



ST. MARGARET'S C OF E PRIMARY SCHOOL

A caring, celebratory, courageous, Christ-like community, rooted in love

Relationships and Sex Education (RSE) at St. Margaret's

Where do our children find out information or answers to their questions?



A bit of background

Since September 2020, Relationships Education has been compulsory for all pupils at primary school and Relationships and Sex Education (RSE) has been compulsory for all pupils in secondary education. Health Education is now compulsory in all schools too.

Although Sex Education isn't a statutory requirement, the government recommend that all primary schools teach some form of Sex Education suitable for their pupils.

In primary schools, the subjects should put in place the key building blocks of healthy, respectful relationships, focusing on family and friendships, in all contexts, including online. This will sit alongside the essential understanding of how to be healthy.

Why is RSE so important?

- ▶ Children and young people are growing up in an increasingly complex world and they need to know how to be safe and healthy. RSE helps them embrace the challenges of creating a happy and successful adult life. These subjects support children and young people to develop healthy relationships, and to keep themselves and others safe, both on and offline.
- ▶ It also provides pupils with the knowledge that will enable them to make informed decisions about their wellbeing.

Withdrawing from Sex Education

- ▶ Parents have the right to withdraw their child from Sex Education.
- ▶ This does not include lessons on puberty or about the human life cycle, which are both statutory as part of Health Education and the National Curriculum for Science.

Changing adolescent body

Pupils should know:

key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes

about menstrual wellbeing including the key facts about the menstrual cycle

Relationships Education

- ▶ The focus in primary school should be on teaching the fundamental building blocks and characteristics of positive relationships, with particular reference to friendships, family relationships, and relationships with other children and with adults.
- ▶ This starts with pupils being taught about what a relationship is, what friendship is, what family means and who the people are who can support them. From the beginning of primary school, building on early education, pupils should be taught how to take turns, how to treat each other with kindness, consideration and respect, the importance of honesty and truthfulness, permission seeking and giving, and the concept of personal privacy.
- ▶ Establishing personal space and boundaries, showing respect and understanding the differences between appropriate and inappropriate or unsafe physical, and other, contact - these are the forerunners of teaching about consent, which takes place at secondary.
- ▶ Respect for others should be taught in an age-appropriate way, in terms of understanding one's own and others' boundaries in play, in negotiations about space, toys, books, resources and so on.

Negative media

The parents who fear their 11-year-olds will be scarred for life by the graphic sex education lessons that no one warned them about... and the drag queen who told pupils there are 73 genders wasn't the worst of it

By Special Investigation By Sue Reid For The Daily Mail
22:37 03 Mar 2023, updated 22:44 03 Mar 2023



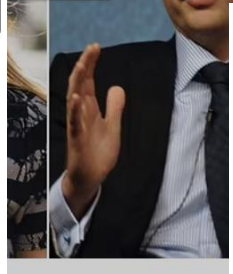
Schools minister backs explicit sex education for children aged 11: Education Secretary Nicky Morgan gives green light to controversial resource providing schoolchildren with information about pornography and rape

By Jack Doyle Daily Mail Political Correspondent
01:40 27 Sep 2014, updated 01:42 27 Sep 2014



EXCLUSIVE - Fury over 'radical' sex ed lesson plans for pre-teen kids: Campaigners warn that parents are being kept in the dark about graphic teaching material on anal sex and masturbation for children aged 12

By Chris Matthews and Mark Duell
11:18 19 Jun 2023, updated 17:44 23 Jun 2023



Worrying truth of what children are REALLY learning in Sex Education: Many schools have handed over their classes to unregulated groups pushing a 'woke' agenda

