



PSHE and RSE Education

St Barnabas Multi Academy Trust

We wish to consult with you on how, what, why and when we intend to teach your children PSHE and RSE.

“The evidence shows that personal, social, health and economic (PSHE) education can improve the physical and psychosocial well-being of pupils. A virtuous cycle can be achieved, whereby pupils with better health and well-being can achieve better academically, which in turn leads to greater success.”

Department for Education

What is RSE?

RSE stands for Relationship Sex Education.

Relationships Education had been made compulsory in Primary Schools, this is where the children will be taught about positive emotional and mental wellbeing, including how friendships can support mental wellbeing.

Through Relationships Education (and RSE), pupils will gain 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. It will also include understanding boundaries in friendships with peers and also in families and with others, in all contexts, including online.

What does the government say is the aim of Relationships Education?

'Today's children and young people are growing up in an increasingly complex world and living their lives seamlessly on and offline....children and young people need to know how to be safe and healthy, and how to manage their academic, personal and social lives in a positive way'

DfE Guidance on Relationships Education, Sex Education and Health Education 2019

PSHE and RSE Policies

Please read our policies regarding PSHE and RSE.

- [PSHE Policy](#)
- [RSE Policy](#)

The importance of parental engagement in RSE and how you can support your child's PSHE education

- RSE is taught in partnership with parents and therefore communicating what will be taught is important so that parents are able to discuss this with their children
- Parents can help their children by making time to discuss what they are learning, allowing their child to take a lead in what they need more information about.
- Talk to your child about friendships and how to manage falling out and getting on with others in person and online.

Do schools have a choice?

From September 2020,

Legally:

1. Schools MUST teach the Science curriculum
2. The DfE guidance 2019 states that Relationships and Health Education (including changing adolescent body) are **compulsory**

Plus

a 'recommendation' that all schools have a Sex Education Programme

How schools do this is left up to them.

Science at KS1

SCIENCE KEY STAGE 1

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

notice that animals, including humans, have offspring which grow into adults

NON STATUTORY NOTE: PUPILS SHOULD BE INTRODUCED TO ...THE PROCESSES OF REPRODUCTION AND GROWTH IN ANIMALS. THE FOCUS AT THIS STAGE SHOULD BE ON QUESTIONS THAT HELP PUPILS TO RECOGNISE GROWTH; THEY SHOULD NOT BE EXPECTED TO UNDERSTAND HOW REPRODUCTION OCCURS.

Science and Sex Ed at KS2

SCIENCE KEY STAGE 2

- describe the differences in the life cycles of a mammal, an amphibian, an insect and a bird
- describe the life process of reproduction in some plants and animals
- describe the changes as humans develop to old age
- learn about the changes experienced in puberty

NON STATUTORY NOTE: PUPILS SHOULD FIND OUT ABOUT DIFFERENT TYPES OF REPRODUCTION, INCLUDING SEXUAL AND ASEXUAL REPRODUCTION IN PLANTS, AND SEXUAL REPRODUCTION IN ANIMALS. PUPILS SHOULD BE INTRODUCED TO ...THE PROCESSES OF REPRODUCTION AND GROWTH IN ANIMALS. THE FOCUS AT THIS STAGE SHOULD BE ON QUESTIONS THAT HELP PUPILS TO RECOGNISE GROWTH; THEY SHOULD NOT BE EXPECTED TO UNDERSTAND HOW REPRODUCTION OCCURS.

Keeping children SAFE

Ignorance does not protect innocence...

but may make children vulnerable.

PSHE (Personal, Social, Health Education) including Relationships Education, Health Education and Sex Education aims to keep children safe.

We believe we need to teach Relationships and Sex Education which goes further than the Science curriculum.

What is RSE?- Continued

Pupils know how to report concerns and seek advice when they suspect or know that something is wrong. At all stages it is 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 this knowledge can support safeguarding of children.

All PSHE/RSE sessions will be taught at an age appropriate level.

