



Withymoor Primary School

'Learning together, aiming for excellence'

Aims of the focus group:

- Explain the changes to requirements for RHSE from September 2020
- Explain how we currently teach RHSE, and get your views on how well this curriculum works
- Get your views on what you think our RHSE curriculum should cover
- Explain how we'll develop our updated curriculum

Please Remember...

Some RHSE topics are sensitive, and there may be differences of opinion within the room.

Please ensure your comments are respectful at all times.

Your rights as a parent

- To be informed of the RHSE curriculum and policy
- To be consulted about changes to these
- To withdraw your child from Sex Education lessons (that are outside of/additional to the Science National Curriculum)

What is statutory and what isn't?

- We **must** provide the following to all pupils:
 - Relationships education
 - Health education
 - Sex education

Why the need for change?

Ofsted review of existing RSE nationally

- Required improved in over a third of schools was not systematic enough
- Children were not adequately prepared for puberty
- In primary schools, too much emphasis was placed on friendships and relationships

Recommendations for Changes / Schools

- Introduce children to the correct scientific terms and describe the body parts in Key Stage 1
- Challenge the use of 'gay' as an insult and include work around the make up of different families
- Explore / challenge gender roles and stereotypes
- Begin to explore puberty changes by the age of 8 / 9
- Deliver RSE in a progressive way across the school
- Ensure that children in Year 5 and 6 receive RHSE input around puberty so that they are prepared as soon as possible for the onset of puberty
- For some sessions on Sex Education consider single gender sessions

Where and how did you learn about sex and relationships? For young people, their learning comes from.....



Mobile Phones



TV



Internet



school



Parents and carers



Friends and older siblings

What is effective Relationships, Health and Sex Education? (RHSE)

- Age appropriate
- Based on needs of pupils
- Progressive
- Inclusive
- Delivered by trained staff in a safe environment
- Prepares children adequately for puberty in a timely way
- Prepares children for adult life
- Promotes positive relationships

Why is Relationships, Health and Sex Education important?

- Entitlement
- Puberty is starting earlier – for some children by age 9
- Unwanted conceptions
- Sexually transmitted infections
- Safeguarding – grooming, Child Sexual Exploitation, Abuse, Sexting, Online pornography

RHSE Topics across School

There are 6 main topics across school

Autumn 1 – Me

Autumn 2 – Celebrating Differences

Spring 1 – Our Goals and Dreams

Spring 2 – Staying Healthy

Summer 1 – My Relationships

Summer 2 – Changing Me

Science Curriculum

- We aren't required to provide sex education however as part of our Science curriculum we teach the following statutory objectives

Year One

Identify, name, draw and label the basic parts of the human body and say which part of the body is associated with each sense.

Year Two

Notice that animals, including humans, have offspring which grow into adults they should not be expected to understand how reproduction occurs.

Year Five and Year Six

Describe the life process of reproduction in some plants and animals. They should learn about the changes experienced in puberty

RHSE Topics

Withymoor Primary School and Pre-School

EYFS

<p><u>Me</u></p> <p>My identity</p> <p>My classroom</p> <p>I am kind</p> <p>My feelings</p> <p>Rights & Responsibilities</p>	<p><u>Our Goals and Dreams</u></p> <p>Dealing with challenges</p> <p>Persevering</p> <p>My goals and how to achieve them</p> <p>Seeking help</p> <p>Jobs</p>	<p><u>My Relationships</u></p> <p>My Family life</p> <p>Friendships</p> <p>Falling out with friends</p> <p>How I can deal with bullying</p> <p>Being a good friend</p>
<p><u>Celebrating Successes</u></p> <p>My talents</p> <p>I am special</p> <p>My family</p> <p>My home</p> <p>Making friends</p>	<p><u>Staying Healthy</u></p> <p>Exercising</p> <p>Physical activity</p> <p>Sleeping</p> <p>Keeping myself clean</p> <p>My safety</p>	<p><u>Changing Me</u></p> <p>Our bodies</p> <p>Respecting my body</p> <p>I am growing up</p> <p>How I grow and change</p> <p>How I have fun</p> <p>I am scared sometimes</p> <p>Celebrations</p> <p>Coping with change</p> <p>Transition</p>

