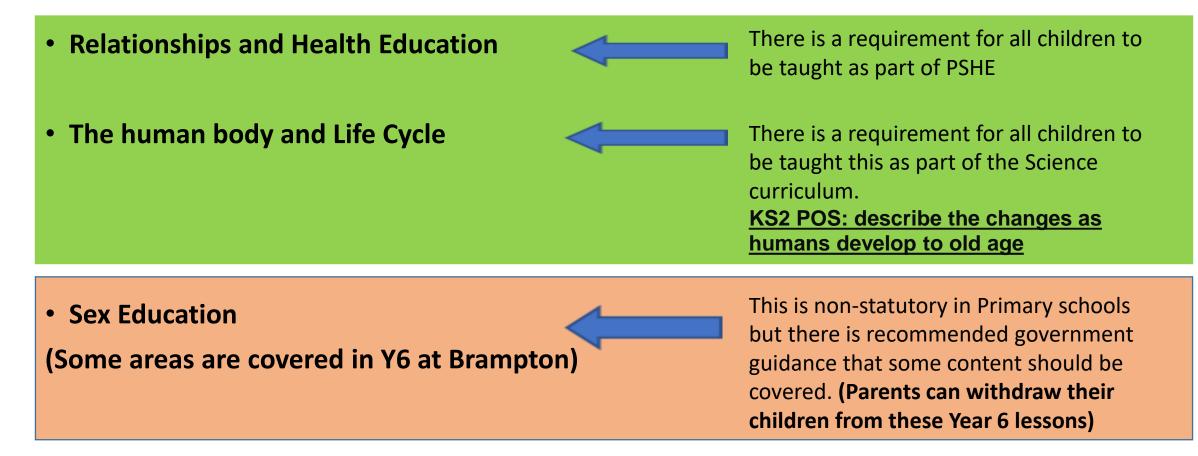


Year 5 RSE

Parents and Carers Information



The statutory and Non-Statutory Curriculum.



DFE Non-Statutory Guidance states: 'It will be for primary schools to determine whether they need to cover any additional content on sex education to meet the needs of their pupils. Many primary schools already choose to teach some aspects of sex education and will continue to do so, although it is not a requirement.'

Relationships and Sex Education as part of the PSHE curriculum became statutory in Primary schools in 2020

The statutory Curriculum in Primary schools for RSE focuses on:

Relationships education

This includes topics relating to:

- Families and people who care for me
- Caring friendships
- Respectful relationships
- Online relationships
- Keeping safe

Health education

This includes topics relating to:

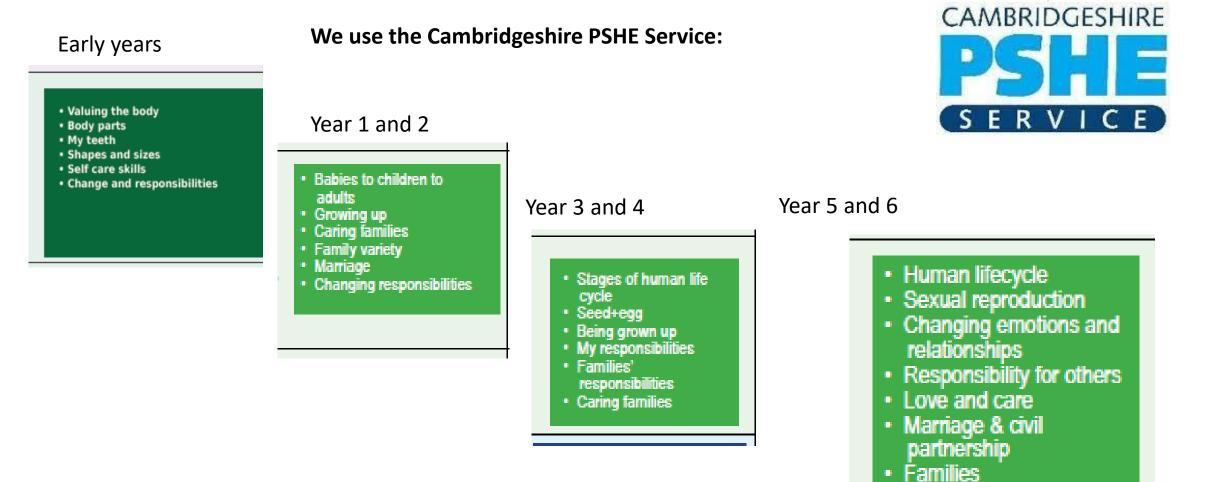
- Mental wellbeing
- Physical health and fitness
- Healthy eating
- Drugs, alcohol and tobacco
- Health and prevention
- Basic first aid

Links to the Science Curriculum

This includes topics relating to:

- identify, name, draw and label the basic parts of the human body
- describe the changes as humans develop to old age.

