

Our approach to Relationships and Sex Education (RSE)

September 2020 – Relationships and Health Education

As from September 2020 all primary school children will learn about relationships and health.

Relationships and Health Education is a new **compulsory** part of the school curriculum, which comprises two distinct areas:

- Relationships
- Physical health and mental wellbeing

Schools will have a lot of freedom to decide how to teach the new curriculum but must teach in a way that is:

- Appropriate for your child's age and development stage.
- Sensitive to the needs and religious backgrounds of the children in your child's school.



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Our approach to RSE is based on what we consider age appropriate and we introduce content at that time.



The role of parents in the development of their children’s understanding about relationships is vital. Parents are the first teachers of their children. They have the most significant influence in enabling their children to grow and mature and to form healthy relationships.

Department for Education, June 2019

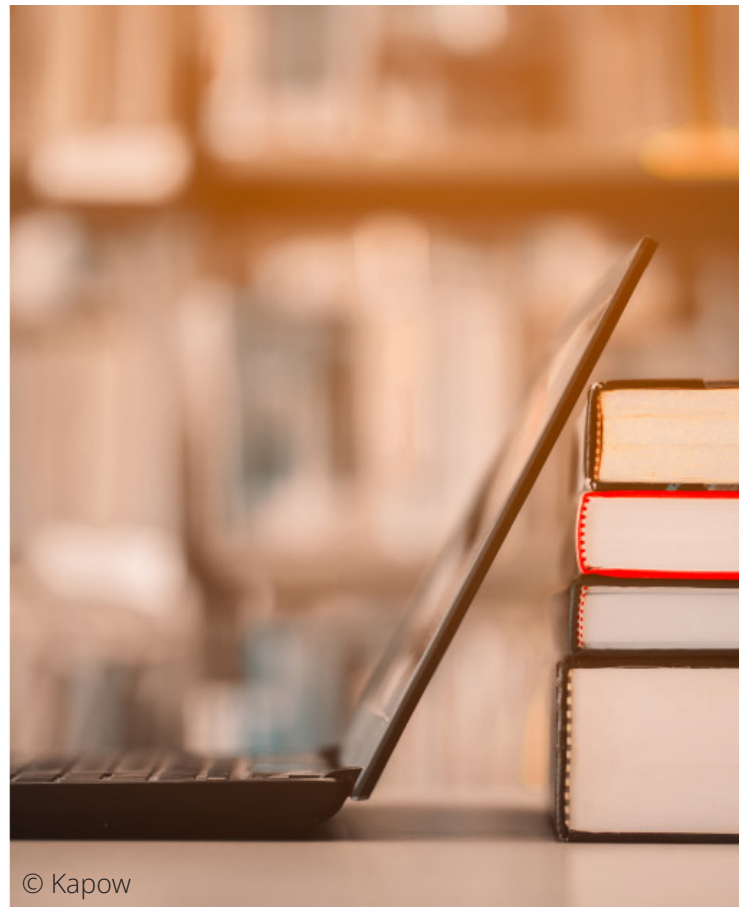
As parents/carers, you teach your child important lessons about:

- **Healthy relationships.**
- **How to look after themselves.**
- **Staying safe.**

Our approach respects and values what you teach your child.

Obligations on schools

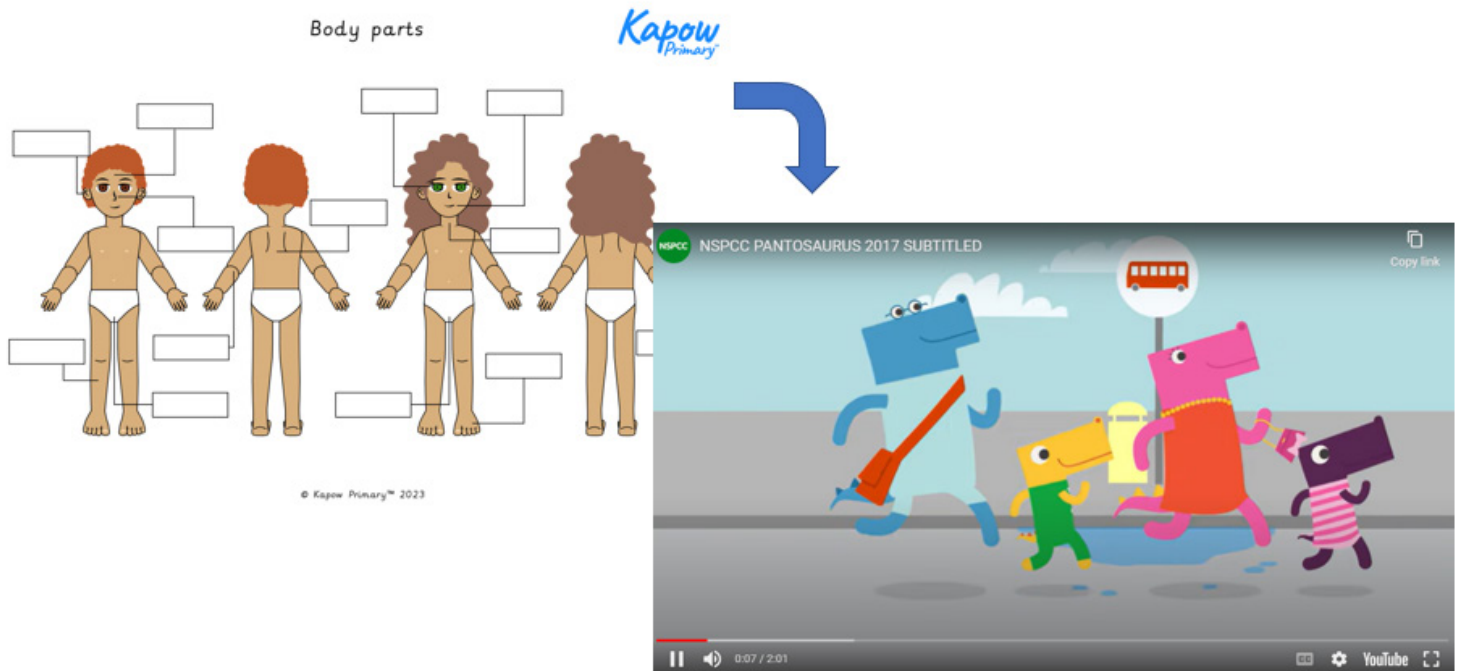
- **We, as your child's school, must** teach in a way that reflects the age and religious background of the pupils.
- **We must** consult you as a parent when developing and renewing their policies on Relationships and Health Education.
- **We must** publish our policies on Relationships and Health Education online, and make them available to you free of charge.



