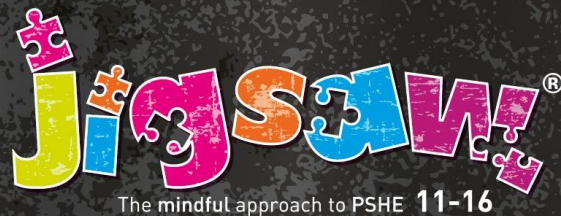


Relationships, Sex & Health Education (RSHE)

Welcome!





Johanna Allen- PSHE co-ordinator at St Laurence



School and home partnership

In this session we aim to inform you of:

- An overview of Jigsaw
- The school's legal obligations on Relationships and Sex Education, and Health Education (from 2020)
- What we mean by Sex Education
- Your rights as a parent/carer
- How we intend to teach children



6 Puzzles- one for each half term:

- Autumn 1: Being me in the world
- Autumn 2: Celebrating difference (includes anti bullying)
- Spring 1: Dreams and goals
- Spring 2: Healthy me
- Summer 1: Relationships
- Summer 2: Changing me (includes sex education for Year 5 and 6)

Jigsaw overview- Autumn term



- Half Term 1 (HT1): Being me in the world
 - This includes a sense of belonging, welcoming others and being part of a school community, a wider community, and a global community.
- HT2: Celebrating difference
 - teaches about diversity, such as disability, racism, power, friendships, and conflict; children learn to accept everyone's right to 'difference', and we explore the concept of bullying – what it is and what it isn't, including cyber and homophobic bullying.
 - During this term we also have a whole week dedicated to anti-bullying.
 - Within **Year 6** content there is a story about a soldier in the war who identified as trans gender.

Jigsaw overview- Spring term



- HT3: Dreams and goals
 - This unit aims to help children think about their hopes and dreams, their goals for success, what personal strengths are, and how to overcome challenges, via team work skills and tasks.
 - There is also a focus on enterprise and fundraising. (This links well with leading up to Lentan project) . Children learn about experiencing and managing feelings of pride, ambition, disappointment, success; and they get to share their aspirations.
- HT4: Healthy me
 - This unit covers two main areas of health: Emotional health (relaxation, being safe, friendships, mental health skills, body image, relationships with food, managing stress) and Physical health (eating a balanced diet, physical activity, rest and relaxation, keeping clean, drugs and alcohol, being safe, first aid).
 - In **Year 6** the unit covers alcohol misuse, illegal drugs, criminal gangs, mental health and being overweight.
 - In **Year 5** content that is covered is smoking and consequences, alcohol misuse and consequences, negative impact of social media and eating disorders.

