



PSHE
Association



PSHE

Relationships, Sex and Health Education (RSHE)

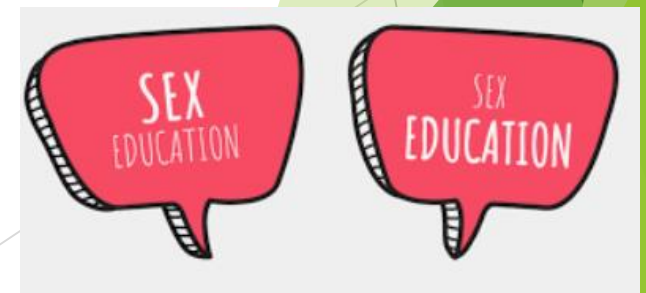
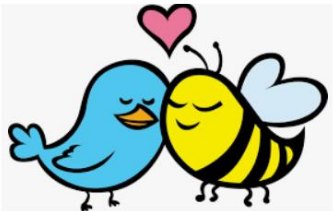
Lacewood Primary School

Summer 2023

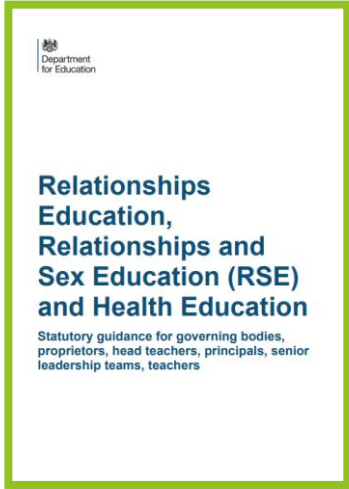


During this presentation I will...

- ▶ Discuss RSHE and what it stands for.
- ▶ Discuss what is covered and when; including topic areas and key vocabulary for our year groups.
- ▶ Look at visual information we will be presenting during growing, changing and sex education lessons in the Summer 2 half term.



Statutory RSE Information:



▶ Growth and changes curriculum is statutory

▶ Sex education is not statutory but...



Sex Education (Primary)

65. The Relationships Education, RSE, and Health Education (England) Regulations 2019 have made Relationships Education compulsory in all primary schools. Sex education is not compulsory in primary schools and the content set out in this guidance therefore focuses on Relationships Education.

66. The content set out in this guidance covers everything that primary schools should teach about relationships and health, including puberty. The national curriculum for science also includes subject content in related areas, such as the main external body parts, the human body as it grows from birth to old age (including puberty) and reproduction in some plants and animals. It will be for primary schools to determine whether they need to cover any additional content on sex education to meet the needs of their pupils. Many primary schools already choose to teach some aspects of sex education and will continue to do so, although it is not a requirement.

67. It is important that the transition phase before moving to secondary school supports pupils' ongoing emotional and physical development effectively. The Department continues to recommend therefore that all primary schools should have a sex education programme tailored to the age and the physical and emotional maturity of the pupils. It should 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 - how a baby is conceived and born. As well as consulting parents more generally about the school's overall policy, primary schools should consult parents before the final year of primary school about the detailed content of what will be taught. This process should include offering parents support in talking to their children about sex education and how to link this with what is being taught in school. Meeting



What is RSHE?- Relationships Education

- ▶ Relationship and Health Education became statutory in Primary Schools from September 2020. This was pushed back due to the pandemic but we chose to begin the implementation at Lacewood in September 2020.
- ▶ **Relationships Education** puts 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.
- ▶ We ensure that we refer to different types of families and highlight that nurturing families do not all look the same (single parent, LGBT, families headed by grandparents, adoptive/ foster parents amongst other structures).





What is RSHE?- Relationships Education

- ▶ We enforce ground rules and emphasize how the children should treat each other with kindness, consideration and respect.
- ▶ Our teaching is designed to compliment and reinforce the lessons that you teach your child when they are growing up.

The Right to Withdraw

- ▶ Under the statutory government guidance, parents/carers **cannot** withdraw their child/ren from Relationships Education because it is important that all children receive this content, covering topics such as friendships and how to stay safe.
- ▶ The Relationship aspect of the PSHE and RSHE National Curriculum is Statutory and this information must be covered during the children's primary school education.





What is RSHE?- Sex Education

- ▶ Teaching Sex education in Primary Schools is not compulsory and parents can withdraw their children from the lessons.
- ▶ Parents cannot withdraw children from lessons on growth and menstruation, as these lessons fall under the statutory health category.
- ▶ We believe it is important that our children receive sex education at school, alongside conversations with parents and carers at home, as it prevents them from trying to find out information themselves (e.g. from the internet or their peers) and ensures that they are receiving information that is accurate and not harmful.
- ▶ Our sex education lessons can be tailored to each cohort of Year 6 children depending on their maturity and needs.

The Right to Withdraw

- ▶ Under the statutory government guidance, parents/carers can withdraw their child/ren from Sex Education, as sex education does not become statutory until during their Secondary School education.





Terminology for 'Private parts'

