

## Relationship and Sex Education.

As part of our school's Personal, Social and Health Education programme all children should receive lessons on relationships and sex.

The purpose of Relationships and Sex Education (RSE) is to provide knowledge and understanding of our relationships with others, understand how we grow and change as we get older and how to keep ourselves clean and healthy. From Y4 onwards, this will include how the human body changes during puberty and the processes of human reproduction, within the context of relationships based on love and respect. We believe that if young people can start their transition into adulthood with good information and the confidence and knowledge to understand what is happening to them, they will grow into confident and healthy adults able to make positive choices. This can start with learning the basics about growing up and the sessions in school may reinforce what you are already doing at home.

Our RSE lessons aim to:

- 1 Provide accurate and relevant information about the physical and emotional changes that children and young people will experience through their formative years and into adulthood.
- 2 Foster self-awareness and self-esteem.
- 3 Develop a sense of responsibility and respect for themselves and others.

Our RSE programme includes age appropriate lessons which will be delivered by your child's class teacher over the following couple of weeks. We believe that all teaching materials are appropriate to the age and emotional maturity of our classes.

### In Year 1 our Learning Intentions are as follows:

- To understand some basic hygiene principles
- To introduce the concept of growing and changing, including the difference between boy and girl babies
- To explore different types of families and who to ask for help

### In Year 2 our Learning Intentions are as follows:

- To introduce the concept of male and female and gender stereotypes
- To identify differences between males and females and to understand how this is part of the lifecycle
- To understand that making a new life needs a male and a female
- To describe the physical differences between males and females
- To name the male and female body parts

### In Year 3 our Learning Intentions are as follows:

- To explore the differences between males and females and to name the body parts
- To consider touch and to know that a person has the right to say what they like and dislike
- To understand personal space
- To talk about ways of dealing with unwanted touch
- To explore different types of families and who to go to for help and support

### In Year 4 our Learning Intentions are as follows:

- To explore the human lifecycle, describing the main stages and how the body changes when a child grows up
- To understand that children change into adults so that they are able to reproduce
- To identify some basic facts about puberty
- To discuss male and female body parts using agreed words
- To know about the physical and emotional changes that happen in puberty
- You are welcome to contact us to discuss the programme or to view any of the teaching materials used.

### In Year 5 our Learning Intentions are as follows:

- To explore the emotional and physical changes occurring in puberty
- To understand male and female puberty changes in more detail
- To understand how puberty affects the reproductive organs
- To explore how to manage physical and emotional changes
- To explore the impact of puberty on the body and the importance of physical hygiene
- To explore ways to get support during puberty

### In Year 6 our Learning Intentions are as follows:

- To consider puberty and reproduction
- Consider physical & emotional behaviour in relationships
- To explore the process of conception and pregnancy
- To explore positive and negative ways of communicating in a relationship

You are welcome to contact us to discuss the programme or to view any of the teaching materials used.

**Parents can withdraw their children from all or part of RSE that does not form part of the statutory National Curriculum at this stage.**