

Moor Row Primary School

Relationships Sex Education (RSE)
'Learning for Life'

Why do we teach Relationship Sex Education (RSE)?

From September 2020 the Department for Education made Relationships and Health Education compulsory in state primary schools.

Health Education teaches about puberty and it is important for the health and wellbeing of our pupils that they learn about these changes before they start to happen to their own bodies.

Sex Education is not compulsory although there are elements of the Science National curriculum which are covered within Sex Education such as naming body parts. The only part of Sex Education parents still have a right to remove children from is the teaching of sexual intercourse - Year 5 & 6.

Research shows that not delivering this vital education put our children at greater risk of poor mental health.

We know this because every year, around 25% of girls start their periods before learning about them at school. This can result in them agonising over why they are bleeding and how serious the cause might be.

Similarly, 38% of boys experience wet dreams before having learnt about them, leaving them open to shame and stigma over a natural bodily function; this can lead to problems later in life.

Current government Sex and Relationships Education guidance states that children should learn about puberty before they experience it, but clearly this isn't happening in some schools – one of the reasons why making this subject statutory in all schools is so important.

Safeguarding:

RSE has a protective factor when it comes to safeguarding children. 1 in 20 children are sexually abused and 1 in 3 of these do not report this to an adult. Sexual abuse can happen to any child; the best way to safeguard children is to ensure that they receive information on naming parts of their body, knowing the difference between appropriate and inappropriate touch, and having the skills and confidence to find and talk to a trusted adult to report any abuse.

Moor Row Primary School Coverage PSHE Association linked to RSE:

Nursery / EYFS

Relationships linked to friendships and families

EYFS Development Matters foci across the curriculum.

Year 1 / 2

Health & Wellbeing Education - Ourselves, Growing & Changing & Mental Health:

H5. simple hygiene routines that can stop germs from spreading

H22. to recognise the ways in which we are all unique

H25. to name the main parts of the body including external genitalia (e.g. vulva, vagina, penis, testicles)

H26. about growing and changing from young to old and how people's needs change

H27. about preparing to move to a new class/year group

H20. about change and loss (including death); to identify feelings associated with this; to recognise what helps people to feel better

Relationships - Safe Relationships

R3. about different types of families including those that may be different to their own

R4. to identify common features of family life

R5. that it is important to tell someone (such as their teacher) if something about their family makes them unhappy or worried

R13. to recognise that some things are private and the importance of respecting privacy; that parts of their body covered by underwear are private

R16. about how to respond if physical contact makes them feel uncomfortable or unsafe

R19. basic techniques for resisting pressure to do something they don't want to do and which may make them unsafe

R20. what to do if they feel unsafe or worried for themselves or others; who to ask for help and vocabulary to use when asking for help; importance of keeping trying until they are heard

R23. to recognise the ways in which they are the same and different to others

PSHE Association linked to RSE:

Year 3 / 4

Health & Wellbeing Education - Ourselves, Growing & Changing & Keeping Safe

H25. about personal identity; what contributes to who we are (e.g. ethnicity, family, gender, faith, culture, hobbies, likes/dislikes)

H26. that for some people gender identity does not correspond with their biological sex

H30. to identify the external genitalia and internal reproductive organs in males and females and how the process of puberty relates to human reproduction

H31. about the physical and emotional changes that happen when approaching and during puberty (including menstruation, key facts about the menstrual cycle and menstrual wellbeing - **Boys & Girls are taught together.**

H32. about how hygiene routines change during the time of puberty, the importance of keeping clean and how to maintain personal hygiene

H33. about the processes of reproduction and birth as part of the human life cycle; how babies are conceived and born (and that there are ways to prevent a baby being made); how babies need to be cared for - **age appropriate sperm and egg.**

H34. about where to get more information, help and advice about growing and changing, especially about puberty

H45. that female genital mutilation (FGM) is against British law, what to do and whom to tell if they think they or someone they know might be at risk

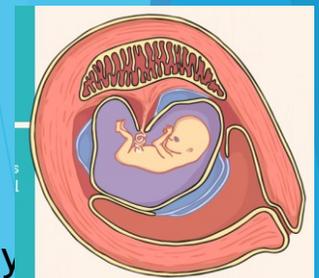
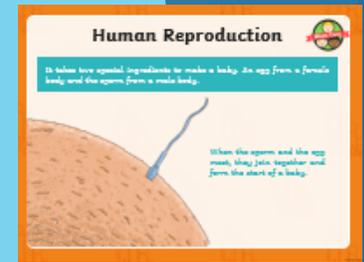
Health & Wellbeing - Mental health

H17. to recognise that feelings can change over time and range in intensity

H18. about everyday things that affect feelings and the importance of expressing feelings

H19. a varied vocabulary to use when talking about feelings; about how to express feelings in different way

H20. strategies to respond to feelings, including intense or conflicting feelings; how to manage and respond to



Relationships - Families & close personal relationships

R1. to recognise that there are different types of relationships (e.g. friendships, family relationships, romantic relationships, online relationships)

R2. that people may be attracted to someone emotionally, romantically and sexually; that people may be attracted to someone of the same sex or different sex to them; that gender identity and sexual orientation are different

R3. about marriage and civil partnership as a legal declaration of commitment made by two adults who love and care for each other, which is intended to be lifelong

