

Parent Consultation

Relationships and Sex Education



RSE – an integral part of the Porchester Preparing for Life Curriculum

Education for **now**, **next** and **beyond!**



Jargon Buster

Through out this Parents Guide, I will be using some terminology to talk about the areas that children will learn when they are in school with us. I have added the terms below with the explanation of what they mean.

- PSHE – Personal, Social and Health Education
- RSHE – Relationships, Sex and Health Education
- SMSC – Spiritual, Moral, Social and Cultural

Our Porchester RSHE Curriculum Aims

- At Porchester, we all know the experiences a child has during the formative years of their life has such an impact on the kind of person they will develop into and become in the future. Such a lot of this important time is spent in school so it is essential that we work in partnership with parents so that we can make a positive difference and create a strong foundation that can be built upon as children continue to grow, develop and flourish.
- The aim for our RSHE curriculum is to help our children to build healthy friendships and positive relationships in an age appropriate way. An important part of RSHE at Porchester is the ability to discuss and debate issues with clarity, and listen to people's points of view, whilst understanding that you do not have to agree with them but recognise their point of view.
- The overall objectives of the RSHE curriculum are concerned about raising awareness of attitudes and values, developing personal and social skills and promoting knowledge and understanding. RSHE will look at aspects of diversity in an inclusive and non-judgemental way. At Porchester, we whole-heartedly support the philosophy of RSHE and believe it is most effective when taught as part of PSHE.






Why is the Curriculum Changing?

- 🏠 Children and young people are growing up in an increasingly complex world and a large part of their life is online;
- 🏠 This presents many positive and exciting opportunities but also many risks and challenges;
- 🏠 In this ever changing environment, children need to be taught about how to stay safe and healthy, and manage their academic, personal and social lives in a positive way;
- 🏠 The Children and Social Work Act 2017 introduced a new legislation on Relationship Education, Relationships and Sex Education and Health Education in School;
- 🏠 Safeguarding children is at the heart of everything we do at Porchester, including our Relationships and Sex Education.

Why is Relationships and Sex Education in Schools Important?

- High quality RSHE ensures children and young people are equipped with the knowledge, understanding, skills and confidence to cope with the many pressures and challenges of modern society. Learning about friendships and family in RSE are the building blocks to help children to understand themselves and others. Knowledge alone is not enough.
- RSHE makes an important contribution to health and wellbeing by supporting children and young people's ability to learn, achieve and flourish.
- Schools maintain a statutory duty under the Children Act 2004 to promote their students' well-being and, under the Children Act 2002 to prepare children and young people for the challenges, opportunities and responsibilities of adult life.
- Technology is evolving at a rapid pace. The need to protect our children and young people from inappropriate online content, cyber bullying and exploitation is a growing concern. A comprehensive RSE programme can support in addressing these issues.





Relationship Education at Porchester

- Relationship education is compulsory for all primary age pupils;
- Health education is compulsory for all pupils;
- Teaching of RSHE at Porchester School will complement and reinforce lessons families teach their children as they grow up;
- We promote the needs and interests of all pupils, inclusive of gender, sexual orientation, race, religion, culture, ability or aptitude. Our approaches to teaching and learning take into account the ability, age, readiness and cultural backgrounds and home circumstances of the children to ensure that all can access the full RSE provision.

