



Lawns Park Primary School

Lawns Park: Learning **Positivity**, Learning **Perseverance**,
Learning **Patience**, Learning **Politeness**.

Relationships, Sex Education (SRE) - A Guide for Parents and Carers

What is RSE?

RSE stands for sex and relationship and sex education

Relationship Education (RE) and Health Education is now statutory for all primary schools. At Lawns Park, relationship and sex education is taught as part of our PSHE curriculum.

Often there is a misconception that RSE is mainly teaching about sex. This is not the case. Most of our work focuses on keeping children safe and understanding what positive relationships are. A small proportion of lessons deal with sex.

Why do we teach RSE at Lawns Park?

We are required to teach Relationships Education as part of our PSHE curriculum. Current regulations and guidance from the Department for Education (DfE) state that from September 2020, all schools must deliver Relationships Education. High quality Relationships Education and RSE help create a safe school community in which our pupils can grow, learn and develop positive, healthy behaviour for life.

From this, children learn to understand aspects of positive friendships and relationships which works to safeguard them in future. Relationship education is vital to ensuring that all our children grow up prepared for their future responsibilities, opportunities and roles in later life.

When and what is taught in RSE at Lawns Park?

Relationship and Sex education will be taught in each year group. There will be progression and recap throughout each year. For years 1-3, children will be introduced to the biological differences between males and females and think about different types of families.

Y1- Spring 2 Safety and the Changing Body	Y2- Spring 2 Safety and the Changing Body	Y3- Spring 2 Safety and the Changing Body
Pupils learn how to respond to adults in different situations; distinguishing appropriate and inappropriate physical contact; understanding what to do if lost and how to call the emergency services; identifying hazards in the home and people in the community who keep us safe	Pupils develop an understanding of safety: roads, medicines and an introduction to online safety; distinguishing secrets from surprises; naming body parts and looking at the concept of privacy.	Pupils will learn about: cyberbullying and how to be good digital citizens; first aid, bites and stings and how to be safe near roads. Pupils also think about choices and influence
Y4- Spring 2 Safety and the Changing Body	Y5- Spring 2 Safety and the Changing Body	Y6- Spring 2 Safety and the Changing Body
Pupils will build an awareness of online safety and the benefits and risks of sharing information online; identifying the difference between private and public; age restrictions; exploring the physical and emotional changes in puberty; the risks associated with tobacco; knowing how to help someone with asthma	Pupils will explore the emotional and physical changes of puberty, including menstruation; learning about online safety, influence, strategies to overcome potential dangers and how to administer first aid to someone who is bleeding.	Pupils will learn about: the reliability of online information, the changes experienced during puberty, how a baby is conceived and develops, the risks associated with alcohol and how to administer first aid to someone who is choking or unresponsive.

Agreed language

We will introduce and use correct anatomical names in our RSE lessons. Below is the agreed list of vocabulary that will be introduced in lessons in each year group.

Foundation Stage	Love, Relationship, Family, Marriage, Support, Caring, Loving, Penis, Vagina,
Year 1/2 Year 3/ 4	Penis, Vagina, Genitals, Love, Relationship, Family, Gay, Lesbian, Heterosexual, Marriage, Support, Caring, Loving, consent, testicles, breasts
Year 4 Year 5	Womb, Uterus, Menstruation, Period, Vulva, Testicles, Scrotum, Ovary, Egg, Fallopian tube, Sperm, Homosexual, Transgender, Bisexual, Homophobic, Homophobia, LGBT+,
Year 5 Year 6	Wet dream, Ovum, Cervix, Labia, Oestrogen, Foreskin, Masturbation, Sperm ducts, Prostate gland, Urethra, Ejaculation,
Year 6	Conception, Pregnancy, Birth, Erection, Testosterone, Sexual intercourse, Penetration, Make Love, Pleasure, Egg, Ovum, Foetus, Embryo, Umbilical cord, Amniotic fluid, Placenta, Amniotic sac, Cells, Contractions, Disease, Infection, Contraception

