

RSE @

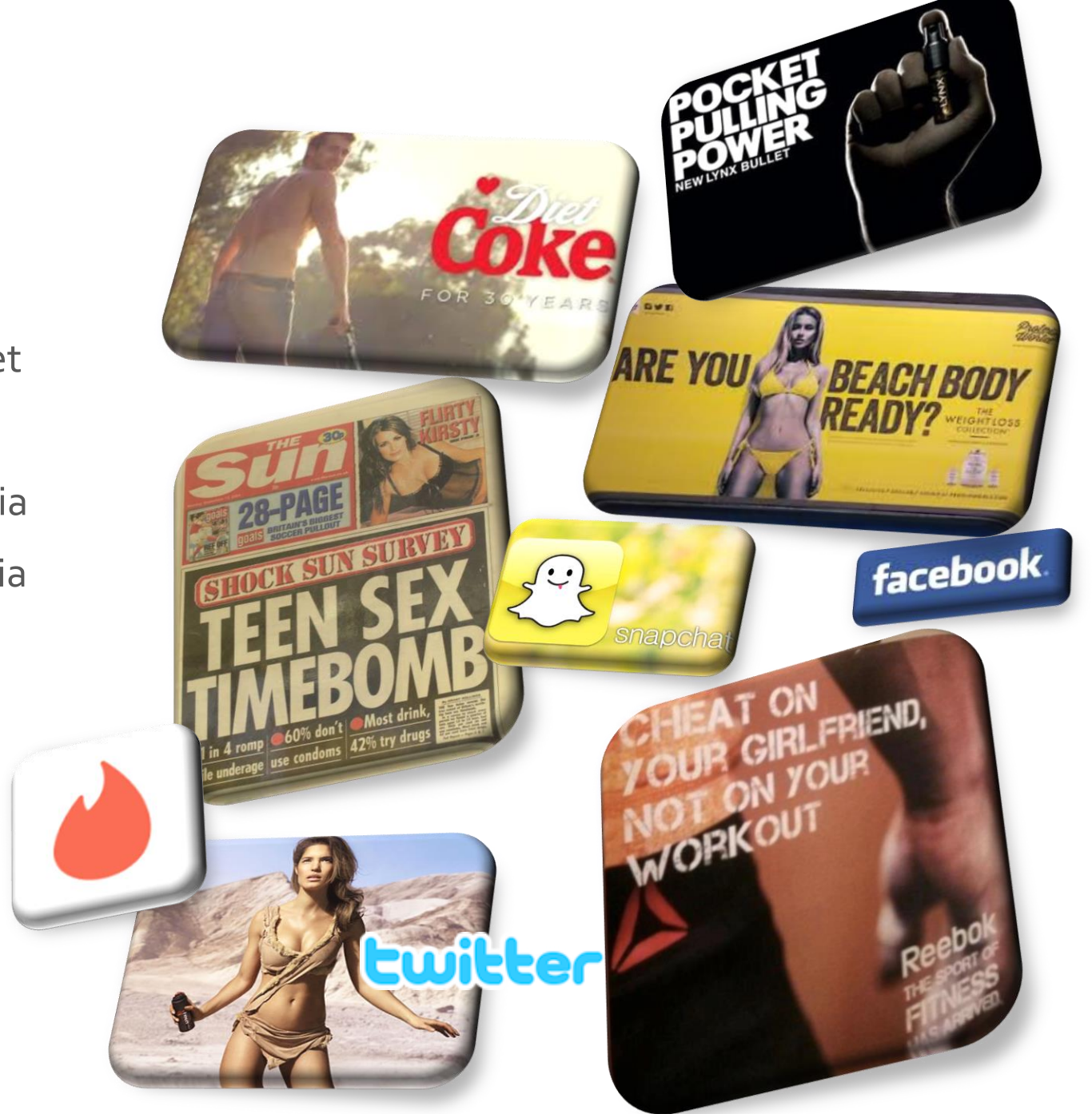
St. Luke's C.E. School



v2018 short JF

Today's considerations

- The internet
- Television
- Social media
- Other media
- Friends
- Family
- School



Context

Many calls for statutory RSE and/or PSHE from leading parent representative bodies such as Mumsnet and PTA UK. A recent YouGov poll shows that 91% of parents believe all pupils should receive PSHE lessons to teach about the risks of sexting, as well as other issues such as contact from strangers online.

A recent Barnardo's poll of 11-15 year olds also showed that 74% believed that children would be safer if they had age appropriate classes on RSE.

What is RSE?

RSE is part of the personal, social and health education (PSHE) curriculum in our school.

