

Relationships and Sex Education

at
Wickham Common Primary School



PSHE/RSHE/ RSE/SRE

What do all these acronyms mean?

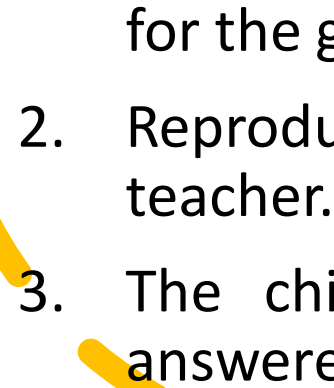
- PSHE: Is the umbrella term under which RSE/SRE is taught. It stands for Personal, Social Health Education. There is also RSHE which is Relationships, Sex and Health Education.
- RSE/SRE. Historically, Sex Education was called SRE, Sex and Relationships Education. At Wickham Common, we have always called it RSE, as we feel this focuses on relationships (Relationships and Sex Education). These terms are interchangeable and you may see this referred to generally as SRE.
- In the new guidance it is the Relationships Education which is statutory for Primary Schools from September 2020. Parents and carers do have the right to withdraw their child from the sex aspect of Relationships Education.



History of Sex Education at Wickham Common


In the past, Sex Education was taught at Wickham Common in the Summer Term of Year 5. A letter was sent out to the parents and carers inviting them to view the materials that would be used in the teaching of this unit of work.

The unit comprised 2 parts:

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1. Puberty which covered development in both girls and boys. The boys and girls were taught separately with a male teacher for the boys and a female teacher for the girls.
 2. Reproduction. This was taught with boys and girls together by their own teacher. A Channel 4 animation was shown to the children.
 3. The children always had the opportunity to ask questions which were answered factually.



Parents Forum, November, 2015

- In November 2015 we invited a Sexual Health Practitioner from Bromley Health Care to take part in a Parents Forum where we discussed the importance of Sex Education across the year groups in a primary setting.
 - At the Forum, the parents and carers had the opportunity to look at the resources we intended to use across the year groups.
 - Those resources are still in use today. They are from the Christopher Winter Project.
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Parents/Carers Feedback 2015

- The feedback from the parents and carers who attended the Parents Forum was very positive. They told us that:
- They wanted to be informed about any upcoming sex education so that they could have follow-up discussions at home. This is outlined in the year group newsletter which is sent to parents and carers at the beginning of every term.
- They would be happy to look at any suggested links or books that were sent home.
- They were happy for same sex relationships to be discussed in Key Stage 2 in an age-appropriate manner.



Resources we use:
Christopher Winter Project

<https://www.youtube.com/watch?v=h1cVOgZWoh0> :

Modelling SRE - Health Campaign



Included as part of the statutory Science Curriculum

All year groups are required to learn about the topic of *Animals including Humans*. This includes:

Identifying, naming, labelling & drawing the basic parts of the human body (Year 1)

Noticing that animals, including humans, have offspring which grow into adults (Year 2)

Describing the changes as humans develop into old age (Year 5)

RSE: What is taught in Key Stage 1

Reception Our Lives

Lesson 1 Our Day

Lesson 2 Keeping Ourselves Clean

Lesson 3 Families

Year 1 Growing & Caring For Ourselves

Lesson 1 Keeping Clean

Lesson 2 Growing & Changing

Lesson 3 Families & Care

Year 2 Differences

Lesson 1 Differences Boys & Girls

Lesson 2 Differences Male & Female

Lesson 3 Naming Body Parts

RSE: What is taught in Key Stage 2

Year 3
Valuing Differences &
Keeping Safe

Lesson 1 Differences Male & Female
Lesson 2 Personal Space
Lesson 3 Keeping Safe

Year 4
Growing Up

Lesson 1 Growing & Changing
Lesson 2 What is Puberty?
Lesson 3 Puberty Changes and Reproduction

Year 5
Puberty

Lesson 1 Talking about Puberty
Lesson 2 Male & Female Changes
Lesson 3 Puberty and Hygiene

RSE: What is taught in Year 6

Puberty, Relationships
& Reproduction

Lesson 1 Puberty & Reproduction

Lesson 2 Understanding Relationships

Lesson 3 Conception & Pregnancy

Lesson 4 Communication in Relationships

Additional Resources

At Wickham Common we also have additional resources from Coram Life Education which are paid for by our wonderful PTA. Their SCARF(Safety, Caring, Achievement, Resilience, Friendship) resources are comprehensive and cover all aspects of PSHE. They have up-to-date resources available to help support our teaching of Relationship and Sex Education. We also have a visit from the Lifebus once a year.



Discovery Education

‘Discovery Education is as a trusted partner for schools, supporting them in realising their vision and achieving their goals with curriculum-matched content.’

