



Allenbourn Middle School
Relationships & Sex Education (RSE)
KS2
2023

Relationships & Sex Education KS2



Personal, Social, Health and Economic Education

PSHE is defined as:

...a planned programme of learning through which children and young people acquire the knowledge, understanding and skills they need to manage their lives, now and in the future.

Starting Point:

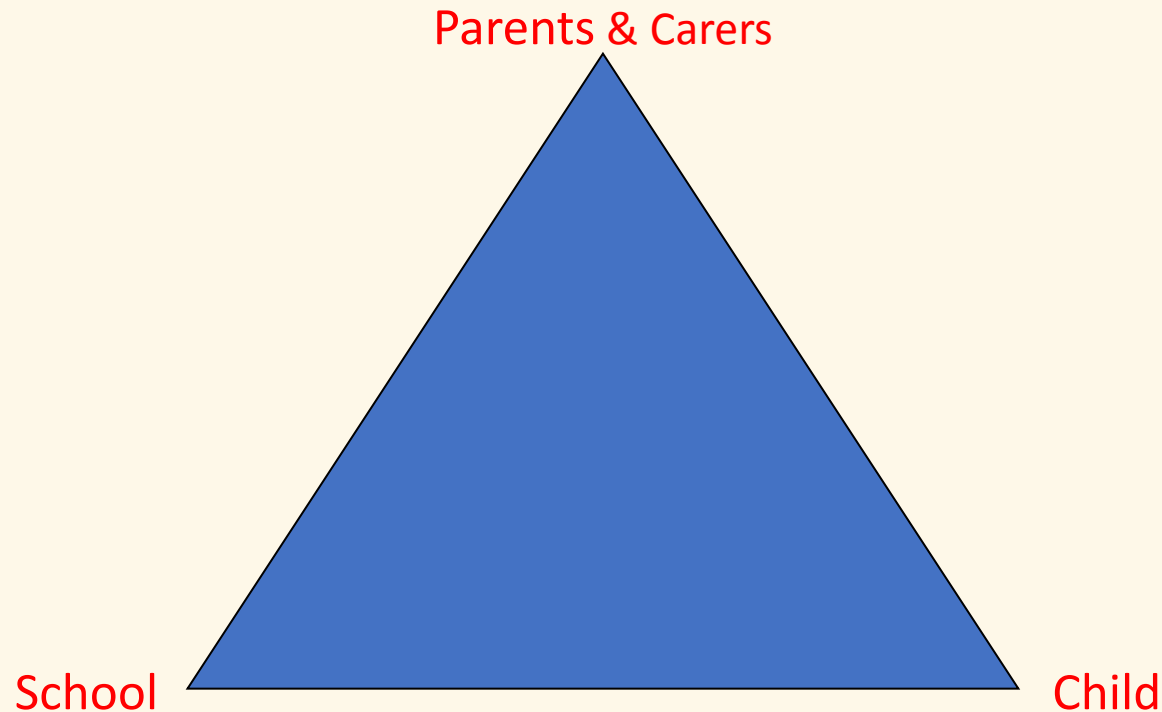


Most parents want the best for their children.

Most parents want to protect their children and to keep them safe.

Most parents want their children to be healthy and happy.

Schools do too..... Relationships & Sex Education (RSE) is part of this.





What is Relationships & Sex Education?

It is lifelong learning about physical, moral and emotional development. It is about the understanding of the importance of family life, stable and loving relationships, respect, love and care. It is also about the teaching of sex, sexuality, and sexual health. It is not about the promotion of sexual activity – this would be inappropriate teaching.

The 4 main aims for RSE in Primary Schools:

1. To enable young people to understand and respect their bodies, and be able to cope with the changes puberty brings (without fear)
2. To understand where babies come from
3. To help young people develop positive and healthy relationships appropriate to their age, development etc (respect for self and others)
4. To support young people to have positive self and body-image, and to understand the influences and pressures around them (to be themselves)

Relationships Education



- The focus at Allenbourn is on teaching the fundamental building blocks and characteristics of positive relationships with particular reference to friendships, family relationships and relationships with other children and adults.
- This will create opportunities to ensure children are taught about positive emotional and mental wellbeing and how friendships can impact on this.
- Children will also be taught to recognise and report different types of abuse, including emotional, physical and sexual. This will include focusing on boundaries and privacy so that children understand that they have rights over their own bodies and know how to seek advice when they suspect or know something is wrong.

