



# Statutory Relationships and Health Education (RSE)





# What is RSE?

The Department for Education introduced compulsory RSE from September 2020 for all primary schools. However, due to the impact of Covid-19 this has now been pushed back to the summer term 2021.

**‘The Relationships Education, Relationships and Sex Education and Health Education (England) Regulations 2019, made under sections 34 and 35 of the Children and Social Work Act 2017, make Relationships Education compulsory for all pupils receiving primary education and Relationships and Sex Education (RSE) compulsory for all pupils receiving secondary education.<sup>4</sup> They also make Health Education compulsory in all schools except independent schools.’ (DfE, 2019)**

At Riverbridge, we would always want to deliver a curriculum which has the support of the vast majority, if not all, parents.





# What are the aims of RSE?

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

- To enable young people to understand and respect their bodies, and be able to cope with the changes puberty brings, without fear or confusion
- To help young people develop positive and healthy relationships appropriate to their age, development etc. (respect for self and others)
- To support young people to have positive self-esteem and body image, and to understand the influences and pressures around them
- To empower them to be safe and safeguarded





# Why is RSE needed?

- Research consistently shows that effective RSE delays first sexual experience and reduces risk-taking.
- More than ever before, children are exposed to representations of sex and sexuality through the media/ social media and the social culture around them, so we need to present a balanced view of RSE and help them to be discerning and stay safe.
- Research shows that most parents say they want the support of schools in providing RSE for their children.
- Surveys of children and young people, as well as Ofsted, have repeatedly told us that RSE tends to be “too little, too late and too biological”.



# What does the guidance from DFE mean?



## Relationships Education, Relationships and Sex Education (RSE) and Health Education

Statutory guidance for governing bodies, proprietors, head teachers, principals, senior leadership teams, teachers

- Relationship Education will be **compulsory** in all schools with primary schools being urged to include sex elements where appropriate
- Health Education will be **compulsory** in all schools
- All schools must have a written **policy** for RSE
- 'All schools may teach about faith perspectives' and 'balanced debate may take place about issues that are seen as contentious'. Religious leaders from different faith backgrounds have been involved in developing the RSE curriculum
- 'At the point at which schools consider it appropriate to teach their pupils about LGBT, they should ensure it is **fully integrated**'
- 'Schools should ensure that the **needs of all pupils are appropriately met**' – must comply with the **Equality Act 2010** and protect individuals from discrimination. There are 9 protected characteristics (aspects of a person's identity)
- Puberty including **menstruation** should be '**addressed before onset**'.



**Being Our Best**

# How will we be teaching RSE?



In 2019 we bought in 'Jigsaw, the Mindful Approach To PSHE' programme.

As an early adopter of RSE, we had previously consulted with parents on the programme itself and made changes to the programme based on parents' feedback.

The Jigsaw PSHE Programme includes lessons on ALL aspects of compulsory Relationships and Health Education, designed in a sensitive, age-appropriate curriculum. The Jigsaw teaching materials integrate Personal, Social, Health Education (PSHE), emotional literacy, social skills, mindfulness, and spiritual development in a whole-school approach. The expectations of the DfE Relationships and Health Education guidance are woven throughout Jigsaw but specifically covered in the Relationships and Healthy Me Puzzles (units), with puberty and human reproduction being taught in the Changing Me Puzzle.





# How will we be teaching RSE?

The 'Changing Me' unit is taught over a period of 6 weeks in the second half of the summer term. Each year group will be taught appropriate to their age and developmental stage.

**Please note:** at no point will a child be taught something that is inappropriate; and if a question from a child arises and the teacher feels it would be inappropriate to answer, (for example, because of its mature or explicit nature), the child will be encouraged to ask his/her parents or carers at home, and the question will not be answered to the child or class if it is outside the remit of that year group's programme.



The Jigsaw Puzzles (units)

1. Being Me In My World
2. Celebrating Difference
3. Dreams and Goals
4. Healthy Me
5. Relationships
6. Changing Me





# How will we be teaching RSE?

All lessons are taught using simple, child-friendly language and pictures, which help children understand changes more effectively.