By Milli Hill For The Daily Mail
22:04 25 May 2022, updated 22:04 25 May 2022

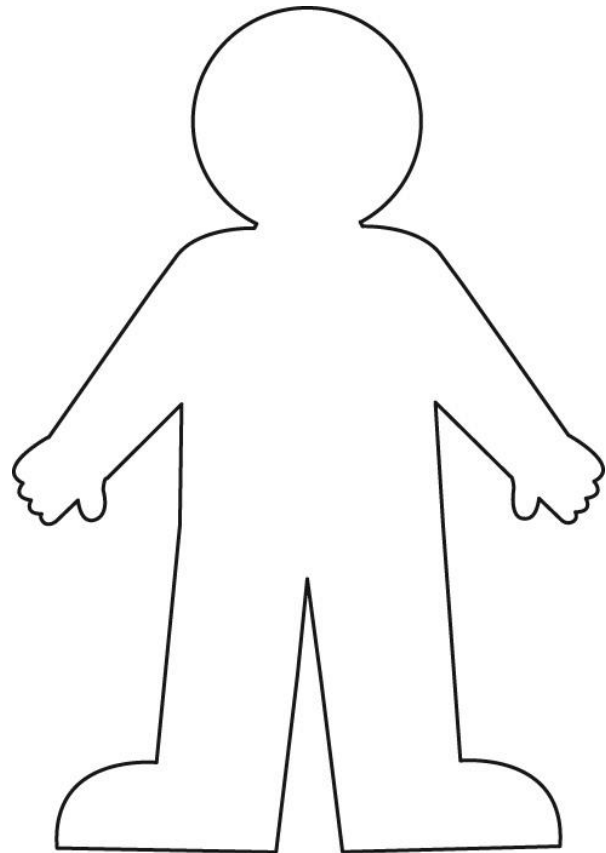


Sex education is suspended in Isle of Man school after drag queen guest speaker 'tells 11-year-olds there are 73 genders - and made a child who said there are "only two" leave the class'

By Jamie Phillips For Mailonline
02:17 28 Feb 2023, updated 10:50 28 Feb 2023



If your child left school with all the skills they needed to move up to secondary school - What would they be like?



RSE at St. Margaret's

- ▶ We last consulted our parents about RSE pre-Covid when we were first designing our curriculum.
- ▶ We started our RSE curriculum in 2019 and this is now well-embedded across school.
- ▶ RSE is fully integrated into our PSHE curriculum, which is delivered for at least one hour per week in all year groups.
- ▶ We don't follow a set scheme - these just didn't work for our school. Instead, we spent a great deal of time designing our own curriculum which would suit our school best, using a wide range of excellent resources.
- ▶ Each term's PSHE/RSE objectives are sent home on the termly newsletter.

Our PSHE curriculum

	Health and Wellbeing	Relationships	Living in the Wider World
Reception EYFS	<ul style="list-style-type: none"> The importance of and how to maintain personal hygiene. About growing and changing and new opportunities and responsibilities that increasing independence may bring. To recognise that they share a responsibility for keeping themselves and other safe, when to say, 'yes', 'no', 'I'll ask' and 'I'll tell'. The names for the main parts of the body (including external genitalia) the similarities and differences between boys and girls. What is meant by 'privacy'; their right to keep things 'private'; the importance of respecting others' privacy. The names for the main parts of the body (including external genitalia) the similarities and differences between boys and girls. Know how to make a clear and efficient call to emergency services if necessary 	<ul style="list-style-type: none"> To identify their special people (family, friends, carers), and what makes them special and how special people should care for one another. To listen to other people and play and work cooperatively (including strategies to resolve simple arguments through negotiation). To recognise how their behaviour affects other people. The difference between secrets and nice surprises (that everyone will find out about eventually) and the importance of not keeping any secret that makes them feel uncomfortable, anxious or afraid. 	<ul style="list-style-type: none"> That people and other living things have needs and that they have responsibilities to meet them (including being able to take turns, share and understand the need to return things that have been borrowed). That they belong to various groups and communities such as family and school. To help construct, and agree to follow, group and class rules and to understand how these rules help them. How to contribute to the life of the classroom.
Year 1	<ul style="list-style-type: none"> About consent and permission seeking About the process of growing from young to old and how people's needs change. About people who look after them, their family networks, who to go to if they are worried and how to attract their attention, ways that pupils can help these people to look after them. Rules for and ways of keeping physically and emotionally safe (focus on road safety) About good and not so good feelings, a vocabulary to describe their feelings to others and simple strategies for managing feelings. What constitutes, and how to maintain, a healthy lifestyle including the benefits of 	<ul style="list-style-type: none"> To communicate their feelings to others, to recognise how others show feelings and how to respond. To identify and respect the differences and similarities between people. To recognise what is fair and unfair, kind and unkind, what is right and wrong. To recognise and challenge stereotypes 	<ul style="list-style-type: none"> What improves and harms their local, natural and built environments and about some of the ways people look after them. To explore the positive and negative impact of our actions on the planet To explore the value of democracy

Some of our resources...

