



# RSHE Policy

Adopted by Hunslet Moor Primary School  
Governing Body in November 2024

To be reviewed in November 2026

Date of policy: November 2024

Review date: October 2026

Hunslet Moor Primary School takes its responsibility to provide relevant, effective and responsible RSHE to all of its pupils as part of the school's personal, social, health, economic (PSHE) education curriculum very seriously. The school wants parents/carers and pupils to feel assured that RSE will be delivered at a level appropriate to both the age and development of pupils, and safe to voice opinions and concerns relating to the RSHE provision. Our RSE policy is in line with the statutory guidance from the Department for Education, issued under Section 80A of the Education Act 2002 and section 403 of the Education Act 1996.

#### Why is RSHE taught in Hunslet Moor Primary School?

We are required to teach Relationships Education as part of our PSHE curriculum. Current regulations and guidance from the Department for Education (DfE) state that under RSE Regulations made in 2019, under sections 34 and 35 of the Children and Social Work Act 2017, relationships education is compulsory for all pupils receiving primary education.

High quality Relationships Education, Health Education and Sex Education helps create a safe school community, in which our pupils can grow, learn and develop positive, healthy behaviour for life. Through RSHE, we aim to give our children the best possible start to developing their emotional and physical health and build supportive and successful relationships.

We believe that Relationships Education and Sex Education and Health Education represent a huge opportunity to help our children & young people flourish. The knowledge & attributes gained will support their own, and others, wellbeing and attainment. These subjects also help young people to become successful and happy adults who make a meaningful contribution to society.

Hunslet Moor Primary School are required to teach RSHE for the following reasons:

- RSHE plays a vital part in meeting the schools' safeguarding obligations as outlined in the updated [Keeping children safe in education – Statutory guidance for schools and colleges \(September 2019\)](#) .
- The [DfE 2019 statutory guidance](#) states that, from September 2020, all schools providing primary education, including all-through schools and middle schools must teach Relationships Education.
- Children have a right to good quality education, as set out in the [United Nations Convention on the Rights of the Child](#).
- Children have the right to be prepared for the physical and emotional changes they undergo at puberty, and young people want to learn about relationships. Older pupils frequently say that Relationships and Sex Education was 'too little, too late and too biological'. [Ofsted reinforced this in their 2013 'Not Yet Good Enough report.'](#)
- Ofsted is clear that schools must have be '*Developing pupils' age-appropriate understanding of healthy relationships through appropriate relationship and sex education.*'
- These duties are set out in the 2002 Education Act and the 2010 Academies Act. Whole school (Section 5) Ofsted inspections consider the extent to which a school provides such a curriculum.
- Schools maintain a statutory obligation under the Children Act (2004) to promote their pupils' emotional wellbeing, and improving their ability to achieve in school and under the Education Act (1996) to prepare children for the challenges, opportunities and responsibilities of adult life. A comprehensive RSE programme can have a positive impact on pupils' health and wellbeing and their ability to achieve, and can play a crucial part in meeting these obligations.

#### Development of HMPS RSHE

This policy was written by Sian Bates, Assistant Headteacher and PSHE lead.

This policy underwent a consultation process, before being adopted by the school.

1. SLT, including DHT and HT were consulted by the sharing of the policy and gaining feedback.
2. Teaching and non-teaching staff were consulted through the sharing of the policy on the GDrive and email, to gain feedback.
3. Governors were consulted through governors meetings for the adoption of this policy.
4. Parents/carers were consulted via accessibility on the school website.

We are committed to the ongoing development of RSHE in our school. We will use the following indicators to monitor and evaluate progress:

- A coordinated and consistent approach to curriculum delivery has been adopted (Jigsaw scheme).
- The content of the RSE curriculum is flexible and responsive to pupils' differing needs e.g. through the use of pupil perception data such as the My Health My School Survey/Pupil wellbeing survey.
- Children are receiving an entitlement curriculum for Relationships Education in line with DfE national statutory guidance and local guidance.
- There are clearly identified learning objectives for all RSE activities and pupils' learning is assessed using both formative and summative approaches
- Opportunities for cross-curricular approaches are being used where appropriate.
- Policy and practice is revised regularly and involves staff, governors, parents/carers and pupils.
- Opportunities are provided for parents/carers and members of our community to consider the purpose and nature of our RSE, for example, through parent/carer information sessions/workshops.
- A variety of methods are employed to communicate the key points of the policy and curriculum to the community e.g. through the school website and social media.
- Additional provision is put in place to support our SEND pupils in RSHE lessons.

#### Location and dissemination

This policy document is freely available on request to the whole school community. A copy of the policy can be found on the school website. A physical copy of the policy is available free of charge from the school office.

#### Policy relationship to other policies

The policy links to:

- Child Protection/Safeguarding
- PSHE Policy
- SEND/Inclusion Policy
- Behaviour Policy
- Health & Safety
- Appraisal Policy
- Assessment Policy
- Teaching and Learning Policy
- Monitoring and Evaluation Policy
- Visitors in School Policy
- E-safety/ Computing Policy
- Medication

#### Documents that inform the school's RSE Policy include:

- Education Act (1996)
- Learning and Skills Act (2000)
- Education and Inspections Act (2006)
- Equality Act (2010)
- Supplementary Guidance SRE for the 21<sup>st</sup> Century (2014)
- Children and Social Work Act (2017)
- DfE: Relationships Education, Relationships and Sex Education (RSE) and Health Education: Statutory guidance for governing bodies, proprietors, head teachers, principals, senior leadership teams, teachers (2019)
- Keeping children safe in education – statutory safeguarding guidance (2019)
- United Nations Convention on the Rights of the Child
- [Teaching online safety in school Guidance supporting schools to teach their pupils how to stay safe online, within new and existing school subjects June 2019](#)
- [Careers strategy: making the most of everyone's skills and talents December 2017](#)
- [Personal, social, health and economic education \(February 2020\)](#)

- [Framework Guidance on Character Education from the Department for Education \(2019\)](#)
- [Definitions for Relationships and Sex Education](#) Sex Education Forum (2020)

### Definition

The DFE Guidance recommends that all primary schools should have a sex education programme tailored to the age and the physical and emotional maturity of the pupils. It should ensure that both boys and girls are prepared for the changes that adolescence brings and – drawing on knowledge of the human life cycle set out in the national curriculum for science - how a baby is conceived and born.

We therefore take our definition of sex education to be: how a baby is conceived and born. For pupils to understand conception and birth they need knowledge to underpin this; that a sperm and an egg is needed to make a baby, that the process of sexual intercourse or IVF brings the sperm and egg close enough together to fertilise, that babies develop in the uterus and are usually born through the vagina.

### The principles of high quality RSHE

#### RSHE

- is a partnership between home and school.
- ensures pupils' views are actively sought to influence lesson planning and teaching.
- starts early and is relevant to pupils at each stage in their development and maturity.
- is taught by people who are trained and confident in talking about issues such as healthy and unhealthy relationships, equality, pleasure, respect, abuse, sexuality, gender identity, sex and consent.
- includes the acquisition of knowledge, the development of life skills and respectful attitudes and values.
- has sufficient time to cover a wide range of topics, with a strong emphasis on relationships, consent, rights, responsibilities to others, negotiation and communication skills, and accessing services.
- helps pupils understand on and offline safety, consent, violence and exploitation.
- is both medically and factually correct and treats sex as a normal and pleasurable fact of life for adults.
- is inclusive of difference: gender reassignment, sexual orientation, special educational needs and disability, ethnicity, culture, age, faith or belief, or other life experience.
- uses active learning methods, and is rigorously planned, assessed and evaluated.
- helps pupils understand a range of views and beliefs about relationships and sex in society which may differ to their own.
- teaches pupils about the law and their rights to confidentiality even if they are under 16, and is linked to school-based and community health services and organisations.
- promotes equality in relationships, recognises and challenges gender inequality and reflects girls' and boys' different experiences and needs.

### Overall School Aims

Our approach to RSHE consists of a comprehensive and developmental programme of teaching and learning, which is delivered in the context of a Healthy School where the health and wellbeing of pupils and the whole school community are actively promoted. Our RSE programme has a positive influence on the ethos, learning and relationships throughout the school. It is central to our values and to achieving our school's stated aims and objectives. Our RSHE programme helps pupils to develop the knowledge, understanding, skills and attitudes they need to live confident, healthy, independent lives now and in the future.

Through the provision outlined in this policy, the school's overall aims of RSE are to teach and develop the following three main elements:

#### Attitudes and values:

- learn the importance of values and individual conscience and moral considerations
- learn the value of family life, marriage, and stable and loving relationships for the nurture of children
- learn the value of respect, love and care
- explore, consider and understand moral dilemmas
- develop critical thinking as part of decision-making

#### Personal and social skills:

- learn to manage emotions and relationships confidently and sensitively

- develop self-respect and empathy for others
- learn to make choices based on an understanding of difference and with an absence of prejudice
- develop an appreciation of the consequences of choices made
- manage conflict
- learn how to recognise and avoid exploitation and abuse

Knowledge and understanding:

- learn and understand physical development at appropriate stages
- understand human reproduction, sexual health and emotions and relationships.

Relationships, Sex and Health Education Guidance DfE

[https://consult.education.gov.uk/rshe-team/review-of-the-rshe-statutory-guidance/supporting\\_documents/Draft%20RSE%20and%20Health%20Education%20statutory%20guidance.pdf](https://consult.education.gov.uk/rshe-team/review-of-the-rshe-statutory-guidance/supporting_documents/Draft%20RSE%20and%20Health%20Education%20statutory%20guidance.pdf)

RSHE aims to embrace the challenges of creating a happy and successful adult life, pupils need knowledge that will enable them to make informed decisions about their wellbeing, health and relationships and to build their self-efficacy.

Pupils can also put this knowledge into practice as they develop the capacity to make sound decisions when facing risks, challenges and complex contexts. Everyone faces difficult situations in their lives.

These subjects can support young people to develop resilience, to know how and when to ask for help, and to know where to access support.