R4. that forcing anyone to marry against their will is a crime; that help and support is available to people who are worried about this for themselves or others

Relationships - Friendships

R18. to recognise if a friendship (online or offline) is making them feel unsafe or uncomfortable; how to manage this and ask for support if necessary

Relationships - Safe Relationships

R25. recognise different types of physical contact; what is acceptable and unacceptable; strategies to respond to unwanted physical contact

R26. about seeking and giving permission (consent) in different situations

R27 about keeping something confidential or secret, when this should (e.g. a birthday surprise that others will find out about) or should not be agreed to, and when it is right to break a confidence or share a secret

Year 5 /6

Health & Wellbeing Education - Ourselves, Growing & Changing

H25. about personal identity; what contributes to who we are (e.g. ethnicity, family, gender, faith, culture, hobbies, likes/dislikes)

H26. that for some people gender identity does not correspond with their biological sex

H27. to recognise their individuality and personal qualities

H30. to identify the external genitalia and internal reproductive organs in males and females and how the process of puberty relates to human reproduction

H31. about the physical and emotional changes that happen when approaching and during puberty (including menstruation, key facts about the menstrual cycle and menstrual wellbeing, erections and wet dreams)

H32. about how hygiene routines change during the time of puberty, the importance of keeping clean and how to maintain personal hygiene

H33. about the processes of reproduction and birth as part of the human life cycle; how babies are conceived and born (and that there are ways to prevent a baby being made); how babies need to be cared for

H34. about where to get more information, help and advice about growing and changing, especially about puberty

Health & Wellbeing - Healthy Lifestyles (physical wellbeing)

H9. that bacteria and viruses can affect health; how everyday hygiene routines can limit the spread of infection; the wider importance of personal hygiene and how to maintain it

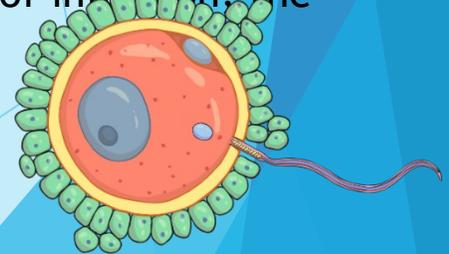
Health & Wellbeing - Mental Health

H17. to recognise that feelings can change over time and range in intensity

H18. about everyday things that affect feelings and the importance of expressing feelings

H19. a varied vocabulary to use when talking about feelings; about how to express feelings in different ways

H20. strategies to respond to feelings, including intense or conflicting feelings; how to manage and respond to feelings appropriately and proportionately in different situations



Relationships - Families & close personal relationships

R1. to recognise that there are different types of relationships (e.g. friendships, family relationships, romantic relationships, online relationships)

R2. that people may be attracted to someone emotionally, romantically and sexually; that people may be attracted to someone of the same sex or different sex to them; that gender identity and sexual orientation are different

R3. about marriage and civil partnership as a legal declaration of commitment made by two adults who love and care for each other, which is intended to be lifelong

R4. that forcing anyone to marry against their will is a crime; that help and support is available to people who are worried about this for themselves or others

R5. that people who love and care for each other can be in a committed relationship (e.g. marriage), living together, but may also live apart

R7. to recognise and respect that there are different types of family structure (including single parents, same-sex parents, step-parents, blended families, foster parents); that families of all types can give family members love, security and stability

Relationships - Safe Relationships

R25. recognise different types of physical contact; what is acceptable and unacceptable; strategies to respond to unwanted physical contact

R26 about seeking and giving permission (consent) in different situations

R27. about keeping something confidential or secret, when this should (e.g. a birthday surprise that others will find out about) or should not be agreed to, and when it is right to break a confidence or share a secret

RSE in the science curriculum

Key Stage 1 (age 5-7years)

Year 2 pupils should be taught to:

- Notice that animals, including humans, have offspring which grow into adults
- Describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene

Key Stage 2 (age 7-11years)

Year 5 pupils should be taught to:

- Describe the life process of reproduction in some plants and animals
- Describe the changes as humans develop to old age
- *Non-Statutory – Sexual reproduction in animals*
- *Non-statutory - Changes during puberty (compulsory in Health Education)*

Year 6 pupils should be taught to:

- Recognise that living things produce offspring of the same kind, but normally offspring vary and are not identical to their parents

Year 1 / 2 will be learning:

- Identifying the main differences between boys and girls.
Using scientific vocabulary to name external body parts.
- Learning about consent – keeping private parts private
- Celebrating differences / stereotypes.
- Families
- Growing older
- Changes in life including loss

Year 3 / 4 will be learning:

- To describe male and female body parts and explain what these are for.
- Where babies come from as well as how they are born.
- Both boys and girls will learn how each other's bodies and emotions change during puberty.
- Relationships and families

Year 5/6 will be learning:

- How boy and girls' bodies and emotions change during puberty. This will include wet dreams, masturbation, asking for advice and support.
- Body image. Influences such as social media.
- Relationships – Terms related to love, relationships and sexual orientation.
- Sexual Relationships: Sexual intercourse, sexually transmitted diseases, keeping private parts safe, asking for help, contraception.
- Human reproduction: Conception – birth. Contraception, Surrogacy, IVF, Baby growth in the womb and birth.

At Moor Row Primary School we will teach RSE across the school WB 27th June.