



Airedale

Junior School

Ambition • Bravery • Respect

Airedale Junior School

Relationship and Sex Education-
A Guide for Parents

Department of Education Requirements

The Department for Education is introducing compulsory Relationship Education for primary pupils and Relationship Sex Education (RSE) for secondary pupils from September 2020 for the following reasons:

All children (should) grow up healthy, happy, safe, and able to manage the challenges and opportunities of modern Britain. 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.

Department of Education Requirements

Schools have the 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. It is therefore compulsory for primary schools to teach Relationships Education and Health Education.

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.

Department of Education Requirements

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.

How RSE will look at Airedale Junior School

Aim: Intent

- Provide a framework in which sensitive discussions can take place
- Teach children the correct vocabulary to describe themselves and their bodies
- Develop confidence in talking about feelings and relationships
- Help children develop feelings of self-respect, confidence and empathy
- Have the confidence and self-esteem to value themselves and others
- Prepare children for puberty, and give them an understanding of sexual development and the importance of health and hygiene
- Create a positive culture around issues of relationships and sexuality
- Understand about the diverse range of different relationships, and families, and their importance for the care and support of children
- Behave responsibly within relationships
- Be able to recognise unsafe situations and be able to protect themselves and ask for help and support
- Understand the role of the media in forming attitudes
- Understand that offence can be caused by the use of sexual terms as an insult

How RSE will look at Airedale Junior School

Implementation – What is in place already?

- ❑ At Airedale Junior School, many relationship aspects are covered through our PSHE programme which helps to equip them with knowledge, understanding and practical skills, appropriate to their age and maturity, in order to live healthy, safe, fulfilled and responsible lives.
- ❑ Relationships and Sex Education may be taught discretely in Years 5 and 6. However, some biological aspects covered in Science and PSHE also enables children and young people to reflect on and clarify their own values and attitudes, and explore the complex and sometimes conflicting range of values and attitudes they encounter now and in the future.
- ❑ In addition, linked with R.E, children reflect on family relationships, different family groups and friendships. They learn about rituals and traditions associated with birth, marriage and death and talk about the emotions involved.

How RSE will look at Airedale Junior School

Implementation - Coverage

We have chosen to follow the CWP schemes of work, which has been quality assured by the PSHE training association. It is a comprehensive scheme of work which has lesson plans and resources from Reception to Year 6.

PSHE Association Training and Development Lead Jenny Barksfield says:

"We awarded the Christopher Winter Project's 'Teaching SRE with confidence in Primary Schools' our quality mark as it achieves exactly what it says on the tin: it provides everything a Primary practitioner would need to be confident that the SRE they're providing is comprehensive, balanced, developmental and in line with best practice in PSHE teaching and learning. The lessons incorporate a wide variety of learning activities and a range of assessment opportunities. The teacher's guide is thorough and supportive."

How RSE will look at Airedale Junior School

Implementation – Coverage

Year 3 Valuing Difference and Keeping Safe

Lesson 1: **Differences: Male and Female**

Lesson 2: **Personal Space**

Lesson 3: **Family Differences**

Year 4 Growing Up

Lesson 1: **Growing and Changing**

Lesson 2: **What is Puberty?**

Lesson 3: **Puberty Changes and Reproduction**

Year 5 Puberty

Lesson 1: **Talking about Puberty**

Lesson 2: **Male and Female Changes**

Lesson 3: **Puberty and Hygiene**

Year 6 Puberty, Relationships and Reproduction

Lesson 1: **Puberty and Reproduction**

Lesson 2: **Understanding Relationships**

Lesson 3: **Conception and Pregnancy**

Lesson 4: **Communication in Relationships**

How RSE will look at Airedale Junior School

Implementation – Coverage Year 3

Valuing Difference and Keeping Safe Key Stage 2

Scheme of Work

Word Box: Stereotypes, gender roles, similar, different, male, female, private parts, penis, testicles, vagina, womb, family, fostering, adoption, relationship

PSHE Programme of Study
Core Theme 1:
Health and Wellbeing

- the names for the main parts of the body (including external genitalia) the similarities and differences between boys and girls
- to recognise when and how to ask for help and use basic techniques for resisting pressure to do something dangerous, unhealthy, that makes them uncomfortable, anxious or that they believe to be wrong

Core Theme 2:
Relationships

- to be aware of different types of relationship, including those between friends and families, civil partnerships and marriage
- to judge what kind of physical contact is acceptable or unacceptable and how to respond

Learning Intentions and Learning Outcomes

Learning Intention
To explore the differences between males and females and to name the body parts
Learning Outcomes
Know some differences and similarities between males and females
Name male and female body parts using agreed words

Learning Intention
To consider touch and to know that a person has the right to say what they like and dislike
Learning Outcomes
Identify different types of touch that people like and do not like
Understand personal space
Talk about ways of dealing with unwanted touch

Learning Intention
To explore different types of families and who to go to for help and support
Learning Outcomes
Understand that all families are different and have different family members
Identify who to go to for help and support