The school’s RSHE programme will:

- be an integral part of the lifelong learning process, beginning in early childhood and continuing into adult life.
- be an entitlement for all pupils, including those with additional learning and language needs.
- be set within the wider school context and support family commitment and love, respect and affection, knowledge and openness.
- recognise that family is a broad concept; not just one model, e.g. nuclear family.
- encourage pupils and teachers to share and respect each other’s views with cultural awareness and sensitivity.
- ensure pupils are aware of different approaches to sexual orientation, without promotion of any particular family structure.
- recognise that parents/carers are the key people in teaching their children about relationships, sex and growing up.
- work in partnership with parents/carers and pupils, consulting them about the content of programme.
- work in partnership with other health professionals and the wider community.

Language

Pupils will be taught the anatomical terms for body parts. This will be shared with parents/carers before it is delivered in class through whole class meetings (organised by class teacher).

We will alert parents as to when anatomical terms are likely to be used in class. However, we might need to use the terms at other times, such as when dealing with incidents of misuse or disrespectful language.

We will consider how pupils who are new to English will be supported in accessing and understanding the language used in RSE lessons.

Agreed list of vocabulary used in school

The key vocabulary used at Hunslet Moor Primary are taken from the DfE guidance and Jigsaw Scheme of work for PSHE Primary.

Teaching specific vocabulary in RSHE	
Year Group	Vocabulary
Reception	caring, loving, love, family, relationship, support, marriage baby, grown-up, adult, change, worry, excited, memories

	Body parts : eye, foot, eyebrow, forehead, ear, mouth, arm, leg, chest, knee, nose, tongue, finger, toe, stomach, hand
<b>Year 1</b>	<i>As above</i>  Changes, life cycles, adulthood, grown-up, mature, male, female, vulva, anus, vagina, penis, testicles, learn, new, grow, feelings, anxious, worries, excited, coping
<b>Year 2</b>	<i>As above</i>  Grow, control, fully grown, growing up, old, young, respect, appearance, physical, toddler, child, teenage, independent, timeline, freedom, responsibilities, public, private, touch, cuddle, hug, squeeze, like, dislike, acceptable, unacceptable, comfortable, looking forward
<b>Year 3</b>	<i>As above</i>  Uterus, womb, nutrients, survive, love, affection, puberty, sperm, ovaries, egg, stereotypes, task, roles, challenge
<b>Year 4</b>	<i>As above</i>  Menstruation, tampons, hormones, periods, menstrual cycle, period pads.
<b>Year 5</b>	<i>As above</i>  Body image, self-image, personality, perception, self-esteem, affirmation, comparison, oestrogen, Adams Apple, scrotum, genitals, erection, ejaculation, wet dream, urethra, growth spurt, facial hair, pubic hair, testosterone, circumcised, uncircumcised, foreskin, umbilical cord, embryo, IVF, hygiene, consent, laws, responsible
<b>Year 6</b>	<i>As above</i>  Assertive, negative body-talk, womb, breasts, develop, hips, semen, fertilised, unfertilised, sexual intercourse, having sex, midwife, labour, products, liner, attraction, pleasure, penetration, sperm ducts, contractions, amniotic, sac/fluid, ovum, ovary, embryo, having sex, sexual intercourse, making love, conception, contraception, pregnancy.

The teaching of Lesbian, Gay, Bisexual and Transgender (LGBT) at Hunslet Moor Primary School

- 36. In teaching Relationships Education and RSE, schools should ensure that the needs of all pupils are appropriately met, and that all pupils understand the importance of equality and respect. Schools must ensure that they comply with the relevant provisions of the Equality Act 2010, (please see The Equality Act 2010 and schools: Departmental advice), under which sexual orientation and gender reassignment are amongst the protected characteristics.
- 37. Schools should ensure that all of their teaching is sensitive and age appropriate in approach and content. At the point at which schools consider it appropriate to teach their pupils about LGBT, they should ensure that this content is fully integrated into their programmes of study for this area of the curriculum rather than delivered as a standalone unit or lesson. Schools are free to determine how they do this, and we expect all pupils to have been taught LGBT content at a timely point as part of this area of the curriculum.

(Relationships Education, Relationships and Sex Education (RSE) and Health Education Draft statutory guidance for governing bodies, proprietors, head teachers, principals, senior leadership teams, teachers February 2019)

Respectful Language

The use of respectful language, which challenges sexism, homophobia and other forms of prejudice will be established in RSE, but will have benefits for the whole school community, both in and out of lessons; it helps to ensure we are a happy and healthy place to learn. Ofsted found that casual use of homophobic language in schools is often unchallenged (2013) – we always challenge it. The casual use of homophobic, biphobic and transphobic language in school will be challenged and pupils will be

made aware that using the word 'gay' to mean something is rubbish is wrong and will not be tolerated. To tackle this, staff might say: 'you've used the word 'gay', but not in the right way.'

As a result, pupils will hear references to, for example, 'gay,' 'straight' and different kinds of relationships as part of teaching and assemblies, for example when we talk about rights, respect or relationships.

### Answering questions

We acknowledge that potentially sensitive or controversial issues will arise as pupils will naturally share information and ask questions. 'They will often ask their teachers or other adults questions pertaining to sex or sexuality which go beyond what's set out for Relationships Education. We also acknowledge that children of the same age may be developmentally at different stages leading to differing types of questions or behaviours.'

When spontaneous discussions arise, it is guided in a way that reflects the stated school aims and curriculum content for RSE. As a first principle, we answer questions relating to taught, planned curriculum for that age group to the whole class. We answer questions, where appropriate, relating to areas beyond the taught, planned curriculum for that age group, in a sensitive and age appropriate way, only to the pupil or pupils who have asked the question. If a member of staff is uncertain about the answer to a question, or indeed whether they should answer it, they will seek guidance from the RSE leader/ Child Protection Officer. Questions may be referred to parents/carers if it is not appropriate to answer them in school. We will also use a question box where questions may be asked anonymously, and teachers will address these appropriately within class

When answering questions, we ensure that sharing personal information by adults, pupils or their families is discouraged. Where a question or comment from a pupil in the classroom indicates the possibilities of abuse or risk of harm, teachers will pass this information to the designated person for safeguarding and child protection, in line with school policy and procedures.

Staff training will include sessions on how to deal with difficult questions. Agreed phrases, where appropriate, will be used in response to difficult questions. Phrases we will use are: [*'I can only answer question on the content of this lesson' or 'That is something that may be covered later on' or 'I can't answer that question, but you could ask your parents/carers'*]

Ground rules are essential when discussing sensitive subject matters. Staff will establish clear parameters about what is appropriate and inappropriate in a whole-class setting by for example:

- staff will set the tone by speaking in a matter-of-fact way
- pupils will be encouraged to write down questions, anonymously if desired, and post them in a question box or ask-it basket
- staff will have time to prepare answers to all questions before the next session, and will choose not to respond in a whole-class setting to any questions that are inappropriate or need one-to-one follow up
- if a verbal question is too personal, staff will remind the pupils of the ground rules. Staff may respond by saying "that's a personal question about my private life and I don't talk about that in class".
- if a question is too explicit, feels too old for a pupil, is inappropriate for the whole class, or raises concerns, staff will acknowledge it and promise to attend to it later on an individual basis
- staff will not provide more information than is appropriate to the age/developmental level of the pupil
- if staff are concerned that a pupil is at risk of abuse, the designated teacher will be informed and the usual child protection procedures followed

### Key responsibilities for RSE Key rights and responsibilities for Relationships and Sex Education

The policy applies to:

- The governing body
- Head teacher
- Senior Leadership Team
- All school staff
- Pupils
- Parents/carers
- School nurse and other health professionals
- Partner agencies working in or with the school
- Religious leaders/faith groups

The headteacher is responsible for ensuring that RSE is taught consistently across the school, and for managing requests to withdraw pupils from non-statutory components of RSE (see appendix 3)

<b>Specific responsibilities</b>	<b>Who – role?</b> <i>E.g. PSHE lead, head teacher, CP designated teacher</i>
Co-ordinating the RSE provision, ensuring a spiral curriculum	PSHE lead
Accessing and co-ordinating training and support for staff	CP lead
Establishing and maintaining links with external agencies/other health professionals	CP lead/PSHE lead
Policy development and review, including consultation and dissemination	PSHE lead
Implementation of the policy; monitoring and assessing its effectiveness in practice	PSHE lead
Link governor for RSE	John Rees
Managing child protection/safe guarding issues	CP lead
Establishing and maintaining links with parents/carers	Pastoral team
Liaising with link schools to ensure a smooth transition	Head teacher
Liaising with the media	Head teacher

All staff will:

- ensure that they are up to date with school policy and curriculum requirements regarding RSE
- attend and engage in professional development training around RSE provision, including individual and whole staff training/inset, where appropriate
- attend staff meetings to be introduced to any new areas of work and review the effectiveness of the approaches used
- report back to the PSHE lead on any areas that they feel are not covered or inadequately provided for in the school's RSE provision, including resources
- encourage pupils to communicate concerns regarding their social, personal and emotional development in confidence and listen to their needs and support them
- follow the school's reporting systems if a pupil comes to a member of staff with an issue that they feel they are not able to deal with alone
- ensure that their personal beliefs and attitudes will not prevent them from providing balanced RSE in school
- tailor their lessons to suit all pupils in their class, across the whole range of abilities, faiths, beliefs, culture, gender identity and sexual orientations, including SEND
- ask for support in this from the school SEND coordinator, the designated lead for mental health, the designated safeguarding lead or the PSHE Lead, should they need it

The lead member/s of staff will receive training in their role and responsibilities. This supports them to lead on the development of the school's policy and practice and to monitor its implementation. This practice includes the curriculum and approaches to teaching and learning, as well as whole school approaches to health and wellbeing.

The lead member/s of staff will:

- develop the school policy and review it on a yearly basis and work with governors to update this policy as appropriate.
- ensure all members of the governing body will be offered appropriate RSE training
- ensure that all staff are given regular and ongoing training on issues relating to RSE as well as how to deliver lessons on such issues
- ensure that all staff are up to date with policy changes, and familiar with school policy and guidance relating to RSE, including new staff or supply staff
- provide support to staff members who feel uncomfortable or ill-equipped to deal with the delivery of RSE to pupils
- ensure that RSE is age appropriate and needs-led across all year groups; this means ensuring that the curriculum develops as the pupils do and meets their needs
- ensure that the knowledge and information regarding RSE to which all pupils are entitled is provided in a comprehensive way
- support parent/carer involvement in the development of the RSE curriculum
- ensure that their personal beliefs, values and attitudes will not prevent them from providing balanced RSE in school
- communicate freely with staff, parents/carers and the governing body to ensure that everyone is in understanding of the school policy and curriculum for RSE, and that any concerns or opinions regarding the provision at the school are listened to, taken into account and acted on as appropriate
- share the school's provision for RSE with parents/carers in order to ensure they can support this at home
- communicate to parents/carers any additional support that is available from the school to support them with RSE at home



The governing body as a whole plays an active role in monitoring, developing and reviewing the policy and its implementation in school. The named link governor for RSE is John Rees who works closely with, and in support of, the lead member/s of staff. When aspects of RSE appear in the School Improvement Plan, a governor will be assigned to reflect on, monitor and review the work as appropriate.

