

# Update about Relationships and Sex Education – November 2020

# What is Relationships and Sex Education?

## Mission Statement from the RSE policy

We at Burlington Junior School believe that it is the responsibility of a good school to help pupils develop into responsible and caring adults, who are able to contribute positively to their community, and family life. Relationships and Sex Education (RSE) is a key factor in helping children make positive relationships and choices which extends in all contexts, including online.

RSE sits within the Personal, Social Health Education (PSHE) curriculum.



# Why teach RSE?

Teaching RSE is crucial to ensure that children are happy, healthy and safe as they grow up. It will ensure they have a better understanding of different kinds of relationships (including online relationships) whilst also knowing how to stay safe and what to do if they need support or advice.

In primary schools, the focus of RSE is to teach children about the characteristics of positive relationships, with reference to friendships, family relationships, and relationships with other children and adults.

# By the end of primary... (Relationships Education)

## Families and people who care for me

- Importance of family
- Characteristics of healthy family life
- Respect for family diversity
- Importance of stable relationships
- Marriage/civil partnerships as legally recognised commitment
- How to recognise unsafe situations and how to seek advice/help

## Caring friendships

- Importance of friendships
- Characteristics of friendships,
- Benefits of healthy friendships
- How to maintain a healthy friendship
- How to recognise unhealthy friendships and seek help

## Respectful relationships

- Importance of respecting others
- Conventions of courtesy and manners
- Importance of self-respect
- Requirement to respect others
- Types of bullying, impact and how to get help
- Stereotypes and their impact
- Permission seeking

## Online relationships

- People behave differently online
- Same relationship principles apply online
- Rules for keeping safe online
- How to critically consider online content
- How information and data is shared and used online.

## Being safe

- Appropriate boundaries
- What privacy means
- Your body belongs to you
- How to respond to adults you do not know
- Asking for help and reporting feeling unsafe and abuse
- Where to get advice and support

## Changing Adolescent Body (Health Ed.)

- 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.



# So what has changed?

- RSE is now compulsory to teach. By following Jigsaw, it ensures we cover all of the topics.
- Puberty work now fulfils the requirements under the 'Changing Adolescent Body' strand of statutory Health Education, which parents cannot withdraw their child(ren) from. This takes place in Year 5.
- Sex education, which consists of 'human reproduction' is not compulsory and parents have the option to withdraw their child(ren) from the sessions if they wish. There are 3 sessions which cover this:

Year 4	Having a baby	The choice to have a baby, the parts of men and women that make babies and – in simple terms – <b>how this happens (animals used – the Female Reproductive System)</b>
Year 5	Conception	<b>Understanding the place of sexual intercourse in a relationship and how it can lead to conception and the wonder of a new life. (Animations used – the Female and Male Reproductive Systems)</b>
Year 6	Conception to birth	<b>The story of pregnancy and birth. (Animations used – the Female and Male Reproductive Systems)</b>

These have been taken from our RSE policy, which is available on the website.

[https://drive.google.com/file/d/1IYu-DcPU7yYl8fYHJlgrCbH2nAFs\\_rTC/view](https://drive.google.com/file/d/1IYu-DcPU7yYl8fYHJlgrCbH2nAFs_rTC/view)

# Parent feedback

In June we asked for feedback in editing our RSE policy, which is available on the website for you to see, and these are the changes that have taken place:

- There is an outline of the Jigsaw programme we are teaching.
- The outline shows what is being taught in each year group so that parents can support with learning at home and can see the level of detail that sessions go into.
- It is clear which sessions and year groups encompass sex education so that parents and carers can exercise their right to withdraw, if they would like to.

# Helpful resources

In the feedback, parents also asked for guidance and suggestions for materials at home to help support the learning in school. These can be found on a letter heading out after this meeting. We hope you will find these useful and can help with any discussions or questions your child may have.