Sex Education

- At Allenbourn we tailor our teaching to take in account the age, physical maturity and SEND requirements of all our pupils.
- From 2020, Relationships Education has become compulsory in all primary schools in England. However, parents have the right to request their child be withdrawn from some or all of the Sex Education that is being delivered. If you decide to withdraw your child from the Sex Education lessons then this must be in writing to the Head of Year or Head Teacher.
- At Allenbourn, we strongly recommend that all pupils are involved with Sex Education lessons.
- The main Key Learning of the Sex Education units are taught by a teacher who knows you child well and will be taught during a morning in May.

Where do children now learn about Relationships & Sex Education?



- Parents/Carers
- Friends
- School Lessons
- Playground
- Magazines
- Television
- Internet
- Mobile Phones

What would be your preferred options?

Ground Rules for RSE



- G** Giggling is okay!
- R** Respect what others say; no put-downs.
- O** Okay to pass on a question or activity if something feels too private.
- U** Understand others' feelings, be sensitive, listen and respect their differences.
- N** No personal questions or stories from pupils or teachers.
- D** Discuss puberty topics responsibly outside the classroom.
- R** Remember to ask questions if you are unsure about anything.
- U** Use the correct names for body parts - ask if you can't remember.
- L** Let the teacher know if you want to speak to them privately.
- E** Encourage others to participate and get involved.
- S** Speak for yourself; use 'I' statements and don't refer to others by name or by pointing.

Year 5 Key Learning



Know that puberty occurs at different times for different people and explain why

Know about the menstrual cycle

Know the emotional changes that take place at puberty

Know that during puberty certain parts of the body need to be kept clean

Know which products to buy to keep clean

Know about different types of relationships (friends, families, couples, marriage, civil partnerships, same sex)

Know age restrictions for marriage and civil partnership

Year 5 Key Learning



Additional learning:

Use terms vulva, vagina, penis and testicles accurately

Know about wet dreams

Know about different feelings and emotions during puberty e.g crushes

Understand relationships are personal and there is no need to feel pressured to have a boyfriend/girlfriend

Label male and female body parts including reproductive organs

Understand feelings will include highs and low

Know about the correct use of the terms sex, gender identity and sexual orientation

Know about the correct use of the terms sex, gender identity and sexual orientation

Year 6 Key Learning



Know age restrictions for sexual intercourse

Know that a baby depends on an adult to meet its basic needs

Know that a baby's needs include the emotional and financial

Know about committed loving relationships (including marriage and civil partnership)

Know that marriage, arranged marriage and civil partnership is between two people who willingly agree

Additional Learning:

link between changes at puberty, sexual intercourse and the start of a baby

Know that marriage and civil partnership are intended to be lifelong

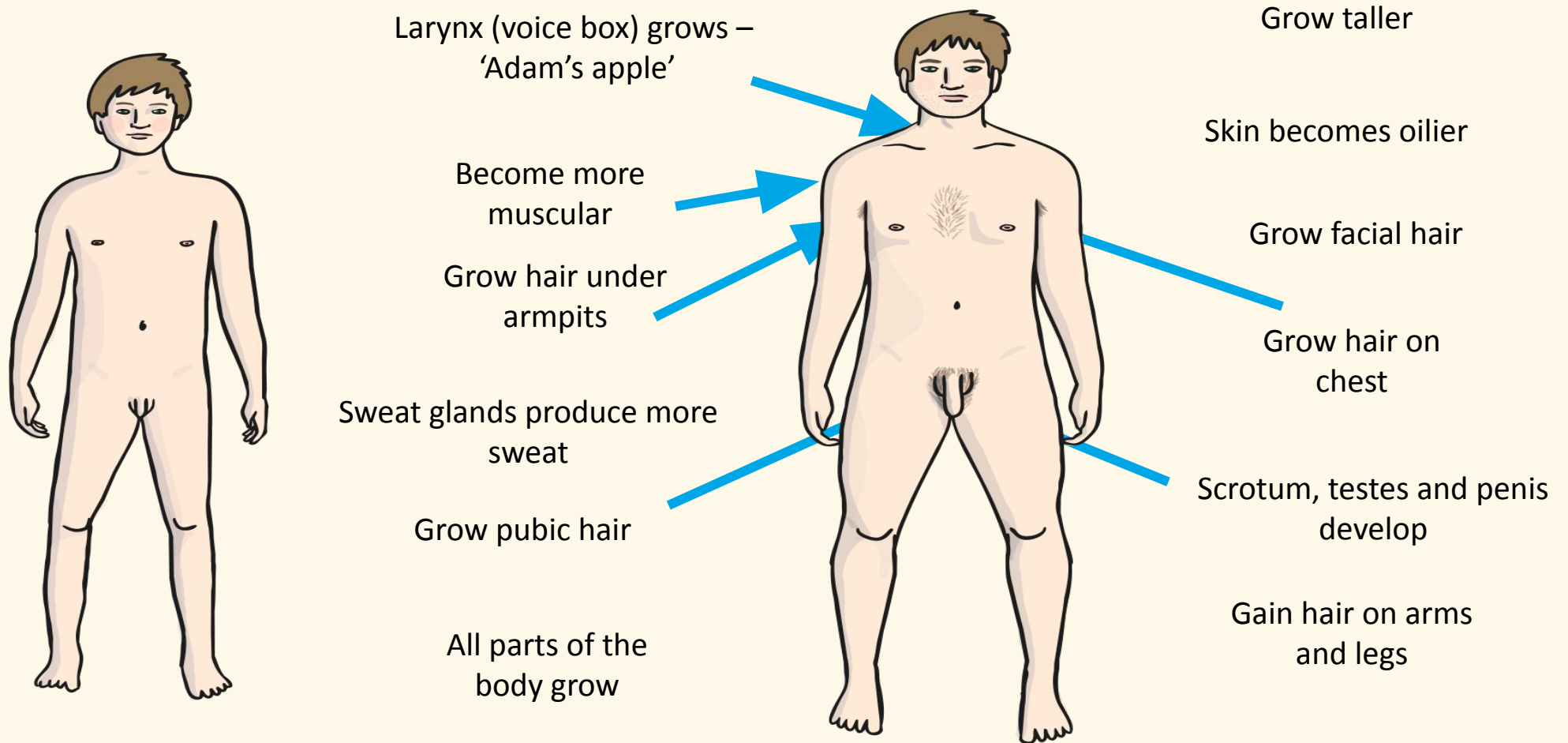
Relationship, friendship, couple, love, positive, qualities, values, expectations, responsibility, responsibilities, tolerance, respect, mutual dignity, politeness