As well as fulfilling their legal obligations, the governing body will also make sure that:

- all pupils make progress in achieving the expected educational outcomes
- the subjects are well led, effectively managed and well planned;
- the quality of provision is subject to regular and effective self-evaluation;
- teaching is delivered in ways that are accessible to all pupils with SEND;
- clear information is provided for parents on the subject content and the right to request that their child is withdrawn from appropriate areas
- the subjects are resourced, staffed and timetabled in a way that ensures that the school can fulfil its legal obligations

All pupils:

- are expected to attend the statutory National Curriculum Science elements of the RSE curriculum ( Maintained primary schools are required to teach National Curriculum science, which includes some elements of sex education. Parents do not have a right to withdraw from this) and the statutory Relationships Education and Health Education curriculum
- should support one another with issues that arise through RSE by, for example, alerting relevant members of staff to any potential worries or issues
- will listen in class, be considerate of other people's feelings and beliefs and comply with the ground rules that are set in class
- will have the opportunity to talk to a member of staff, in confidence, regarding any concerns they have in school related to RSE or otherwise
- will be asked for feedback on the school's RSE provision annually (through school council meetings) and be expected to take this responsibility seriously; opinions on provision and comments will be reviewed by the lead member/s of staff for RSE and taken into consideration when the curriculum is prepared for the following year's pupils

The role of parents in the development of their children's understanding about relationships is vital. Parents are the first teachers of their children. They have the most significant influence in enabling their children to grow and mature and to form healthy relationships.

The school will:

- work closely with parents/carers when planning and delivering RSE
- communicate with parents/carers know what will be taught and when, and clearly communicate the fact that parents have the right to request that their child be withdrawn from some or all of sex education delivered as part of RSE
- give parents/carers every opportunity to understand the purpose and content of Relationships Education and RSE
- communicate and give opportunities for parents/carers to understand and ask questions about the school's approach help increase confidence in the curriculum
- build a good relationship with parents/carers on these subjects over time by inviting parents into school to discuss what will be taught, address any concerns and help support them in managing conversations with their children on these issues
- encourage parents/carers to create an open home environment where pupils can engage, discuss and continue to learn about matters that have been raised through RSE
- will reach out to all parents, including those who are hard to engage, recognising that a range of approaches may be needed for doing so

### The right to withdraw

Parents/carers cannot withdraw their child from the statutory sex education content included in National Curriculum for Science which includes content on human development, including reproduction. Parents/carers also cannot withdraw their child from Relationships Education or Health Education because it is important that all children receive this content, covering topics such as friendships, how to stay safe and puberty. However, they do have the right to request that their child be withdrawn from some or all of sex education delivered as part of RSE, delivered as part of the PSHE curriculum.

Letters will be sent to the parents regarding the delivery of the RSHE curriculum (appendix 2). Requests for withdrawal should be put in writing using the form found in Appendix 3 of this policy and addressed to the headteacher. Before granting any such wish, the head teacher will discuss this request with parents/carers and, as appropriate, with the child to ensure that their wishes are understood and to clarify the nature and purpose of the curriculum. This process will be documented to ensure a record is kept.

The head teacher will also discuss with parents/carers the benefits of receiving this important education and any detrimental effects that withdrawal might have on the child. This will include any social and emotional effects of being excluded, as well as the likelihood of the child hearing their peers' version of what was said in the classes, rather than what was directly said by the teacher.

RSE is a vital part of the school curriculum and supports child development and we strongly advise parents/carers to carefully consider their decision before withdrawing their child from this aspect of school life. It is acknowledged however that the final decision on the issue is for the parents/carers to take and the child and family should not be stigmatised for the decision.

The school provides an information leaflet to parents/carers to provide further information on understanding Relationships Education. Support materials for home use will be offered. The school will arrange for pupils withdrawn from Sex Education to be provided with age appropriate PSHE materials for the pupil to complete in another class where Sex Education is not being taught.

Staff Support & CPD

It is important that all staff feel comfortable to deliver RSE lessons. The school provides regular professional development training in how to deliver RSE. Staff, including non-teaching staff, CPD needs are identified and met through the following ways:

- training and support is organised by DSL and PSHE lead, who may choose to liaise with external agencies.
- staff will be offered generic RSE training which includes sessions on: confidentiality, creating a ground rules, handling controversial issues, responding to awkward questions, an introduction to the rationale of why teaching RSE is so important, current law and guidance, learning outcomes and school policy.
- staff involved in the delivery of issues seen as potentially more sensitive will be offered appropriate training to encourage confidence in dealing with matters of confidentiality, child protection, sensitive issues and potentially difficult questions.
- the Health and Wellbeing Service will support in meeting staff CPD needs through giving advice when requested.

RSE Curriculum

**Statutory aspects of Sex Education within the National Curriculum Science**

All schools must teach the following as part of the National Curriculum Science; parents/carers do not have the right to withdraw their child/children from this.

**National Curriculum Science:**

<p><b>Key Stage 1:</b></p> <ul style="list-style-type: none"> <li>• identify, name, draw and label the basic parts of the human body and say which part of the body is associated with each sense</li> <li>• notice that animals, including humans, have offspring which grow into adults</li> <li>• describe the importance for humans of hygiene</li> </ul>	<p><b>Key Stage 2:</b></p> <ul style="list-style-type: none"> <li>• describe the differences in the life cycles of a mammal, an amphibian, an insect and a bird</li> <li>• describe the life process of reproduction in some plants and animals</li> <li>• describe the changes as humans develop to old age</li> </ul>
<p>Year group specific Science objectives from National curriculum;</p> <p><b>Year 1</b></p> <ul style="list-style-type: none"> <li>• Identify, name, draw and label the basic parts of the human body and say which part of the body is associated with each sense</li> </ul> <p><b>Year 2</b></p> <ul style="list-style-type: none"> <li>• Understand that animals, including humans, have offspring which grow into adults</li> </ul> <p><b>Year 5</b></p>	

- Describe the changes as humans develop to old age
- Describe the life process of reproduction in some plants and animals

**Year 6**

- Recognise that living things produce offspring of the same kind, but normally offspring vary and are not identical to their parent

**Statutory aspects of Relationships Education:**

<p><b>Families and people who care for me</b></p>	<ul style="list-style-type: none"> <li>• that families are important for children growing up because they can give love, security and stability.</li> <li>• the characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives.</li> <li>• that others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care.</li> </ul>
<p><b>Caring friendships</b></p>	<ul style="list-style-type: none"> <li>• how important friendships are in making us feel happy and secure, and how people choose and make friends.</li> <li>• the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties.</li> <li>• that healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded.</li> <li>• that most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right.</li> <li>• how to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed.</li> </ul>
<p><b>Respectful relationships</b></p>	<ul style="list-style-type: none"> <li>• the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs.</li> <li>• practical steps they can take in a range of different contexts to improve or support respectful relationships.</li> <li>• the conventions of courtesy and manners.</li> <li>• the importance of self-respect and how this links to their own happiness.</li> <li>• that in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority.</li> <li>• about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help.</li> <li>• what a stereotype is, and how stereotypes can be unfair, negative or destructive.</li> <li>• the importance of permission-seeking and giving in relationships with friends, peers and adults.</li> </ul>
<p><b>Online relationships</b></p>	<ul style="list-style-type: none"> <li>• that people sometimes behave differently online, including by pretending to be someone they are not.</li> <li>• that the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online including when we are anonymous.</li> <li>• the rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them.</li> <li>• how to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met.</li> <li>• how information and data is shared and used online.</li> </ul>

<b>Being safe</b>	<ul style="list-style-type: none"> <li>• what sorts of boundaries are appropriate in friendships with peers and others (including in a digital context).</li> <li>• about the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe.</li> <li>• that each person’s body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact.</li> <li>• how to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know.</li> <li>• how to recognise and report feelings of being unsafe or feeling bad about any adult.</li> <li>• how to ask for advice or help for themselves or others, and to keep trying until they are heard.</li> <li>• how to report concerns or abuse, and the vocabulary and confidence needed to do so.</li> <li>• where to get advice e.g. family, school and/or other sources.</li> </ul>

**Statutory aspects of Health Education (which apply to RSE)**

<b>Health and prevention</b>	<ul style="list-style-type: none"> <li>• about personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing.</li> </ul>
<b>Changing adolescent body</b>	<ul style="list-style-type: none"> <li>• key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes.</li> <li>• about menstrual wellbeing including the key facts about the menstrual cycle.</li> </ul>
<b>Internet safety and harms</b>	<ul style="list-style-type: none"> <li>• •That for most people the internet is an integral part of life and has many benefits.</li> <li>• •About the benefits of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others’ mental and physical wellbeing.</li> <li>• •How to consider the effect of their online actions on others and know how to recognise and display respectful behaviour online and the importance of keeping personal information private.</li> <li>• •Why social media, some computer games and online gaming, for example, are age restricted.</li> <li>• •Where and how to report concerns and get support with issues online.</li> <li>• •That the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health.</li> <li>• •How to be a discerning consumer of information online including understanding that information, including that from search engines, is ranked, selected and targeted.</li> </ul>

See *appendix 5* for RSE programme at Hunslet Moor Primary School (using the Jigsaw PSHE scheme of work)

### The needs of pupils

We recognise that an interactive approach to RSE will better develop the skills of our pupils and also that it is more likely to meet their needs. We involve pupils in the planning, development and evaluation of their RSE in ways appropriate to their age, stage and development.