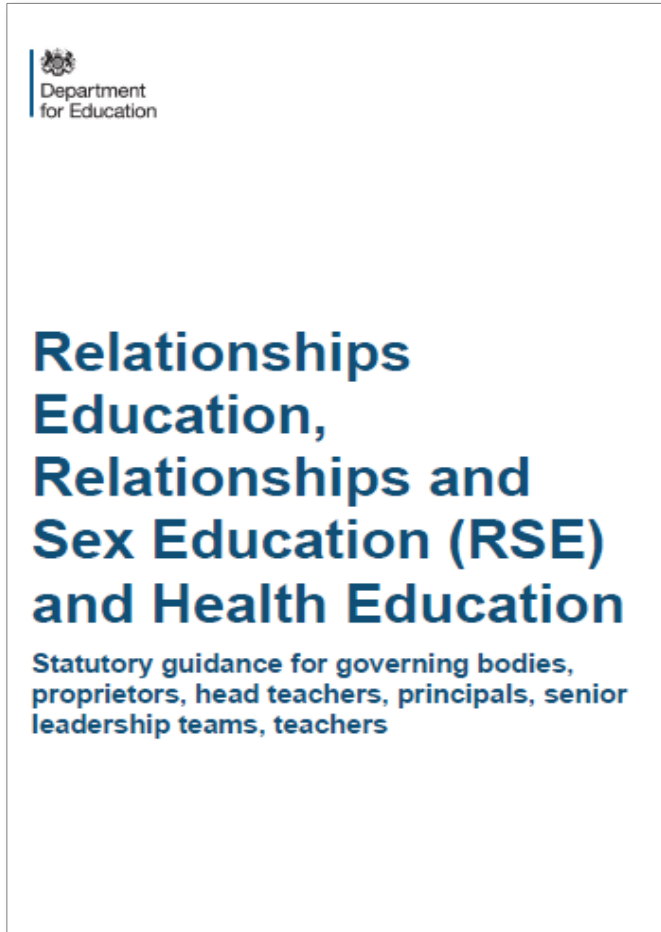
Jigsaw overview- Summer term



- HT5: Relationships
 - looking at diverse topics such as families, friendships, pets and animals, and love and loss. A vital part of this Puzzle is about safeguarding and keeping children safe; this links to cyber safety and social networking, as well as attraction and assertiveness; children learn how to deal with conflict, their own strengths and self-esteem. They have the chance to explore roles and responsibilities in families, and look at stereotypes.
 - **Year 6** cover mental health content.
 - **Year 5** cover fake social media accounts and their risks, grooming, trolling, violence, gambling, impact of too much gaming, posting images online.
- HT6: Changing me
 - deals with change of many types, from growing from young to old, becoming a teenager, assertiveness, self-respect and safeguarding. Self and body image, puberty, attraction and accepting change are diverse subjects for children to explore. Each year group thinks about looking ahead, moving year groups or the transition to secondary school. Life cycles and how babies are made and grow are treated sensitively and are designed to meet children's needs. This Puzzle links with the Science curriculum when teaching children about life cycles, babies and puberty.
 - **This is the unit that we will be focussing on in more detail this evening.**

Compulsory status of Relationships and Sex Education (SRE) and Health Education

What must schools teach?



In 2017 the government passed an amendment to the Children and Social Work Bill to make RSE and Health Education statutory from **Sept 2020**.

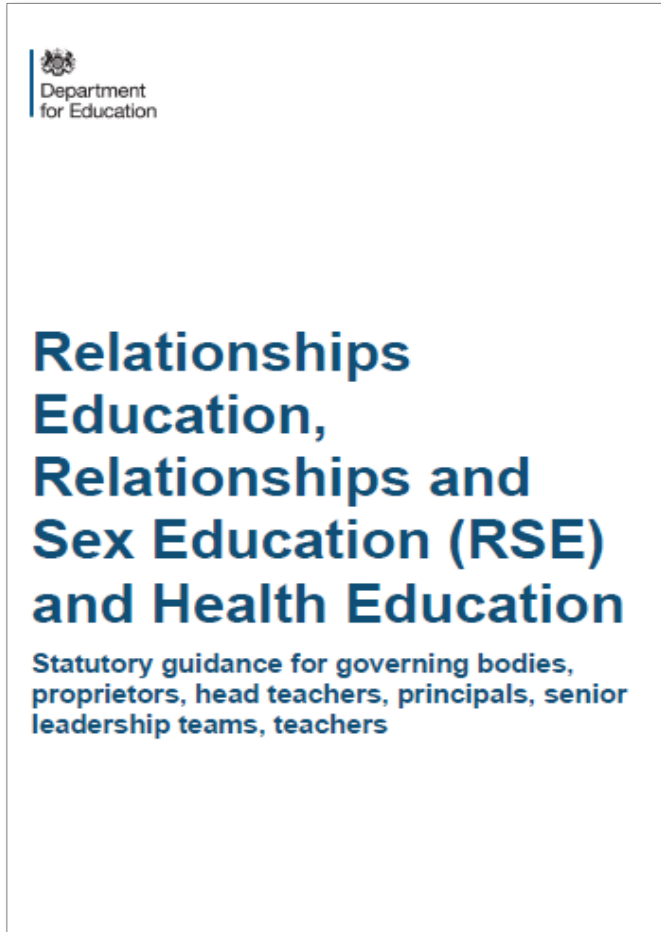
Supported by over 100 organisations, including Public Health England, Teaching Unions, etc

Ratified by House of Lords 24 April 2019

Jigsaw meets all the expectations of the DfE guidance (published April 2019)



What have schools got to teach?