Personal Hygiene





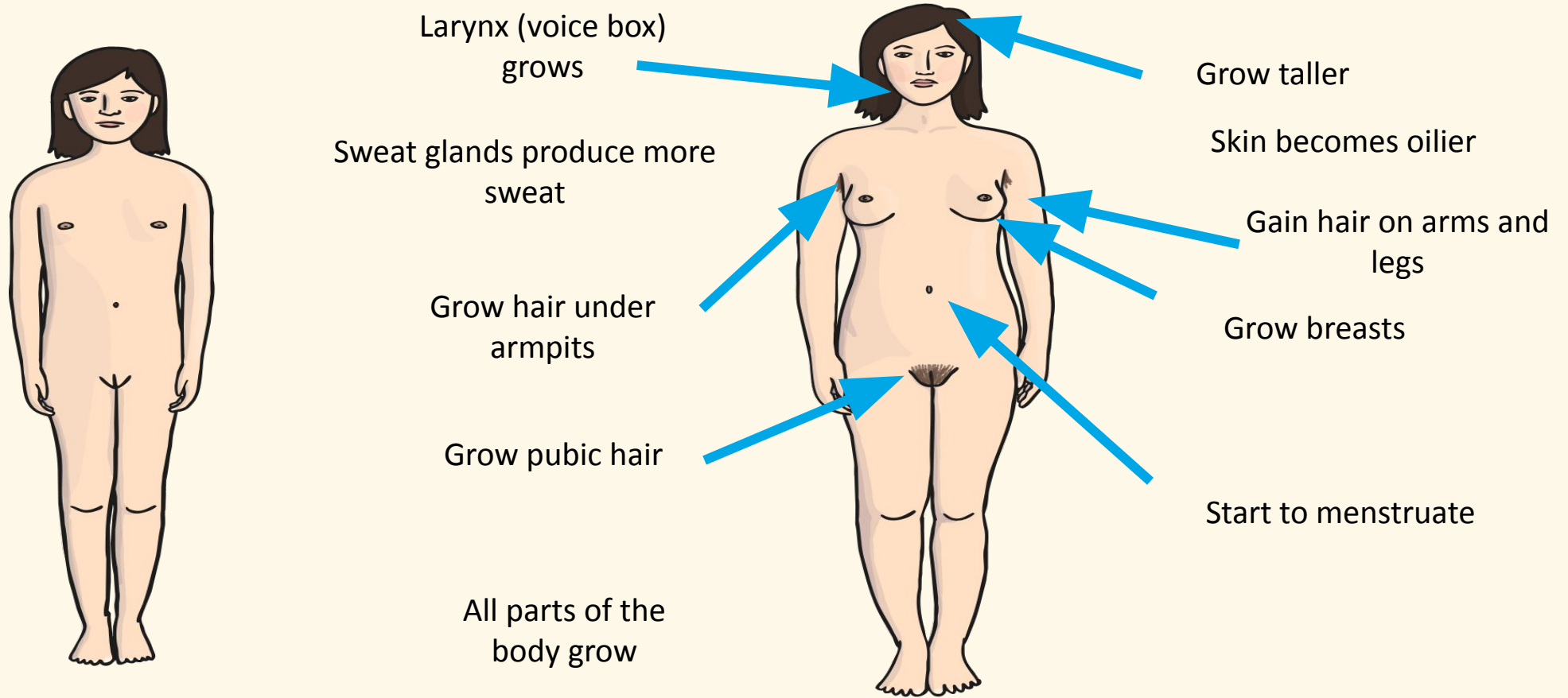
Puberty for Boys



Remember that everybody's body looks different!



Puberty for Girls



Remember that everybody's body looks different!

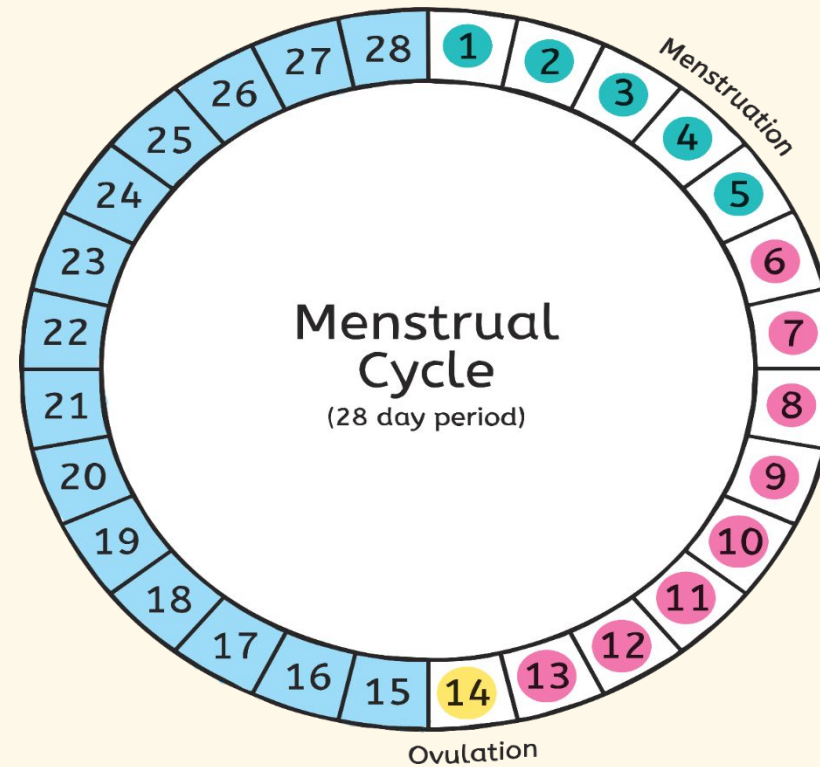


Why Do Periods Start?