<https://www.discoveryeducation.co.uk/what-we-offer/discovery-education-health-and-relationships/curriculum>

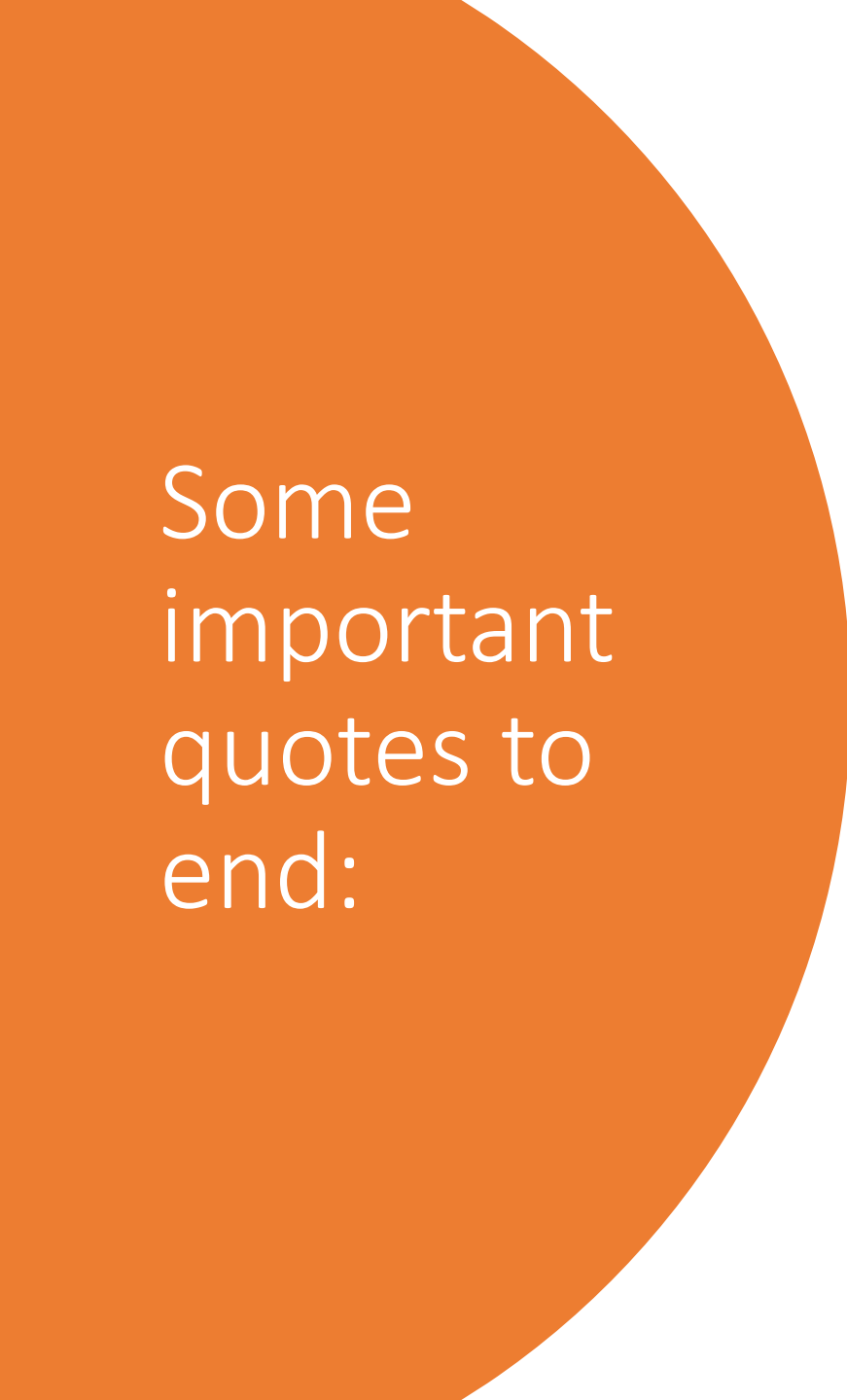
Please watch from 5.08 minutes to 8.22 minutes from a fantastic webinar that was first shown on 16th July 2020. It is called ‘How to support your pupils’ health and wellbeing during lockdown’ but at about 5 minutes into the webinar the speakers discuss the new curriculum for RSE.

Let's talk about Sex!

- Primary Schools give children the facts. Sex is only ever talked about within the context of a loving relationship. It is not gratuitous and is always age appropriate.
- Children are always curious about sex and we consider it better that they are taught correct, factual information rather than hear it from their friends or read about it on the internet.
- It is considered that schools should deliver sex education as value neutral, parents and carers add the layer of values, including their own religious beliefs.

Consent

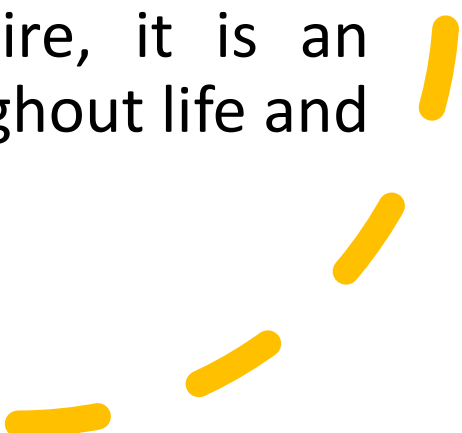
- Consent is extremely important.
- In Primary we do not teach about the age of consent, or about sexual consent.
- We DO teach about consent generally: It is ok to say No. Saying 'No' to bullying plays a part in this.
- (If you do not want to play with someone, you can say No, just say it nicely!)
- Consent needs to be a whole school approach and embedded in the curriculum.

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Some important quotes to end:

‘When teachers and pupils talk openly and honestly in a safe place it stops an uninformed child becoming a vulnerable child.’

‘Respect is the overarching theme, it is the thread that binds all of the RSHE curriculum content together, whether it be respecting one another in a friendship or relationship, respecting their bodies, boundaries, privacy and safety or respecting a diverse community. Respect is a key life skill for our children to acquire, it is an extremely valuable tool to use throughout life and one we cannot afford to pass.’

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