RSE At Brampton



Contractions

At Brampton we believe it is important for pupils to experience RSE at Primary school for the following reasons:

- It is an environment where they feel safe and secure;
- They are with people they trust (adults and friends);
- They are able to learn within the context of relationships and health education;
- They are prepared for the physical and emotional changes associated with puberty;
- They learn how to keep themselves safe;
- They learn at the same time and are able to support one another;
- They are able to ask questions to sensitive issues.
- They are able to make informed and sensible choices in their future lives.

Year 5 RSE Content 2023

- Know and understand the appropriate scientific names for the external and internal sexual parts of the body, and be able to explain basic functions. (Science POS)
- Understand the main changes that happen at puberty (including menstruation), know some ways to manage them, and how it affects people differently. (Science POS and Health within PSHE POS)
- Have a basic understanding about body image, and have learnt some ways to support a positive body image for themselves and others. (*Relationships and Health within PSHE POS*)
- Understand the importance of washing regularly and of maintaining other hygiene routines during puberty. Understand ways they can prevent the spread of some bacterial and viral diseases. (Health within PSHE POS)

Language to be used during RSE

Broaden Cervix Change Clitoris

Clothing Conception Concern Consideration Damage Deodorant Development Eating Ejaculate

Emotion Erection Fallopian tube

Family Germs Girlfriend Grow Grown up Hips Hygiene Homosexual Independence

Infection Labia Love Masturbation

Menstruation Moods Negative Ovary / Ovum Penis Period Positive Precaution Pregnancy

Puberty Pubic hair Relationships Repair

Responsibility Sanitary towel Scrotum Shave Sperm duct Stereotypes Tampon Teenager

Testicles Toiletries Urethra Uterus

Vagina Vesicle Voice breaking Vulva

What helps children? Key messages...

- Take responsibility for talking to us. Don't just wait for us to ask.
- If we ask you things, always tell the truth. Don't put if off or say 'I'll tell you when you're older.'
- Don't be angry and try not to be embarrassed.
- If we ask what a word means, ask us what we think the word means first.
- If you don't know something, be honest and say that you don't know.
- Give us books or leaflets, but talk to us too.
- Don't expect school to tell us everything we want to hear from our parents too.
- Don't laugh at us or spread gossip about what we have been talking about.
- Don't save it all up for a one-off 'birds and bees' lecture. We'd rather you talked naturally, little and often.



Book resources and ideas

- Mummy Never Told Me Babette Cole
- Zagazoo Quentin Blake
- Tadpole's Promise Jeanne Willis, Tony Ross
- What's Happening to Me? (girls) Susan Meredith
- What's Happening to Me? (boys) Alex Frith
- Hair in Funny Places Babette Cole
- Changes Anthony Browne
- Home Now Lesley Beake
- Mummy Laid an Egg Babette Cole
- Where Willy Went Nicholas Allan
- Let's Talk About Where Babies Come From Robie H. Harris
- What's Inside your Tummy, Mummy? Abby Cocovini
- What Makes a Baby? Cory Silverberg
- Let's Talk about Sex Robie H Harris
- Hair in Funny Places Babette Cole
- The Worst Princess Anna Kemp
- The Boy who Grew Flowers Jen Wojtowicz



For more information

If you'd like more information about PSHE or RSE please contact us via the school office.

If you would like to withdraw your child from the sex education elements of RSE, please put this in writing to the Headteacher.

To read the government guidance for Primary parents on RSE follow this link <u>assets.publishing.service.gov.uk/government/uploads/system/uploads/attach</u> <u>ment_data/file/812593/RSE_primary_schools_guide_for_parents.pdf</u>

PSHE Association: <u>PSHE Association and ASE: Teaching about puberty in KS2 (pshe-association.org.uk)</u>