

Relationships and Sexuality Education (RSE)

Teacher Advisor

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Objectives of the session

- What is Relationships and Sexuality Education? (RSE)
- Why do we teach RSE?
- What will be taught in each year group?
- Address concerns

Relationships Activity

Welsh Assembly Guidelines - Aims of RSE

3.5 SRE should help 7 to 11-year-olds to understand:

- the reasons for the physical and emotional changes that take place at puberty, including conception, pregnancy and birth
- the range of their own and others' feelings and emotions
- the importance of personal safety and what to do or to whom to go when feeling unsafe.
- New RSE guidance is currently in consultation. This places Sex Education within the realm of positive, healthy relationships

What is RSE in Primary School?

- Relationships
- Human anatomy and sexual organs
- Puberty
- Conception and birth
- Keeping Safe

Experiences of sex education at school?

"None"

"Too late"

"Teacher was embarrassed, we were embarrassed"

"The girls had a bit of information, we played football"

How do children acquire information about growing up?

Inaccurate

Friends



The internet
Television



Confusing

Parents



Reluctant

Schools are well placed to deliver RSE

- Class teachers know their pupils well
- Pupils trust their teacher
- Teachers receive high quality training to ensure they deliver accurate, age appropriate RSE
- Teachers have access to nationally recognised resources to use to help them explain and discuss RSE at an appropriate level.
- Pupils can ask questions through a question box. This is anonymous but can be answered to the whole class if appropriate. This allows children to request the information that is important to them without embarrassment.
- Schools have a statutory duty to safeguard children and every member of staff have received training to ensure they respond

Ensuring all discussions are appropriate

- RSE rules established
- Question box
- “You should ask your parents”
- “Let me think about that and get back to you.”



Class Agreement

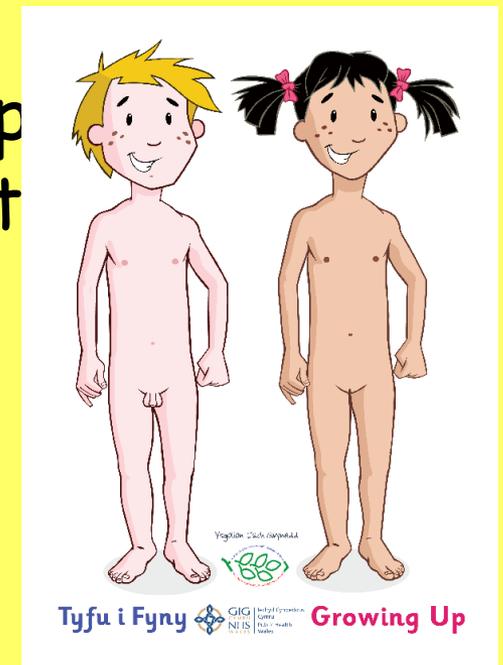
Personal Development and Relationships Lessons

- We will respect other children's comments and questions
- We will not make personal comments
- We will use the question box for questions linked to what we are learning
- No one will be made to answer personal questions
- Confidentiality - do not name any child or other people
- We will use the agreed terms to name parts of the body
- We will not discuss content of the lessons with younger children in the school
- We will give everyone an opportunity to contribute if they wish
- We will not make fun of our friends
- Confidentiality will not be kept if the teacher thinks a pupil is in danger



By end Year 2

- Differentiate between appropriate and inappropriate touching
- Family names for private parts of the body - What is the problem?
- Using the correct words to name p
body in order to differentiate bet
and female
Penis, Testicles, Breasts, Vagina



Year 3

- Why are relationships important?
- Roles within the family
- Qualities within caring relationships (friendships)

What makes someone special, a good and loving friend?

someone who is gentle	someone who is loving	someone who is strong	someone who is kind
someone who is clever	someone who is thin	someone who likes to spend time with you	someone who is tall
someone who is popular with everyone	someone who isn't jealous	someone who likes a joke	someone who is confident
	someone who lives in a big house	someone who is always right	

Year 4

- Physical growth happens to everyone (changes since a baby)
- Appropriate and inappropriate touching
- 'Vagina' and 'penis' introduced as terminology for use with adults outside of the home (doctors etc)

Myself as a baby

I walked when I was

I crawled when I was

I had my first tooth when I was

Feeding

Write your name here.

