

RSE Parent Meeting

03.6.25

What are the aims of Relationships Education, Sex Education and Health Education in the primary school?

The opening paragraph of the Department for Education guidance states:

“Today’s children and young people are growing up in an increasingly complex world and living their lives seamlessly on and offline. This presents many positive and exciting opportunities, but also challenges and risks. In this environment, 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, 2019, Relationships Education, Relationships and Sex Education and Health Education)

What **must** be taught?

- From September 2020, Relationships and Health Education are compulsory in all primary schools in England.
- **Relationships Education:** Families and people who care for me; Caring Friendships; Respectful Relationships; Online Relationships; Being Safe
- **Health Education:** 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

What counts as 'Sex Education'?

- It is up to each individual primary school's policy to decide what it views Sex Education to be.
- At this school, we define it as relating to 'human reproduction' and is taught in a scientific way within our PSHE provision.
- Parents can withdraw their children from this part of Changing Me Week (more information later).

Why is this RSHE curriculum needed?

There are four main aims for teaching RSE within the context of Primary School PSHE (Personal, Social, Health Education):

- More than ever before, children are exposed to representations of sex and sexuality through the social culture around them. The unregulated content on the internet or social media, can mean children may be exposed to dangerous, confusing or scary content. We can prepare them for this by presenting a balanced view of positive healthy relationships to help them to be discerning and to stay safe.
- There is much independent research showing most parents and carers value the support of schools in providing Relationship and Sex Education for their children. Parents and schools want children to be safe and happy.
- A range of independent research consistently shows that effective Relationship Education delays first sexual experience and reduces risk-taking in young people.
- Surveys of children and young people, as well as Ofsted, have repeatedly said that Relationship and Sex Education tends to be “too little, too late and too biological”. This is one of the many reasons why the Department for Education is making Relationships and Health Education compulsory in primary schools from September 2020, with an emphasis on Relationships Education.

Lesson Content

- There are 2 lessons which are deemed **non-statutory** in nature: one in Year 5 and one in Year 6.

Year 5



1. Self-Image and
Body Image



2. Puberty for Girls



3. Puberty for Boys



4. Conception



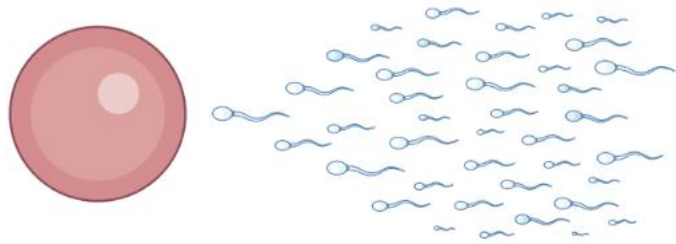
5. Looking Ahead 1



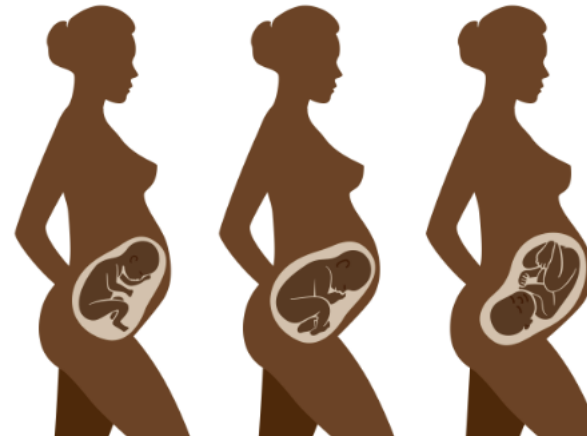
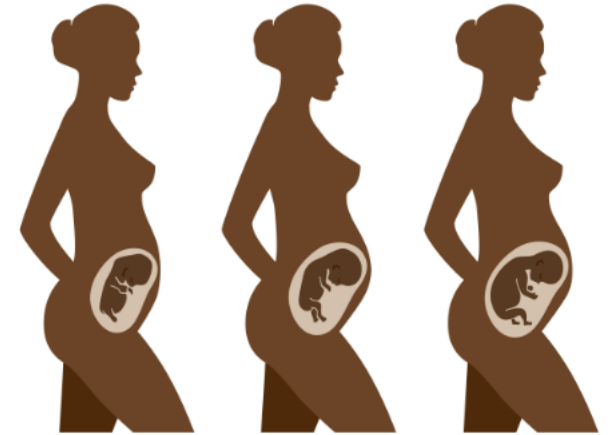
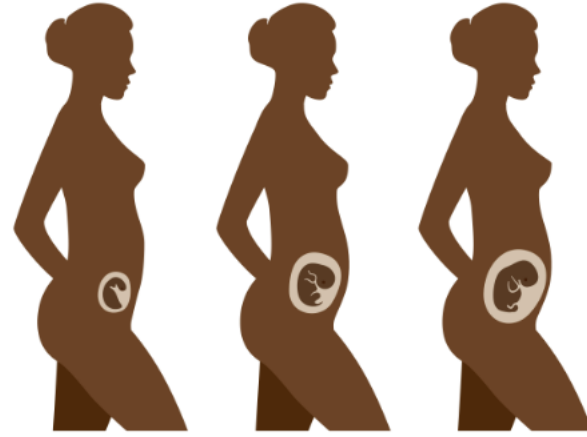
6. Looking Ahead 2

