



Year 5 RSE Parents and Carers Information

Get the facts
on Relationships
and Sex Education

The statutory and Non-Statutory Curriculum.

- **Relationships and Health Education**



There is a requirement for all children to be taught as part of PSHE

- **The human body and Life Cycle**



There is a requirement for all children to be taught this as part of the Science curriculum.

KS2 POS: describe the changes as humans develop to old age

- **Sex Education**

(Some areas are covered in Y6 at Brampton)



This is non-statutory in Primary schools but there is recommended government guidance that some content should be covered. **(Parents can withdraw their children from these Year 6 lessons)**

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

Early years

- Valuing the body
- Body parts
- My teeth
- Shapes and sizes
- Self care skills
- Change and responsibilities

We use the Cambridgeshire PSHE Service:

Year 1 and 2

- Babies to children to adults
- Growing up
- Caring families
- Family variety
- Marriage
- Changing responsibilities

Year 3 and 4

- Stages of human life cycle
- Seed+egg
- Being grown up
- My responsibilities
- Families' responsibilities
- Caring families

Year 5 and 6

- Human lifecycle
- Sexual reproduction
- Changing emotions and relationships
- Responsibility for others
- Love and care
- Marriage & civil partnership
- Families



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

Apprehension	Damage	Grown up	Penis	Shave
Bacteria	Deodorant	Hips	Period	Sperm duct
Body Odour	Development	Hygiene	Positive	Stereotypes
Boyfriend	Eating	Homosexual	Precaution	Tampon
Breast	Ejaculate	Independence	Pregnancy	Teenager
Broaden	Emotion	Infection	Puberty	Testicles
Cervix	Erection	Labia	Pubic hair	Toiletries
Change		Love	Relationships	Urethra
Clitoris	Fallopian tube	Masturbation	Repair	Uterus
Clothing	Family	Menstruation	Responsibility	Vagina
Conception	Germs	Moods	Sanitary towel	Vesicle
Concern	Girlfriend	Negative	Scrotum	Voice breaking
Consideration	Grow	Ovary / Ovum		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 it 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 assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/812593/RSE_primary_schools_guide_for_parents.pdf

PSHE Association:

[PSHE Association and ASE: Teaching about puberty in KS2 \(pshe-association.org.uk\)](https://pshe-association.org.uk)