if you so wish.