It would be impossible for you to look through all of our lesson plans - each class teaches PSHE for an hour a week which means we teach over 250 different PSHE lessons each year.

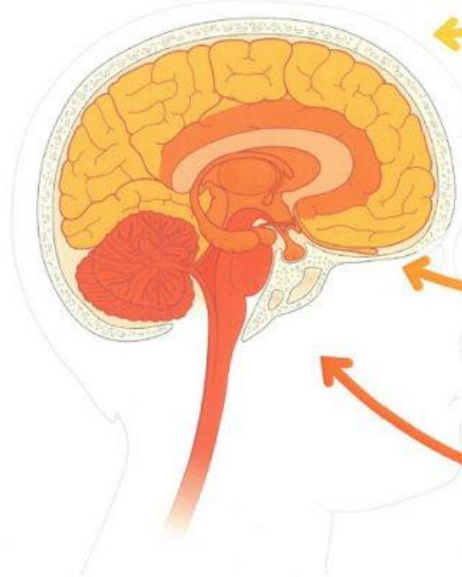
Our curriculum is constantly changing. We are always looking for new resources and making sure that our curriculum is relevant to individual groups of children.

You will be informed of each PSHE topic on your termly class newsletter and if there is anything you'd like to know more detail about, please just contact the class teacher and this can be arranged.

The triune brain - Year 6

Let's help every child **thrive**

Where are you acting from?



Cortex
The cognitive brain

Limbic system
The emotional brain

Brain stem
The instinctual brain

thinking
doing
being

The Triune Brain

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www.thriveapproach.com

The diagram shows a sagittal cross-section of the human brain. Three colored arrows point from text labels on the right to specific parts of the brain: a yellow arrow points to the outer layer (Cortex), an orange arrow points to the inner structures (Limbic system), and a red arrow points to the base of the brain (Brain stem). To the left of the brain is a stylized graphic of three curved, overlapping bands in white, yellow, and red, with the words 'thinking', 'doing', and 'being' stacked vertically below them.

