

# Relationships, Sex and Health Education – a summary view

This summary document will :

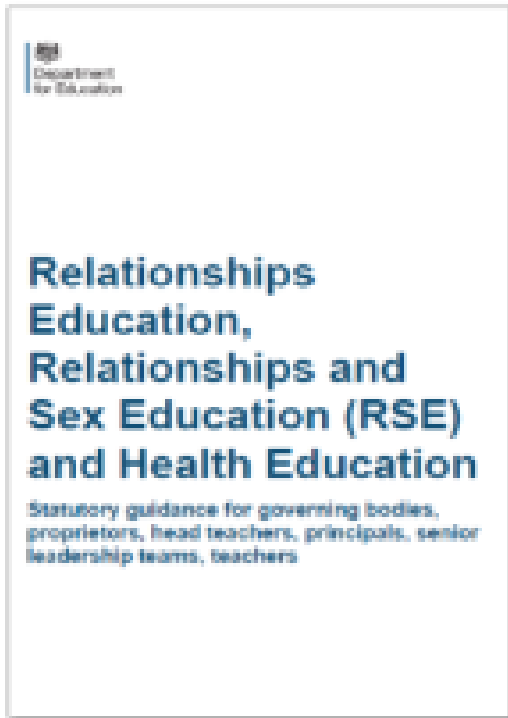
- Explain the changes to requirements for RSHE which we are putting in place from September 2021
- Explain how we are developing our updated curriculum

# What are the new RSE requirements?

- We **must** provide the following to all pupils:
  - Relationships education
  - Health education – **including teaching about puberty.**
- We aren't required to provide sex education, although as a school we feel it is important to provide sex education in UPKS2

# Relationships Education

## What are the expectations for Primary Relationships Education?



- Families and people who care for me
- Caring friendships
- Respectful relationships
- Online relationships
- Being safe

# Relationships Education

## LGBT+ Equality

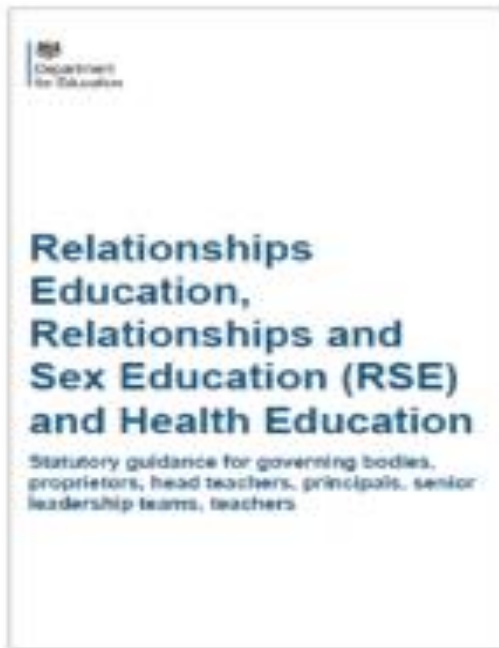
## What the DfE RSHE guidance says

'Schools are required to comply with relevant requirements of the Equality Act 2010. Further guidance is available for schools in The Equality Act 2010 and schools advice. Schools should pay particular attention to the Public sector equality duty (PSED) (s.149 of the Equality Act).' - Para 27 page 13

'Schools should be alive to issues such as everyday sexism, misogyny, homophobia and gender stereotypes and *take positive action to build a culture where these are not tolerated*, and any occurrences are identified and tackled.' - Para 31 page 13

# Health Education

## What are the expectations for Primary 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 body (Puberty)

# Health Education

## What should children know about puberty?

1. Correct names for parts of the body including genitalia
2. How their bodies will change during puberty
3. How to manage these changes/ practicalities
4. Why these changes need to happen
5. How and where to ask for help if needed

## Puberty

# Sex Education

Sex  
Education is  
discretionary  
at Primary...  
what exactly  
does the  
guidance say?

The Department continues to *recommend* that *all* primary schools should have a sex education programme tailored to the age and physical and emotional maturity of the pupils... drawing on knowledge of the human life cycle set out in National Curriculum Science - *how a baby is conceived and born*'

# What proposals are we making for the curriculum moving forwards?

- Using Jigsaw as our comprehensive PSHE educational program – an information leaflet about this programme has been shared with you prior to this meeting, along with the content overview and information about their RSE programme.
- As part of the health education program we are proposing the following:
- Using the correct anatomical vocabulary for private body parts from Year 1 onwards  
**(penis, testicles, anus, vagina, vulva – giving reasons why these are private parts)**

## **Puberty:**

Gently introducing body changes on the inside and outside during the growing up process at the end of Year 3.

Girls and puberty at the end of Year 4 (introducing the menstrual cycle)

Puberty for girls and boys in Year 5 and 6

## **Sex Education:**

Conception (including IVF) – Year 5

Conception to birth – Year 6