



## **Introduction To RSE**

Relationships and Sex Education (RSE) is taught to give our children and young people a better understanding of emotional, social and physical aspects of growing up, relationships, sex, human sexuality and sexual health – as well as the knowledge of how to keep themselves safe and the confidence to seek help when needed. It is a statutory part of our curriculum.

Our curriculum teaches the skills our pupils need to fully manage the natural physical and emotional changes that are happening to them now and on into the future.

The content will vary to ensure it is appropriate for each pupil. Content will be revised regularly to meet the needs of individual pupils.

The purpose of this message is to fully inform our parents so that you are clear about **what** your child will be taught, **why** we teach it and **what** they can expect.

## **What will my child learn?**

We have used the SEND framework from the PSHE Association to ensure we cover content that is appropriate for our pupils. At times children may be taught in single sex or smaller groups by either the class teacher or teaching assistant for more sensitive content of the curriculum. We may also use external speakers to share information to support our pupil understanding.

We very much want to support parents as much as possible and are available to discuss any concerns at any time. Please contact your child's class tutor or Joanne Brierley, PSHE Lead.

RSE at Crowdys Hill is focused on preparing children for changes they will see or experience. The children will learn about the different relationships they have, how their body will change and grow and how they can keep themselves and others safe.

(please see RSE policy with content)

## **Why is it so important?**

Our pupils are more vulnerable to bullying, exploitation and can lack understanding of acceptable social interactions. Our relationships come in a wide variety of forms: colleagues, family, casual acquaintances, close friendships, intimate relationships, so it is important we have a curriculum that offers guidance to understand good relationships and to understand interaction in different life situations.

### **Lifestyle and Social Media**

Our children learn by looking at and listening to all the messages they experience. They are constantly trying to make sense of the world around them.

We also have to consider the media and the fact that our children are confronted with sometimes sexual images in advertising and stories about celebrity lifestyles.

### **Puberty**

It's important our pupils are aware of the changes that will take place to their body during puberty. We will ensure our pupils have a safe and positive environment to feel comfortable to discuss such areas of the curriculum. We aim to remove barriers for a safe learning environment to meet the needs of our pupils.

## **3 overall themes in PSHE including:**

1) Health and well-being 2) Relationships 3) Living in the wider world.

### **Within the PSHE curriculum, Health & RSE learning opportunities will include:**

<b>KS1 &amp; 2</b>
Families and people who care for me
Caring friendships
Respectful relationships
Online relationships
Being safe
Mental wellbeing
Internet safety and harms
<b>KS3 – KS5</b>
Families
Respectful relationships including friendships
Online and media

Being safe
Intimate and sexual relationships including sexual health
Mental wellbeing
Internet safety and harms
<b>Health Education KS1 – KS5</b>
Physical health and fitness
Healthy eating
Drugs, alcohol and tobacco
Health and prevention
Basic first aid
Changing adolescent body

### **Key Vocabulary**

Pupils will be taught the correct names for body parts to avoid any confusion that may arise. This vocabulary will be used by all staff across all key stages to ensure pupils become familiar with the correct terminology and remove any misconceptions when understanding parts of the body.

### **What to do if I have questions/concerns?**

If you have any questions or concerns please speak to your child's class teacher / tutor in the first instance. Our termly overview is also available on our website. If there is something you feel we need to discuss with your child aside of the timetabled topics please let us know, we can easily adapt our plan to meet needs of individual pupils. Please be assured this happens regularly and we are more than happy to discuss any needs that may arise.

### **Can I withdraw my child from RSE lessons?**

Relationships and Health Education is statutory, the same as Science which covers the body parts and the reproductive system. However, you will have the right to withdraw your child from certain aspects of Sex Education that isn't part of the National Curriculum for Science. We hope that by giving you this information, you will see the value these sessions will provide to your child's understanding, safety and development. (please refer to the school's PSHE / RSE policy for details of withdrawal, also on website).

### **Relationships and Sex Education – Frequently Asked Questions**

**What are the aims of RSE in our school?** Depending on the age of the children and the lessons in their particular year group, we want RSE to:

- Develop the confidence to talk, listen and think about their feelings and relationships
- Develop friendship/relationship skills
- Develop positive attitudes, values and self esteem

- Provide knowledge and understanding about puberty and the changes that will take place
- Provide knowledge and understanding about reproduction and sexuality
- Address concerns and correct misunderstanding that children may have gained from the media and peers
- Develop skills to help children protect themselves against unwanted sexual experience
- Know where and how to seek help

Pupils will be encouraged to understand that thinking about morals and values also includes:

- Respect for self and others
- Commitment, trust and love within relationships
- Understanding diversity regarding religion, culture and sexual orientation
- Honesty with self and others
- Self-awareness
- Exploration of rights, duties and responsibilities

#### **Other sources of useful information:**

<https://campaignresources.phe.gov.uk/schools/topics/mental-wellbeing/overview>

<https://www.gettingit.org.uk/services/sutton/national-sexual-health-helpline>

<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/pants-underwear-rule/>

<https://www.talktofrank.com/>

[https://www.thinkuknow.co.uk/8\\_10/](https://www.thinkuknow.co.uk/8_10/)

<https://www.fpa.org.uk/our-views/>

<https://www.brook.org.uk/resources/>