The key concepts that children learn in Jigsaw are inner strength, self-esteem and resilience. These are really important as they help keep children safe and it helps them make healthy decisions later in life.

Accurate information is important but only part of the picture: help them now by building their inner resilience, so they become mindful children, mindful teenagers, and mindful adults.





# Changing Me unit - Summer 2



The Changing Me Puzzle is all about coping positively with change and includes:

Reception Growing up: how we have changed since we were babies.

Year 1 Boys' and girls' bodies; correct names for body parts.

Year 2 Boys' and girls' bodies; body parts and respecting privacy (which parts of the body are private and why this is).

Year 3 How babies grow and how boys' and girls' bodies change as they grow older. Introduction to puberty and menstruation. (Revised changes from 2019 – external body changed and how a baby develops in the womb will still be taught in year 3. Details regarding internal body changes and how conception occurs by the sperm fertilising an egg will not be taught until year 4.)



# Changing Me unit - Summer 2



Year 4 Internal and external reproductive body parts. Recap about puberty and menstruation. Conception explained in simple terms.

(Revised changes from 2019: The content for year 4 remains the same. It is felt that the curriculum content as it stands is appropriate for year 4 during the Summer Term and lays the foundation for the learning that will take place in Years 5 and 6. The images and animations do not include any images of sexual intercourse. They do however show age appropriate scientific diagrams of the internal and external female and male reproductive parts and detail menstruation, sperm production (not release) and the penis becoming erect.)



# Changing Me unit - Summer 2



Year 5 Puberty for boys and girls in more detail including the social and emotional aspects of becoming an adolescent. Conception explained in simple biological terms.

(Revised changes for 2019: Information about internal and external changes to boys and girl's bodies will continue to be taught. Both gender groups will be taught about changes to males and females. However, more specific details will be given to the relevant gender groups separately. The images and animations do not include any reference to sexual intercourse. They do however show age appropriate scientific diagrams of the internal and external female and male reproductive parts and detail menstruation, sperm production (not release) and the penis becoming erect. Sexual intercourse and conception will be explained verbally followed by still images of a baby growing inside the womb. All questions will be anonymous so that the teacher can filter out questions that aren't relevant to the year 5 curriculum content.)



# Changing Me unit - Summer 2



Year 6 Puberty for boys and girls revisited. Understanding conception to the birth of a baby. Becoming a teenager. All lessons are taught using correct terminology, child-friendly language and diagrams.

(The content for year 6 remains the same. It is felt that the curriculum content as it stands is appropriate for year 6 during the Summer Term and lays the foundation for the learning that will take place at secondary school.)

Children will be taught in single sex age groups where appropriate





# Sex Education

Parents have a right to withdraw their children from all or any part of Sex Education aspect of RSE if they wish to do so, but not from the biological aspects of human growth and reproduction provided under the National Curriculum for science.

Parents do not have to give reasons for withdrawing their child but must inform the head teacher. Requests for withdrawal should be put in writing, making it clear which aspects of the programme they do not wish their child to participate in.



# Which lessons can parents withdraw their children from?



At Riverbridge Primary, puberty is taught as a statutory requirement of Health Education and covered by our Jigsaw PSHE Programme in the 'Changing Me' Puzzle (unit). We conclude that sex education refers to Human Reproduction, and therefore parents can request their child be withdrawn from the PSHE lessons that explicitly teach this i.e. the Jigsaw Changing Me Puzzle (unit) e.g.

Year 4, Lesson 2 (Having a baby)

Year 5, Lesson 4 (Conception)

Year 6, Lesson 4 (Conception, birth)

Alternative work will be given to pupils who are withdrawn from non-statutory components of Sex Education.

Examples of the content of these lessons can be made available to parents if they wish.





# RSE Policy

- Please follow the link below to view our policy on our website along with several other documents for you to view.
- Your views are extremely important to us, please could you also complete the following questionnaire to help inform our school policy.
- If you have any questions or feedback please email the school office for the attention of Mrs Mehmet or you can discuss anything specific to your child's year group with their class teacher directly.
- Thank you for your time – we really appreciate it!

Mrs Mehmet  
PSHE Lead/ Year 6 Teacher