Year 6 - Exam stress

Coping with Exam Stress



NSPCC - Speak Out, Stay Safe



Premier League Primary Stars



Resources

Home learning

For schools

Season info

Competitions

Tr

PSHE



Resilience

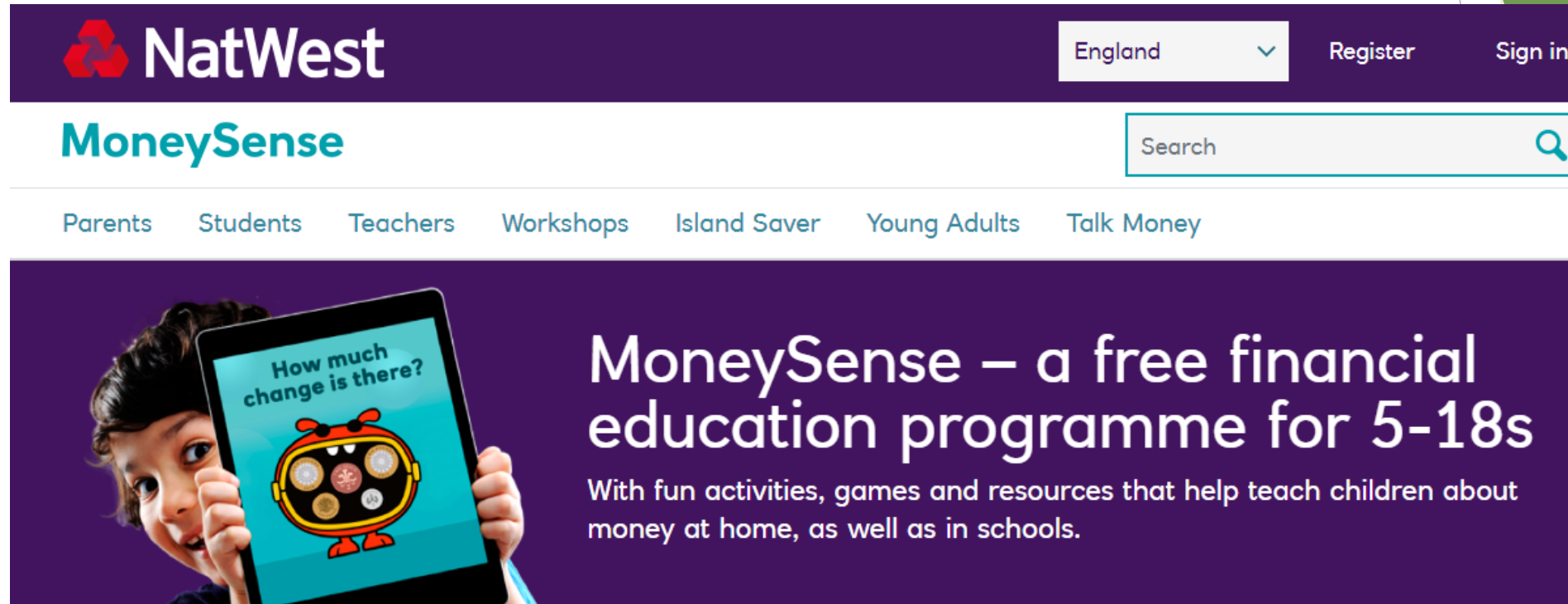
KS2
Resilience

This pack, created with the **Harry Kane Foundation**, is all about changing our mindset from "I can't" to "I can".

The activities in this pack will help pupils understand how to bounce back from perceived failures and setbacks and recognise the power of positive thinking.

We've been working with **England Captain and Tottenham Hotspur striker Harry Kane** to create inspiring resilience resources. These activities will help pupils to explore their mental and emotional wellbeing and look at the **importance of resilience**.

Money Education



The image shows a screenshot of the NatWest MoneySense website. At the top, there is a dark purple header with the NatWest logo on the left, a dropdown menu for 'England' in the center, and 'Register' and 'Sign in' links on the right. Below the header is a white navigation bar with the 'MoneySense' logo on the left and a search bar on the right. Underneath the search bar is a horizontal menu with links for 'Parents', 'Students', 'Teachers', 'Workshops', 'Island Saver', 'Young Adults', and 'Talk Money'. The main banner features a young child holding a tablet. The tablet screen displays the text 'How much change is there?' above a cartoon character that looks like a piggy bank with a face and arms, surrounded by various coins. To the right of the child, the main banner text reads: 'MoneySense – a free financial education programme for 5-18s' followed by 'With fun activities, games and resources that help teach children about money at home, as well as in schools.'