We follow the Kapow curriculum for PSHE and RSE. Over the next few pages, you will be able to see how we have modified content and the way we deliver this to meet the needs of the children.

Year 2

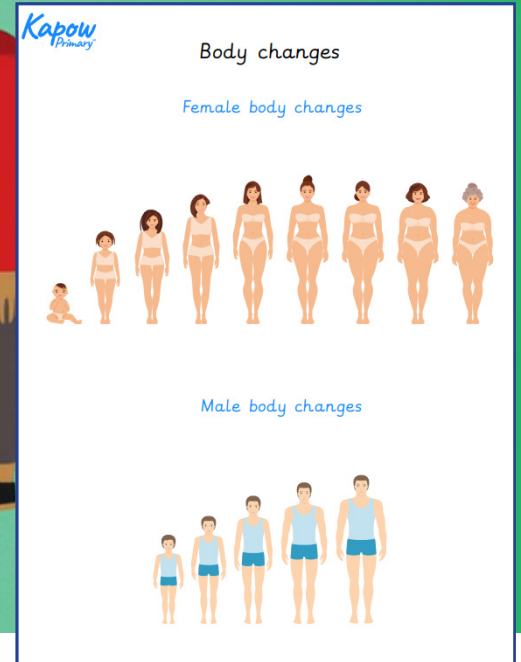
To begin to understand the concept of privacy and the correct vocabulary for body parts.



Year 2: To begin to understand the concept of privacy and the correct vocabulary for body parts.

We focus on the fact that parts of our bodies are private and that children may have different words that they use for private parts. If children introduce the correct terminology themselves, then we would of course explain that that is the correct term.

We use tools like NSPCC Pantosaurus songs to help children understand how to keep themselves and others safe.



In this year 4 lesson, the first key facts about the changing body are introduced focusing on the more general aspects of body shapes changing, emotional regulation becoming more difficult and how we need to start washing regularly due to puberty.



In the summer term of year 5, our children are ready to discuss puberty and the changes to the body in more detail. These lessons will always have a scientific focus allowing them to meet the science objective that links to this area: *Animals including humans: describe the changes as humans develop to old age.*

More of our children will be beginning to display changes in puberty by this point as well. In order to facilitate discussion, these lessons would be done in single-sex groups; whereas, the lesson two lessons on from this one about emotional change in puberty, would be done as a mixed group reflecting the fact that this is a shared change.

Menstruation



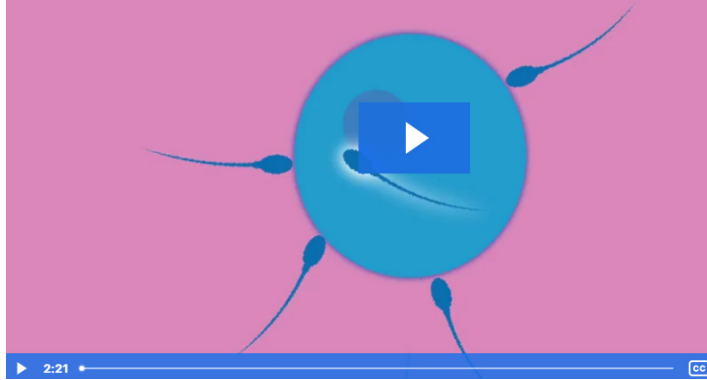
© Kapow

It is statutory for pupils to know about menstrual well-being including the key facts about the menstrual cycle.

This lesson is taught as a single-sex group. Girls will be given the chance to go through this at a much slower pace to ensure they are comfortable and understand what they may need to do in different situations and ask questions.

From experience, the boys are always very polite to girls after these lessons when they understand what they have to go through!

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Year 6

To understand the biology of conception.

To understand the development of the baby during pregnancy.

These are two lessons that parents have the right to withdraw their child from as some of these lessons go beyond the requirements of the statutory guidance; however, the DfE recommends that it is good practice for children to understand how a baby is conceived and born before going to secondary school stating *'all Primary schools should have a sex education programme tailored to the age and the physical and emotional maturity of the pupil. It should ensure both boys and girls are prepared for the changes that adolescence brings and – drawing on knowledge of the human life cycle set out in the National Curriculum for Science – how a baby is conceived and born'*.

The videos that are part of the Kapow curriculum deal with this in a sensitive and non-graphic way which give the children the knowledge without having to view real-life scenarios.