

Relationships, Sex and Health Education (RSHE)

Discussion points:

- Curriculum content
- Why this part of the curriculum is so important
 - Health education
 - Sex education
 - Relationships education
- Sharing the school policy



Curriculum Content

- Personal, social, health and economic (PSHE) education
- Personal, social and citizenship learning
- Relationships education
- Health education
- Sex education

Our scheme of work covers:

Mental and Physical Health

Respect for All

Living in the Wider World

Relationships

Drug Education

Sex Education

Why is this part of the curriculum so important?

- Latest stats show Lambeth teenage conceptions (15-17yrs/1000) has gone down from 22.9/1000 in 2016 to 21.6/1000 in 2018 however this has not risen in areas of deprivation across England.
- We want all children to grow up healthy, happy, safe and able to manage the challenges and opportunities of modern Britain.
- Developing a curriculum that promotes positive mental and physical health, gives opportunities to discuss these and other 'big world' issues and provides pupils with the chance to learn about positive relationships will have a positive impact on wellbeing which in turn will impact pupil achievement.

Curriculum Content Requirements

- Relationships and sex education (RSE) is an important part of PSHE education
- Relationships education is compulsory for all primary school pupils

Relationships	Relationships	Relationships	Relationships	Relationships	Relationships
<i>Different people in our lives People that love and care for us What is a family Different types of families</i>	<i>Different families What to do if worried about you family What makes a good friendship How to resolve conflict in friendship</i>	<i>Different types of relationships Different ways people care for each other Healthy families Positive friendships</i>	<i>Family structures Marriage and civil partnership Friendship ups and downs Recognising unsafe friendships</i>	<i>Forced marriage Recognising different types of physical contact Confidentially and consent Online relationships</i>	<i>Healthy relationships Peer pressure and influence Privacy and personal boundaries Reporting, advice and support for personal safety</i>

Curriculum Content Requirements

- Health education is compulsory in all state schools

<i>Recognising feelings Identifying people who can help us. Finding ways to relax</i>	<i>Understand that feelings change. To know about big feelings To know there are things that help people feel good</i>	<i>To understand identity To identify strengths and how these can affect others To break down barriers to achieve goals</i>	<i>Mental and physical health Recognise what affects feelings Expressing feelings Managing feelings</i>	<i>Healthy and unhealthy habits Learn and use varied vocabulary when discussing feelings Change in feelings and their intensity</i>	<i>What keeps us mentally and physically healthy Spotting the warning signs of poor mental health Challenging stigma around mental health</i>
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Sex Education

- Parents and carers have the right to withdraw pupils from sex education in primary school (but not relationships or health education)
- Relationships and sex education is compulsory for all secondary school pupils

The Department of Education recommend primary schools teach Sex Education.

Taught in the Summer term. Parents will receive a letter a few weeks before the lessons are due to begin.

Parts of RSE are taught as part of the statutory National Curriculum for Science. Parents/ carers can not withdraw their child from these lessons.

Sex Education

Year Three	Year Four	Year Five	Year Six
Self Esteem Identify positive things about themselves and their achievements.	Growing and changing To understand the human life cycle and how the body changes.	Talking about puberty To explore the emotional and physical changes that occurs during puberty.	Puberty and reproduction To explore the emotional and physical changes that occurs during puberty.
Challenging Gender Stereotypes Recognise and challenge gender stereotypes.	Body Changes and reproduction To identify some basic facts about puberty, reproduction and pregnancy.	Becoming men and women To consider gender stereotyping and sexuality.	Relationships and reproduction To consider reproduction in the context of relationships.
Differences: Male and female To recognise that families are different and to challenge stereotypes about families.	What is puberty? To learn about the physical changes associated with puberty.	Puberty and hygiene Impact of puberty on the body and the importance of physical hygiene.	Conception and pregnancy Process of conception and pregnancy. Describe the decisions that have to be made before having a baby.
Family Differences To recognise that families are different and to challenge stereotypes about families.	Thinking, feeling, doing – changing relationships To learn strategies to deal with feelings.	Menstruation and wet dreams To understand that menstruation and wet dreams are a normal part of growing up.	Being and parent Roles and responsibilities of carers and parents. Recognise that both men and women can take on these roles.
Decision making To be able to demonstrate simple decision making activities	Assertiveness To understand and be able to use assertiveness skills	Menstruation education for girls Menstruation issues with girl only groups.	Questions Have questions answered. Where to go for further support.
Safety To be able to use basic techniques to resist pressure.	Questions Have questions answered. Where to go for further support.	Building good relationships Similarities and differences between friendships and intimate relationships.	HIV Transmission Know what is true and false about how someone can become infected with HIV

SRE PRIMARY CURRICULUM OVERVIEW							
	FOUNDATION STAGE	KEY STAGE ONE		KEY STAGE TWO			
	Early Years	Year One	Year Two	Year Three	Year Four	Year Five	Year Six
TOPICS	Myself and others	Myself and others	Differences: Boys and girls	Self Esteem	Growing and Changing	Talking about puberty	Puberty and reproduction
	Family Networks	Body Parts	Differences: Male and female	Challenging Gender Stereotypes	Body changes and reproduction	Becoming men and woman	Relationships and reproduction
	Body Awareness	Family	Naming Body Parts	Differences: Male and Female	What is puberty	Puberty and hygiene	Conception and pregnancy
	Hygiene	Friendship	Everybody needs caring for	Family Differences	Thinking, feeling, doing – changing relationships	Menstruation and wet dreams	Being a parent
		Choices	Looking after the body	Decision Making	Assertiveness	Menstruation education for girls	HIV Transmission
				Safety	Your questions answered	Building good relationships	Your questions answered

PSHE Education

By the end of primary school, pupils will have been taught content on:

- mental wellbeing
- internet safety and harms
- physical health and fitness
- healthy eating
- facts and risks associated with drugs, alcohol and tobacco (age appropriate)
- health and prevention
- basic first aid
- changing adolescent body (age appropriate)

Clapham Manor Policies

- RSE Policy
- PSHE Policy
- Both policies are published on the school website

YOUNGMINDS

Young Minds mental health charity quoted. *“We know that relationships have a huge impact on someone’s mental health, both in a positive way and, often in the case of unhealthy relationships, with significant negative impacts. That’s why it’s crucial for young people to learn about relationships and sex, and about how that impacts on emotional wellbeing and mental health.”*