We will involve pupils through:

- discussions with small groups of pupils
- questionnaires/surveys (e.g. the My Health My School Survey)
- pupil focus groups formed specifically for RSE
- use of the RSE consultation toolkit
- pre and post assessment activities for RSE
- school council meetings
- full class consultation activities which ensure all pupils have a voice in the process

### Delivery of RSE

Pupils receive their entitlement for RSE through a spiral curriculum, in timetabled slots, which demonstrates progression. The RSE programme is delivered through a variety of opportunities including:

- designated RSE time
- frequency of sessions
- use of external agencies/services
- school ethos
- small group work
- cross curricular links e.g. science
- assemblies

### Working with visitors and other external agencies

Where appropriate, we may use visitors from external agencies or members of the community to support RSE. Working with external organisations enhances delivery of RSE, bringing in specialist knowledge, which gives different ways of engaging with our pupils.

When using visitors, the school's policy on use of visitors will be used. A teacher will be present throughout these lessons. Visitors will be given a copy of this policy, and any other relevant policies, and expected to comply with the guidelines outlined within it. Our partnership with the local community is also a priority, and we recognise and value its contribution to the RSE programme.

We will ensure that the teaching delivered by the visitor fits with our planned programme and policy. We will discuss the detail of how the visitor will deliver their sessions and ensure that the content is age-appropriate and accessible for our pupils. We will ask to see the materials visitors will use as well as a lesson plan in advance, so that we can ensure it meets the full range of pupils' needs.

We will agree in advance of the session how confidentiality will work in any lesson and how a safeguarding report should be dealt with by the external visitor. It is also important that children understand how confidentiality will be handled in a lesson and what might happen if they choose to make a report.

Use of visitors will be to enhance teaching by an appropriate member of the teaching staff, rather than as a replacement for teaching by those staff.

Before involving visitors in any aspect of RSE, teachers will ensure that:

- the visitor understands the school's confidentiality policy, values and approach to the educational programme
- there is appropriate planning, preparatory and follow up work for the sessions

- the visitor understands the emotional, intellectual, cultural, religious, social and ability level of the pupils involved, including where there may be a specific issue relating to child protection
- the teacher needs to be part of the experience in order for the pupils to value the lessons and to build on the pupils' learning after the session/s as well as answer any questions the pupils may subsequently have
- the guidelines and checklist (Appendix 1a and 1b) will be used with the visitor to ensure success

### Inclusion, equality and diversity

We are required by law to comply with relevant requirements of the Equality Act 2010. All pupils are entitled to quality RSE that helps them build confidence and a positive sense of self, and to stay healthy. We include all pupils regardless of their age, sex, race, disability, religion or belief, gender reassignment, or sexual orientation.

All classes include pupils with different abilities and aptitudes, experiences, religious/cultural backgrounds, gender and sexual identities. To encourage pupils to participate in lessons, teachers will ensure content, approach and use of inclusive language reflects the diversity of the school community and helps each and every pupil to feel valued and included in the classroom.

We promote the needs and interest of all pupils. The school's approaches to teaching and learning take into account all needs of the pupils to ensure all can access the full RSE provision. We promote social learning and expect our pupils to show a high regard for the needs of others. RSE is an important vehicle for addressing controversial and sensitive issues and ensuring equal opportunities for all.

### Responding to pupils' diverse learning needs:

Considerations will be made for:

- religious and cultural diversity
- differing gender needs and abilities, including SEND
- diverse sexuality of pupils
- pupil's age and physical and emotional maturity
- pupils who are new to English

### Ethnicity, religion and cultural diversity:

Our policy values the different backgrounds of all pupils in school and, in acknowledging and exploring different views and beliefs, seeks to promote respect and understanding. We encourage respect for all religions and cultures. We do not ask pupils to represent the views of a particular religious or cultural group to their peers, unless they choose to do so.

### Single gender groups:

Our policy is sensitive to the needs of different groups. For some pupils, it may be more appropriate for them to be taught particular topics in single gender groups. We will consult parents/carers and pupils both on what is included, and on how it is delivered. This will help pupils and their families to establish what is appropriate and acceptable for them. Working in single gender groups can considerably ease concerns about RSE, and help to ensure that pupils receive the RSE to which they are entitled. Single gender groups can also help boys and girls to feel safer and less embarrassed about airing issues and discussing relationships. Where single gender groups are used for pupils, they will always be given time after the sessions to come together in a controlled environment to share and discuss what they have learnt, before leaving the classroom.

### Special educational needs and disabilities (SEND):

RSE helps all pupils understand their physical and emotional development and enable them to make positive decisions in their lives. We ensure that all pupils receive RSE and we offer provision appropriate to the particular needs of our pupils, taking specialist advice where necessary. Staff will differentiate lessons to ensure that all members of the class can access the information fully. The school will use a variety of different strategies to ensure that all pupils have access to the same information.

Some pupils will be more vulnerable to abuse and exploitation than their peers, and others may be confused about what is acceptable public behaviour. These pupils will need help to develop skills to reduce the risks of being abused and exploited, and to learn what sorts of behaviour are, and are not, acceptable.

*Where a pupil is receiving SEN support, schools should talk to parents regularly to set clear outcomes and review progress towards them, discuss the activities and support that will help achieve them, and identify the responsibilities of the parent, the pupil and the school. Schools should meet parents at least three times each year.*

*These discussions can build confidence in the actions being taken by the school, but they can also strengthen the impact of SEN support by increasing parental engagement in the approaches and teaching strategies that are being used. Finally, they can provide essential information on the impact of SEN support outside school and any changes in the pupil's needs.*

*SEND Code of Practice: 0 – 25 years, 2014*

### Lesbian, Gay, Bisexual, Transgender, sexual orientation and those with gender reassignment.

We have a clear duty under the Equality Act 2010 to ensure that our teaching is accessible to all pupils, including those who are lesbian, gay, bisexual, transgender or those with gender reassignment. Under new guidance (2024), pupils should know about the world around them, and understand the law on equality and the protected characteristics, including gender reassignment. Pupils should no longer teach pupils about gender identity.

Therefore, HMPS will teach about the protected characteristics, including gender reassignment. Teaching will be clear that individuals must be over the age of 18 before they can legally reading their gender. We will not teach the concept of gender identify. If asked, we will teach the facts about biological sex and not use any materials that present contested views.

Inclusive RSE will foster good relations between pupils, tackle all types of prejudice, including homophobia, and promote understanding and respect, enabling us to meet the requirements, and live the intended spirit, of the Equality Act 2010.

We will deal sensitively and honestly with issues of sexual orientation and identity, answer appropriate questions and offer support. Pupils, whatever their developing sexuality or identity, need to feel that RSE is relevant to them. Teachers will never assume that all intimate relationships are between opposite sexes. Information will be inclusive and will include LGBT+ people in stories, scenarios and role-plays. We will ensure all pupils can explore topics from a different gender's point of view, and a variety of activities, including practical tasks, discussions, group activities and competitions. We will also ensure that our teaching is sensitive and age appropriate in approach and content.

### Pupils who are new to English

The school will take into account the language skills of individual pupils, ensuring that all pupils have equal access to the RSE provision and resources.

### Resources

We use Jigsaw (scheme of work) and the resources recommended within it. We will focus on the needs of the pupils and our planned learning objectives. We select carefully resources which meet these objectives. We evaluate carefully teacher resources, leaflets, online resources and videos before using them (see checklist below).

We use children's books, both fiction and non-fiction, extensively within our RSE programme. Teachers will always read and assess the books before using them to ensure they are appropriate for the planned work. They will also consider the needs and circumstances of individual pupils in class when reading texts, in case they need to have a preparatory conversation with a pupil before the teaching takes place, for instance.

### Learning environment and additional non-negotiable ground rules

Staff are careful to ensure their personal beliefs and attitudes do not influence the teaching of RSE. To this end, the Jigsaw charter provides all with a set of rules, which will be agreed to provide a framework of common values within which to teach. There are clear parameters as to what will be taught in a whole-class setting, and what will be dealt with on an individual basis.

In addition to the ground rules used in PSHE, we will develop non-negotiable ground rules for lessons and discussions related to RSE. If pupils are to benefit fully from an RSE programme, they need to be confident speakers, good listeners and effective, sensitive communicators. When the needs of pupils are analysed, of overriding importance are two key areas: they need to feel safe and be safe. Additional, non-negotiable ground rules will help staff to create a safe and relaxed environment in which they do not feel embarrassed or anxious about unexpected questions or comments from the pupils. They also reduce the possibility of inappropriate behaviour and the disclosure of inappropriate personal information.

Our additional, non-negotiable ground rules are:

- Confidentiality: 'what is said in the room, stays in the room' except if anyone mentions something which could be harmful or put them at risk – then will have to pass the information on to help keep them safe.
- It's not OK to ask personal questions or make personal comments about each other or the teacher but we can put questions in the box for later.
- Don't use names: if you want to ask about or share a personal story or experience, you can speak in the third person about 'someone I know', 'a friend', 'a situation I've heard about/read about'.
- We will try to only ask questions related to what we are learning in the lesson.
- We will use the anatomical terms for the sexual body parts.
- It is ok to say pass / not join in.
- We recognise that people will have different opinions, but that we treat each other with dignity, courtesy and respect.

### Assessing prejudice, harassment and sexual violence

Pupils will learn about harmful sexual behaviour, that sexual violence and sexual harassment are never acceptable and that this can include a wide range of unwanted behaviours. Pupils will learn about the law in relation to sexual violence and harassment, whether it occurs online or offline, including that stalking, indecent exposure (including online), upskirting and any sexual harassment involving physical contact are crimes in England and Wales, and that people can be prosecuted for this behaviour. HMPS will teach that anyone can be a victim of sexual violence, regardless of sex, sexual orientation, gender reassignment or another protected characteristic and that the victim is never to blame.

It is essential that generalisations are not made, and pupils should have the opportunity to identify positive male role models and understand that most boys and young men are respectful to girls and young women and each other. Where misogynistic ideas are expressed at school, staff will challenge the ideas, rather than the person expressing them, and support pupils to reflect on their attitudes.

Discussions about sensitive topics in RSHE can lead to increased safeguarding reports. All staff will understand and know what to do if they have concerns that a pupil is being abused or neglected or have witnessed abuse.

### Assessment, recording and reporting in RSE

We assess pupils' learning in RSE in line with approaches used in the rest of the curriculum (including assessment for learning). We report to parents/carers at the end of the school year on pupils' learning and progress within PSHE.