At Primary school age:

RELATIONSHIPS EDUCATION IS COMPUSLORY

HEALTH EDUCATION IS COMPULSORY


But Sex Education is at each school's discretion although recommended by the DfE

At St Laurence:

- Year 3 and 4 do not have any Sex Education lessons.
- 1 Sex Education lesson is taught in **Year 5** and one in **Year 6**.



What are the expectations for Primary Relationships Education?


Department
for Education

**Relationships
Education,
Relationships and
Sex Education (RSE)
and Health Education**

Statutory guidance for governing bodies,
proprietors, head teachers, principals, senior
leadership teams, teachers

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




What does
the government
(England) say is
the aim
of Relationships
Education?

‘Today’s children and young people are growing up in an increasingly complex world and living their lives seamlessly on and offline....children and young people need to know how to be safe and healthy, and how to manage their academic, personal and social lives in a positive way’

DfE Guidance on Relationships Education, Sex Education and Health Education 2019



What are the expectations for Primary Health Education?


Department
for Education

**Relationships
Education,
Relationships and
Sex Education (RSE)
and Health Education**

Statutory guidance for governing bodies,
proprietors, head teachers, principals, senior
leadership teams, teachers

- 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)



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 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.



At St Laurence we define Sex Education as

“Human reproduction, conception and birth”

Human reproduction is taught in a biological way (so that children know accurate facts before they go to secondary school), whilst emphasising the need for babies to be born into loving families.



What should children know about human reproduction?

Human reproduction (sometimes known as sex education)

1. Biological facts about reproductive systems in males and females
2. Correct names of internal and external parts of the body including genitalia
3. How a baby is conceived, develops through pregnancy and is born

What is being taught in Changing Me:



Year 5

Lesson 1	Self image
Lesson 2 (Taught to boys and girls separately)	Puberty for girls
Lesson 3 (Taught to boys and girls separately)	Puberty for boys
Lesson 4 (Children can be withdrawn from this lesson. Taught to boys and girls separately)	Conception
Lesson 5	Looking ahead to teenage years
Lesson 6	Looking ahead to Year 6

Year 6

Lesson 1	Self image
Lesson 2 (taught to boys and girls separately)	Puberty for girls and boys
Lesson 3 (Children can be withdrawn from this lesson. Taught to boys and girls separately)	Conception to birth
Lesson 4 (taught to boys and girls separately)	Boyfriend/girlfriend relationships
Lesson 5	Self esteem
Lesson 6	Looking ahead to secondary school

“Overview Changing Me” document



- It shows what objectives from the DfE guidance are covered in each year group.
- Shows the terminology that will be used.
- And books that we recommend.

Year 5

Health Education and Relationships Education are **statutory** requirements which means it is compulsory that these objectives are taught. The below objectives are being taught in Year 5.

Health Education: Physical health and mental wellbeing

Changing adolescent body

- Key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes.
- About menstrual wellbeing including the key facts about the menstrual cycle.

Physical health and fitness

- The characteristics and mental and physical benefits of an active lifestyle.

Mental wellbeing

- That mental wellbeing is a normal part of daily life, in the same way as physical health.
- That there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations.
- How to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings
- How to judge whether what they are feeling and how they are behaving is appropriate and proportionate.
- The benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness.
- Simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests.
- It is common for people to experience mental ill health. For many people who do, the problems can be resolved if the right support is made available.