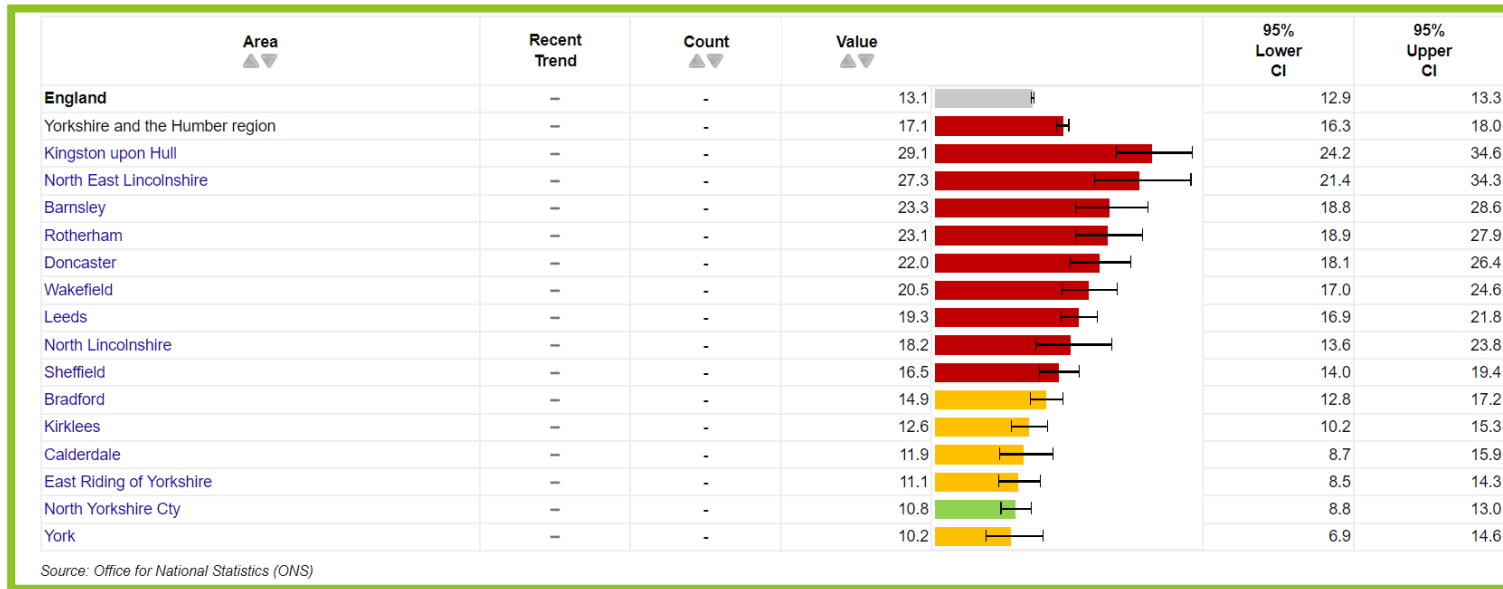
- ▶ As teachers and carers, we need to be clear when children are reporting potential abuse to us.
- ▶ Terms such as 'cookie' and 'nuggets' etc. make it easy for potential reports of abuse to go unnoticed or to be brushed off as something much less sinister.
- ▶ There are nearly 400 names for a penis/ vagina! We need to make sure we are clear as to what the children are referring to!
- ▶ Penis and vagina/vulva are anatomical names. We need to remove the taboo from them. These names are used by doctors and health professionals and should be used by people in education, too.
- ▶ When teaching about periods and puberty, we wouldn't use slang terms or alternative names, so we should do the same for body parts.



What is RSHE?- Sex Education- National Data

Under 18 Conception Rate:

- ▶ In Rotherham 23.1 per 1000.
- ▶ This is higher than the Yorkshire and Humber average (17.1) and significantly higher than the national average for England (13.1)

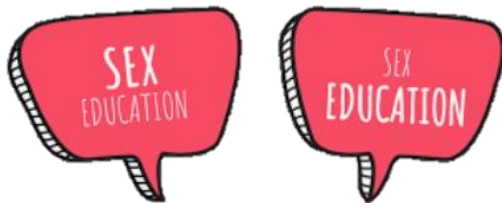




What is RSHE?- Sex Education- National Data

- ▶ Rotherham is 10th overall for Under 18 conception rate in England.

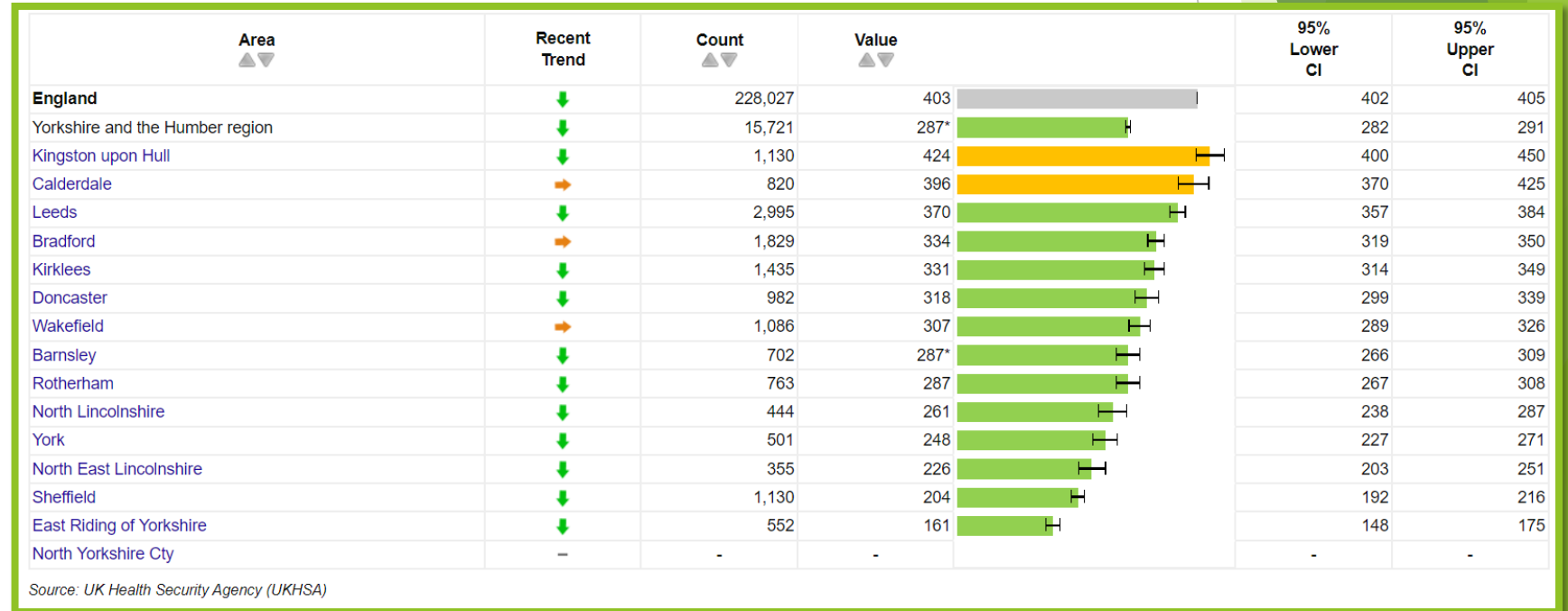
Area	Recent Trend	Count	Value	95% Lower CI	95% Upper CI
England	-	-	13.1	12.9	13.3
Middlesbrough	-	-	31.5	25.1	39.1
Kingston upon Hull	-	-	29.1	24.2	34.6
Salford	-	-	28.5	23.6	34.0
North East Lincolnshire	-	-	27.3	21.4	34.3
Redcar and Cleveland	-	-	27.3	20.8	35.1
Sunderland	-	-	26.4	21.9	31.7
St. Helens	-	-	25.9	20.5	32.4
Stoke-on-Trent	-	-	24.4	20.0	29.5
Barnsley	-	-	23.3	18.8	28.6
Rotherham	-	-	23.1	18.9	27.9
Halton	-	-	22.1	16.4	29.1
Wigan	-	-	22.0	18.3	26.3
Doncaster	-	-	22.0	18.1	26.4
Tameside	-	-	21.1	16.8	26.2
Knowsley	-	-	21.1	15.9	27.4
Medway	-	-	21.1	17.3	25.5
Gateshead	-	-	20.6	15.9	26.3
Oldham	-	-	20.5	16.8	24.9
Wakefield	-	-	20.5	17.0	24.6
Liverpool	-	-	20.2	17.0	23.8
Torbay	-	-	20.2	14.6	27.2
Blackpool	-	-	20.0	14.7	26.7
Hartlepool	-	-	19.9	13.8	27.9