Assessment methods:

- baseline or pre-assessment (essential for needs-led RSE)
- needs assessment is used to identify existing knowledge and skills of pupils
- assessment is built into the RSE programme to inform planning
- summative assessment takes place at the end of each unit. This is done as part of the You, Me and PSHE scheme of work.
- pupil self-assessment is used where appropriate
- assessment focuses on knowledge as well as skill development and attitudes
- identify pupils who have exceeded or fallen short of the module objectives and those that have achieved it
- teachers will keep a note of pupils who have missed some or the entire module due to absence from school
- pupil progress and achievement is reported to parents/carers (in end of year report)
- pupil achievement in RSE is celebrated and shared

### Monitoring and evaluation

**Monitoring activities:**

- recording of pupil attendance in RSE lessons
- effective PSHE leadership with a system of lesson observations and peer support
- a system for regular review of the RSE policy and programme
- pupil and staff interviews/questionnaires
- pupil/staff/parent surveys
- scrutinising staff planning
- samples of pupils' work



### **Evaluation activities:**

- teacher and pupil evaluation of lessons, units and the overall RSE programme
- teacher and pupil evaluation of resources
- evidence from lesson observations
- evaluation of contributions of external partners
- feedback and evaluation by pupils
- scrutiny of assessment records
- sampling pupils' work and portfolios

### Safeguarding and Child Protection

Through Relationships Education (and RSE), we will teach pupils the knowledge they need to recognise and to report abuse, including emotional, physical and sexual abuse. This will be delivered by focusing on boundaries and privacy, ensuring young people understand that they have rights over their own bodies. This will also include understanding boundaries in friendships with peers and also in families and with others, in all contexts, including online.

Pupils will be taught how to report concerns and seek advice when they suspect or know that something is wrong. At all stages it will be important to balance teaching children about making sensible decisions to stay safe (including online) whilst being clear it is never the fault of a child who is abused and why victim blaming is always wrong. These subjects complement Health Education and as part of a comprehensive programme and whole.

Children have the right to:

- say no
- respect their own body
- speak out and know that someone can help

When teaching any sensitive issue young people may give cause for concern. All adults are aware of our safeguarding arrangements and procedures. If the school has any reason to believe a pupil is at risk, advice from Leeds Child Protection Team will be sought.

We recognise that children are capable of abusing their peers and that peer on peer abuse can manifest in many different ways, including on-line bullying, sharing inappropriate images, initiation/hazing (an activity expected of someone joining or participating in a group that humiliates, degrades, abuses or endangers them, regardless of a person's willingness to participate) and inappropriate/harmful sexual behaviours.

Our use of the anatomical terms for body parts helps to ensure that children are able to describe abusive behaviours if they need to.

Ground rules at the start of sessions help to establish and maintain a safe and appropriate learning environment; this is important for good learning to take place, and also contributes to effective safeguarding.

### Confidentiality in the context of RSE lessons

The nature of RSE means that pupils may disclose personal information that staff will respond to appropriately. The classroom is never a confidential place to talk, and that remains true in RSE. Pupils will be reminded that lessons are not a place to discuss their personal experiences and issues, or to ask others to do so, through the establishment of ground rules. Any visitor to the classroom will be bound by the school's policy on confidentiality, regardless of whether they have, or their organisation has, a different policy. We will make sure visitors are aware of this, and make sure there are enough opportunities for pupils to access confidential support after the lesson if they need it.

Any information disclosed to a staff member or other responsible adult, which causes concern about the child's safety, will be communicated to the designated safeguarding lead as soon as possible and always within 24 hours, in line with our safeguarding and child protection policy.

If a pupil tells a health professional, such as the school nurse, something personal on a one-to-one basis outside of the classroom, our school's confidentiality policy will help us to decide whether that person can keep that information confidential, or whether they need to seek help, advice, or refer to someone else. We will also signpost pupils and their families, where appropriate, to on and offline community, health and counselling services so pupils know where to go for confidential help and advice.

Techniques used in school to minimise the chance of pupils making a disclosure in an RSE lesson include:

- depersonalising discussion
- puppets
- using role play to 'act out' scenarios
- appropriate video extracts
- case studies with invented characters
- visits to/from outside agencies

### Support

We hope that pupils will feel safe in the school environment to talk to any member of staff in confidence about any areas of concern regarding their personal, social or emotional development, including matters raised by, or relating to, RSE. We promote the school ethos as one of inclusion and acceptance throughout all areas of school activity and hope that pupils respond to this by feeling comfortable to ask questions and continue their learning both in and outside of the classroom.

### Complaints

Parents/carers who have complaints or concerns regarding the RSE provision should contact the school and follow the school's complaints policy.

### Liaison with local media

Please contact the press and media office on: 0113 378 6007

### Local support available to schools

The Health and Wellbeing Service can offer support through training, bespoke lessons and in school advisory sessions. Further information on the above training, as well as how to book, can be found at: [www.schoolwellbeing.co.uk](http://www.schoolwellbeing.co.uk) and [www.leedsforlearning.co.uk](http://www.leedsforlearning.co.uk)

### Local and national websites

#### **Healthy relationships, sexual consent, exploitation and abuse:**

- Information about FGM can be found at: [www.forwarduk.org.uk](http://www.forwarduk.org.uk)
- Good practice examples and guidance on consent: [www.pshe-association.org.uk/consent](http://www.pshe-association.org.uk/consent)
- Home Office guidance; this is abuse: <http://thisisabuse.direct.gov.uk/>
- Child Exploitation and Online Protection (CEOP) has produced a series of resources which are available at: [www.ceop.police.uk](http://www.ceop.police.uk) and [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)
- Brook has produced a Traffic Light Tool to help professionals assess whether children's sexual behaviours are healthy or unhealthy: [www.brook.org.uk/traffic-lights](http://www.brook.org.uk/traffic-lights)
- Ask Brook about relationships, safety and risks, available at: [www.brook.org.uk/shop](http://www.brook.org.uk/shop)
- Alright Charlie - Blast have designed this CSE resource in consultation with CSE professionals, primary schools teachers and children in years 5 and 6 in primary schools. This resource is designed for use with children aged 9-11 in primary schools and aims to highlight the warning signs of grooming in an age appropriate way. <https://basisyorkshire.org.uk/resource/alright-charlie-cse-primary-school-resource/>

#### **Violence within relationships:**

- The Against Violence and Abuse Project provides further information, advice and guidance: [www.avaproject.org.uk](http://www.avaproject.org.uk)
- Rape Crisis provides help and advice to those affected by rape, sexual violence and child sexual abuse: [www.rapecrisis.org.uk](http://www.rapecrisis.org.uk)
- Providing support to people in the Leeds District whose lives have been affected by domestic violence and abuse: <http://www.behind-closed-doors.org.uk/>

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### Teaching about sexting:

- The NSPCC has produced resources to make it easier for children to get help about sexting: <http://www.childline.org.uk/explore/onlinesafety/pages/sexting.aspx>
- Big Talk has produced resources to help primary school teachers discuss a range of difficult issues – including sexting and explicit images – with children: <http://www.bigtalkeducation.co.uk/resources-for-primaries.html>
- CEOP (Child Exploitation and Online Protection) has developed [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk), which contains a number of resources exploring the risks children face online, including two films that address sexting issues: Exposed and First to a Million.
- Brook has produced a leaflet for young people called Ask Brook about relationships, safety and risk, which addresses on and offline safety and is supported by CEOP: <http://www.brook.org.uk/shop>

### Inclusive RSE:

- Stonewall has produced a series of packs and information for schools. Details are available at: [www.stonewall.org.uk](http://www.stonewall.org.uk)
- Brook has produced packs to help those who work with diverse groups of children, available at: [www.brook.org.uk/shop](http://www.brook.org.uk/shop) :

### Local sources of support:

[www.schoolwellbeing.co.uk](http://www.schoolwellbeing.co.uk)  
[www.healthyschools.org.uk](http://www.healthyschools.org.uk)  
[www.leedsforlearning.co.uk](http://www.leedsforlearning.co.uk)  
<http://www.leeds.gov.uk/phrc/Pages/default.aspx>  
[www.leeds.gov.uk/phrc/Pages/public-health-training.aspx](http://www.leeds.gov.uk/phrc/Pages/public-health-training.aspx)  
<https://www.leedsscp.org.uk/Home>  
<http://leedssexualhealth.com>  
<http://www.themarketplaceleeds.org.uk/>  
<http://mesmac.co.uk/>  
<https://www.mindmate.org.uk/>

### National sources of support:

<http://www.nhs.uk/Livewell/Sexualhealthtopics/Pages/Sexual-health-hub.aspx> <https://www.brook.org.uk/>  
<http://www.fpa.org.uk/>  
<http://www.sexeducationforum.org.uk/>  
<https://www.pshe-association.org.uk/>  
<http://www.stonewall.org.uk/>  
<http://www.bodysense.org.uk/>  
<http://www.nat.org.uk/>  
<https://www.nspcc.org.uk/>  
<https://www.childline.org.uk>

## 1. Local and national references

[Statutory guidance: Relationships education, relationships and sex education \(RSE\) and health education](#)

[Keeping children safe in Education](#)

[Respectful School Communities: Self Review and Signposting Tool](#)

[Behaviour and Discipline in Schools](#)

[Equality Act 2010: advice for schools](#)

[SEND Code of Practice: 0-25 years](#)

[Alternative Provision](#)

[Mental Health & Behaviour in Schools](#)

[Preventing Bullying \(including cyberbullying\)](#)

[Sexual violence and sexual harassment between children in schools](#)

[The Equality and Human Rights Commission Advice and Guidance](#) (provides advice on avoiding discrimination in a variety of educational contexts)

[Promoting Fundamental British Values as part of SMSC in schools](#) (guidance for maintained schools on promoting basic important British values as part of pupils' spiritual, moral, social and cultural (SMSC))

[National Citizen Service](#) guidance for schools

[Brook, the PSHE Association and the RSE Forum \(2014\) RSE \(RSE\) for the 21st Century; Supplementary advice to the RSE Guidance DfEE \(0116/2000\)](#)

[National curriculum in England: framework for key stages 1 to 4](#)

[National Curriculum in England: Science programmes of study key stages 1 - 4](#)

[Education Act \(1996\) Crown copyright](#)