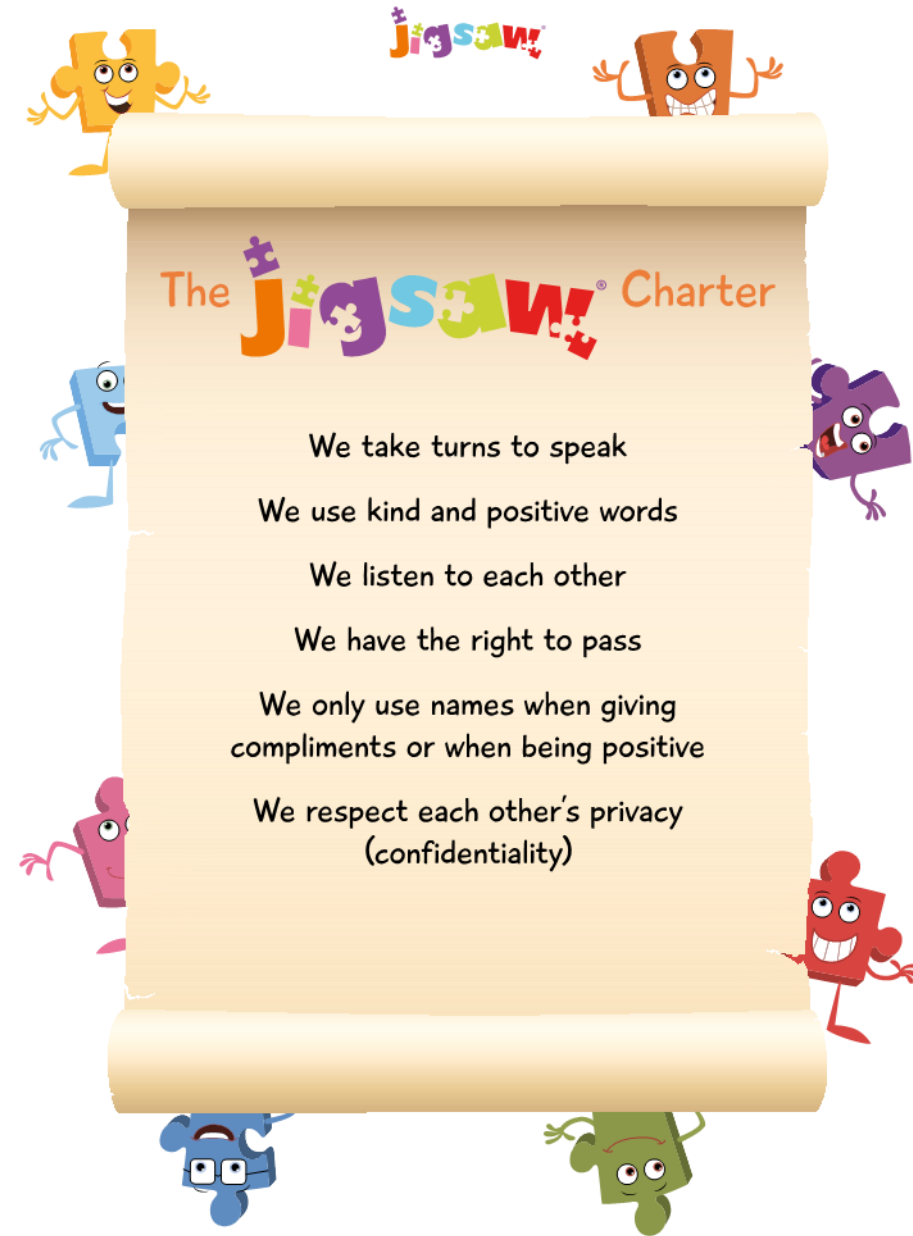
Relationship education

Being safe

- What sorts of boundaries are appropriate in friendships with peers and others (including in a digital context).

How do we teach using Jigsaw

- Set ground rules.
- Ensure the children know it's a safe, non threatening environment to ask questions and address their misconceptions.
- Question box.