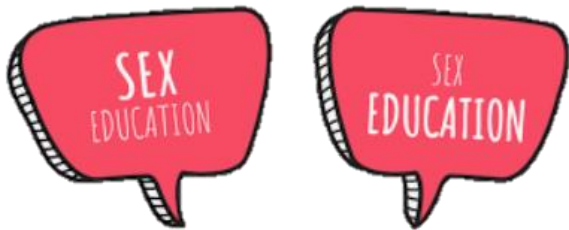
What is RSHE?- Sex Education- National Data

- ▶ Rotherham is 9th overall for New STI diagnoses in Yorkshire and the Humber (287 per 100,000).



What is RSHE? Sex Education

- ▶ We feel that the National Data supports our plans to teach the children the basics of sex education in year 6 so that this can be built upon in Secondary School.
- ▶ We want the children to be safe and informed.





What is RSHE?- Health Education

- ▶ During our Health PSHE lessons, the children learn about keeping themselves physically and mentally healthy.

They discuss and learn about:

- ▶ Physical Health (including a balanced diet, exercise and keeping active).
- ▶ Mental Health (feelings and emotions, who can help them and how they can help themselves).
- ▶ How physical and mental health goes hand in hand!
- ▶ Growing and Changing- including Puberty (KS2- Y4-Y6).
- ▶ Basic First Aid (KS2 only).



What is taught and when at Lacewood?

Key Stage 1- Topics and Key Questions

Growing & Changing	Naming body parts, including sexual organs. How their body has changed up to the present day.
Key Questions	How have I changed so far? What makes me special? What body parts do I have? What are the names for them? How am I the same or different to my friends? How do I know what I am feeling? Who can I ask for help if I need help with my feelings? How do my feelings affect my behaviour? How do I feel about moving class? Who can I share my worries with about moving class?

Year 1

Growing & Changing	How their bodies will change in future, naming sexual organs.
Key Questions	How will I change over time? How will I grow and change as I get older? How will my body change as I grow up? What are the names of the parts of my body? How can I prepare myself for moving to my new class?

Year 2

Key Stage One- introduces the children to changes that will happen within their lifetimes and how their bodies will age. Key names for body parts are introduced in Year 1 and then recapped in Year 2.

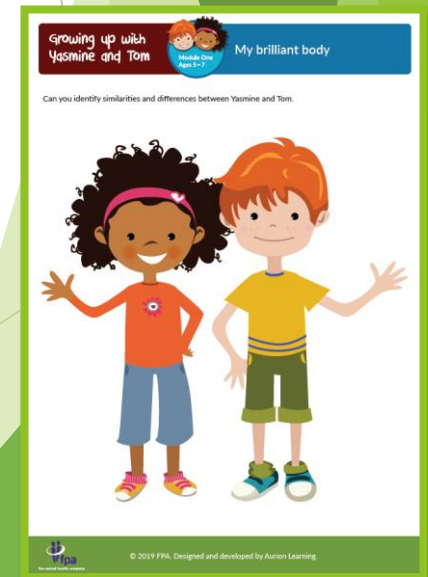
KS1 Imagery and Vocabulary

- ▶ In PSHE and RSHE, we use resources from a range of reliable and approved companies such as the NSPCC, the FPA and the PSHE Association.
- ▶ We use an interactive tool from the FPA called ‘Growing up with Yasmine and Tom’. Through 2 fictional characters the children explore different aspects of RSHE such as growing and changing, relationships and mental wellbeing.
- ▶ We explore personal safety and keeping our privates private through resources from the NSPCC (Pantosaurus and the PANTS rule).