[Education Act \(2002\) Crown copyright](#)

[Education and Inspections Act \(2006\), Section 38, Crown copyright](#)

[Education and Inspections Act 2006, section 40, Crown copyright](#)

[HM government \(2016\) Multi-agency practice guidelines: Female Genital Mutilation, Crown copyright](#)

[Learning and Skills Act \(2000\), Section 148, Crown copyright](#)

[NCB: Assessment, Evaluation and Sex and Relationships Education](#)

[Ofsted \(2013\) 'Not yet good enough; personal, social, health and economic education in schools'](#)

[Writing your RSE policy: guidance from the PSHE Association](#)

[Sex Education Forum \(2013b\): Let's get it right; a toolkit for involving primary school children in reviewing their RSE, NCB](#)

[Statutory Instrument 2012 No. 1124, Education, England, The School Information \(England\) \(Amendment\) Regulations 2012, Crown copyright.](#)

[Careers strategy: making the most of everyone's skills and talents December 2017](#)

[Personal, social, health and economic education \(February 2020\)](#)

[Definitions for Relationships and Sex Education Sex Education Forum \(2020\)](#)

## APPENDIX 1 Checklist

### After visit

<b><u>Joint Evaluation Form</u></b>	
Please fill this in together where possible	
Aim of session:	Session date:
	Time:

Agency:		Year group:
School:		Class:
Question	Scale 1 - 10	How do you know?
1. How well did the programme meet the needs of the pupils?		
2. How well has the work developed the skills of pupils to manage their wellbeing?		
3. How well has the input contributed to the RSE programme?		
4. Has there been an impact on staff skills and confidence?		
5. How well did the pre-planning support the session / visit?		
6. How will be the work be continued and / or adopted into the Schemes of Work next year?		
7. Were there any elements that could be improved in the future?		
8. Any other comments?		
Please keep a copy for your records.		

## APPENDIX 2

Dear Parent/ Carer,

### Our Relationship and Health Education Programme in Year 1

We believe that promoting the health and well-being of our pupils is an important part of their overall education. We do this through our Personal, Social and Health Education (PSHE) curriculum. This looks at many topics such as relationships, including friendships and family relationships, physical and emotional health and living in the wider

world. The aim of the PSHE lessons are to help our pupils make safe and informed decisions during their school years and beyond. We will be using the PSHE scheme Jigsaw to deliver this curriculum.

Relationships and Health Education is an important part of the PSHE curriculum. We will be teaching lessons in the Summer term which will include key learning such as:

- **Pupils learn that animals including humans have a life cycle**
- **Pupils learn that people grow up at different rates and that is normal**
- **Pupils learn that everyone's family is different**
- **Pupils learn how to make a friend**
- **Pupils learn about the different people in the school community and how they help**

This content is statutory within the PSHE curriculum as part of the Relationships and Health Education guidance (DfE 2020). Some of this work will also link to the Science curriculum:

#### **Year 1 Science statutory objective**

- **identify, name, draw and label the basic parts of the human body and say which part of the body is associated with each sense.**

During these lessons, pupils will be able to ask questions, which will be answered factually and in an age appropriate manner. Each pupil's privacy will be respected, and no one will be asked to reveal personal information. Many parents and parent-related organisations support good quality Relationship and Health Education in school. Parents are the most important educators of young people in personal issues and many welcome the support that school can offer to supplement their home teaching.

We will be holding two information sessions for parents on the following dates:

You may find that your child starts asking questions about the topic at home, or you might want to take the opportunity to talk to your child about content before the work is covered in school. If you have any queries about the content of the programme or resources used, please do not hesitate in contacting your child's class teacher. All materials used are available for you to browse through should you so wish.

If you would like further clarification regarding your child's entitlement to receiving the Relationship and Health curriculum and your duty as a Parent/Carer, the RSE policy is available to view on the school website and we highly recommend attending either parent information session as outlined above.

Many thanks,

**Miss Bates**  
**PSHE coordinator**

**Dear Parent/ Carer,**

#### **Our Relationship and Health Education Programme in Year 2**

We believe that promoting the health and well-being of our pupils is an important part of their overall education. We do this through our Personal, Social and Health Education (PSHE) curriculum. This looks at many topics such as relationships, including friendships and family relationships, physical and emotional health and living in the wider world. The aim of the PSHE lessons are to help our pupils make safe and informed decisions during their school years and beyond. We will be using the PSHE scheme Jigsaw to deliver this curriculum.

Relationships and Health Education is an important part of the PSHE curriculum. We will be teaching lessons in the Summer term which will include key learning such as:

- **Pupils learn that ageing is a natural process, including old age**
- **Pupils learn about the biological differences between male and female animals and humans and are able to label the human body**
- **Pupils learn about growing from young to old and understand some ways they have changed since they were babies**
- **Pupils learn how to maintain friendships and can solve conflicts accordingly**
- **Pupils learn about different types of family and how their home-life is special**

This content is statutory within the PSHE curriculum as part of the Relationships and Health Education guidance (DfE 2020). Some of this work will also link to the Science curriculum:

**Year 2 Science statutory objective**

- **Understand that animals, including humans, have offspring which grow into adults**

During these lessons, pupils will be able to ask questions, which will be answered factually and in an age appropriate manner. Each pupil's privacy will be respected, and no one will be asked to reveal personal information. Many parents and parent-related organisations support good quality Relationship and Health Education in school. Parents are the most important educators of young people in personal issues and many welcome the support that school can offer to supplement their home teaching.

We will be holding two information sessions for parents on the following dates:

You may find that your child starts asking questions about the topic at home, or you might want to take the opportunity to talk to your child about content before the work is covered in school. If you have any queries about the content of the programme or resources used, please do not hesitate in contacting your child's class teacher. All materials used are available for you to browse through should you so wish.

If you would like further clarification regarding your child's entitlement to receiving the Relationship and Health curriculum and your duty as a Parent/Carer, the RSE policy is available to view on the school website and we highly recommend attending either parent information session as outlined above.

Many thanks,

**Miss Bates**  
**PSHE coordinator**

**Dear Parent/ Carer,**

**Our Relationship and Health Education Programme in Year 3**

We believe that promoting the health and well-being of our pupils is an important part of their overall education. We do this through our Personal, Social and Health Education (PSHE) curriculum. This looks at many topics such as relationships, including friendships and family relationships, physical and emotional health and living in the wider world. The aim of the PSHE lessons are to help our pupils make safe and informed decisions during their school years and beyond. We will be using the PSHE scheme Jigsaw to deliver this curriculum.

Relationships and Health Education is an important part of the PSHE curriculum. We will be teaching lessons in the Summer term which will include key learning such as:

- **Pupils learn that different family members carry out different roles and have different responsibilities.**
- **Pupils learn that they and all children have rights.**
- **Pupils learn appropriate strategies on how to keep themselves safe online.**
- **Pupils learn some of the changes that happen between being a baby and a child.**
- **Pupil learn that babies need love and care from their parents/carers**

This content is statutory within the PSHE curriculum as part of the Relationships and Health Education guidance (DfE 2020). Some of this work will also link to the Science curriculum.

During these lessons, pupils will be able to ask questions, which will be answered factually and in an age appropriate manner. Each pupil's privacy will be respected, and no one will be asked to reveal personal information. Many parents and parent-related organisations support good quality Relationship and Health Education in school. Parents are the most important educators of young people in personal issues and many welcome the support that school can offer to supplement their home teaching.

We will be holding two information sessions for parents on the following dates :

You may find that your child starts asking questions about the topic at home, or you might want to take the opportunity to talk to your child about content before the work is covered in school. If you have any queries about the content of the programme or resources used, please do not hesitate in contacting your child's class teacher. All materials used are available for you to browse through should you so wish.

If you would like further clarification regarding your child's entitlement to receiving the Relationship and Health curriculum and your duty as a Parent/Carer, the RSE policy is available to view on the school website and we highly recommend attending either parent information session as outlined above.

Many thanks,

**Miss Bates**  
**PSHE coordinator**

**Dear Parent/ Carer,**

#### **Our Relationship and Health Education Programme in Year 4**

We believe that promoting the health and well-being of our pupils is an important part of their overall education. We do this through our Personal, Social and Health Education (PSHE) curriculum. Through this, we teach many topics including all kinds of relationships, physical / emotional health and living in the wider world. The aim of the PSHE



lessons are to help our pupils make safe and informed decisions during their school years and beyond. We will be using the PSHE scheme Jigsaw to deliver this curriculum.

Relationship and Health Education is an important part of the PSHE curriculum. We will be teaching lessons in the Summer term which will include key learning such as:

- **Pupils learn about the way we grow and change throughout the human lifecycle**
- **Pupils learn about the impact of puberty on physical hygiene and strategies for managing this**
- **Pupils learn strategies to deal with feelings in the context of relationships**

This content is statutory within the PSHE curriculum for Health Education; Changing Me and therefore compulsory for all children. During these lessons, pupils will be able to ask questions, which will be answered factually and in an age appropriate manner. Each pupil's privacy will be respected, and no one will be asked to reveal personal information. Many parents and parent-related organisations support good quality Relationship and Health Education in school. Parents are the most important educators of young people in personal issues and many welcome the support that school can offer to supplement their home teaching.

During these lessons, pupils will be able to ask questions, which will be answered factually and in an age appropriate manner. Each pupil's privacy will be respected, and no one will be asked to reveal personal information. Many parents and parent-related organisations support good quality Relationship and Health Education in school. Parents are the most important educators of young people in personal issues and many welcome the support that school can offer to supplement their home teaching.

We will be holding two information sessions for parents on the following dates:

You may find that your child starts asking questions about the topic at home, or you might want to take the opportunity to talk to your child about content before the work is covered in school. If you have any queries about the content of the programme or resources used, please do not hesitate in contacting your child's class teacher. All materials used are available for you to browse through should you so wish.

If you would like further clarification regarding your child's entitlement to receiving the Relationship and Health curriculum and your duty as a Parent/Carer, the RSE policy is available to view on the school website and we highly recommend attending either parent information session as outlined above.