The question box



Some children need processing time for some of the RSHE content and questions can arise a few days after the lessons.

There will be a 'question box' in each class and the children will be encouraged to post any questions, concerns or worries they have in there.

Teachers will check it and respond to questions either individually/group/whole class as appropriate.

Answering questions



When answering questions teachers will:

- Consider if it is within the remit of this age group's RSE programme and won't answer if inappropriate to do so
- Keep answers straightforward and factual
- Provide age-appropriate answers
- Will refer to the Jigsaw Charter



If you would like to see the resources and/or lesson plans that will be used in your children's lessons please speak to Mr Murphy who has the hand books.

You are most welcome to view these in school at any time.



Being a Church of England school means:

The Church of England Education Office promote a faith-sensitive and inclusive approach to Relationships and Sex Education (RSE). This teaching is underpinned by two key biblical passages:

So God created mankind in his own image, in the image of God he created them. (Genesis 1:27, NIV)

I have come that they may have life, and have it to the full. (John 10:10, NIV)

Everyone will be treated with dignity as all people are made in the image of God and loved equally by God.



Being a Church of England school means:

- RSE lessons ensure that children are able to cherish themselves and others as unique and wonderfully made, keep themselves safe and able to form healthy relationships where they respect and afford dignity to others.
- They will provide pupils with the knowledge that will enable them to navigate a world in which many will try to tell them how to behave, what to do and what to think.
- They will help them to develop the skills to express their own views and make their own informed decisions.
- RSE will be delivered in a way that affords dignity, will be sensitive and shows respect to all faiths and beliefs that make up our community.
- They will value the importance of faithfulness as the underpinning and backdrop for relationships.



Parents/carers

- We look forward to sharing the responsibility of teaching Relationships, Health and Sex Education in partnership with you.
- You have the right to withdraw your child from the Sex education element in this unit (Year 5- Lesson 4, Year 6- Lesson 3)

Right to withdraw according to DfE



If a pupil is excused from sex education, teachers will provide them with work unrelated to the topic. There is no right to withdraw from Relationships Education or Health Education.