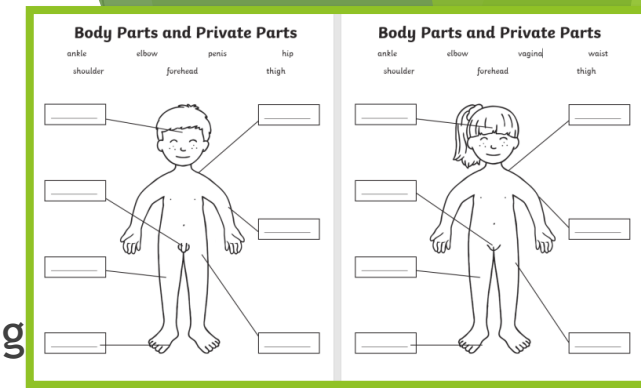
What are the PANTS rules?

Privates are private	+
Always remember your body belongs to you	+
No means no	+
Talk about secrets that upset you	+
Speak up, someone can help	+



KS1- Private Parts

- ▶ In KS1 the children learn the anatomical names for their private parts through resources from Growing up with Yasmine and Tom.
- ▶ The images are presented pictorially on the Interactive Whiteboard and the children also look at these parts on dolls that they played with in fs2.
- ▶ This is all done with the direct supervision of the PSHE teachers (Year 1 Miss Quigley, Year 2 Mrs Greaves).



Bottom



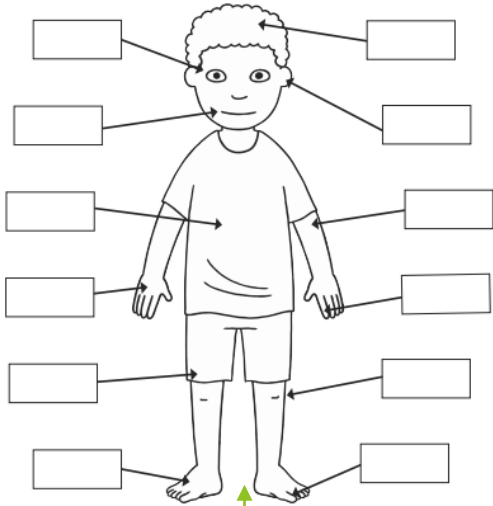
Vagina



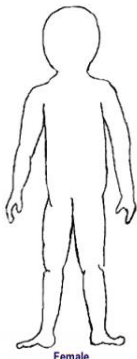
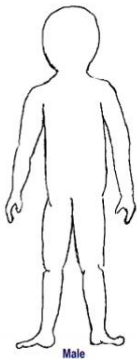
Penis and Testicles



Examples of Resources



Body part labelling.



Can you identify similarities and differences between Yasmine and Tom.



Growing and changing over time.



The Human Life Cycle

Cut and stick the pictures to complete the human life cycle.

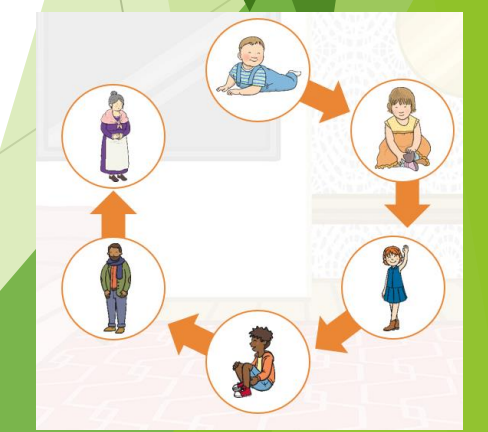
adult toddler

teenager child

twinkl visit twinkl.com



Human life-cycle (Y2).





Vocabulary

Year 1

Year 2

Dislikes, special, unique, differences, growing, changing, penis, testicles, vagina, help, changes,

Growing, changing, stages, lifetime, penis, testicles, vagina

- Basic names for private body parts are introduced. Penis, testicles and vagina. No links to reproduction are made in KS1.

Lower Key Stage 2 Topics and Key Questions:

Growing & Changing	How their bodies will change over time and how this may impact upon their emotions.
Key Questions	<p>How will my emotions change as my body changes?</p> <p>How am I individual and unique?</p> <p>What contributions can I make to the class?</p> <p>How can I contribute at home?</p> <p>How do my interests shape me as a person?</p> <p>What is 'self-worth'?</p> <p>What challenges my self-worth?</p> <p>How can I bounce back from the problems that I face?</p> <p>What are the names of the parts of my body?</p>

Year 3

Builds upon knowledge gained in KS1. Similar imagery and vocabulary is used without reference to puberty or reproduction.

Growing & Changing	Physical and emotional changes, external sexual organs, personal hygiene and puberty.
Key Questions	<p>How will I change in the years to come?</p> <p>What are 'genitalia'?</p> <p>How will my body change during puberty?</p> <p>How do boy's and girl's bodies change during puberty?</p> <p>Do some changes happen to boys and girls?</p> <p>Which changes are different for boys or girls?</p> <p>What is a period? What happens during the menstrual cycle?</p> <p>How might the menstrual cycle impact upon the emotions that a girl experiences?</p> <p>Why is personal hygiene important?</p> <p>Why do I need to wash regularly?</p> <p>Why do I need to wear deodorant during puberty?</p> <p>Who can help me with the changes I am experiencing during puberty?</p> <p>Where can I get information about puberty?</p>

Year 4

Builds upon KS1 and Year 3 learning and also builds a foundation in regards to puberty.