Relationship education

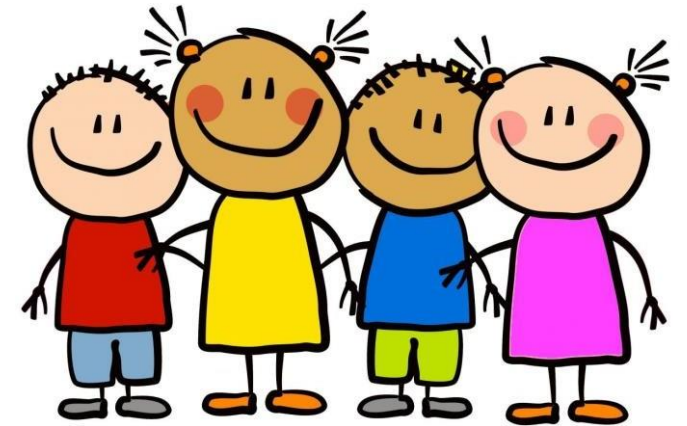
By the end of Primary school when talking about **Families and People who care for them** children will know...

- that families are important for children growing up because they can give love, security and stability.
- the characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members,
- the importance of spending time together and sharing each other's lives.
- that others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care.



By the end of Primary school when talking about **Caring Friendships** children will know...

- how important friendships are in making us feel happy and secure, and how people choose and make friends.
- the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties.
- that healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded.
- that most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right.
- how to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed.



By the end of Primary school when talking about **Respectful Relationships** children will know...

- the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs.
- practical steps they can take in a range of different contexts to improve or support respectful relationships.
- the conventions of courtesy and manners.
- the importance of self-respect and how this links to their own happiness.
- that in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority.
- about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help.
- what a stereotype is, and how stereotypes can be unfair, negative or destructive.
- the importance of permission-seeking and giving in relationships with friends, peers and adults.



By the end of Primary school when talking about **Being Safe** children will know...

- what sorts of boundaries are appropriate in friendships with peers and others (including in a digital context).
- about the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe.
- that each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact.
- how to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know.
- how to recognise and report feelings of being unsafe or feeling bad about any adult.
- how to ask for advice or help for themselves or others, and to keep trying until they are heard.
- how to report concerns or abuse, and the vocabulary and confidence needed to do so. where to get advice e.g. family, school and/or other sources.



By the end of Primary school when talking about **Online Relationships** children will know...

- that people sometimes behave differently online, including by pretending to be someone they are not.
- that the same principles apply to online relationships as to face-to face relationships, including the importance of respect for others online including when we are anonymous.
- the rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them.
- how to critically consider their online friendships and sources of information, including awareness of the risks associated with people they have never met.
- how information and data is shared and used online.



Health education

The following is stated in the statutory health education guidance and relates closely to our RSE curriculum:

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



The Science curriculum

There is some cross over between the RSE curriculum and the science curriculum. Below are the science objectives which relate to the RSE curriculum.

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
- describe the importance for humans of hygiene
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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

The science curriculum cannot be withdrawn from.

Right to withdraw

As part of the relationship education guidance, parents do not have a right to withdraw their children from any lesson based on Relationship or Health education guidance. This includes all our lessons on puberty in year 5 and 6. It is important that all children receive this content, covering topics such as friendships and how to stay safe.

Parents can withdraw their children from any aspects of Sex education. At Lawns Park, this would include lessons talking about sex and contraception in year 6.

We would strongly urge parents who have concerns about RSE education for their child to discuss this with us as soon as possible.

Questions

RSE often brings up questions for children. Throughout the series of lessons for every year group, children will have the opportunity to ask questions anonymously. Where a question is outside the curriculum, children will be encouraged to speak to adults at home.

To help prepare for any questions your child may ask you, you will receive a schoop message to let you know that RSE is being taught in their year group.

More information

We work hard to make sure our RSE curriculum is as transparent as possible. If you need any more support, have any questions or wish to see more lessons, please email the staff members below who will try to help you with any queries.

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