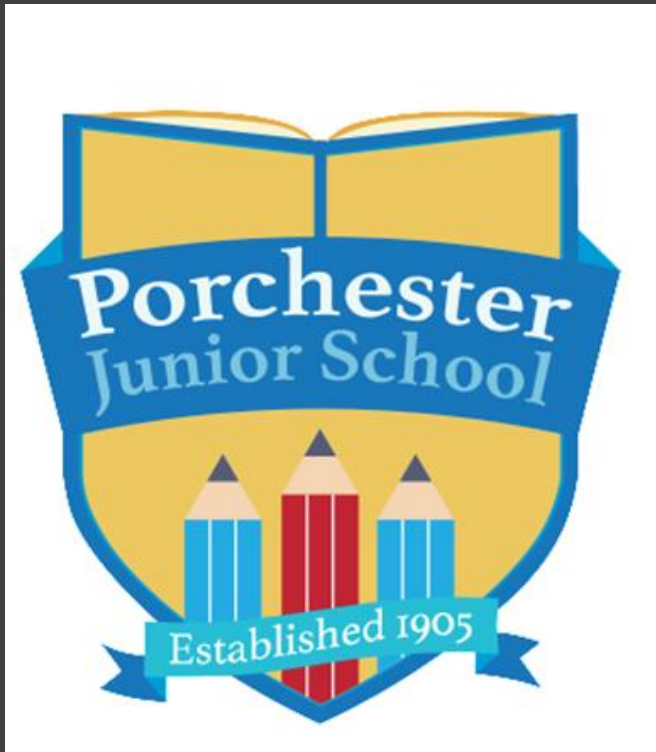
Porchester RSHE Curriculum

The teaching of RSHE at Porchester falls under the themes of:

Families and people who care for me, Caring Friendships, Respectful Relationships, Online Relationships and Being Safe. The key modules taught over a two year period are:

1. Drug Education – including how to manage risk and peer influences
2. Exploring Emotions – including how to recognise and manage feelings and emotions
3. Being Healthy – including the importance of looking after our mental health
4. Growing Up – including the Sex Education element
5. Changes – including loss
6. Bullying Matters – including how to ask for help
7. Being Me – including identity and community
8. Differences and Diversity – including challenging stereotypes
9. Being Responsible – including looking after the environment
10. Being Safe – particularly featuring cyber, gaming and CSE
11. Relationships – including what is a healthy relationship
12. Money Matters – including enterprise

Sex Education at Porchester Junior School



The Department for Education continues to recommend that all primary schools offer a sex education programme. Sex education is not compulsory in primary schools and parents have a right to withdraw their child from dedicated 'sex education' lessons, however, we advise asking to see the teaching content before making this decision.

Our RSHE program is based on the needs of all our pupils at Porchester with age appropriate learning outcomes. RSHE will be firmly embedded within our broader curriculum areas, including science and PE, in addition to more focused learning through specific sessions.

The Christopher Winter Project – RSE Scheme of Work

At Porchester, Relationships and Sex Education will be taught through the Christopher Winter Project (CWP) Scheme of Work, lessons will be taught by school teachers and, where appropriate, outside visitors and professionals;

The Relationships, Relationships and Sex Education and Health Education Statutory Guidance (2019) was used to develop the CWP Scheme of Work;

The Porchester RSHE curriculum and content and outcomes are taught in the following identified curriculum strands:

- Personal, Social and Health Education (PSHE)
- Sex Education
- Science Curriculum

Year 3 Lesson Overview and Resource Example

Year 3

Valuing Difference and Keeping Safe Key Stage 2

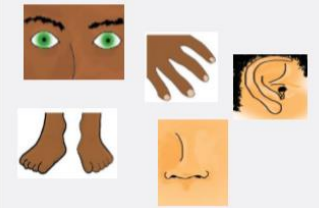
Scheme of Work

Word Box: Stereotypes, gender roles, similar, different, male, female, private parts, penis, testicles, vulva, vagina, uterus, family, fostering, adoption, relationship

Statutory Guidance	Learning Intentions and Learning Outcomes	Lesson Title	Resources
Relationships Education Respectful relationships (3a)	Learning Intention To identify that people are unique and to respect those differences To explore the differences between male and female bodies Learning Outcomes Know and respect the body differences between ourselves and others Name male and female body parts using agreed words	Lesson 1 Body Differences	<i>It's OK to be different</i> , Todd Parr Pictures of male and female bodies Body Difference matching cards Additional Activities <i>Cinderella's Bum</i> , Nicholas Allan <i>Shapesville</i> , Andy Mills
Relationships Education Caring friendships (2e) Respectful relationships (3b, 3d, 3f) Being safe (5a, 5b, 5c, 5d, 5f, 5g)	Learning Intention To consider appropriate and inappropriate physical contact and consent Learning Outcomes Understand that each person's body belongs to them Understand personal space and unwanted touch	Lesson 2 Personal Space	PANTS cards Unwanted Touch scenarios Additional Activities <i>It's my body - a book about body privacy</i> , Louise Spilsbury and Mirella Mariani
Relationships Education Families and people who care for me (1a, 1b, 1c, 1d, 1f.) Being safe (5d, 5f, 5g, 5h)	Learning Intention To explore different types of families and who to go to for help and support Learning Outcomes Understand that all families are different and have different family members Identify who to go to for help and support	Lesson 3 Help and Support	Families pictures Who can I talk to? worksheet <i>The Family Book</i> , Todd Parr Additional Activities <i>Tell Me Again About The Night I Was Born</i> , Jamie Lee Curtis <i>Who's in a Family?</i> Robert Skutch <i>Happy Families</i> , Allan Ahlberg <i>Spark Learns to Fly</i> , Judith Foxon <i>Stranger Danger</i> , Anne Fine