Year 3 Imagery and Vocabulary

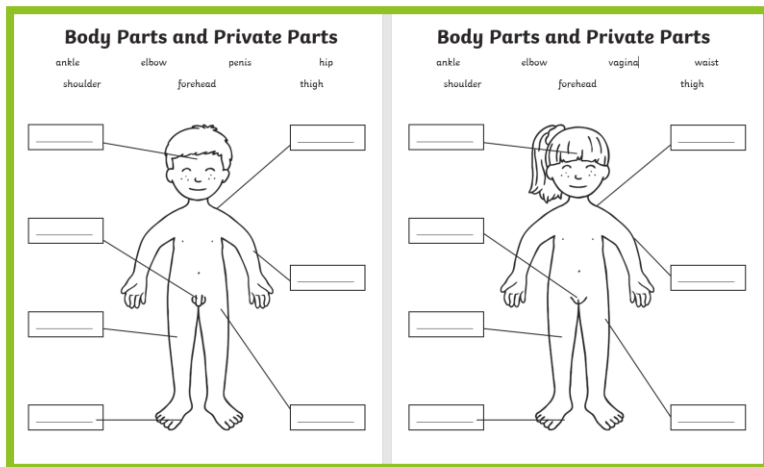
Year 3

Interests, self-worth, growing, changing, stages, lifetime, problems, penis, testicles, vagina, vulva.

Year 4

Genitals, penis, testicles, vagina, vulva, breasts, anus, puberty, periods, menstrual cycle, deodorant, perspiration, body hair, personal hygiene.

- ▶ In PSHE and RSHE, we use resources from a range of reliable and approved companies such as the NSPCC, the FPA and the PSHE Association.
- ▶ We continue the use of the interactive tool from the FPA called 'Growing up with Yasmine and Tom'.
- ▶ The children recap the names of the body parts covered in KS1, with the introduction of the term 'vulva' in addition to vagina.



Bottom



Vulva



Penis and Testicles





Upper KS2 Resources:

Growing and changing activities are selected from the quality assured resources on the PSHE Association website.

PSHE Association

Topics ▾ Resources ▾ Guidance ▾ Training & events ▾ Our vision ▾

PSHE Association Quality Assured Resource

PSHE education teaching resources

Every resource is quality assured. [Learn more about our Quality Mark.](#)

Explore resources by topic

- Physical health**
Learning about physical health includes food choices, physical activity, balanced lifestyles, drugs and alcohol education, first aid, sleep and dental health.
- Mental health**
Support your pupils to stay healthy and safe while equipping them to help others.
- Growing and changing**
Help your pupils understand and manage the physical and emotional changes that may happen during puberty.

Help

KS1-2

KS1-2

KS1-2

A BETTER MEDWAY
Easier ways to be healthy

✓ PSHE Association resource

['Changing and growing up! Relationships Education lesson pack](#)

13 lesson plans addressing healthy relationships and the physical and emotional changes of puberty

[View Resource](#)

Medway resources for puberty and Health Education.

Year 4 Resources and Imagery: Medway and Growing up with Yasmine and Tom

Growing up with Yasmine and Tom Module Two Ages 7-9 Sexual body parts - male

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MEDWAY PUBLIC HEALTH DIRECTORATE
Changing and growing up
 Lesson plans and resources for Year 4-5

Lesson plans

- Lesson 1: Time to change... 2
- Lesson 2: Menstruation and wet dreams... 6
- Lesson 3: Personal hygiene... 11
- Lesson 4: Emotions and feelings... 16

Resources

- Lesson 1... 20
- Lesson 2... 26
- Lesson 3... 31
- Lesson 4... 33

A BETTER MEDWAY
Easier ways to be healthy

Year 4-5 Lesson 1 | Resource 3: Growing bodies

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Year 4-5 Lesson 2 | Resource 1: Female body parts, including genitalia and reproductive organs

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Year 4-5 Lesson 1 | Resource 3: Growing bodies

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Vocabulary

- ▶ Introduction to the term 'genitals' for the first time. Reference to anus, breasts in addition to vulva and vagina.
- ▶ Words linked to puberty (periods and menstrual cycle).

Year 3	Year 4
Interests, self-worth, growing, changing, stages, lifetime, problems, penis, testicles, vagina, vulva.	Genitals, penis, testicles, vagina, vulva, breasts, anus, puberty, periods, menstrual cycle, deodorant, perspiration, body hair, personal hygiene.

Upper Key Stage 2 Topics and Key Questions:



Year 6

Growing & Changing	Puberty and their changing bodies, periods.
Key Questions	How will my body mature and change?
	<p>What makes my 'personal identity'?</p> <p>What contributes towards my personal identity?</p> <p>How can I express my personal identity and individuality?</p> <p>How can I improve my emotional wellbeing?</p> <p>How do groups and hobbies impact upon my emotional wellbeing?</p> <p>What is a period? What happens during the menstrual cycle?</p> <p>How might the menstrual cycle impact upon the emotions that a girl experiences?</p> <p>Why is personal hygiene important?</p> <p>Why do I need to wash regularly?</p> <p>Why do I need to wear deodorant during puberty?</p>
	<p>experiencing during puberty?</p> <p>Where can I get information about puberty?</p>