Lesson Title

Lesson 1
[Differences: Male and Female](#)

Lesson 2
[Personal Space](#)

Lesson 3
[Family Differences](#)

Resources

[Clothed Babies picture cards](#)
[Pictures of male and female bodies](#)
[Male and female matching cards](#)
Additional Activities
Cinderella's Bum, Nicholas Allan
Shapesville, Andy Mills
Let's Grow with Nisha and Joe, fpa
www.fpa.org.uk/Shop

A bag of textured objects to touch, for example sandpaper, cotton wool, play dough, silky material, a pebble etc.
[Year 3 Problem Pages](#)

[Families pictures](#)
[Who can I talk to? worksheet](#)
The Family Book, Todd Parr
Additional Activities
Tell Me Again About The Night I Was Born, Jamie Lee Curtis
Who's In a Family? Robert Skutch
Happy Families, Allan Ahlberg
Spark Learns to Fly, Judith Foxon
Stranger Danger, Anne Fine

How RSE will look at Airedale Junior School

Implementation – Coverage Year 4

Growing Up Key Stage 2

Scheme of Work

Word Box: Puberty, lifecycle, reproduction, physical, breasts, sperm, egg, pubic hair, emotional, feelings

PSHE Programme of Study Core Theme 1: Health and Wellbeing

- how their body will, and emotions may, change as they approach and move through puberty
- to recognise that they may experience conflicting emotions and when they might need to listen to their emotions or overcome them
- about human reproduction

Science Attainment Targets

- describe the changes as humans develop to old age

Learning Intentions and Learning Outcomes

Learning Intention
To explore the human lifecycle
Learning Outcomes
Describe the main stages of the human lifecycle
Describe the body changes that happen when a child grows up

Learning Intention
To identify some basic facts about puberty
Learning Outcomes
Discuss male and female body parts using agreed words
Know some of the changes which happen to the body during puberty

Learning Intention
To explore how puberty is linked to reproduction
Learning Outcomes
Know about the physical and emotional changes that happen in puberty
Understand that children change into adults so that they are able to reproduce

Lesson Title

Lesson 1
[Growing and Changing](#)

Lesson 2
[What is Puberty?](#)

Lesson 3
[Puberty Changes and Reproduction](#)

Resources

[Lifecycle pictures](#)
[Lifecycle word cards](#)
[What has changed? worksheet](#)
[Lifecycle Quiz slides](#)
[Lifecycle Quiz answers](#)

Additional Activities
[Babies and Children worksheet](#)

[Body Part Bingo cards](#)
[Bingo Flash cards](#)
[Body Changes pictures](#)
[Our Bodies worksheet](#)

Story bag items (see lesson plan)
Book: *Hair in Funny Places*, Babette Cole
[Body Changes worksheet](#)

Additional Activities
Suggested reading:
Where Willy Went, Nicholas Allan
Amazing You! Gail Saltz
http://www.bbc.co.uk/science/humanbody/body_interactives/lifecycle/teenagers/

How RSE will look at Airedale Junior School

Implementation – Coverage Year 5

Scheme of Work		Puberty Key Stage 2	
<p>Word BOX: Puberty, physical changes, emotional changes, moods, menstruation, periods, tampons, sanitary towels, wet dreams, semen, erection, sweat, breasts, spots, pubic hair, facial hair, underarm hair, sexual feelings</p>			
<p>PSHE Programme of Study Core Theme 1: Health and Wellbeing</p> <ul style="list-style-type: none"> • how their body will, and emotions may, change as they approach and move through puberty • to recognise that they may experience conflicting emotions and when they might need to listen to their emotions or overcome them <p>Core Theme 2: Relationships</p> <ul style="list-style-type: none"> • to feel confident to raise their own concerns, to recognise and care about other people's feelings <p>Science Attainment Targets</p> <ul style="list-style-type: none"> • describe the changes as humans develop to old age 	<p>Learning Intentions and Learning Outcomes</p> <p>Learning Intention To explore the emotional and physical changes occurring in puberty</p> <p>Learning Outcomes Explain the main physical and emotional changes that happen during puberty Ask questions about puberty with confidence</p>	<p>Lesson Title</p> <p>Lesson 1 Talking About Puberty</p>	<p>Resources</p> <p>Puberty Changes Teacher Guide Pictures of male and female reproductive organs Anonymous questions template Additional Activities Changes DVD: All About Us: Living and Growing, Alternative, Unit 2, Programme 4, http://www.channel4learning.com/ Sheets of flipchart paper for body outlines</p>
	<p>Learning Intention To understand male and female puberty changes in more detail</p> <p>Learning Outcomes Understand how puberty affects the reproductive organs Describe how to manage physical and emotional changes</p>	<p>Lesson 2 Male and Female Changes</p>	<p>Pictures of male and female reproductive organs Puberty Changes Teacher Guide Menstrual cycle animation Male pictures Puberty Card Game Puberty Card Game answer sheet Puberty Card Game whiteboard summary Model materials: spaghetti(fallopian tubes) and poppy seeds (eggs) Selection of sanitary wear (tampons, sanitary towels, panty liners) Anonymous questions from Lesson 1 Additional Activities www.bbc.co.uk/science/humanbody What is the Menstrual Cycle? cards What is the Menstrual Cycle? whiteboard summary The Menstruation Card Game for Girls and Answers Menstruation Card Game whiteboard summary</p>
	<p>Learning Intention To explore the impact of puberty on the body & the importance of hygiene</p> <p>To explore ways to get support during puberty</p> <p>Learning Outcomes Explain how to keep clean during puberty Explain how emotions change during puberty Know how to get support and help during puberty</p>	<p>Lesson 3 Puberty and Hygiene</p>	<p>Kim's Game items and a cloth to cover them (see lesson plan) Kim's Game Teacher Guide Year 5 Puberty Problem Page Year 5 Puberty Problem Page cut-outs Problem Page Teacher Guide Anonymous questions from Lesson 1 Additional Activities Puberty Bingo</p>