RHSE Topics

Withymoor Primary School and Pre-School

Year One

<u>Me</u> Feeling safe My Class How can I learn well Praise & Reward Rights & Responsibilities	<u>Our Goals and Dreams</u> Achievable goals Persevering My learning strengths Collaborative learning Cooperating with my group Contributing to and sharing success	<u>My Relationships</u> I Belong to a family Making friends/being a good friend Physical contact rules People who help us My qualities Self-acknowledgement Being a good friend to myself and others Celebrating special relationships
<u>Celebrating Differences</u> Making new friends Similarities and differences What is bullying and how can I deal with Celebrating each other	<u>Staying Healthy</u> Keeping myself healthy Healthy lifestyle choices Keeping clean Being safe Medicine safety Staying safe in the home Road safety Linking health and happiness	<u>Changing Me</u> Life cycles – animal and human Changes in me Changes since I was a baby Differences between female and male bodies (correct terminology) Linking growing and learning Coping with change Transition

PSHE Topics

Withymoor Primary School and Pre-School

Year Two

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<p><u>Me</u></p> <p>Hopes and fears</p> <p>Rewards & Consequences</p> <p>My learning environment</p> <p>My choices</p> <p>I value others</p> <p>Recognising my feelings</p> <p>Rights & Responsibilities</p>	<p><u>Our Goals and Dreams</u></p> <p>Achieving realistic goals</p> <p>Perseverance</p> <p>Learning strengths</p> <p>Learning with others</p> <p>Group co-operation</p> <p>Contributing to and sharing</p> <p>Success</p>	<p><u>My Relationships</u></p> <p>Different types of family</p> <p>Physical contact boundaries</p> <p>Friendship and conflict</p> <p>Secrets</p> <p>Trust and appreciation</p> <p>Appreciating special friendships</p>
<p><u>Celebrating Differences</u></p> <p>Gender stereotypes</p> <p>Gender diversity</p> <p>Standing up for myself and others</p> <p>Celebrating differences and being friends with everyone</p>	<p><u>Staying Healthy</u></p> <p>What is motivation</p> <p>Healthy choices</p> <p>How can we relax</p> <p>Healthy eating and nutrition</p> <p>Healthy snacks and sharing food</p>	<p><u>Changing Me</u></p> <p>Life cycles in nature</p> <p>Growing from young to old</p> <p>Increasing independence</p> <p>Differences in female and male bodies (correct terminology)</p> <p>Assertiveness</p> <p>Preparing for transition</p>

Year Three

<p><u>Me</u></p> <ul style="list-style-type: none">Setting my goalsMy identity and my worthStaying positiveRewards & ConsequencesRules, Rights & ResponsibilitiesGood choicesMy friends' perspective	<p><u>Our Goals and Dreams</u></p> <ul style="list-style-type: none">Difficult challenges and achieving successDreams and ambitionsNew challengesMotivation and enthusiasmRecognising and trying to overcome obstaclesEvaluating learning processesManaging feelingsSimple budgeting	<p><u>My Relationships</u></p> <ul style="list-style-type: none">Family roles and responsibilitiesFriendship and negotiationKeeping safe online and who to go to for helpBeing a global citizenBeing aware of how my choices affect othersAwareness of how other children have different livesExpressing appreciation for family and friends
<p><u>Celebrating Differences</u></p> <ul style="list-style-type: none">Families and their differencesFamily conflict and how to manage it (child-centred)Witnessing bullying and how to solve itRecognising how words can be hurtfulGiving and receiving compliments	<p><u>Staying Healthy</u></p> <ul style="list-style-type: none">ExerciseFitness challengesFood labelling and healthy swapsAttitudes towards drugsKeeping safe and why it's important online and off line scenariosRespect for myself and othersHealthy and safe choices	<p><u>Changing Me</u></p> <ul style="list-style-type: none">How babies growUnderstanding a baby's needsOutside body changesInside body changesFamily stereotypesChallenging my ideasPreparing for transition