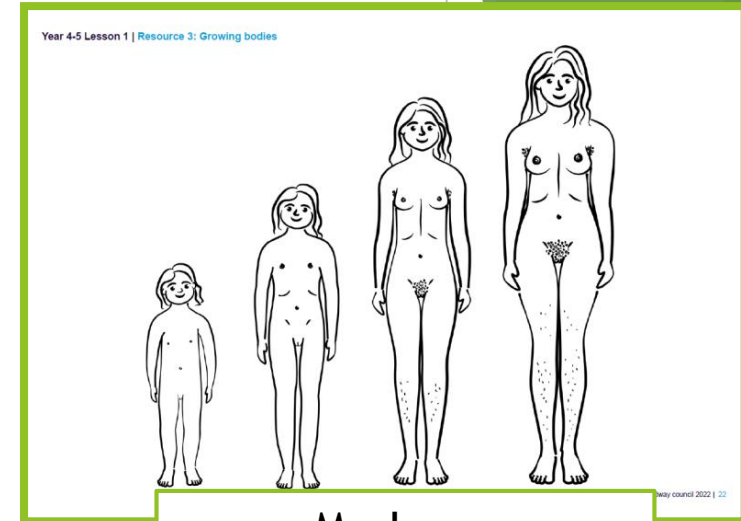
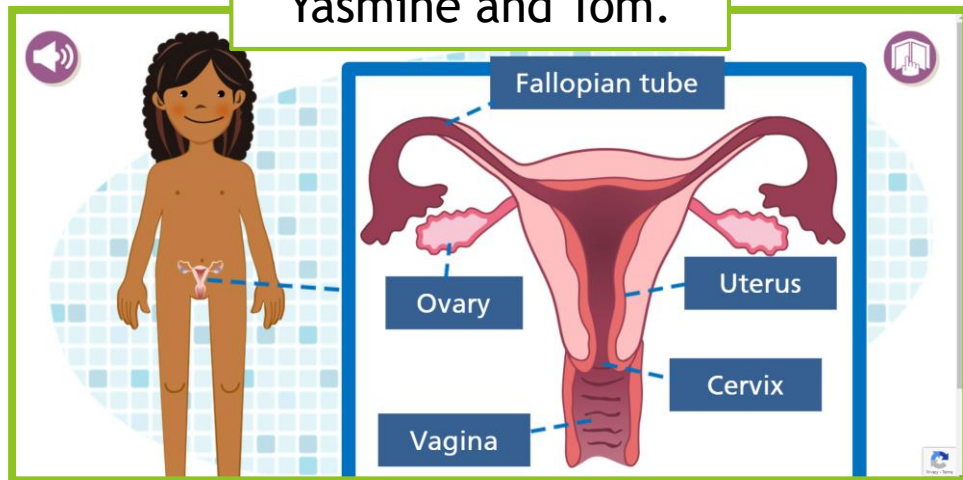
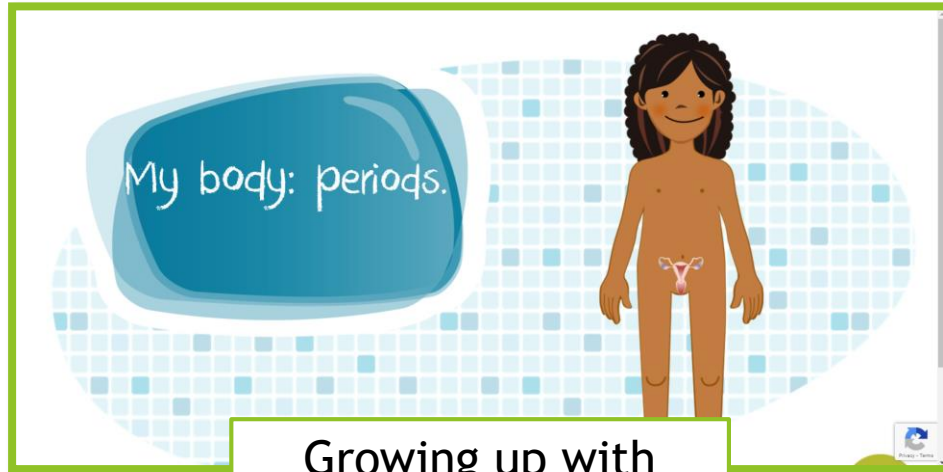
Year 5

Extends upon knowledge of body parts and puberty. This is more thorough in years where puberty hasn't been taught in Year 4. The topics of periods and wet dreams are covered/ introduced.

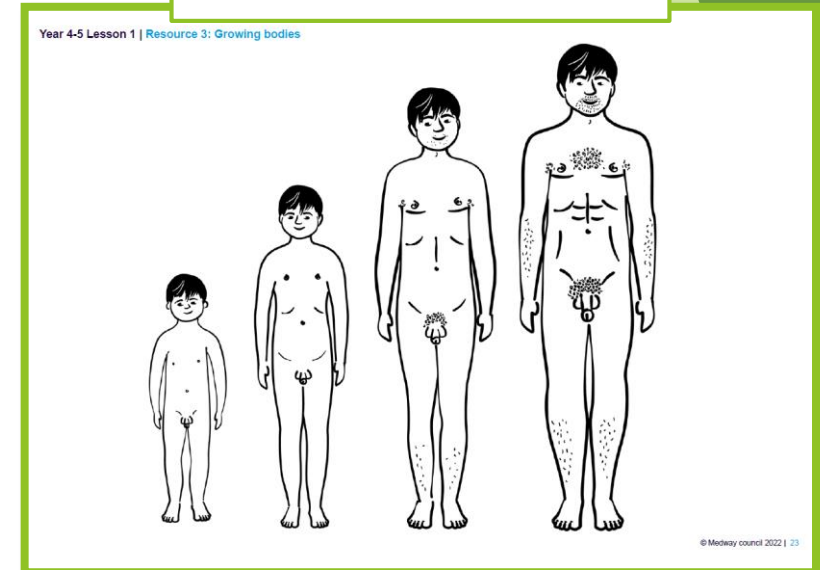
Growing & Changing	Human reproduction and birth.
Key Questions	How are human lives created?
	<p>How will my independence develop as I grow and change?</p> <p>What will it feel like to be more independent?</p> <p>How will I be affected by going to Secondary School?</p> <p>How will my relationships change as I go to Secondary School?</p> <p>How can I practise new routines before going to Secondary School to prepare myself?</p> <p>What is 'commitment'?</p> <p>What is 'love'? What might it feel like to be in love?</p> <p>What is 'sexual intercourse'?</p> <p>What is 'consent' and why is it important?</p> <p>What is 'conception'?</p> <p>How does pregnancy occur?</p> <p>What is needed from a man and a woman to make a baby?</p> <p>Where does a baby grow?</p>

Extends upon what has been taught in KS1 and KS2 and introduces the topics of love, commitment and sexual intercourse with reference to and emphasis on consent. They learn about conception and making a baby and also the foundations of how a baby grows.