Body Difference matching cards

1.
Our bodies are all unique, but we have many body parts that are similar



2.
One difference is the male and female private parts



Year 4 Lesson Overview and Resource Example

Year 4

Growing Up Key Stage 2

Scheme of Work

Word Box: Puberty, lifecycle, reproduction, physical, breasts, sperm, egg, pubic hair, emotional, feelings

Statutory Guidance	Learning intentions and Learning Outcomes	Lesson Title	Resources
<p>Health Education Changing adolescent body (8a) Key Stage 2 Science - describe the life process of reproduction in some plants and animals</p>	<p>Learning Intention To explore the human lifecycle To identify some basic facts about puberty Learning Outcomes Understand that puberty is an important stage in the human lifecycle Know some changes that happen during puberty</p>	<p>Lesson 1 Changes</p>	<p>Resources Lifecycle whiteboard summary Body Parts Bingo cards Bingo Flash cards Body Changes pictures Lifecycle Quiz slides Lifecycle Quiz answers Additional Activities Babies and Children worksheet</p>
<p>Health Education Mental wellbeing (6a,6b,6c,6d,6f) Health Education Changing adolescent body (8a, 8b) Menstruation (9a) Key Stage 2 Science - describe the life process of reproduction in some plants and animals - describe the changes as humans develop to old age</p>	<p>Learning Intention To explore how puberty is linked to reproduction Learning Outcomes Know about the physical and emotional changes that happen in puberty Understand that children change into adults to be able to reproduce if they choose to</p>	<p>Lesson 2 What is Puberty?</p>	<p>Bag containing spot cream, deodorant, shaving foam, menstrual pads/tampon, a love heart Puberty Card Sort Puberty Card Sort whiteboard summary Body Changes worksheet Puberty Changes Teacher Guide</p> <p>Suggested Reading <i>Where Willy Went</i>, Nicholas Allan <i>Hair in Funny Places</i>, Babette Cole</p>
<p>Relationships Education Caring friendships (2b,2c,2d,2e) Respectful relationships (3a,3b,3d,3e,3f,3h) Online relationships (4b,4d)</p>	<p>Learning Intention To explore respect in a range of relationships To discuss the characteristics of healthy relationships Learning Outcomes Know that respect is important in all relationships including online Explain how friendships can make people feel unhappy or uncomfortable.</p>	<p>Lesson 3 Healthy Relationships</p>	<p>Healthy Friendships cards Relationship pictures Online Respect and Self-Respect video https://www.youtube.com/watch?v=mZtXwLzllpk</p>

resources

Healthy Friendships Cards

1. Likes to talk and listens to my ideas.
2. We are both happy spending time together and have lots of fun.
3. Tells me who I can and can't be friends with.
4. Gets moody and sometimes hits me if I don't do what they want.
5. Asks me what I would like to do when we spend time together
6. Always telling me what I should and shouldn't do.
7. They get jealous when I talk to other friends

Year 5 Lesson Overview and Resource Example

Year 5 Puberty Key Stage 2

Scheme of Work

Word Box: Puberty, physical changes, emotional changes, moods, menstruation, periods, tampons, sanitary towels, wet dreams, semen, erection, sweat, breasts, spots, pubic hair, facial hair, underarm hair, sexual feelings