RHSE Topics

Withymoor Primary School and Pre-School

Year Four

<p><u>Me</u></p> <p>I am part of my class team</p> <p>I am a member of my school</p> <p>Rights, responsibilities and democracy (school council)</p> <p>Making decisions together</p> <p>What motivates behaviour</p>	<p><u>Our Goals and Dreams</u></p> <p>Hopes and dreams</p> <p>Overcoming disappointment</p> <p>Creating new, realistic dreams</p> <p>Achieving goals</p> <p>Working in a group</p> <p>Celebrating contributions</p> <p>Resilience</p> <p>Positive attitudes</p>	<p><u>My Relationships</u></p> <p>Jealousy</p> <p>Love and loss</p> <p>Memories of loved ones</p> <p>Getting on and Falling Out</p> <p>Girlfriends and boyfriends</p> <p>Showing appreciation to people and animals</p>
<p><u>Celebrating Differences</u></p> <p>Challenging assumptions</p> <p>Judging by appearance</p> <p>Accepting self and others</p> <p>Understanding influences</p> <p>Understanding bullying</p> <p>Problem-solving</p> <p>Identifying how special and unique everyone is</p> <p>First impressions</p>	<p><u>Staying Healthy</u></p> <p>Healthier friendships</p> <p>Group dynamics</p> <p>Smoking</p> <p>Alcohol</p> <p>Assertiveness</p> <p>Peer pressure</p> <p>Celebrating inner strength</p>	<p><u>Changing Me</u></p> <p>Being my unique self</p> <p>Having a baby</p> <p>Girls and puberty</p> <p>Confidence in change</p> <p>Accepting change</p> <p>Environmental change and our responsibility to it</p>

RHSE Topics

Withymoor Primary School and Pre-School

Year Five

<p><u>Me</u></p> <p>What's coming up for me this year I am a citizen Rights & responsibilities Rewards & consequences How behaviour affects groups Democracy, my voice, I participate</p>	<p><u>Our Goals and Dreams</u></p> <p>Future dreams Understanding the importance of money Jobs and careers Dream job and how to get there Goals in different cultures Supporting others (charity) Motivation</p>	<p><u>My Relationships</u></p> <p>Self-recognition and self-worth Building self-esteem Safer online communities Rights and responsibilities online Online gaming and gambling – inc addiction Reducing screen time Dangers of online grooming – what to do etc SMARRT internet safety rules</p>
<p><u>Celebrating Differences</u></p> <p>Cultural differences and how they can cause conflict Racism Rumours and name-calling Types of bullying Material wealth and happiness Enjoying and respecting other cultures</p>	<p><u>Staying Healthy</u></p> <p>Smoking, including vaping Alcohol Alcohol and anti-social behaviour as well as issues related to it Habits Emergency aid Body image Relationships with food Healthy choices Motivation and behaviour</p>	<p><u>Changing Me</u></p> <p>Self-recognition and self-worth Building self-esteem Safer online communities Rights and responsibilities online Online gaming and gambling – inc addiction Reducing screen time Dangers of online grooming – what to do etc SMARRT internet safety rules</p>

RHSE Topics

Withymoor Primary School and Pre-School

Year Six

<p><u>Me</u></p> <p>My goals for year 6 Universal rights for children Feeling valued, feeling welcome Choices, rewards and consequences The dynamics of my group Democracy Anti-social behaviour Role models</p>	<p><u>Our Goals and Dreams</u></p> <p>Personal learning goals, in and out of school Emotions in success Making a difference in the world Motivation Recognising achievements Compliments</p>	<p><u>My Relationships</u></p> <p>Mental health Identifying mental health worries and sources of support Love and loss Managing feelings Power and control Assertiveness Technology safety Take responsibility with technology use</p>
<p><u>Celebrating Differences</u></p> <p>What is normality? Understanding disability Power struggles Understanding bullying Inclusion/exclusion Differences that can cause conflict, Differences as celebration Empathy</p>	<p><u>Staying Healthy</u></p> <p>Taking personal responsibility How substances affect the body Drugs and Addiction Exploitation, including 'county lines' and gang culture Emotional and mental health Managing stress</p>	<p><u>Changing Me</u></p> <p>Self-image Body image Puberty and feelings Conception to birth Reflections about change Physical attraction Contraception and Safe sex Respect and consent Boyfriends/girlfriends Sexting and sharing images Transition to secondary</p>