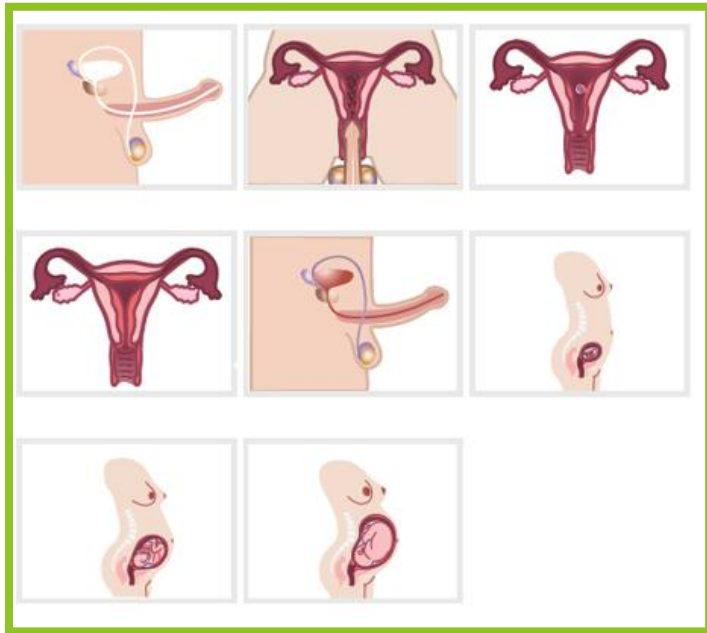
Year 5 Imagery and Resources:



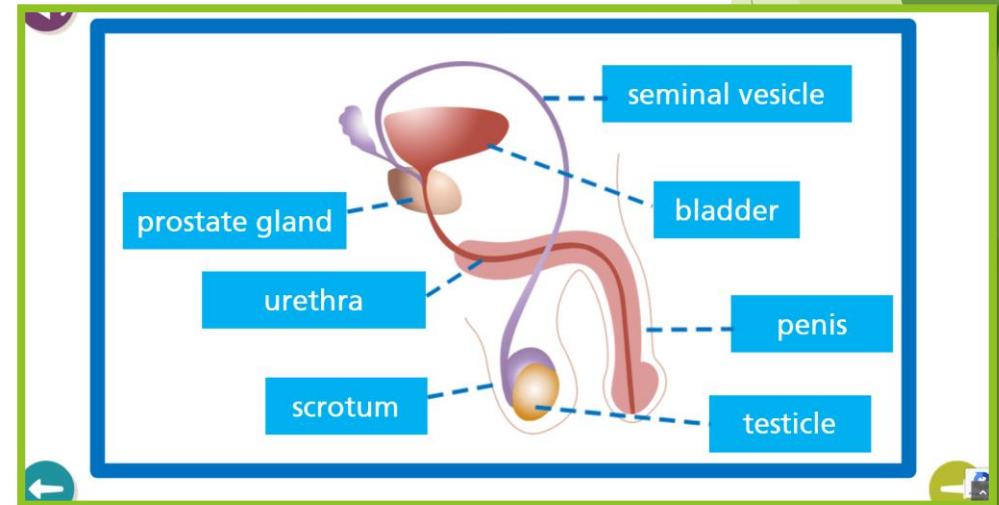
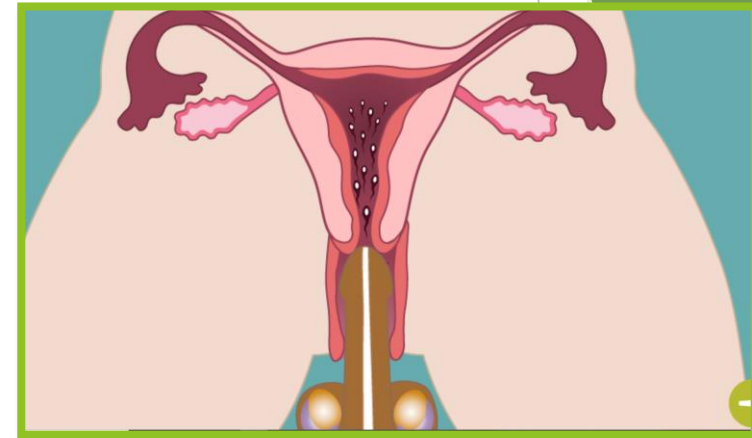
Medway.



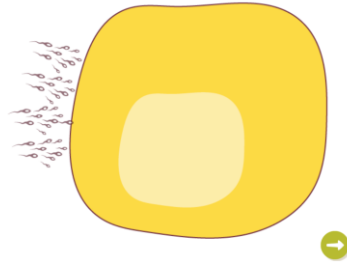
Year 6 Imagery and Resources:



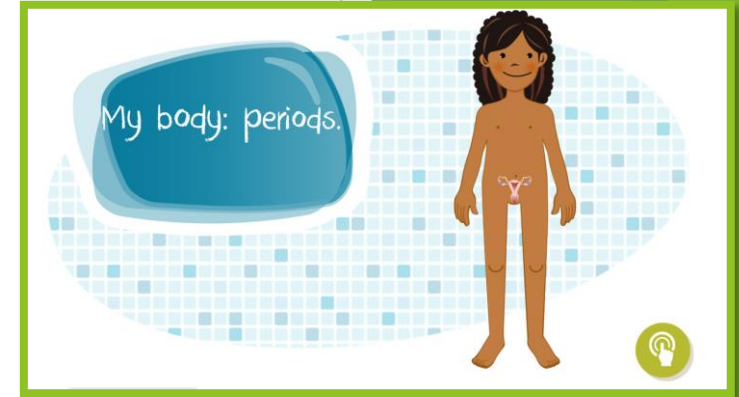
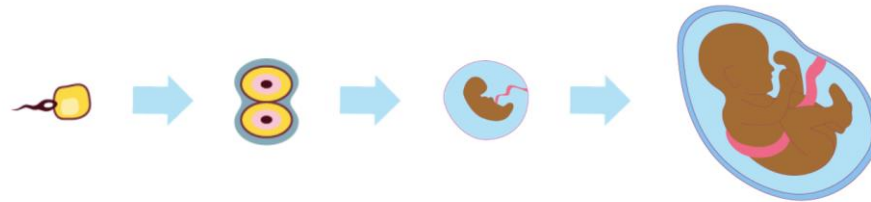
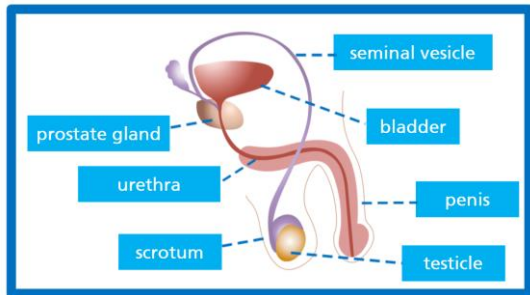
Growing up with Yasmine and Tom.



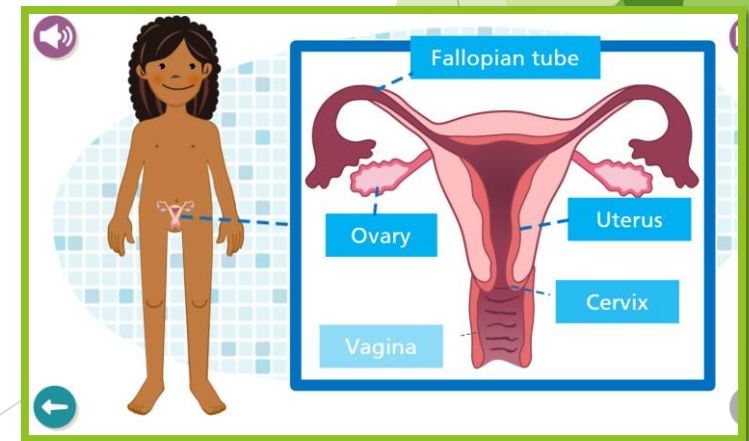
Examples of Resources



Sexual Intercourse, conception and pregnancy



Periods & Menstruation



Year 6 Resources:

Year 6 Lesson 4 | Resource 3: Pregnancy statements

A baby can be made by....

Twins are made when....

A pregnancy is usually....

A baby is born through....

People who don't want to make a baby when they have sex can use....

The first few weeks or months of pregnancy...

...having sexual intercourse, or through IVF, assisted conception or surrogacy

...two sperm find two eggs, or the egg splits and develops into two babies.

...9 months long.

...the vagina, or a 'caesarean section'.

...contraception.

...can cause feelings of sickness and tiredness.

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Year 6 Lesson 4 | Resource 1: Concept conversation sheet

Concept conversation: how babies are made

A group of children about your age were having a conversation about how babies are made. This is what they said....

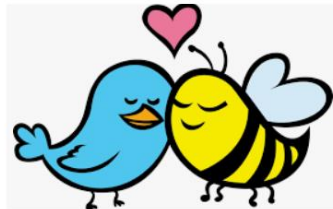
Pupil A: I thought that babies were delivered to their parents by a special bird – like the one you see printed on 'Congratulations on your new baby' cards.

Pupil B: I was told that babies were collected from the chip shop.

Pupil C: Babies start as a tiny seed and when it is time they grow into a baby inside their mum's tummy.

What do you think about what the children have said? How do you think babies are made?

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Year 6 Lesson 4 | Resource 2: How a baby is made sequencing cards

An adult couple who are in a relationship might kiss and cuddle, get very close, and touch each other in romantic and sexual ways. They should both feel happy and comfortable doing this together.	Sometimes when a man and woman are making love together, the man's penis grows hard, and a woman's vagina may get slippery. The couple may decide they want to have sexual intercourse.
This means the man's penis slides into the woman's vagina.	The penis squirts a sticky liquid called semen into the woman's vagina.
Millions of tiny sperm in the liquid quickly swim up inside the woman to the fallopian tubes.	The fertilised egg travels down the tubes to the uterus or womb. It divides into lots of different cells and settles in the womb.
The fertilised egg travels down the tubes to the uterus or womb. It divides into lots of different cells and settles in the womb.	The cluster of eggs gradually grows inside the mother's uterus or womb and is called a foetus. It takes nine months until the baby is ready to be born.

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Vocabulary

Year 5

Year 6

Personal identity, individuality, hobbies, penis, testicles, vagina, breasts, anus, puberty, periods, menstrual cycle, sanitary towels, tampons, deodorant, perspiration, pubic hair, personal hygiene, glans, urethra, bladder.

Penis, testicles, vagina, breasts, anus, uterus, ovaries, puberty, periods, menstrual cycle, sanitary towels, tampons, deodorant, perspiration, pubic hair, conception, sperm, ovum, glans, urethra, bladder, sperm duct, ejaculation, pregnancy, wet dreams, transition, routines, commitment, love, consent, contraception, parent, birth, sexual intercourse.

- **Year 5-** Introduction/ recap of vocabulary linked to periods, including feminine hygiene products. References to pubic hair and introduction of glans, urethra and bladder.
- **Year 6-** Recap of the names of the anatomical parts. Introduction/ recap for ovaries. Introduction of vocabulary linked to sexual intercourse (sperm duct, sperm, ovum, ejaculation, consent, contraception, birth, sexual intercourse).



Books and Resources- Recommended by the FPA and PSHE Association for puberty and sex education