Many thanks,

**Miss Bates**  
**PSHE coordinator**

**Dear Parent/ Carer,**

### **Our Relationship and Health Education Programme in Year 5**

We believe that promoting the health and well-being of our pupils is an important part of their overall education. We do this through our Personal, Social and Health Education (PSHE) curriculum. Through this, we teach many topics including all kinds of relationships, physical / emotional health and living in the wider world. The aim of the PSHE

lessons are to help our pupils make safe and informed decisions during their school years and beyond. We will be using the PSHE scheme Jigsaw to deliver the curriculum.

Relationship and Health Education is an important part of the PSHE curriculum. We will be teaching lessons in the Summer term which will include key learning such as:

- **Pupils learn about the physical changes associated with puberty**
- **Pupils learn how to stay safe when using technology to communicate with friends**
- **Pupils learn how puberty affects emotions and behaviour and strategies for dealing with the changes associated with puberty**
- **Pupils learn to answer each other's questions about puberty with confidence, to seek support and advice when they need it**

This content is statutory within the PSHE curriculum for Health Education; Changing Me and therefore compulsory for all children.

During these lessons, pupils will be able to ask questions, which will be answered factually and in an age appropriate manner. Each pupil's privacy will be respected, and no one will be asked to reveal personal information. Many parents and parent-related organisations support good quality Relationship and Health Education in school. Parents are the most important educators of young people in personal issues and many welcome the support that school can offer to supplement their home teaching.

We will be holding two information sessions for parents on the following dates :

You may find that your child starts asking questions about the topic at home, or you might want to take the opportunity to talk to your child about content before the work is covered in school. If you have any queries about the content of the programme or resources used, please do not hesitate in contacting your child's class teacher. All materials used are available for you to browse through should you so wish.

If you would like further clarification regarding your child's entitlement to receiving the Relationship and Health curriculum and your duty as a Parent/Carer, the RSE policy is available to view on the school website and we highly recommend attending either parent information session as outlined above.

Many thanks,

**Miss Bates**  
**PSHE coordinator**

**Dear Parent/ Carer,**

### **Our PSHE & RSE Programme in Year 6**

We believe that promoting the health and well-being of our pupils is an important part of their overall education. We do this through our Personal, Social and Health Education (PSHE) curriculum. Through this, we teach many topics

including all kinds of relationships, physical / emotional health and living in the wider world. The aim of the PSHE lessons are to help our pupils make safe and informed decisions during their school years and beyond.

Relationship and Sex Education (RSE) is an important part of the PSHE curriculum. We will be teaching lessons about RSE in the Summer term which will include topics such as puberty, relationships and communication skills, body image, stereotyping and sexuality, pregnancy and conception, unhealthy relationships and keeping safe. During these lessons, pupils will be able to ask questions, which will be answered factually and in an age appropriate manner. Each pupil's privacy will be respected, and no one will be asked to reveal personal information.

Some parts of Relationship and Health Education are compulsory - these are parts of the National Curriculum for Science and the statutory PSHE curriculum for Health Education; Changing Me. If they wish to do so, parents can only withdraw their children from some parts of RSE curriculum which include lessons about conception and making a baby. These are outlined below as non-statutory.

However, we believe that the presentation of sexual images in social and other media make it important that all young people have a place to discuss pressures, check facts and dispel myths. Even if a child is withdrawn, many pupils will discuss such issues with each other outside the classroom – so, rather than hear about the content second-hand, we hope all children will have the opportunity to take part in our carefully planned lessons. Below outlines the statutory and non-statutory curriculum.

Statutory	Non-statutory
<p><b>Science</b></p> <ul style="list-style-type: none"> <li>Recognise that living things produce offspring of the same kind, but normally offspring vary and are not identical to their parents</li> </ul> <p><b>Health Education; Changing Adolescence Body</b></p> <ul style="list-style-type: none"> <li>Pupils learn about the changes that occur during puberty</li> <li>Pupils learn to consider different attitudes and values around gender stereotyping and sexuality and consider their origin and impact</li> <li>Pupils learn what values are important to them in relationships and to appreciate the importance of friendship in intimate relationships</li> </ul>	<ul style="list-style-type: none"> <li>Pupils learn about human reproduction in the context of the human lifecycle</li> <li>Pupils learn how a baby is made and grows (conception and pregnancy)</li> </ul>

Many parents and parent-related organisations support good quality RSE in school. Parents are the most important educators of young people in personal issues and many welcome the support that school can offer to supplement their home teaching.

During these lessons, pupils will be able to ask questions, which will be answered factually and in an age appropriate manner. Each pupil's privacy will be respected, and no one will be asked to reveal personal information. Many parents and parent-related organisations support good quality Relationship and Health Education in school. Parents are the most important educators of young people in personal issues and many welcome the support that school can offer to supplement their home teaching.

We will be holding two information sessions for parents on the following dates:

You may find that your child starts asking questions about the topic at home, or you might want to take the opportunity to talk to your child about content before the work is covered in school. If you have any queries about the content of the programme or resources used, please do not hesitate in contacting your child's class teacher. All materials used are available for you to browse through should you so wish.

If you would like further clarification regarding your child's entitlement to receiving the Relationship and Health curriculum and your duty as a Parent/Carer, the RSE policy is available to view on the school website and we highly recommend attending either parent information session as outlined above.

Many thanks,

**Miss Bates**  
**PSHE coordinator**

**Appendix 3: Parent form: withdrawal from sex education within RSE**

**TO BE COMPLETED BY PARENTS**

Name of child		Class	
Name of parent		Date	
Reason for withdrawing from sex education within relationships and sex education			
Any other information you would like the school to consider			
Parent signature			

**TO BE COMPLETED BY THE SCHOOL**

Agreed actions from discussion with parents	

## Understanding Relationships and Health Education in your child's primary school: a guide for parents

We want all children to grow up healthy, happy, safe, and able to manage the challenges and opportunities of modern Britain. That is why, from September 2020, all primary age children will be taught Relationships and Health Education.

These subjects are designed to equip your child with knowledge to make informed decisions about their wellbeing, health and relationships as well as preparing them for a successful adult life. The world for all young people looks very different from the way it did 20 years ago when this curriculum was last updated – these changes bring the content into the 21st century, so that it is relevant for your child.

Your child's school will have flexibility to deliver the content in a way that is age and developmentally appropriate and sensitive to the needs and religious background of its pupils.

### Relationships Education

Relationships Education will put in place the building blocks needed for positive and safe relationships, including with family, friends and online.

Your child will be taught what a relationship is, what friendship is, what family means and who can support them. In an age-appropriate way, your child's school will cover how to treat each other with kindness, consideration and respect.

By the end of primary school, pupils will have been taught content on:

- families and people who care for me
- caring friendships
- respectful relationships
- online relationships
- being safe

You can find further detail by searching **'relationships and health education'** on GOV.UK.

### Health Education

Health Education aims to give your child the information they need to make good decisions about their own health and wellbeing, to recognise issues in themselves and others, and to seek support as early as possible when issues arise.



By the end of primary school, pupils will have been taught content on:

- mental wellbeing
- internet safety and harms
- physical health and fitness
- healthy eating
- facts and risks associated with drugs, alcohol and tobacco
- health and prevention
- basic first aid
- changing adolescent body

You can find further detail by searching **'relationships and health education'** on GOV.UK.

## Your rights as a parent

The important lessons you teach your child about healthy relationships, looking after themselves and staying safe, are respected and valued under this new curriculum. Teaching at school will complement and reinforce the lessons you teach your child as they grow up.

Your child's school is required to consult with you when developing and renewing their policies on Relationships Education. These policies must be published online and be available to anybody free of charge.

You can express your opinion, and this will help your child's school decide how and when to cover the content of the statutory guidance. It may also help them decide whether to teach additional non-statutory content. Schools are required to ensure their teaching reflects the age and religious background of their pupils.

Some schools will start to teach these subjects from September 2019 – if you'd like to know more, please speak to your child's school about what they plan to teach.



## Right to withdraw your child

You cannot withdraw your child from Relationships Education because it is important that all children receive this content, covering topics such as friendships and how to stay safe.

Your child's primary school can choose to teach Sex Education. If you'd like to know more about this, we recommend speaking to the school to understand what will be taught and when. If you do not want your child to take part in some or all of the lessons on Sex Education, you can ask that they are withdrawn. At primary level, the head teacher must grant this request.

The science curriculum in all maintained schools also includes content on human development, including reproduction, which there is no right to withdraw from.



Department  
for Education

If you want to know more about what will be taught as part of the new subjects, the best thing to do is speak to your child's school.

Appendix 5

CM	Knowledge	Social and Emotional Skills	Questions for Family Learning
Ages 3-5	<ul style="list-style-type: none"> <li>Know the names and functions of some parts of the body (see vocabulary list)</li> <li>Know that we grow from baby to adult</li> <li>Know who to talk to if they are feeling worried</li> <li>Know that sharing how they feel can help solve a worry</li> <li>Know that remembering happy times can help us move on</li> </ul>	<ul style="list-style-type: none"> <li>Can identify how they have changed from a baby</li> <li>Can say what might change for them they get older</li> <li>Recognise that changing class can elicit happy and/or sad emotions</li> <li>Can say how they feel about changing class/ growing up</li> <li>Can identify positive memories from the past year in school/ home</li> </ul>	<ul style="list-style-type: none"> <li>Which parts of your body do you know the same of?</li> <li>Who can you talk to if you ever feel worried or frightened? (at school / at home)</li> <li>Can you tell me about a time when you felt really happy?</li> </ul>
<p>Children are encouraged to think about how they have changed from being a baby and what may change for them in the future. They consolidate the names and functions of some of the main parts of the body and discuss how these have changed. They learn that our bodies change as we get older in lots of different ways. Children understand that change can bring about positive and negative feelings, and that sharing these can help. They also consider the role that memories can have in managing change.</p>			