'Effective sex and relationship education is essential if young people are to make responsible and well informed decisions about their lives.'

'The objective of sex and relationship education is to help and support young people through their physical, emotional and moral development. A successful programme, firmly embedded in PSHE, will help young people learn to respect themselves and others and move with confidence from childhood through adolescence into adulthood.'

Sex and Relationship Education Guidance DfE 2000

Principles and Values

St. Luke's believes that RSE should:

- Recognise that the wider community has much to offer and we aim to work in partnership.
- Be an integral part of the lifelong learning process, beginning in early childhood and continuing into adult life.
- Be an entitlement for **all** young people.
- Be set within the wider school context and support family commitment and love, respect and affection, knowledge and openness. Family is a broad concept; not just one model, e.g. nuclear family. It includes a variety of types of family structure, and acceptance of different approaches.
- Equip children to have respect for themselves, both in the real world and online, enabling them to make appropriate choices.
- Encourage students and teachers to share and respect each other's views. We are aware of different approaches to sexual orientation, without promotion of any particular family structure. The important values are love, respect and care for each other.
- Generate an atmosphere where questions and discussion on sexual matters can take place without any stigma or embarrassment.

Aims

We aim to deliver RSE in a way that provides balanced factual information, and is sensitive to the broader backgrounds, beliefs and experiences of our community. Our RSE programme aims to prepare children for an adult life in which they can:

- Develop positive values and a moral framework that will guide their decisions, judgements and behaviour.
- Have the confidence and self-esteem to value themselves and others.
- Acquire the skills to judge what kind of relationship they want.
- Understand the consequences of their actions, both in the real world and online, so they know how to behave responsibly within relationships.
- Communicate effectively by developing appropriate terminology for sex and relationship issues.
- Secure an understanding of how to look after their own emotional wellbeing and the links between respecting your body and your mind.

Science and PSHE – what's the difference?

Science Key Stage 1

- identify, name, draw and label the basic parts of the human body and say which part of the body is associated with each sense
- notice that animals, including humans, have offspring which grow into adults

PSHE Key Stage 1

- The names for the main parts of the body (including external genitalia) the similarities and difference between boys and girls
- how to maintain physical, mental and emotional health and well-being
- how to manage risks to physical and emotional health and well-being
- ways of keeping physically and emotionally safe
- about managing change, such as puberty, transition and loss
- how to make informed choices about health and well-being and to recognise sources of help with this

Science and PSHE – what's the difference?

Science Key Stage 2

- describe the differences in the life cycles of a mammal, an amphibian, an insect and a bird
- describe the life process of reproduction in some plants and animals
- describe the changes as humans develop to old age
- learn about the changes experienced in puberty

PSHE Key Stage 2

- how their body will change as they approach and move through puberty
- about human reproduction
- how to develop and maintain a variety of healthy relationships, within a range of social/cultural contexts
- how to recognise and manage emotions within a range of relationships
- how to recognise risky or negative relationships including all forms of bullying and abuse
- how to respond to risky or negative relationships and ask for help
- how to respect equality and diversity in relationships

What is Jigsaw?

A **whole school programme**, which comprises

- A comprehensive and completely original **scheme of work** for Nursery and Reception to Year 6
- PSHE (Personal, Social, and Health Education), emotional literacy, social skills, and spiritual development (SMSC)
- A detailed **weekly lesson plan** for all year groups, including all teaching resources

