

Personal Social Health
Economics (PSHE)
and
Relationships and Sex
Education (RSE)

Oakley Church of England Junior School

Objectives

We want to:

- Explain the changes to requirements for RSE from September 2020
- Get your views on our RSE curriculum
- Explain how we have updated our PSHE curriculum to cover the new statutory elements of RSE

What is PSHE?

- PSHE stands for Personal, Social and Health Education.
- The 'E' can sometimes stand for Economic, and some schools add a 'C' for Citizenship.

It is split into 3 areas:

- Relationships
- Health and Wellbeing
- Living in the Wider World

Topics covered

- Road and fire Safety
- Emergency situations
- Hygiene
- Money
- Substances
- Choices
- Internet safety
- Intimate relationships
- Careers

What's New?

- We **must** provide the following to all pupils:
 - Relationships education
 - Health education
- The DfE have made it clear that schools should **not** just 'teach to the guidance', but see it as the basic requirement which forms part of broader PSHE education.
- The statutory guidance outlines what schools **must** cover – though not everything that schools **should** cover – in PSHE from 2020. The Department for Education (DfE) says: *'All elements of PSHE are important and the government continues to recommend PSHE be taught in schools'*.

85% of schools already teach PSHE that covers health and relationships. The new requirements are about **raising and ‘levelling up’ of PSHE standards** across all schools.

Why is PSHE and RSE so important?

- PSHE education has a proven impact on life chances and academic success when delivered well.
- This strengthening of PSHE education’s status can have a major impact on the quality of PSHE in all schools for all pupils.
- These developments mean that all pupils can benefit from an education that keeps them safe, healthy and prepared for the realities of modern life.

Our new PSHE curriculum

	Autumn term		Spring term		Summer		
Topic	Shared responsibilities and communities	Relationships	Health and wellbeing (physical and mental wellbeing)	Media literacy and digital resilience	Economic wellbeing: money	Safety	Ourselves, changing and growing
Year 3	The value of rules and laws; rights, freedoms and responsibilities	What makes a family; features of family life and features of positive and respectful relationships	Healthy lifestyle and choices; what affects feelings; expressing feelings	How the internet is used; using the internet safely; online relationships	Different jobs and skills; setting personal goals	Risks and hazards; safety in the home	Personal strengths and achievements; personal physical qualities
Year 4	What makes a community; shared responsibilities	Positive friendships and responding to hurtful behaviour; managing confidentiality	Maintaining a balanced lifestyle; oral hygiene and dental care; managing and expressing feelings	How the internet is used; using the internet safely and effects on wellbeing; online relationships	Making decisions about money; using and keeping money safe	Risks and hazards; safety in the local environment and unfamiliar places	Physical and emotional changes; similarities and difference between people's identity

Year 5	Protecting the environment; defining discrimination	Managing friendships and peer influence	Healthy lifestyle habits; taking care of physical and mental health	How data is shared and used How information online is targeted; different media types, their role and impact	Identifying job interests and aspirations; what influences career choices	Keeping safe in different situations, including responding in emergencies, first aid	Physical and emotional changes in puberty; external genitalia; personal hygiene routines; support with puberty
Year 6	Valuing diversity; challenging discrimination and stereotypes	Attraction to others; romantic relationships; civil partnership and marriage Recognising and managing pressure; consent in different situations	What affects mental health and ways to take care of it	Evaluating media sources; sharing things online	Influences and attitudes to money; money and financial risks	Regulations and choices; drug use and the law;	Human reproduction and birth; increasing independence; managing transition

What about Sex Education?

- These new statutory requirements do not extend to **sex education** at KS 1 and 2 (beyond the biological/reproductive aspects schools are already required to cover in science)
- However, the Department for Education *'continues to recommend that all primary schools should have a sex education programme tailored to the age and the physical and emotional maturity of the pupils'*
- Parents will continue to have the right to withdraw their child from sex education but **not** from statutory Relationships Education or Health Education.

