



Relationships and Sex Education

A Parents' Guide

Why do we teach RSE?

The teaching of Sex and Relationship Education (RSE) at Kilmorie Primary School is an important aspect of pupils' education. RSE includes supporting young people to develop self-confidence and to prepare them for physical and emotional changes as they approach adulthood. We believe that the teaching of RSE is shared with parents and should be mutually supportive and complementary.

How is it taught?

It is taught within a moral framework, as part of a wider Personal, Social and Health Education (P.S.H.E) and Citizenship and is linked to the Science Curriculum.

At Kilmorie, RSE is taught within an integrated scheme from Early Years Foundation Stage through to Year 6. For example: lessons in "Choices" in Year 1 are built upon in "Decision Making" in Year 3 and again in "Building Good Relationships" in Year 5.

This leaflet contains a guide to the RSE Curriculum across the Year Groups.

In the Early Years **Foundation Stage** children cover the topics of: Myself and Others, Hygiene, Family Networks and Body Awareness in their everyday learning.

SRE Year 1

Myself and others: Recognise similarities and differences between themselves and their peers.

Body Parts: Recognise and name, using the proper terminology, parts of the body and what those parts do.

Family: To have identified their special people and be able to describe what makes them special.

Friendships: Demonstrate some skills needed to make and maintain friendships.

Choices: Recognise that some choices will be wrong and other choices will be right.

SRE Year 4

Growing and Changing: Understand the human life cycle and how the body changes.

Body Changes and Reproduction: Identify some basic facts about puberty, reproduction and pregnancy.

What Is Puberty? : Learn about the physical changes associated with puberty. Know that each person experiences puberty differently.

Feeling, Thinking and Doing: Learn strategies to deal with feelings in the context of relationships.

Assertiveness: Practise being assertive in different situations/scenarios.

Your Questions Answered: To answer questions about puberty and growing up with confidence and seek help when needed.

SRE Year 2

Boys & Girls: Understand and respect differences and similarities between boys and girls.

Male and Female: Describe some differences between male and female animals. Understand that making a new life needs a male and a female.

Naming body parts: Describe the differences between males and females and to name body parts.

Everybody Needs Caring For: Identify ways to show care towards each other. Understand that we all have different needs and need different types of care.

Looking after the body: Describe and carry out basic hygiene. Know what to take responsibility for and when to ask for help.

SRE Year 5

Talking About Puberty: Explain the main physical and emotional changes that happen during puberty:

Becoming Men and Women: Recognise and challenge gender stereotypes particularly from the media.

Puberty and Hygiene: Explore the impact of puberty on the body and the importance of physical hygiene. Explore ways to get support during puberty.

Menstruation: Explain and ask questions about menstruation.

Building Good Relationships: Explain the similarities and differences between friendships and intimate relationships including marriage.

SRE Year 3

Self Esteem: To see oneself as special, to recognise strengths, abilities and personal characteristics.

Challenging Gender Stereotypes: Recognise and challenge gender stereotypes. Understand that males and females can do (as well as enjoy) the same tasks and things.

Males and Females: Identify and name male and female body parts using agreed words.

Family differences: Recognise that families can be different and to challenge stereotypes about families.

Decision Making: Recognise that choices require decisions.

Safety: To demonstrate basic techniques to resist pressure. To know whom they can go to for support and help.

SRE Year 6

Puberty and Reproduction: Explore the emotional and physical changes that occur during puberty.

Relationships and Reproduction: Consider reproduction in the context of relationships. Explain how babies are made.

Conception and pregnancy: Describe the decisions that have to be made before having a baby. Know some basic facts about pregnancy and conception.

Being a Parent: Identify some of the skills and qualities needed to be a parent and carer. Understand the variety of ways in which parents and carers meet the needs of babies and children.

HIV/AIDS: Know what is true and false about how someone can become infected with HIV.

Your Questions Answered: To answer each other's questions about sex and relationships with confidence and find support and advice.

Kilmorie Primary teaches SRE as part of the ongoing PSHE lessons. We use a wide range of resources including a wide range of picture books by authors such as Babette Cole and Anthony Browne. Materials include DVDs taken from Channel 4's Living and Growing Series:

Year 2 Unit 1 programme 1: Differences

Year 3 Unit 1 programme 1: Differences
(Different questioning to Year 2)

Year 4 Unit 1 programme 2: How did I get here?

Year 5 Unit 2 Programme 4: Changes

Year 6 Unit 2 programme 2: How babies are made
Unit 2 programme 3: How babies are born

Parents have the right to withdraw their children from those aspects of Sex and Relationship education not included in the Science Curriculum. However this rarely happens, by working in partnership with parents they recognise the importance of this aspect of their child's education. However, should you be considering such a step, first talk it through with your child and their class teacher and then, if necessary, contact Liz Stone, Head Teacher.