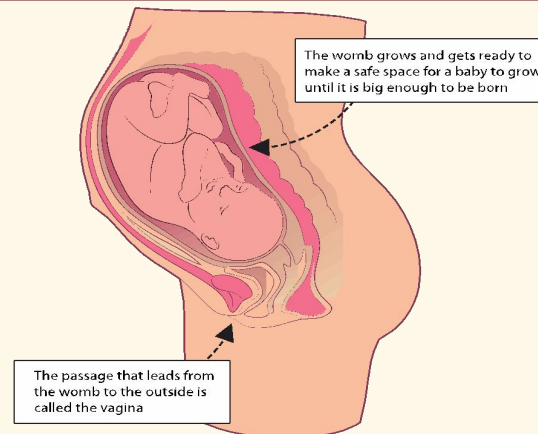
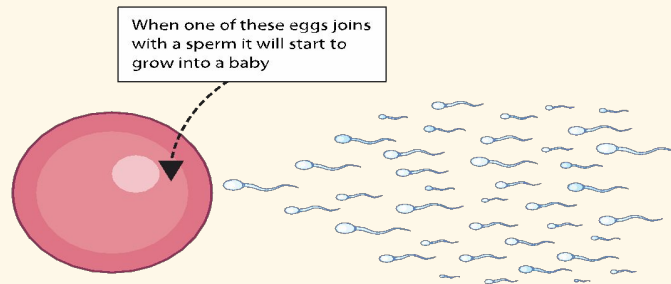
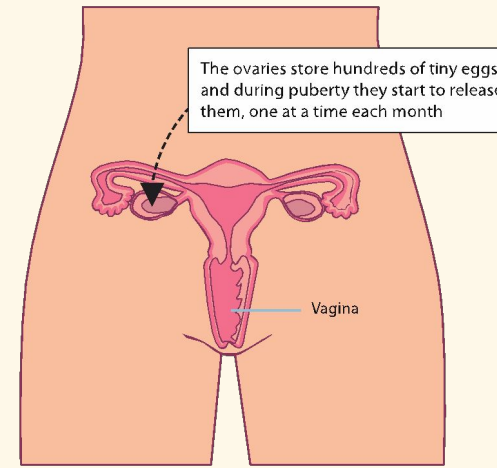
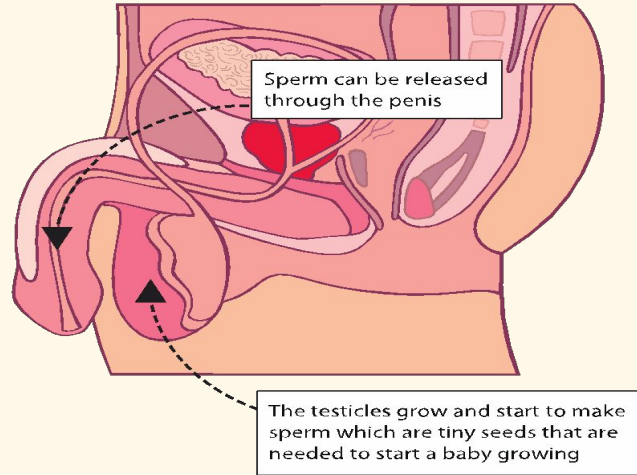
Periods are caused by hormone levels changing within your body.

It is nature's way of preparing your body for having a baby when you are older.

Periods are a normal part of the female reproductive cycle.



Sex Education



Parent Drop in Session



If you feel you would like more information we are holding a drop-in session for parents on **Tuesday 25th April between 4:00 – 5:00pm** where we will discuss the programme further and look at the resources we will be using.

Alternatively, you may contact the school directly.

The RSE units for both year groups will commence in the summer term.