Money Education




Human Rights - Amnesty International

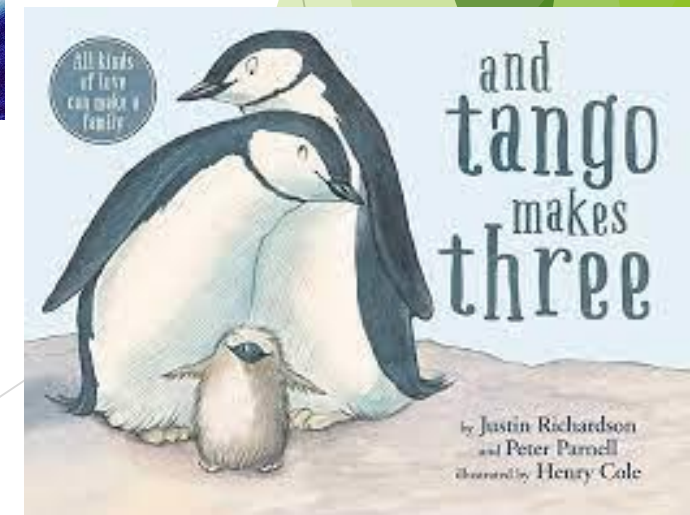
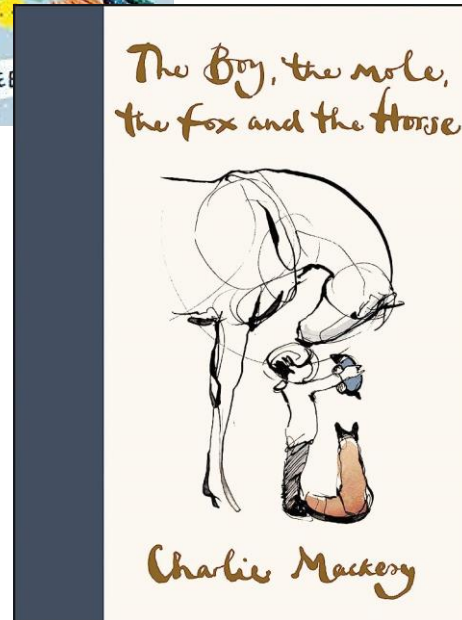
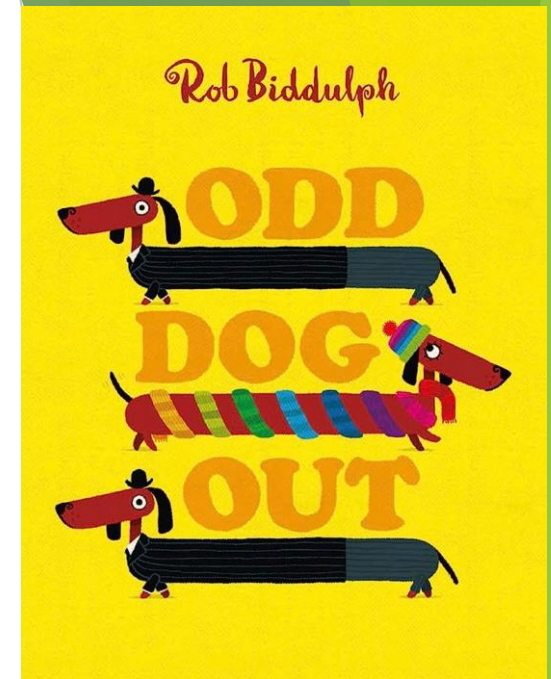
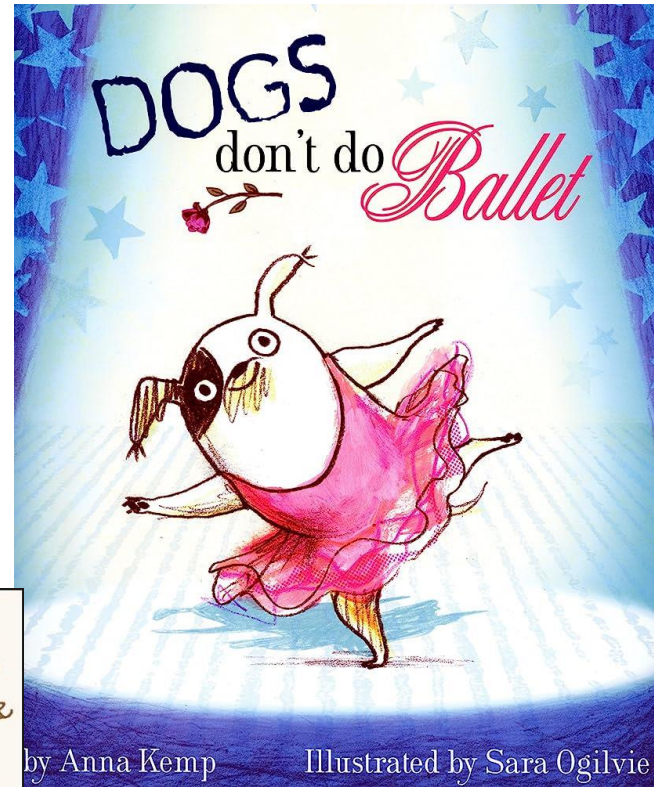
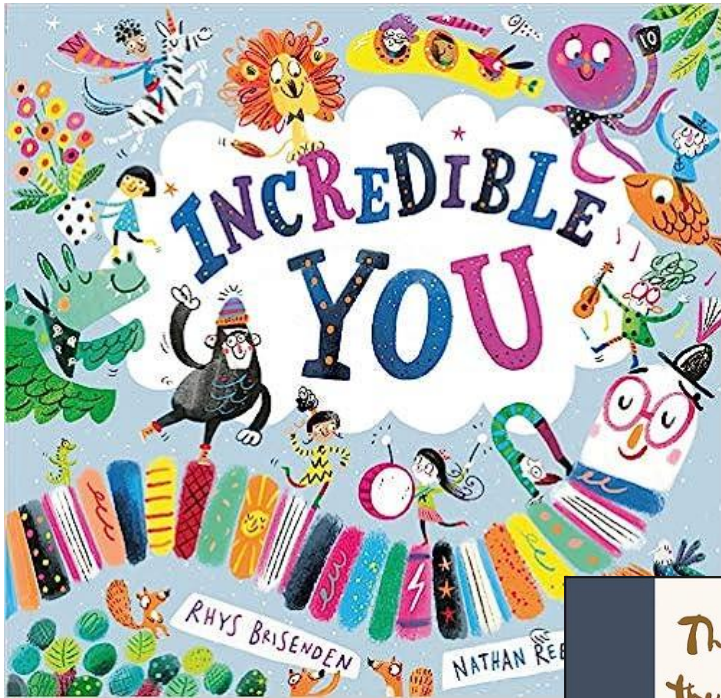
**Learning
about
human
rights
in the
Primary
School**