Year Group	Focus	Pupils will be able to...
Rec	Body Awareness	
	Hygiene	Self-care and hygiene
1	Differences: Boys/girls	Identify the parts of the body that make boys different to girls and use correct names for these : penis, testicles, vagina Respect my body and understand which parts are private
	Naming Body Parts	
2	Differences: Male/Female	Recognise the physical differences between boys and girls, use the correct names for the parts of the body and appreciate that some parts of my body are private Tell you what they like/don't like about being a boy/girl
	Looking after the body	Self-care and hygiene

Year Group	Focus	Pupils will be able to...
3	How babies grow	<p>Understand that in animals and humans lots of changes happen between conception and growing up, and that usually it is the female who had the baby</p> <p>Express how they feel when they see babies or baby animals</p> <p>Understand how babies grow and develop in the mother's uterus and understand what a baby needs to live and grow</p> <p>Express how they might feel if they had a new baby in their family</p>
	Changes inside and outside my body	<p>Understand that boys' and girls' bodies need to change so that when they grow up their bodies can make babies</p> <p>Identify how boys' and girls' bodies can change on the outside and on the inside so <u>that</u> they are able to make babies when they grow up</p> <p>Recognise how they feel about these changes happening to them and know how to cope with those feelings</p>
4	Having a baby	<p>Correctly label the internal and external parts of male and female bodies that are necessary for making a baby</p> <p>Understand that having a baby is a personal choice and express how they feel about having children when they become an adult</p>
	Girls and puberty	<p>Describe how a girl's body changes in order for her to be able to have babies when she is an adult, and that menstruation (having periods) is a natural part of this</p> <p>Know that they have strategies to help them cope with the physical and emotional changes they will experience during puberty</p>

Year Group	Focus	Pupils will be able to...
5	Puberty for girls	<p>Explain how a girl's body changes during puberty and understand the importance of looking after themselves physically and emotionally</p> <p>Understand that puberty is a natural process that happens to everybody and that it will be ok for them</p>
	Puberty for boys	<p>Describe how boys' bodies change during puberty</p> <p>Express how they feel about the changes that will happen to them during puberty</p>
	Conception	<p>Understand that sexual intercourse can lead to conception and that is how babies are usually made</p> <p>Understand that sometimes people need IVF to help them to have a baby</p> <p>Appreciate how amazing it is that human bodies can reproduce in these ways</p>
6	Puberty and feelings	<p>Explain how girl's and boys' bodies change during puberty and understand the importance of looking after themselves physically and emotionally</p> <p>Express how they feel about changes that will happen to them during puberty</p> <p>Ask questions that they need answers to, related to this topic</p> <p>Reflect on the answers they receive</p>
	Conception to birth	<p>Describe how a baby develops from conception through the 9 months of pregnancy and how it is born</p> <p>Recognise how they feel when they reflect on the development and birth of a baby</p>
	Physical attraction	<p>Understand how being physically to someone changes the nature of the relationship</p> <p>Express how they feel about the growing independence of becoming a teenager and are confident that they can cope with this</p>

What we currently do

- What are your thoughts on our current curriculum for RHSE which includes personal, social, health and economic (PSHE) education?
- Do you think this curriculum meets your child's needs?

What we currently do

Looking at the new framework

- Is there anything we're not covering that you think we need to address, specific to our school context?

How can we support more at home?

Looking at the new framework

- As a parent, do you feel like you need more information or guidance on specific topics?

Please feel free to use the post it notes

What happens next?

We're also getting feedback from:

- Staff
- Pupils
- Governors

Once we've considered all the feedback, we'll draft an updated RHSE policy, which will set out our proposed curriculum.

There will be a formal consultation period before the updated policy is approved.

- We'll post the draft policy on our website, and send you an email letting you know how you can feedback