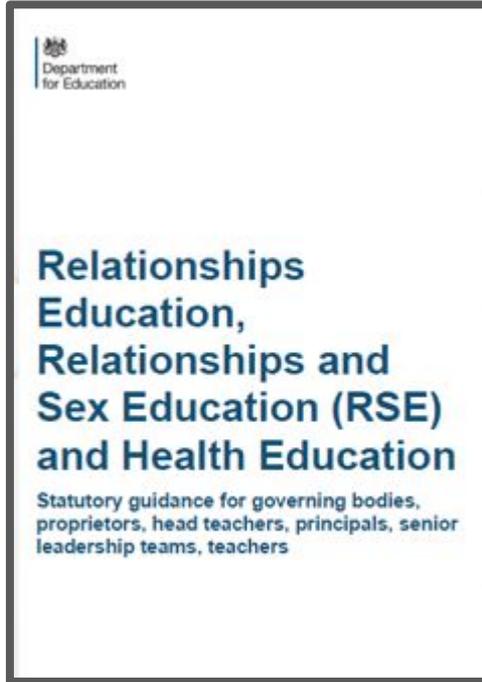
Schools must comply with The Equality Act 2010

‘Schools must not unlawfully discriminate against pupils because of their age, sex, race, disability, religion or belief, gender reassignment...or sexual orientation (protected characteristics)

‘Schools should be alive to issues such as everyday sexism, misogyny, homophobia and gender stereotypes and take positive action to build a culture where these are not tolerated’

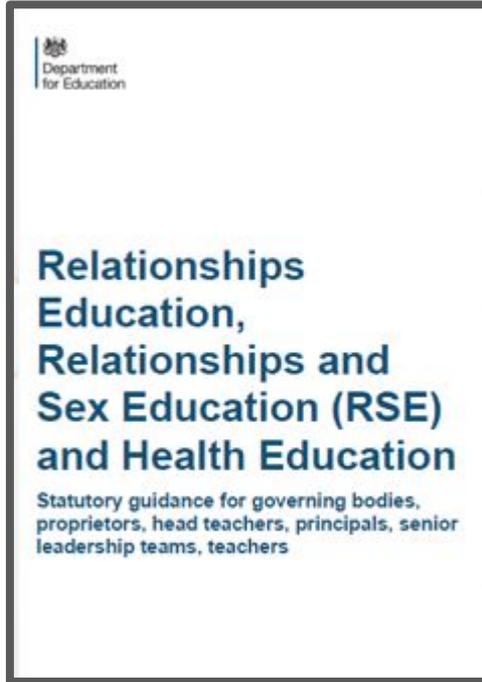
PSHE is a key part of this. All children are valued and included.

What are the expectations for **Primary** Health Education?



- Mental wellbeing
- Internet safety and harms
- Physical health and fitness
- Healthy eating
- Drugs, alcohol and tobacco
- Health and prevention
- Basic First Aid
- **Changing adolescent body**

What are the expectations for **Primary** Relationships Education?



- Families and people who care for me
- Caring friendships
- Respectful relationships
- Online relationships
- Being safe

Sex Education is discretionary at Primary...what exactly does the guidance say?

The Department continues to **recommend** that **all** primary schools should have a sex education programme tailored to the age and physical and emotional maturity of the pupils...drawing on knowledge of the human life cycle set out in National Curriculum Science- how a baby is conceived and born'

The right of withdrawal from September 2020

- The statutory guidance for Relationships Education and Health Education will come into effect in all primary schools from 2020.
- In primary education from September 2020: Parents will not be able to withdraw their children from any aspect of Relationships Education or Health Education (which includes learning about the changing adolescent body and puberty).
- Parents will be able to withdraw their children from any aspects of Sex Education other than those which are part of the science curriculum.

We are educating children and young people to live in the real world, with all its contradictions.