CM	Knowledge	Social and Emotional Skills	Questions for Family Learning
Ages 5-6	<ul style="list-style-type: none"> <li>Know that animals including humans have a life cycle</li> <li>Know that changes happen when we grow up</li> <li>Know that people grow up at different rates and that is normal</li> <li>Know the names of male and female private body parts</li> <li>Know that there are correct names for private body parts and nicknames, and when to use them</li> <li>Know which parts of the body are private and that they belong to that person and that nobody has the right to hurt these</li> <li>Know who to ask for help if they are worried or frightened</li> <li>Know that learning brings about change</li> </ul>	<ul style="list-style-type: none"> <li>Understand and accepts that change is a natural part of getting older</li> <li>Can identify some things that have changed and some things that have stayed the same since being a baby (including the body)</li> <li>Can express why they enjoy learning</li> <li>Can suggest ways to manage change e.g. moving to a new class</li> </ul>	<ul style="list-style-type: none"> <li>What is a life cycle?</li> <li>How will you change as you grow up?</li> <li>Who is the tallest / smallest in your class?</li> <li>Which parts of your body are private?</li> <li>Who is allowed to see your private body parts?</li> <li>What should you do if you don't like the way someone is touching you?</li> <li>Who can you talk to if you ever feel worried or frightened? (at school / at home)</li> <li>What is the best part about being your age?</li> </ul>
<p>Children are introduced to life cycles e.g. that of a frog and identify the different stages. They compare this with a human life cycle and look at simple changes from baby to adult e.g. getting taller, learning to walk etc. They discuss how they have changed so far and that people grow up at different rates. As part of a school's safeguarding duty, pupils are taught the correct words for private parts of the body (those kept private by underwear: vagina, anus, penis, testicles, vulva). They are also taught that nobody has the right to hurt these parts of the body. Change is discussed as a natural and normal part of getting older which can bring about happy and sad feelings. Children practise a range of skills to help manage their feelings and learn how to access help if they are worried about change, or if someone is hurting them.</p>			

CM	Knowledge	Social and Emotional Skills	Questions for Family Learning
Ages 6-7	<ul style="list-style-type: none"> <li>Know that life cycles exist in nature</li> <li>Know that aging is a natural process including old-age</li> <li>Know that some changes are out of an individual's control</li> <li>Know how their bodies have changed from when they were a baby and that they will continue to change as they age</li> <li>Know the physical differences between male and female bodies</li> <li>Know the correct names for private body parts</li> <li>Know that private body parts are special and that no one has the right to hurt these</li> <li>Know who to ask for help if they are worried or frightened</li> <li>Know there are different types of touch and that some are acceptable and some are unacceptable</li> </ul>	<ul style="list-style-type: none"> <li>Can appreciate that changes will happen and that some can be controlled and others not</li> <li>Be able to express how they feel about changes</li> <li>Show appreciation for people who are older</li> <li>Can recognise the independence and responsibilities they have now compared to being a baby or toddler</li> <li>Can say what greater responsibilities and freedoms they may have in the future</li> <li>Can say who they would go to for help if worried or scared</li> <li>Can say what types of touch they find comfortable/ uncomfortable</li> <li>Be able to confidently ask someone to stop if they are being hurt or frightened</li> <li>Can say what they are looking forward to in the next year</li> </ul>	<ul style="list-style-type: none"> <li>What is a life cycle?</li> <li>How have you changed since you were a baby?</li> <li>How will you change over the next year / 5 years / 20 years?</li> <li>What changes can you / can't you control?</li> <li>Which parts are your private parts?</li> <li>Who is allowed to see them?</li> <li>What would you do if someone was touching you and you didn't like it?</li> <li>Who can you talk to if you ever feel worried or frightened? (at school / at home)</li> <li>What is your favourite part of Jigsaw lessons?</li> </ul>
<p>In this Puzzle children look at different life cycles in nature including that of humans. They reflect on the changes that occur (not including puberty) between baby, toddler, child, teenager, adult and old -age. Within this, children also discuss how independence, freedoms and responsibility can increase with age. As part of a school's safeguarding duty, pupils are re-taught the correct words for private parts of the body (those kept private by underwear: vagina, anus, penis, testicle, vulva). They are also reminded that nobody has the right to hurt these parts of the body, including a lesson on inappropriate touch and assertiveness. Children practise a range of strategies for managing feelings and emotions. They are also taught where they can get help if worried or frightened. Change is taught as a natural and normal part of growing up and the range of emotions that can occur with change are explored and discussed.</p>			



CM	Knowledge	Social and Emotional Skills	Questions for Family Learning
Ages 7-8	<ul style="list-style-type: none"> <li>• Know that in animals and humans lots of changes happen between conception and growing up</li> <li>• Know that in nature it is usually the female that carries the baby</li> <li>• Know that in humans a mother carries the baby in her uterus (womb) and this is where it develops</li> <li>• Know that babies need love and care from their parents/carers</li> <li>• Know some of the changes that happen between being a baby and a child</li> <li>• Know that the male and female body needs to change at puberty so their bodies can make babies when they are adults</li> <li>• Know some of the outside body changes that happen during puberty</li> <li>• Know some of the changes on the inside that happen during puberty</li> </ul>	<ul style="list-style-type: none"> <li>• Can express how they feel about babies</li> <li>• Can describe the emotions that a new baby can bring to a family</li> <li>• Can express how they feel about puberty</li> <li>• Can say who they can talk to about puberty if they have any worries</li> <li>• Can identify stereotypical family roles and challenge these ideas e.g. it may not always be Mum who does the laundry</li> <li>• Can identify changes they are looking forward to in the next year</li> <li>• Can suggest ways to help them manage feelings during changes they are more anxious about</li> </ul>	<ul style="list-style-type: none"> <li>• Can you tell me about some of the changes that happen to a puppy / kitten / baby as they grow up?</li> <li>• Can we talk about some of the changes that are going to happen to you as you grow up? How do you feel about these changes?</li> <li>• Do you have any questions about the changes that are going to happen to you as you grow up?</li> </ul>
CM	Knowledge	Social and Emotional Skills	Questions for Family Learning
Ages 8-9	<ul style="list-style-type: none"> <li>• Know that personal characteristics are inherited from birth parents and this is brought about by an ovum joining with a sperm</li> <li>• Know that babies are made by a sperm joining with an ovum</li> <li>• Know the names of the different internal and external body parts that are needed to make a baby</li> <li>• Know how the female and male body change at puberty</li> <li>• Know that personal hygiene is important during puberty and as an adult</li> <li>• Know that change is a normal part of life and that some cannot be controlled and have to be accepted</li> <li>• Know that change can bring about a range of different emotions</li> </ul>	<ul style="list-style-type: none"> <li>• Can appreciate their own uniqueness and that of others</li> <li>• Can express how they feel about having children when they are grown up</li> <li>• Can express any concerns they have about puberty</li> <li>• Can say who they can talk to about puberty if they are worried</li> <li>• Can apply the circle of change model to themselves to have strategies for managing change</li> <li>• Have strategies for managing the emotions relating to change</li> </ul>	<ul style="list-style-type: none"> <li>• Which of your characteristics did you get from your birth parents?</li> <li>• Do you have any questions about the changes that happen to a girl when they grow up?</li> <li>• Do you have any questions about how babies are made?</li> <li>• How do you feel about the changes that will happen to you as you grow?</li> </ul>
CM	Knowledge	Social and Emotional Skills	Questions for Family Learning
Ages 9-10	<ul style="list-style-type: none"> <li>• Know what perception means and that perceptions can be right or wrong</li> <li>• Know how girls' and boys' bodies change during puberty and understand the importance of looking after themselves physically and emotionally</li> <li>• Know that sexual intercourse can lead to conception</li> <li>• Know that some people need help to conceive and might use IVF</li> <li>• Know that becoming a teenager involves various changes and also brings growing responsibility</li> </ul>	<ul style="list-style-type: none"> <li>• Can celebrate what they like about their own and others' self- image and body-image</li> <li>• Can suggest ways to boost self-esteem of self and others</li> <li>• Recognise that puberty is a natural process that happens to everybody and that it will be OK for them</li> <li>• Can ask questions about puberty to seek clarification</li> <li>• Can express how they feel about having a romantic relationship when they are an adult</li> <li>• Can express how they feel about having children when they are an adult</li> <li>• Can express how they feel about becoming a teenager</li> <li>• Can say who they can talk to if concerned about puberty or becoming a teenager/adult</li> </ul>	<ul style="list-style-type: none"> <li>• Can you tell me how you feel about yourself? What can people do if they don't feel great about themselves? Can I share with you how I see you and how I care about you?</li> <li>• Do you have any worries about puberty?</li> <li>• Do you have any questions about puberty?</li> <li>• Do you have any questions that you'd like to ask me about how babies are conceived?</li> <li>• What do you think it will be like when you are a teenager?</li> <li>• What kinds of things do you think you will be allowed to do when you are a teenager that you're not allowed to do now?</li> <li>• What do you enjoy about being your age now?</li> </ul>

CM	Knowledge	Social and Emotional Skills	Questions for Family Learning
Ages 10-11	<ul style="list-style-type: none"> <li>• Know how girls' and boys' bodies change during puberty and understand the importance of looking after themselves physically and emotionally</li> <li>• Know how a baby develops from conception through the nine months of pregnancy and how it is born</li> <li>• Know how being physically attracted to someone changes the nature of the relationship</li> <li>• Know the importance of self-esteem and what they can do to develop it</li> <li>• Know what they are looking forward to and what they are worried about when thinking about transition to secondary school / moving to their next class</li> </ul>	<ul style="list-style-type: none"> <li>• Recognise ways they can develop their own self-esteem</li> <li>• Can express how they feel about the changes that will happen to them during puberty</li> <li>• Recognise how they feel when they reflect on the development and birth of a baby</li> <li>• Understand that mutual respect is essential in a boyfriend / girlfriend relationship and that they shouldn't feel pressured into doing something that they don't want to</li> <li>• Can celebrate what they like about their own and others' self- image and body-image</li> <li>• Use strategies to prepare themselves emotionally for the transition (changes) to secondary school</li> </ul>	<ul style="list-style-type: none"> <li>• Can we talk about the changes that will happen to your body over the next few years?</li> <li>• How do you feel about these changes?</li> <li>• What does mutual respect mean? Why is that important in a relationship?</li> <li>• What are you excited about in secondary school?</li> <li>• What are you worried about in secondary school? What can we do with these worries?</li> </ul>
<p>In this Puzzle the class learn about puberty in boys and girls and the changes that will happen – they reflect on how they feel about these changes. The children also learn about childbirth and the stages of development of a baby, starting at conception. They talk about being physically attracted to someone and the effect this can have upon the relationship. They discuss relationships and the importance of mutual respect and not pressuring / being pressured into doing something that they don't want to. The children also learn about self-esteem, why it is important and ways to develop it. Finally, they look at the transition to secondary school (or next class) and what they are looking forward to / are worried about and how they can prepare themselves mentally.</p>			