Right of withdrawal

Previous Guidelines

- Under the current SRE guidance, until September 2020, parents can choose to withdraw their child (up to the age of 18) from any or all aspects of Sex and Relationships Education that are not included within the statutory National Curriculum.
- This means that parents are not permitted to withdraw their child from elements of sex education (for example reproductive and biological aspects) that are within the science curriculum.
- Schools must make alternative arrangements for pupils whose parents choose to withdraw them from SRE lessons

From September 2020

- Parents will not be able to withdraw their child from any aspect of Relationships Education or Health Education.
- Parents will be able to withdraw their child (following discussion with the school) from **any or all aspects of Sex Education**, other than those which are part of the science curriculum, up to and until three terms before the age of 16.
- After that point, the guidance states that 'if the child wishes to receive sex education rather than be withdrawn, the school should make arrangements to provide the child with sex education during one of those terms.'
- Where pupils are withdrawn from sex education, schools should document the process and will have to 'ensure that the pupil receives appropriate, purposeful education during the period of withdrawal.'

Statutory Relationships Education

Year 4

Lesson 1	I can discuss personal identity and what contributes to it, including race, sex, gender, family, faith, culture, hobbies, <u>likes/dislikes</u> (including naming body parts).
Lesson 2	I can recognise, respect and express my individuality and personal qualities and explain how this may <u>change</u> as I get older (including gender identity).

Vocabulary:

race, sex, gender, family, faith, culture, hobbies, likes/dislikes, body parts, personal qualities, individuality, change, grow, emotional wellbeing, interests and hobbies, male, female, private parts, penis, vagina, breasts, testicles.

Statutory Relationships Education

Year 5

Lesson 1/2	<p>I can identify external genitalia and reproductive organs</p> <p>I can explain the physical and emotional changes during puberty</p>
	<p>I can discuss the importance of personal hygiene routines during puberty including washing regularly and using deodorant.</p>
Lesson 3/4	<p>I can discuss the key facts about the menstrual cycle and menstrual wellbeing, GIRLS ONLY ^</p> <p>I can identify strategies to manage the changes during puberty including menstruation and who to go to for support (trusted adults).</p>

Vocabulary:

puberty, change, grow, mature, internal, reproductive organs, breasts, uterus, fallopian tubes, ovary/ovaries, cervix, vulva, vagina, clitoris, labia, menstrual cycle, period, sanitary pads, tampons, Adam's apple, penis, testicles, scrotum, erection, pubic hair

Parents/carers right to withdraw

Year 6

Unit skills

Unit Skills:

I can explain the processes of reproduction and birth as part of the human life cycle

I can identify where to get more information, help and advice about growing and changing, especially about puberty

I can discuss the new opportunities and responsibilities that increasing independence and puberty may bring (contraception)

Lesson content

Lesson 4	I can explain what sexual intercourse is, and how it can be one part of an intimate relationship between consenting adults	<p>how pregnancy occurs i.e. when a sperm meets an egg and the fertilised egg settles into the lining of the womb</p> <ul style="list-style-type: none">• that pregnancy can be prevented with contraception²• about the responsibilities of being a parent or carer and how having a baby changes someone's life <p>Medway lesson 6 – This lesson covers what is meant by 'intercourse' and how a baby can be made. It also talks about the responsibilities they have in terms of consent, intercourse and babies.</p>	<p>Medway resources year 6- lessons 4</p> <p>BBC- RSE- sex what is it all about? https://www.bbc.co.uk/teach/class-clips-video/rse-ks2-sex-what-its-all-about/zht8y9q</p> <p>Lots of videos on reproduction and puberty https://amaze.org/?topic=pregnancy-and-reproduction</p> <p>Yasmin and Tom - sex education and puberty</p>
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For more information:



Promotional material

**Relationships, sex and health
education: guides for parents**

Search 'RSE FAQ' on GOV.UK

Search 'RSE Parent Guide' on GOV.UK

Home /
PSHE education: a guide for parents



<https://www.pshe-association.org.uk/pshe-education-guide-parents>

Any questions or concerns:

Please contact:

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