- I understand that sexual intercourse can lead to conception and that is how babies are usually made
- I understand that sometimes people need IVF to help them have a baby

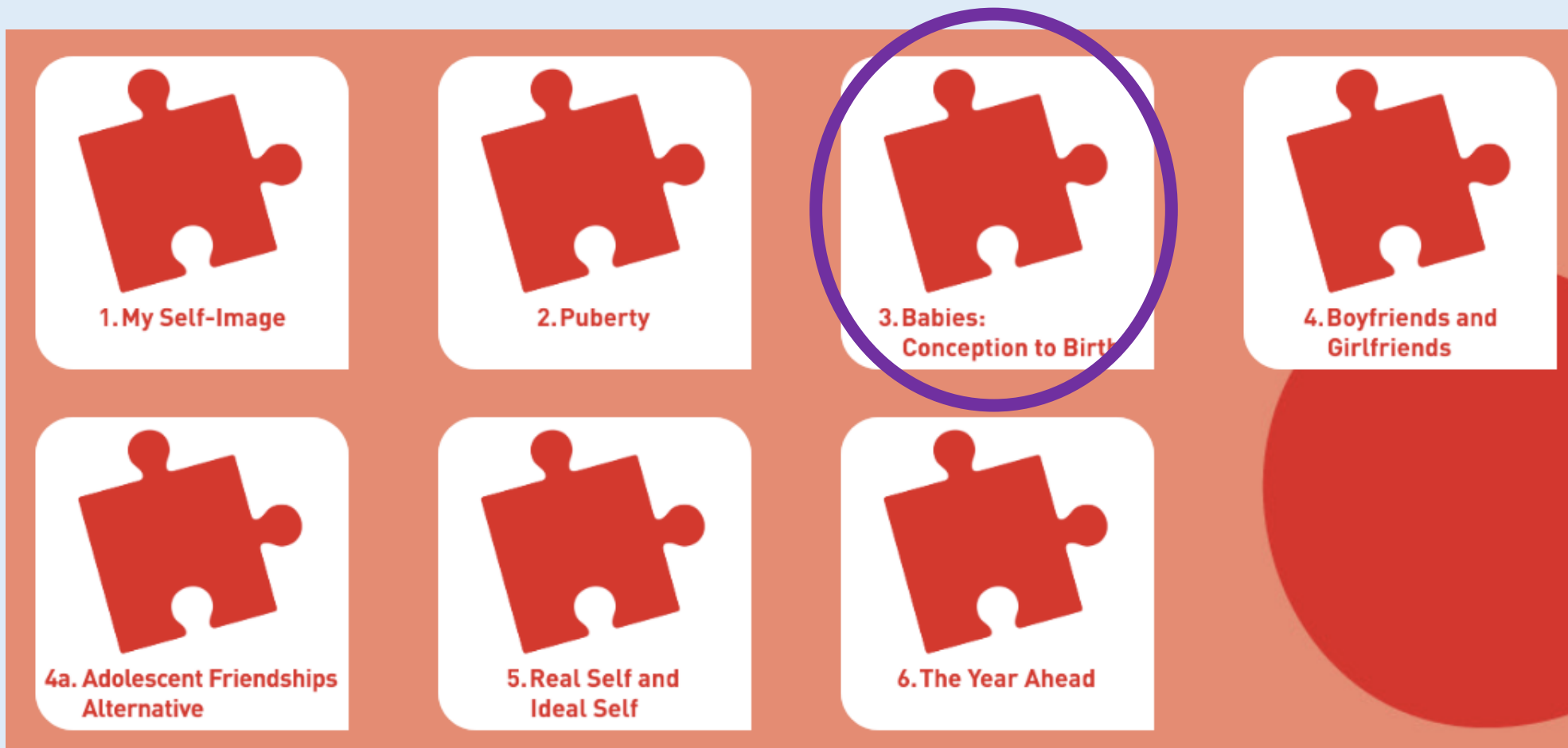
Before a couple decides to have a baby, they should _____