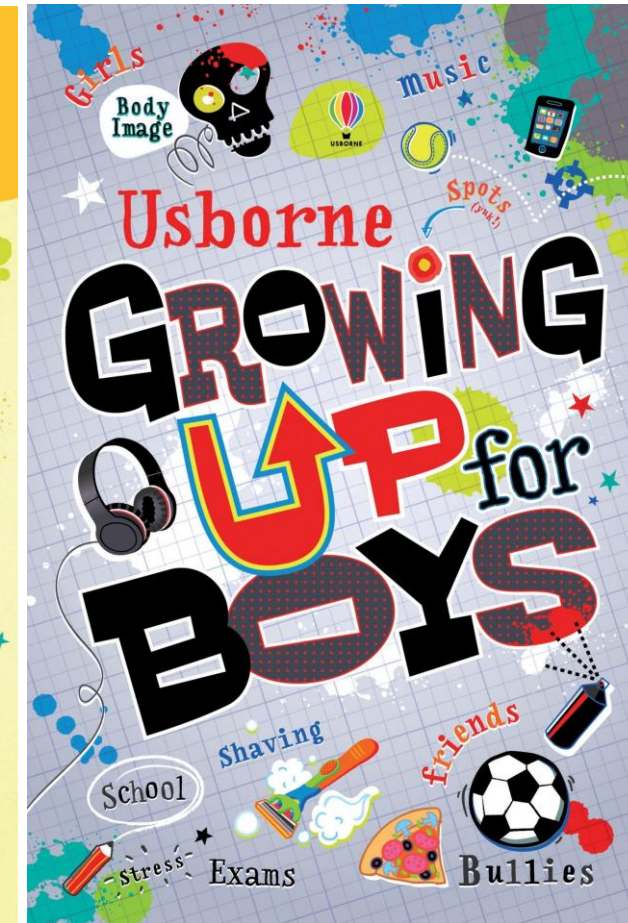
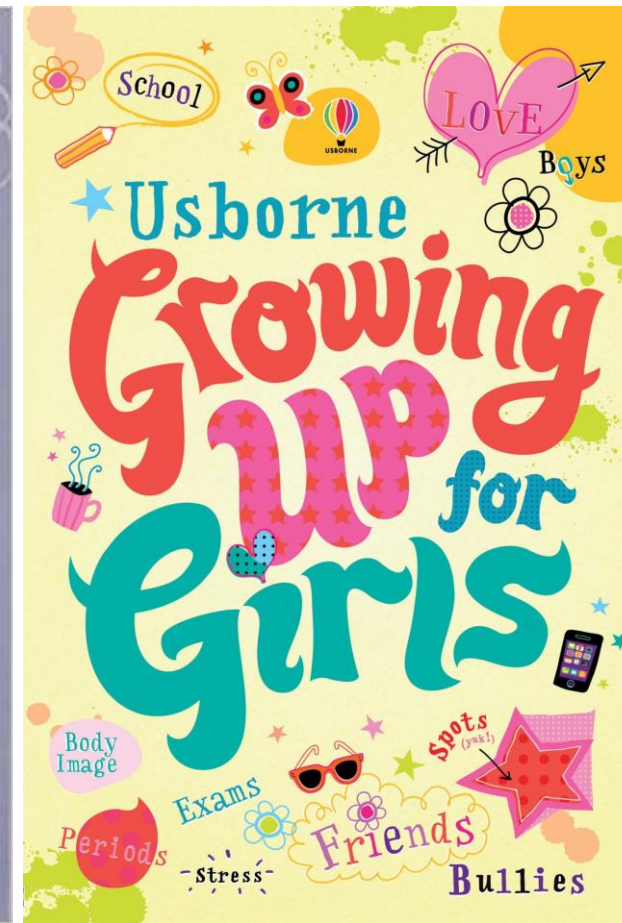
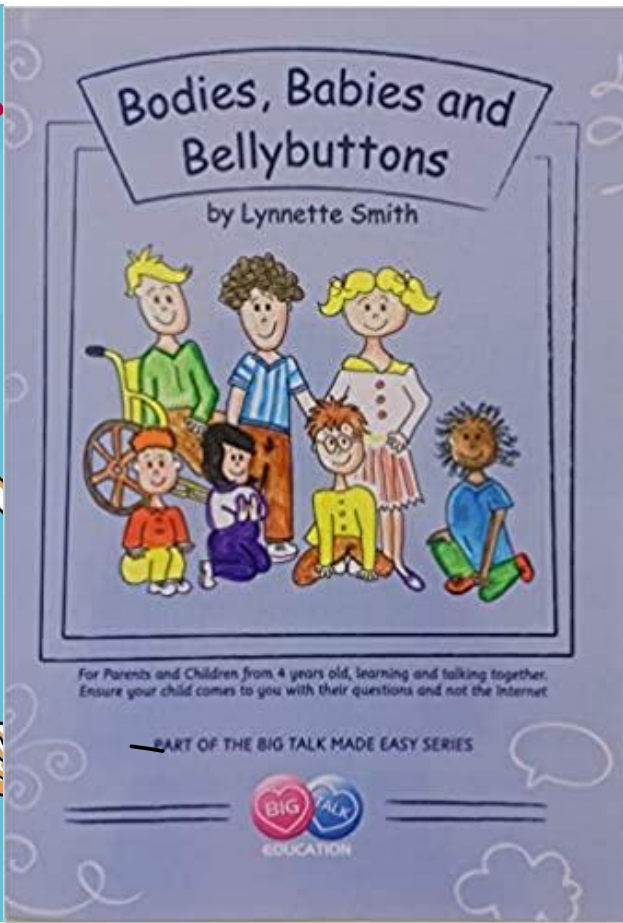
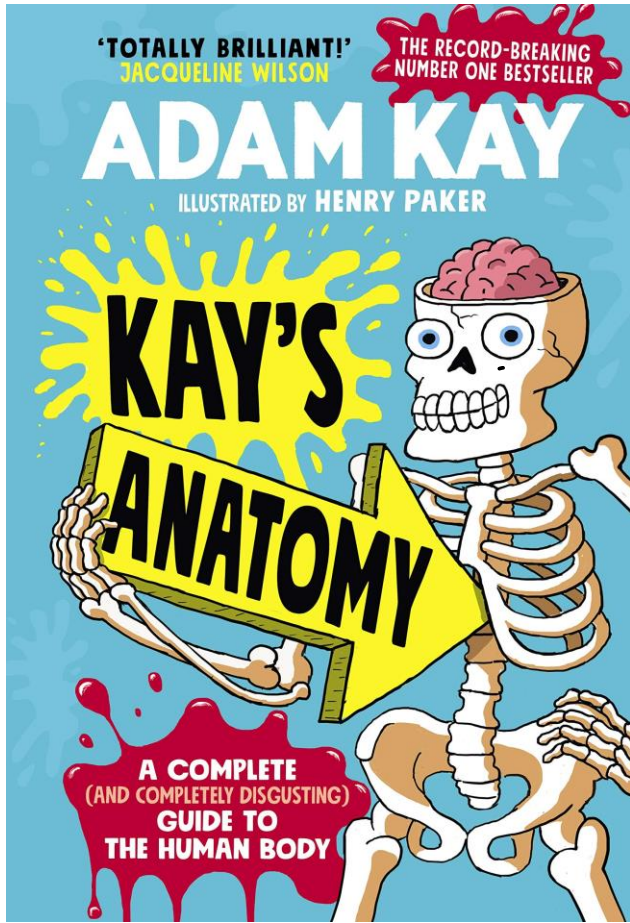
So what lessons would your child miss?

