



Welcome

Get the facts on Relationships and Sex Education

Year 5 and 6 June 2021

What is now statutory at primary school?

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.

Relationships and Sex Education – Parental Choice

- **Relationships and Health Education**



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

- **Puberty and menstruation (CAB)**



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**



This is non-statutory but follows recommended government guidance .
(Parents can withdraw their children from these 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.'

RSE at Brampton



We buy into the Cambridgeshire PSHE Service:

Year 5 and 6

Healthy & Safer Lifestyles

Relationships and Sex Education

- What are different ways babies are conceived and born? (Sex Education)
- What effect might puberty have on people's feelings and emotions? CAB
- How can my words or actions affect how others feel, and what are my responsibilities? MW
- What should adults think about before they have children? FP
- Why might people get married or become civil partners? FP
- What are different families like? FP

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

Year 5 and 6 RSE Content

Health Education (Including Science content)

- Identify male and female sexual parts confidently and describe their functions.
- Know and understand about the physical changes that take place during puberty and how to manage them.
- Know what happens to females and males during puberty.
- Understand that physical changes happen to peoples' bodies at different times.
- Understand how the media, families and friends can influence attitudes to my body.
- Know about aspects of personal hygiene relevant to puberty and the implications of these.
- Understand that safe routines can stop the spread of viruses and bacteria.

Year 6 only content

Sex Education

- To know about different ways babies are conceived, including sexual reproduction and sexual intercourse.
- To know the stages of human fertilisation
- To be able to ask questions about sexual intercourse

Relationships Education

- To be able to recognise their changing emotions with friends and family and be able to express their feelings and concerns positively.
- To understand that they have some responsibility for the feelings and wellbeing of others.
- To have an awareness that there should be stable, caring relationships in a family to ensure children are cared for securely.
- To consider the reasons people enter marriage, civil partnerships e.g. love, trust, commitment.
- To be aware of and respect a wide range of family arrangements e.g. second marriages, fostering, same sex partners and extended families.
- Review session: To understand what they have learned and be able to share it with others.

Why is it important to teach Relationships and Sex Education?

The UK has the world's highest pregnancy rate in under-16s apart from the US.

Primary children of today are:

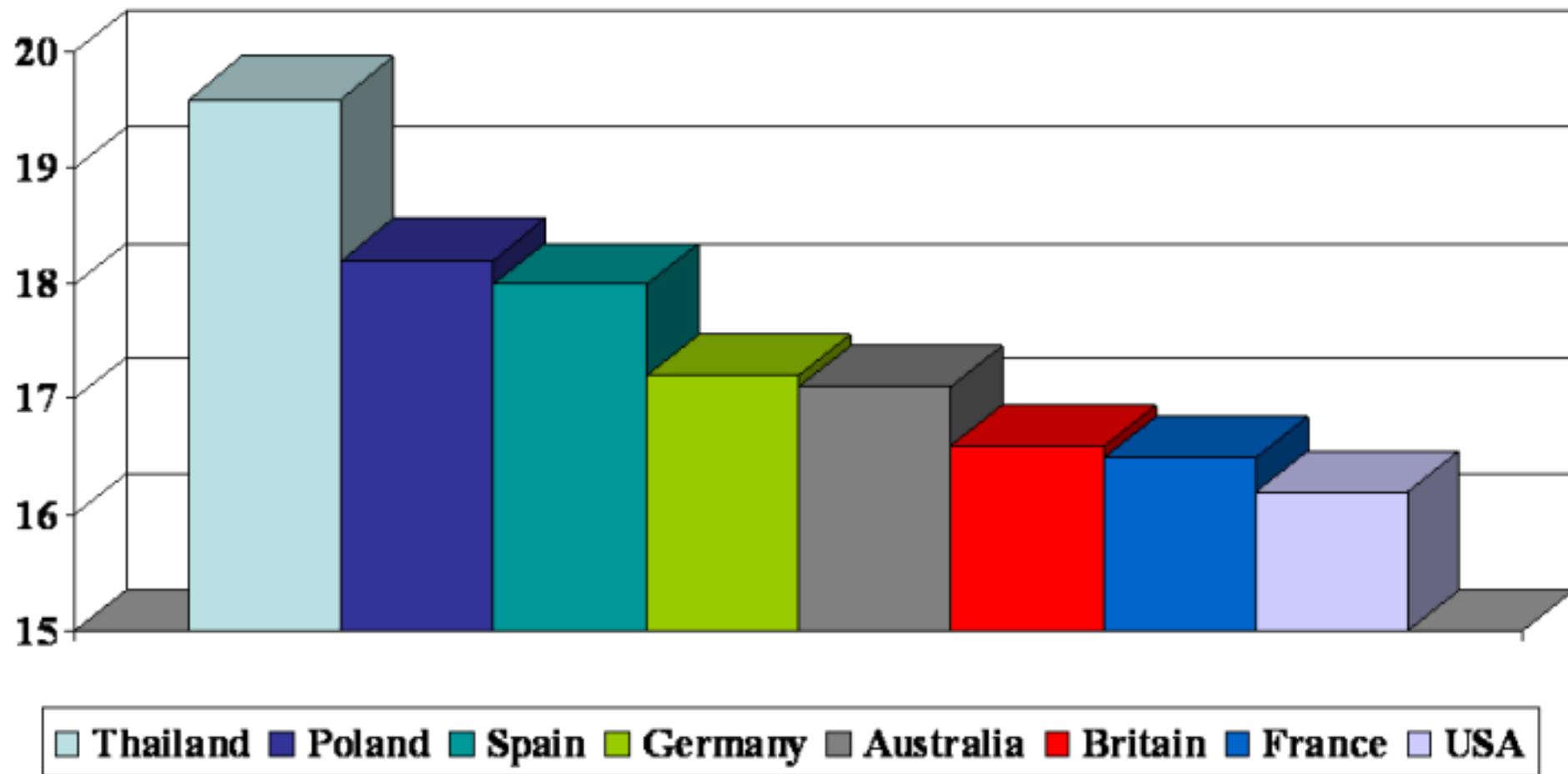
- Living in an age where access to information of a sexual nature is far easier than ever before - Internet;
- Constantly exposed to news headlines and a wealth of media promoting various products using sexual connotations - 'Sex Sells!' ;
- Listening to / learning from older siblings;
- Able to watch TV and Films that have sexual content far more easily than ever before.