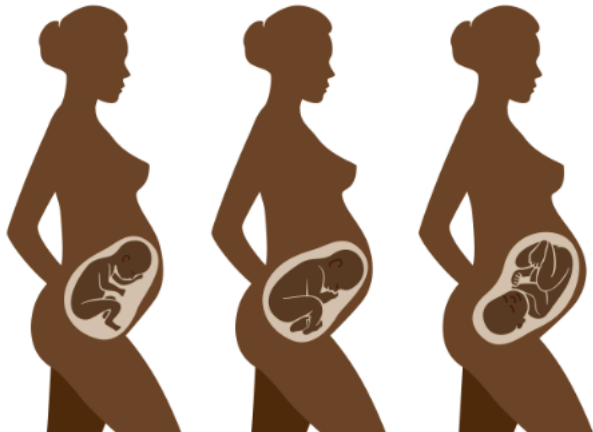
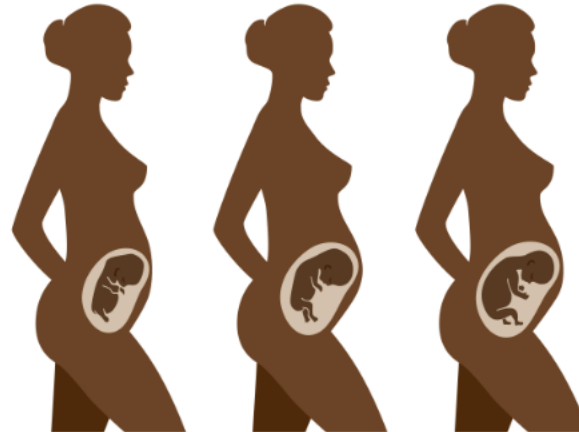
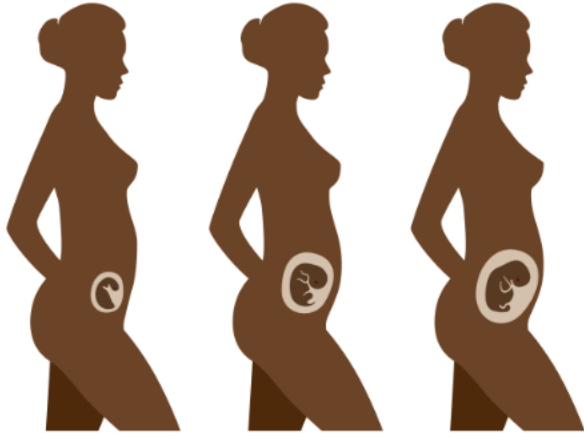
Conception : (kun-SEP-shun)



Year 6



I can describe how a baby develops from conception through the nine months of pregnancy, and how it is born



1. Life begins when a sperm joins with an egg in the fallopian tube and _____ it so that it starts to grow into a baby.
2. The fertilised egg starts to divide from one cell to two, then four, then eight and so on, and the growing cluster of cells travels down the tube towards the mother's _____.
3. The ball of cells settles into the soft lining of the womb, which has thickened with an extra supply of _____ to provide oxygen and food for the baby.
4. As the cells continue to divide some of them form into the tiny beginnings of the baby, and some form a fleshy plate called the _____ which attaches the baby to the wall of the womb.
5. The placenta collects oxygen and food from the mother's blood and passes them to the growing baby through the _____.
6. After a month the baby is about the size of a grain of rice; while it is very tiny the baby is called an _____.
7. For the first 12 weeks the baby grows slowly but it gradually forms all its body parts: after only 6 weeks it already has a tiny _____ which is beating.
8. While it grows the baby is kept safe and protected from bumps and knocks by floating in a bag of _____.
9. After 12 weeks the baby is fully formed and has all its essential _____ but it is still very small, about the length of your thumb.
10. After 6 months the baby is growing fast, it has begun to grow eyelashes and _____ on its head, and its mother can feel it sometimes moving and kicking.
11. In the final months of _____ the baby fattens up, has periods of waking and sleeping and can hear and react to sounds from the outside.
12. By the eighth and ninth months the baby is probably big enough to be able to survive if it was born early, and the mother has a very large, heavy _____ to carry around.
13. In the ninth month the baby is getting quite squashed and doesn't have much room to move: it settles with its _____ down ready to be born.
14. Birth begins when muscles in the womb start to press down on the baby in a series of powerful pushes called _____.
15. Over a period of several hours these contractions get stronger and more frequent, pushing the baby's head against the entrance from the womb to the vagina, which is called the _____, and gradually opening it up.
16. When the cervix is fully open the baby starts to move head first down through the vagina: this is known as the second stage of _____.

How to withdraw your child

- Now that you are fully informed as to the curriculum content, if you wish to withdraw your child from this provision, simply send an email to our office email address and we will action this for you.
- This will mean that your child is removed from the **non-statutory** parts of the week.