If in year 5 the would be withdrawn from Lesson 4 (conception) only.

If in Year 6 they would be withdrawn from Lesson 3 (conception to birth) only.

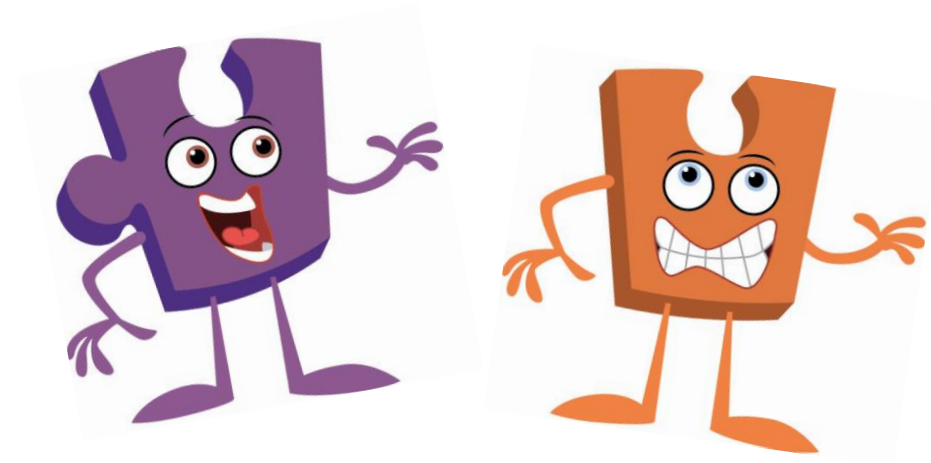
If you wish for your child to be withdrawn from the conception lesson, please let us know either by email: enquiry@stlrncj.bham.sch.uk or by contacting the school office 0121 464 6499.

Books/websites we would recommend



<https://www.bigtalkeducation.co.uk/parents/how-to-talk-about-sex/>

<https://www.plannedparenthood.org/learn/parents/tips-talking>



Any questions?