Statutory Guidance	Learning Intentions and Learning Outcomes	Lesson Title	Resources
Health Education Mental wellbeing (6c, 6d, 6f.) Changing adolescent body (8a, 8b) Menstruation (9a)	Learning Intention To explore the emotional and physical changes occurring in puberty Learning Outcomes Explain the main physical and emotional changes that happen during puberty Ask questions about puberty with confidence	Lesson 1 Talking About Puberty	Puberty Changes Teacher Guide Puberty Changes worksheet Reproductive System slides Pupil Questions template
Health Education Changing adolescent body (8a, 8b) Menstruation (9a)	Learning Intention To understand male and female puberty changes in more detail Learning Outcomes Understand how puberty affects the reproductive organs Describe what happens during menstruation and sperm production	Lesson 2 The Reproduction System	Reproductive System slides Puberty Changes Teacher Guide Menstrual cycle animation Male Changes Powerpoint Puberty Card Game Puberty Card Game answer sheet Puberty Card Game whiteboard summary Model materials: spaghetti (fallopian tubes) and poppy seeds (eggs) Selection of menstrual product (tampons, pads, liners, re-usables) Pupil questions from Lesson 1 Additional Activities What is the Menstrual Cycle? cards What is the Menstrual Cycle? whiteboard summary Menstruation Card Game Menstruation Card Game whiteboard summary
Health Education Mental wellbeing (6a, 6b, 6c, 6d, 6e, 6f.) Changing adolescent body (8a, 8b) Menstruation (9a)	Learning Intention To explore the impact of puberty on the body and the importance of physical hygiene Learning Outcomes To explore ways to get support during puberty Explain how to keep clean during puberty Explain how emotions/relationships change during puberty Know how to get help and support during puberty	Lesson 3 Puberty Help and Support	Kim's Game Items and a cloth to cover them (see lesson plan) Kim's Game Teacher Guide Year 5 Puberty Problem Page Year 5 Puberty Problem Page cut-outs Year 5 Problem Page Teacher Guide Pupil questions from Lesson 1 Additional Activities Puberty Bingo cards

Puberty Card Game

1. A girl gets her first period when she starts secondary school

2. A period normally lasts 2-7 days

3. All boys have wet dreams

4. Girls can go swimming when they have their periods

Year 6 Lesson Overview and Resource Example

Year 6

Puberty, Relationships and Reproduction Key Stage 2

Scheme of Work

Word Box: Womb, sperm, egg, conception, fertilisation, pregnancy, sexual intercourse, twins, fostering, adoption, relationship, friendship, love, consent, intimacy, communication, personal/private information, internet safety

Statutory Guidance	Learning Intentions and Learning Outcomes	Lesson Title	Resources
<p>Health Education Mental wellbeing (6c,6d,6f,6g,6i,6j) Changing Adolescent body (8a,8b)</p>	<p>Learning Intention To consider puberty and reproduction Learning Outcomes Describe how and why the body changes during puberty in preparation for reproduction Talk about puberty and reproduction with confidence</p>	<p>Lesson 1 Puberty and Reproduction</p>	<p>Resources Puberty Changes Teacher Guide Puberty Body Part cards Reproduction questions sheet Reproduction answer cards Reproduction whiteboard summary Additional Activities Year 6 Puberty Problem Page Year 6 Puberty Problem Page Cut-outs Year 6 Puberty Problem Page Teacher Guide</p>
<p>Relationships Education Families and people who care for us (1a,1b,1d,1f) Caring friendships (2a,2b,2c) Respectful relationships 3b,3d,3h) Being safe (5a,5b,5c,5d,5e)</p>	<p>Learning Intention Exploring the importance of communication and respect in relationships Learning Outcomes Explain differences between healthy and unhealthy relationships Know that communication and permission seeking are important</p>	<p>Lesson 2 Communication in Relationships</p>	<p>Communication and Touch cards Pupil Questions template</p>
<p>Relationships Education Families and people who care for us (1c,1d,1e) Key Stage 2 Science - recognise that living things produce offspring of the same kind, but normally offspring vary and are not identical to parents</p>	<p>Learning Intention To consider different ways people might start a family Learning Outcomes Describe the decisions that have to be made before having children Know some basic facts about conception and pregnancy</p>	<p>Lesson 3 Families, Conception and Pregnancy</p>	<p>Couple pictures How does a baby start? cards (one set per group) How does a baby start? whiteboard summary Pupil Questions from previous lesson - typed Additional Activities Conception and Pregnancy statements Conception and Pregnancy Quiz Conception and Pregnancy Quiz Answers Reproductive System slides</p>
<p>Relationships Education Online relationships (4a,4b,4c,4d,4e) Being safe (5a,5b,5d,5e,5g,5h) Mental wellbeing (6h,6i)</p>	<p>Learning Intention To explore positive and negative ways of communicating In a relationship Learning Outcomes To have considered when it is appropriate to share personal/private information in a relationship To know how and where to get support if an online relationship goes wrong</p>	<p>Lesson 4 Online Relationships</p>	<p>Relationship Question cards Communication Scenario cards Communication Scenarios answers Communication Scenarios whiteboard summary Additional Activities Film clip from www.thinkuknow.co.uk</p>