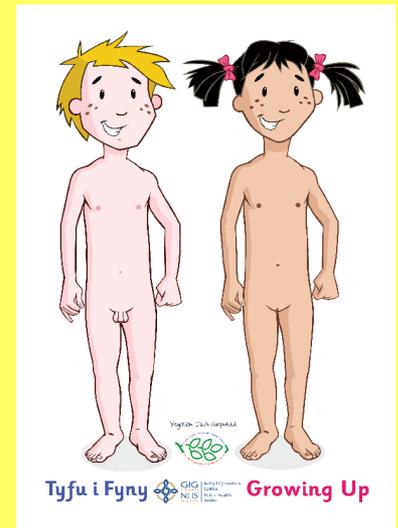
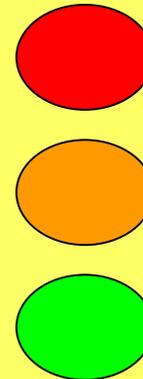
Place a picture of yourself in the frame.

Date of Birth

Birth weight

I was born in

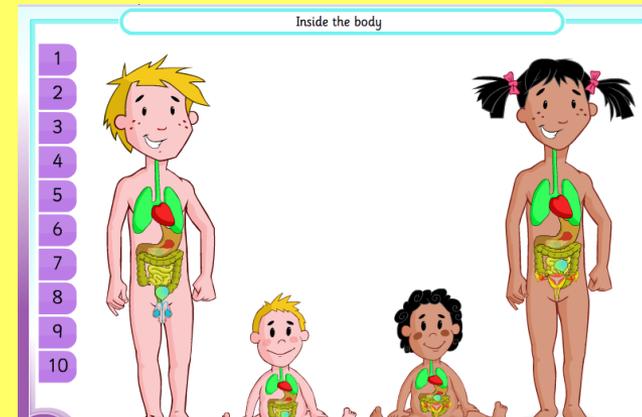
Hair colour



Year 5

Sense - 'what is Puberty?'

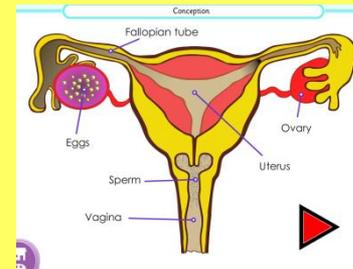
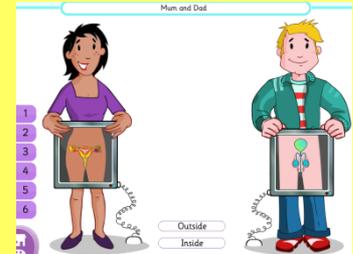
- Changes that take place during puberty (Rates, feelings)
- Importance of cleanliness
- Who can I talk to?
- Card Activity/Hwb



Year 6

Sense - 'sex clip'

- Conception (Sexual organs)
- Pregnancy
- Babies
- Responsibility and good choices
- Hwb with narrative



Aspects not covered in primary school...

- Forms of sexual contact outside of 'how babies are made'
- Sexually transmitted infections
- Contraception

Questions/concerns on a
post it for Mr Taylor

Healthy Schools

Relationships

And

Sexuality

Education

Growing Up

Information for Parents/carers



Our school is participating in the Welsh Network of Healthy Schools Scheme and as part of the work we will be teaching Relationships and Sexuality Education.

The purpose of this booklet is to provide you with information on what will be introduced to the children.

- Circle time activities
- The “Growing Up” Resource
- Sense resources
- Story books
- Curriculum subjects e.g. Science, Religious Education
- Informally as opportunities arise in the classroom.



Learning Outcomes from the Foundation Phase

By the end of Foundation Phase, pupils will be able to:

- The importance of friendship and what it is to be a good friend.
- Differentiate between appropriate and inappropriate touching in order for children to understand how to keep themselves safe.
- Use the correct words to name parts of the body in order to differentiate between male and female. The terms we will be using are penis, testicles, breasts and vagina.

Learning Outcomes Years 3/4

Following a series of lessons pupils will:

- Understand the importance of their personal safety
- Understand what to do or to whom to go when feeling unsafe.
- Take increasing responsibility for keeping the mind a body safe and healthy
- Value families and friends as a source of mutual support.
- Develop respect for themselves and others.
- Understand how cultural and religious beliefs can affect the way people think.
- Respect differences and acknowledge the importance of equal opportunities.

Learning Outcomes Years 5/6

Following a series of lessons pupils will:

- Understand the range of their own and others’ feelings and emotions.
- Know what to do or who to turn to when they are not feeling safe.

Our Relationships and Sexuality Education Policy is available on our website.

Should you need further information or wish to discuss any concerns, please contact the school .