A resource from Amnesty International

Activities to explore human rights with 5-11 year olds

AMNESTY
INTERNATIONAL 

Storybooks



Relationships Education is a key part of our PSHE curriculum



Consent - A really important concept

- ▶ How to let people know what physical contact you like and don't like. "Stop I don't like that"
- ▶ Permission seeking - physical touch
- ▶ Everyone is different - things you like, someone else might not
- ▶ Practicing permission seeking and giving
- ▶ How we know we have consent to do something
- ▶ Peer pressure
- ▶ <https://www.youtube.com/watch?v=o5MPxGhTQyc&t=91s>

LGBTQ

- ▶ Children are taught about different family types through their representation in story books from Reception Class.
 - ▶ There is a heavy focus on accepting everyone, celebrating difference and being kind to others right the way through school.
 - ▶ If child uses words such as ‘gay’ in a negative way, staff will talk to the child about what the word means and why it is important that they aren’t using it in a negative way. We use the Stonewall child friendly definitions for this.
 - ▶ There is no discreet teaching on LGBTQ until Year 6. This is taught as part of their work on discrimination and the protected characteristics.
- That differences and similarities between people arise from a number of factors, including family, cultural, ethnic, racial and religious diversity, age, sex, gender identity, sexual orientation and disability (see ‘protected characteristics’ in the Equality Act 2010).
 - About the difference between, and the terms associated with, sex, gender identity and sexual orientation

Sex Education

From our school policy...

Sex Education, aside from what is taught through the National Curriculum for Science, is only taught in Year 6. The content of Sex Education in Year 6 is planned for, and based around, preparing our children for the statutory Sex Education objectives which will be taught in secondary schools, as outlined in the statutory government guidance (2019).

- ▶ All pupils must be taught the aspects of sex education outlined in the primary science curriculum - this includes teaching about the main external parts of the human body, how it changes as it grows from birth to old age, including puberty, and the reproductive process in some plants and animals.
- ▶ At St. Margaret's Primary School we want to 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, to understand how a baby is conceived and born. The School Nurse will support our teachers to deliver our sex education content in Year 6 in the Summer Term.

The Year 6 resources include...

- ▶ Changes to expect during puberty
- ▶ How a baby is conceived and born
- ▶ About breastfeeding
- ▶ About general hygiene and about the importance of checking their breasts and testes regularly

Slides have been designed by our School Nurse and are standard across NHS trusts. They are emailed to parents before being delivered.

What we teach across school

- ▶ Names for body parts
- ▶ Puberty in Year 5 (both boys and girls)

Neither of these fall under 'Sex education' and parents cannot withdraw their children from this

Time to explore

Please feel free to stay and have a look at any of our lesson resources and ask any questions you may have.

(Leave out policy, curriculum map, story books, lesson resources, sex education slides on a laptop, puberty slides on a laptop)