



# **Building Healthy Relationships - RSE**

Kingsway Community Trust

Be a nurturing and safe environment where excellence and diversity are valued and celebrated

- Create enthusiasm for learning that will shape young people's lives and future chances
- Enable children to build friendships and relationships through respect, teamwork and valuing their community
- Harness all children's potential so that there are no limits as to what they can achieve
- Never forget that we are at the heart of our community



# What Is RSE?

## Relationship and Sex Education

### Relationships education

Focuses on developing children's understanding of a variety of relationships and how they can build and maintain healthy relationships. This is taught over four lessons in all year groups.

Children cannot be withdrawn from this curriculum

### Sex education

Focuses on teaching children about how their bodies are preparing for adolescence and to start to learn about reproduction. There will be one or two lessons per year for children in Years 4, 5 and 6.

Sessions relating to puberty will be delivered in separate gender groups.

Children can be withdrawn from this curriculum

## Statutory RSE and Health Education 2020

- Part of the basic school curriculum, **not** the National Curriculum.
- Relationship Education will be **compulsory** in all schools from primary upwards.
- RSE is compulsory in all secondary schools.
- Health Education is compulsory in all schools.
- Parents **can** withdraw their children from sex education but not relationship education..
- All schools must have a written policy for Relationships and Sex Education and RSE

## ***Flexibility:***

The Guidelines state they are: ‘what schools **should** do and sets out the legal duties with which schools **must** comply when teaching Relationships Education, Relationships and Sex Education (RSE)

‘Although schools will have the flexibility on how they deliver content on these subjects, **the content outlined in the guidance should be taught to all pupils in line with the guiding principles.**’

## What does this mean for KWCT?

- We already have a SRE curriculum which has been used for the last 5 years.
- We have reviewed what we already teach and compared it to the new government guidelines
- **The main difference is that we will need to include the following aspect of personal safety**
- More work on teaching the children safe – including online, understanding what are safe and unsafe relationships, keeping themselves safe
- This is the additional part we will now need to teach more of

## Year 3 Curriculum

	<b>Objectives from curriculum in use before new government guidelines</b>	<b>Objectives from curriculum in use after new government guidelines</b>
<b>Year 3</b>	Identify desirable qualities in friends and understand that friendship is a two-way process	Identify desirable qualities in friends and understand that friendship is a two-way process
	Recognise that all living things change as they get older and become more independent	Recognise that all living things change as they get older and become more independent and relate to humans.
	Understand the importance of personal hygiene and how to take responsibility for this.	Understand the importance of personal hygiene and how to take responsibility for this.
	Recognise that members of staff in school can offer help and be confident to ask for help if they need it	Recognise their feelings about people change and that there are a range of relationships they will encounter and is able to say no when feelings become uncomfortable.
	Understand that humans produce babies which grow into adults.	Understand that humans produce babies which grow into adults.

## Year 4 Curriculum

	Objectives from curriculum in use before new government guidelines	Objectives from curriculum in use after new government guidelines
Year 4	Understand the concept of body changes through the life stages.	Understand the concept of body changes through the life stages and the need to develop good hygiene habits.
	Recognise what they need to do to keep clean	
	Identify and correctly name male and female body parts	Identify and correctly name external male and female body parts.
	Understand the importance of having someone to trust	Understand the importance of having someone to trust, and go to if they are concerned about changes in their bodies or their bodies are not being treated respectfully
	New objective included to support restorative approaches.	Children to know that they have a choice and can say “no” when others are making them feel unhappy or uncomfortable.
	New objective included to support restorative approaches.	Can practise strategies for managing different relationships.



## Year 5 Curriculum

**Key information will be taught to groups of girls and boys separately.**

	<b>Objectives from curriculum in use before new government guidelines</b>	<b>Objectives from curriculum in use after new government guidelines</b>
<b>Year 5</b>	Understand that there are a variety of relationships they may encounter from childhood to adulthood	Understand that there are a variety of relationships they may encounter from childhood to adulthood, and associated feelings
	Understand the internal body changes that take place during puberty for boys and girls.	Understand the internal body changes that take place during puberty for boys and girls.
	Be able to recognise and correctly name the puberty related male and female internal body parts and their function	Be able to recognise and correctly name the puberty related male and female internal body parts and their function.
	Understand the importance of hygiene in a social context	Understand the importance of hygiene in a social context.
	Be able to identify unsafe situations and recognise what to do to be safe	Be able to identify unsafe situations and recognise what to do to be safe if they are concerned their bodies and personal space is not being respected
	Recognise that their identity should not be restricted to certain roles because of gender	This objective is now part of our PSHE: Gender Equality curriculum.
	New objective included to support restorative approaches.	Children to know that they have a choice and can say “no” when others are making them feel unhappy or uncomfortable.

## Year 6 curriculum

**Key information will be taught to groups of girls and boys separately.**

	<b>Objectives from curriculum in use before new government guidelines</b>	<b>Objectives from curriculum in use after new government guidelines</b>
<b>Year 6</b>	Understand that they will experience different feelings as they go through puberty	Understand that they will experience different feelings as they go through puberty
	Understand how physical and emotional development are inter-related	Understand how physical and emotional development are inter-related
	Recognise different emotions and what causes them to go up and down	Recognise different emotions and what causes them to go up and down
	This objective has been repeated from the Year 5 curriculum to ensure children have a good understanding.	Be able to recognise and correctly name the puberty related male and female internal body parts and their function.
	This objective has been repeated from the Year 5 curriculum to ensure children have a good understanding.	Be able to identify unsafe situations and recognise what to do to be safe if they are concerned their bodies and personal space is not being respected in a range of situations.
	New objective included to meet the statutory requirements of the revised PSHE curriculum in 2020.	Understand how babies are made scientifically.
	New objective included to support restorative approaches.	Children to know that they have a choice and can say “no” when others are making them feel unhappy or uncomfortable.
	New objective included to support restorative approaches.	Can explain the similarities and differences between friendships and intimate relationships
	Recognise that it is unacceptable to misuse words to put someone down	This objective is now part of our PSHE: Anti-bullying curriculum.
	Understand the implications of modern technology on their personal safety	This objective is now part of our PSHE: e-safety curriculum.
Recognise and challenge stereotypes	This objective is now part of our PSHE: Gender equality curriculum.	

## ***Right to Withdraw:***

‘Schools should ensure that **parents 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 statutory RSE. When such a request is received, headteachers should discuss this with the parents before making their decision.’

‘The school should respect the parents’ request to withdraw the child, except in exceptional circumstances, **up to and until three terms before the child turns 16.**’

## To Summarise

- RSE regulations from September 2020
- Parents have the right to withdraw their children from Sex Education lessons – one to two lessons each year for year 4 to 6
- Parents do not have the right to withdraw their child from Relationships Education from 2020 – for this there will be 4 main lessons but this is an area which is part of our everyday teaching and relationships come into everything.

# Any Questions