How RSE will look at Airedale Junior School

Implementation – Coverage Year 6

Puberty, Relationships and Reproduction Key Stage 2

Scheme of Work

Word BOX: Womb, sperm, egg, conception, fertilisation, pregnancy, sexual intercourse, twins, fostering, adoption, relationship, friendship, love, consent, intimacy, communication, personal/private information, internet safety.

PSHE
Programme of Study
Core Theme 1:
Health and Wellbeing

- how their body will, and emotions may, change as they approach and move through puberty
- about human reproduction
- the importance of protecting personal information, including passwords, addresses and the distribution of images of themselves and others

Core theme 2:
Relationships

- to be aware of different types of relationship, including those between friends and families, civil partnerships and marriage
- to recognise what constitutes positive healthy relationships and develop the skills to form them

Learning Intentions and Learning Outcomes

Learning Intention
To consider puberty and reproduction
Learning Outcomes
Describe how and why the body changes during puberty in preparation for reproduction
Talk about puberty and reproduction with confidence

Learning Intention
Consider physical & emotional behaviour in relationships
Learning Outcomes
Discuss different types of adult relationships with confidence
Know what form of touching is appropriate

Learning Intention
To explore the process of conception and pregnancy
Learning Outcomes
Describe the decisions that have to be made before having a baby
Know some basic facts about pregnancy and conception

Learning Intention
To explore positive and negative ways of communicating in a relationship
Learning Outcomes
To have considered when it is appropriate to share personal/private information in a relationship
To know how and where to get support if an online relationship goes wrong

Lesson Title

Lesson 1
[Puberty and Reproduction](#)

Lesson 2
[Understanding Relationships](#)

Lesson 3
[Conception and Pregnancy](#)

Lesson 4
[Communicating In Relationships](#)

Resources

[Puberty Changes Teacher Guide](#)
[Puberty Body Part cards](#)
[Reproduction question sheet](#)
[Reproduction answer cards](#)
[Reproduction whiteboard summary](#)
Additional Activities
[Year 6 Puberty Problem Page](#)
[Year 6 Puberty Problem Page Cut-outs](#)
[Year 6 Puberty Problem Page Teacher Guide](#)

[Relationship pictures](#)
Squares of paper/sticky notes
[Anonymous Questions template](#)
Additional Activities
How Babies are Made DVD programme: All About Us: Living and Growing Alternative, Unit 3 Programme 7. <http://www.channel4learning.com/>

[How Does A Baby Start? cards](#)
[How Does A Baby Start? whiteboard summary](#)
Anonymous Questions from previous lesson
Additional Activities
[Conception and Pregnancy statements](#)
[Conception and Pregnancy Quiz](#)
[Conception and Pregnancy Quiz Answers](#)
[Pictures of male and female reproductive organs](#)
Model materials: dried spaghetti (fallopian tubes) and poppy seeds (eggs)

[Relationship Question cards](#)
[Communication Scenario Cards](#)
[Communication Scenarios answers](#)
[Communication Scenarios whiteboard summary](#)

Additional Activities
Film clip from www.thinkuknow.co.uk

RSE Policy at Airedale Junior School

Rights to Withdraw

Parents rights to withdraw:

Parents have the right to withdraw their children from the non-science components of RSE.

Where RSE is taught as a discrete subject, parents / carers will be informed in advance, so they can make an informed decision about whether to withdraw their child. In the instance that the right to withdrawal is exercised, parents/carers should be made aware that some elements of RSE could arise naturally from class discussion.

Should parents or carers wish to withdraw their child from RSE lessons, this will be dealt with sympathetically.

Requests for withdrawal should be put in writing and addressed to the Head Teacher. Withdrawal requests will be recorded on the child's electronic file and we will discuss the withdrawal with parents, when requested, and take appropriate action.

The Head Teacher will inform the child's class teacher of the request to withdraw, and the teacher will make arrangements for the child to go to another class during RSE lessons.

Alternative work will be given to children who are withdrawn from RSE.