Jigsaw PSHE

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



RSE

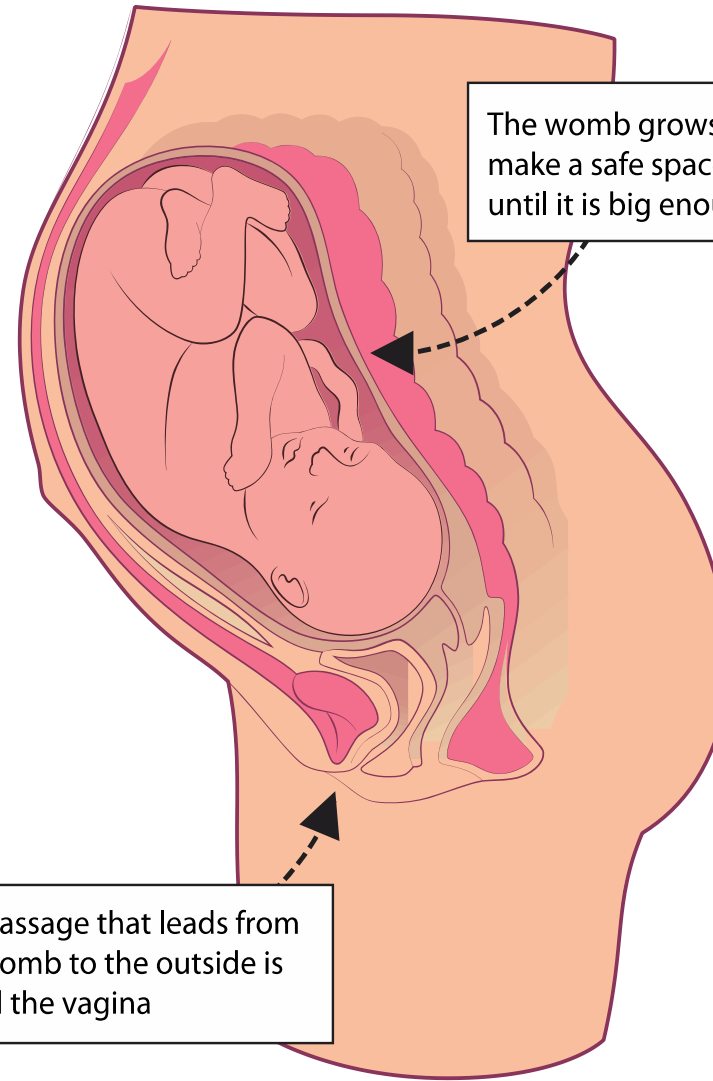
Year Group	Relationships content
F1 and F2	Families, friendships, falling out and bullying, being good friends
1	Families, making friends, greetings (physical contact), people who help us, being my own best friend, celebrating special relationships
2	Families, keeping safe (physical contact), friends and conflict, secrets, trust and appreciation, celebrating special relationships
3	Family roles and responsibilities, friendships, keeping myself safe, being a global citizen, celebrating my web of relationships
4	Relationship web, love and loss, memories, special animals, special pets, celebrating relationships with people and animals
5	Recognising 'me', getting on and falling out, girlfriends and boyfriends, relationships and technology
6	Relationship web, love and loss, power and control, being safe with technology

RSE in the Jigsaw PSHE scheme

N/R	Growing Up	How we have changed since we were babies
Y1	My changing body	Understanding that growing and changing is natural and happens to everybody at different rates
	Boys' and girls' bodies	Appreciating the parts of the body that make us different and using the correct names for them
Y2	The changing me	Where am I on the journey from young to old, and what changes can I be proud of?
	Boys and girls	Differences between boys and girls – how do we feel about them? Which parts of me are private?
Y3	Outside body changes	How our bodies need to change so they can make babies when we grow up – outside changes and how we feel about them
	Inside body changes	How our bodies need to change so they can make babies when we grow up – inside changes and how we feel about them

RSE in the Jigsaw PSHE scheme

Y4	Having a baby	The choice to have a baby, the parts of men and women that make babies and – in simple terms – how this happens
	Girls and puberty	How a girl's body changes so that she can have a baby when she's an adult – including menstruation
Y5	Puberty for girls	Physical changes and feelings about them – importance of looking after yourself
	Puberty for boys	Developing understanding of changes for both sexes – reassurance and exploring feelings
	Conception	Understanding the place of sexual intercourse in a relationship and how it can lead to conception and the wonder of a new life
Y6	Puberty	Consolidating understanding of physical and emotional changes and how they affect us
	Conception to birth	The story of pregnancy and birth



The womb grows and gets ready to make a safe space for a baby to grow until it is big enough to be born

The passage that leads from the womb to the outside is called the vagina

The Role of Parents and the Right of Withdrawal of Students from Relationships Education

The school is well aware that the primary role in children's RSE lies with parents and carers. We therefore wish to build a positive and supporting relationship with the parents of children at St Luke's, through mutual understanding, trust and cooperation. To promote this objective we:

- Inform parents about the school's RSE policy and practice.
- Answer any questions that parents may have about the RSE of their child.
- Take seriously any issues that parents raise with teachers or governors about this policy, or about the arrangements for RSE in the school.
- Make the RSE resources used in our lessons available for viewing.

Any parent or carer with any concerns or worries about the RSE are asked to meet with the head teacher to discuss any issues they may have at the earliest opportunity, with a view to minimising any withdrawal from the non-statutory content of the lessons. We will always aim to resolve any concerns so that all children can participate in RSE in school.

Don't forget...

We are educating children and young people to live in the real world, with all its contradictions

When it comes to sex, children's heads are probably not empty – but they may be full of myths and half-truths

We mustn't let our adult knowledge of relationships and sex prevent us seeing things from the child's perspective

Our focus should be on building healthy attitudes and positive relationships, not just fighting off perceived threats