When it comes to sex, children's heads are probably not empty – but they may be full of myths and half-truths

Our focus should be on building healthy attitudes and positive relationships, not just fighting off perceived threats

Our PSHE/RSE Programme

As a MAT we are following a 2 year rolling question based programme supported by PSHE Association.

This enables us to form a spiral curriculum and build upon each question as the children move through Primary School.

There are 3 main strands we teach throughout our curriculum.

- Relationships
- Health and Wellbeing
- Living in the wider world

Whole School Approach

We use a PSHE Association Quality assured resources to support our teaching of all aspects of PSHE and RSE.

We have recently bought into Growing up with Yasmine and Tom which is an excellent resource to support teaching Puberty and Sex Education in an age appropriate level.

Year A

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	How can we be kind to our friends? (ELG SR)	When should we say sorry? (finding a compromise) (ELG MS)	How can we be clean and healthy? (ELG MS)	How can we be safe? (ELG MS)	How am I different to my friends? (ELG PCC)	How are communities different? (ELG PCC)
Year 1/2	What is the same and different about us? (Year 1)	How do we recognise our feelings? (Year 2)	What is bullying? (Year 2) Online Safety Link	What can we do with money? (Year 1)	Who helps to keep us safe? (Year 1) Online Safety Link	What helps us grow and stay healthy? (Year 2)
Year 3/4	How can we be a good friend? (Year 3)	How do we treat each other with respect? (Year 4) Online Safety Link	How can we manage our feelings? (Year 4)	What makes a community? (Year 3)	Why should we eat well and look after our teeth? (Year 3)	How can we manage risk in different places? (Year 4) Online Safety Link
Year 5/6	What makes up a person's identity? (Year 5) Online Safety Link	How can friends communicate safely? (Year 5) Online Safety Link	How can we keep healthy as we grow? (Year 6)	How can the media influence people? (Year 6) Online Safety Link	How can drugs common to everyday life affect health? (Year 5)	What will change as we become more independent? How do friendships change as we grow? (Year 6)

Relationships

Health and Wellbeing

Living in the Wider World

Year B



Programme B	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	How can we be kind to our friends? (ELG SR)	When should we say sorry? (finding a compromise) (ELG MS)	How can we be clean and healthy? (ELG MS)	How can we be safe? (ELG MS)	How am I different to my friends? (ELG PCC)	How are communities different? (ELG PCC)
Year 1/2	What makes a good friend? (Year 2)	Who is special to us? (Year 1)	What jobs do people do? (Year 2)	What helps us to stay safe? (Year 2)	What helps us stay healthy? (Year 1)	How can we look after each other and the world? (Year 1)
Year 3/4	What strengths, skills and interests do we have? (Year 4)	What keeps us safe? (Year 3)	What are families like? (Year 3)	How will we grow and change? (Year 4)	How can our choices make a difference to others and the environment? (Year 4)	Why should we keep active and sleep well? (Year 3)
Year 5/6	How can we keep healthy as we grow? (Year 6)	What decisions can people make with money? (Year 5)	How can the media influence people? (Year 6)	How can we help in an accident or emergency? (Year 5)	What jobs would we like? (Year 5)	What will change as we become more independent? How do friendships change as we grow? (Year 6)

Relationships

Health and Wellbeing

Living in the Wider World

What to do next?

- As a school we are consulting with you about our proposed scheme and policy for RSE.
- The policy has also been emailed out to you along with this presentation and can be found on our school website under RSE.
- The government guidance about RSE can also be found on the next slide I would encourage you to read the guidance as well as our policy.
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- We invite all parents and carers to submit comments and questions regarding our policy and proposed scheme via the Google Form attached to the email or follow this link:
- [Parent Consultation- PSHE/RSE](#)

Useful documents to read.

[DFE FAQ for Parents](#)

[Relationships, sex and health education: guides for parents](#)

[Understanding Relationships and Health Education - a guide for primary school parents](#)

[What children will know by the end of Primary School in RSE:](#)