Communication and Touch Cards




1. Kel is 14 years old and has been going out with Shay for two weeks. Kel wants to kiss Shay but is too embarrassed to ask. Kel decides to just kiss Shay anyway. Shay doesn't really want to kiss Kell but is too embarrassed to say anything.
2. Sayeed and Mark have been best mates for ages and Sayeed often gives Mark a big hug each morning when they meet at school. They have never spoken about it but it just happens. Mark doesn't really like being hugged but he goes along with it because he doesn't want to lose the friendship.
3. Jay always gets told to kiss his grandma when she comes over. He really doesn't want to but feels like he has to and feels like he can't say anything.

Wider School Approach

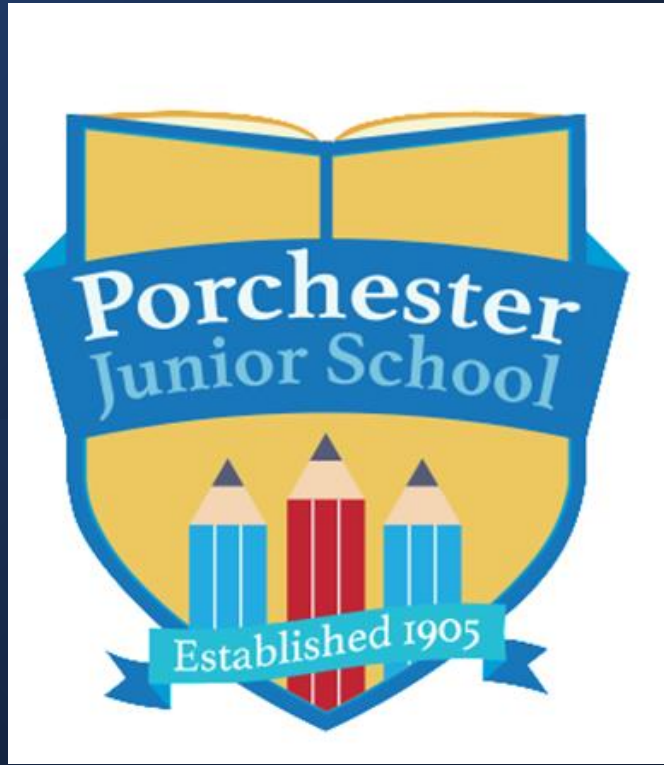


- 🏆 All of these subjects are set in the context of a wider school approach, under the umbrella of The Porchester Preparing for Life Curriculum. This supports pupils to be safe, happy and prepare for life now, next and beyond.
- 🏆 An example of this is how our RSHE curriculum is supported by the school's wider policies on Relationships and Behaviour Regulation, Inclusion, Equality and Diversity, Bullying and Safeguarding.

Porchester RSHE Policy

-  A draft RSHE policy has been drawn to reflect current statutory guidance including the RSHE curriculum offer.
-  The draft policy can be found on the school website under:
Curriculum ~ RSHE
-  **WE NEED YOUR HELP!** We want to hear your thoughts about our policy and gain your feedback on what your children will be learning about the subject

How you can Help our School



- 🏫 Please read the draft RSHE Policy 2020-21
- 🏫 Please look at the class overviews for the RSE content
- 🏫 Please read the DfE Guidance for parents, Statutory Guidance and FAQ's
- 🏫 Please complete our parent consultation questionnaire (on our RSHE webpage) and feedback your thoughts and views
- 🏫 School will address parent thoughts, views and concerns and reflect these in the final policy

Thank you!!!