Why is it important to teach Relationships and Sex Education?

We believe it is good for pupils to learn about RSE at Primary school for the following reasons:

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

Age of First Sexual Intercourse



What helps children?- Key messages

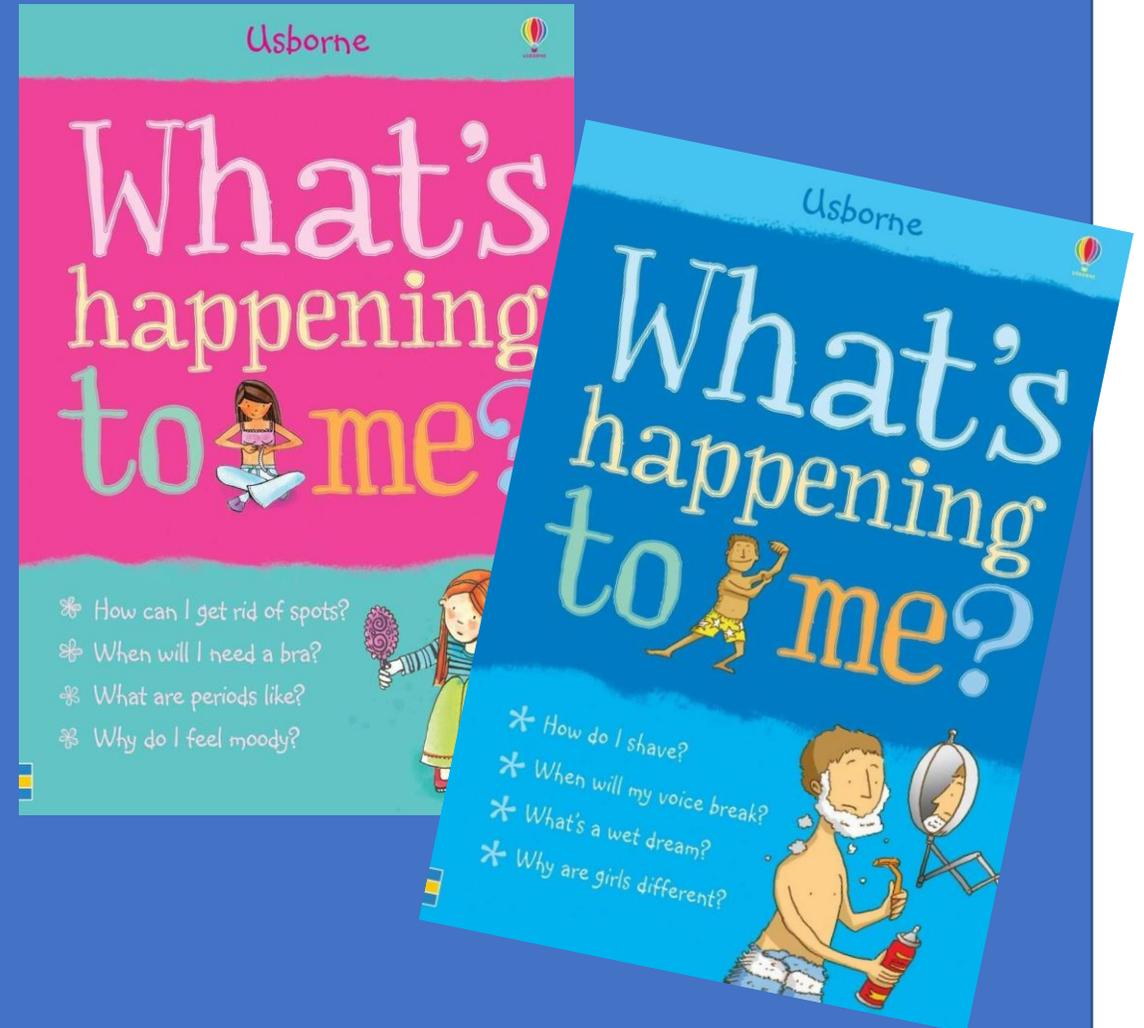
- Take responsibility for talking to us. Don't just wait for us to ask.
- If we ask you things, always tell the truth. Don't put it off or say 'I'll tell you when you're older.'
- Don't be angry and try not to be embarrassed.
- If we ask what a word means, ask us what we think the word means first.
- 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.

Correct 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 | Excitement | 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 | Sexual intercourse | Vulva |

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](https://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://www.pshe-association.org.uk)