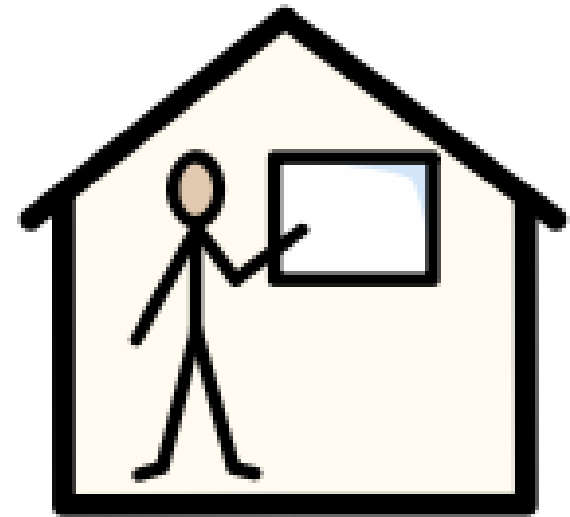




PSHE and
RSHE

School and Home Partnership

- The school's legal obligations on Relationships, Sex and Health Education
- What we mean by Sex Education
- Your rights as parents/carers
- How, what, why and when we intend to teach children





Where? When? How?

Today's considerations

- Friends
- Family
- School
- The internet
- Television
- Social media
- Other media



Music and lyrics

Heard he in love with some other chick
Yeah, yeah, that hurt me, I'll admit
Forget that boy, I'm over it
I hope she getting' better sex
Hope she ain't fakin' it like I did, babe
Took four long years to call it quits
Forget that boy, I'm over it



Advertising messages



Messaging in TV series



Domestic abuse and Cervical Cancer storylines in Coronation Street



Fights in Eastenders

Chat Rooms/Forums



**Hi. My name's Jenny I like your pic 😊
What school do you go to?**

Real stories from schools

- Two 10-year old girls being groomed online: They said the men were nice and felt that it was perfectly acceptable to text pictures of themselves in their underwear and wearing make-up. They said they liked feeling grown up and having the attention.
- A 7-year old accessing pornography through click-bait.
- Year 6 pupil accessing 'hard core' porn. Sex Ed *was only taught* in Yr6 but his parents withdrew him so he missed the lessons.

Be aware...

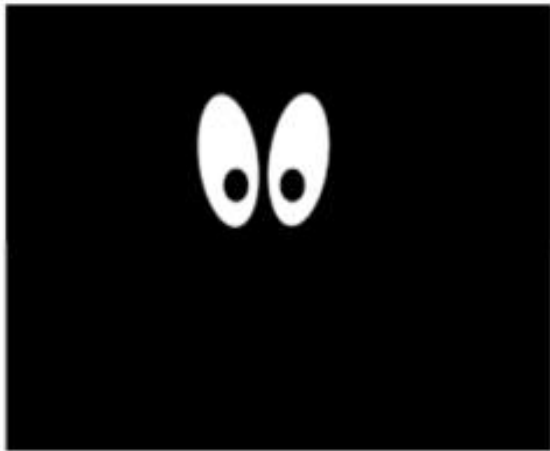
We are educating children to live in the real world, with all its contradictions

When it comes to relationships, puberty and human reproduction, children's heads are probably not empty – but they may be full of myths and half-truths.

We must not let our adult knowledge of relationships and sex prevent us from seeing things from a child's perspective.

Our focus should be on building healthy attitudes and positive relationships, not just fighting off perceived threats.


Which teaching approaches to RSHE do these pictures represent?





Is there a
better way?

What our
lessons provide
for your
children

- Safeguarding
 - Accurate information
 - Safe and supportive environment
 - Chance to ask questions
 - Chance to discuss common issues and worries
 - Chance to see and celebrate what are normal, healthy and respectful relationships
 - How to recognise when relationships are not healthy
 - Where to get help
- 

Relationships Education, Relationships and Sex Education (RSE) and Health Education

**Statutory guidance for governing bodies,
proprietors, head teachers, principals, senior
leadership teams, teachers**

Relationships Education, Relationships and Sex Education (RSE) and Health Education Statutory guidance for governing bodies, proprietors, head teachers, principals, senior leadership teams, teachers

Respectful peer to peer communication

Behaviour between boys and girls

Address limits on pupils based on characteristics

Tackle – misogyny, sexism, homophobia, gender stereotypes

SEND –vulnerable to exploitation



Relationships Education

Respectful relationships

Touch

Consent

Rights of our bodies

Sensible choices

Recognising and reporting abuse

- Emotional

- Physical

- Sexual

Health Education

- Physical wellbeing
- Health and mental wellbeing
- Self control
- Self regulation
- Drugs, alcohol and tobacco
- Puberty



'Puberty including menstruation should be covered in Health Education and should be addressed before onset.'

What should children know about puberty?

- Correct names for parts of the body, including genitalia
- How their bodies will change during puberty
- How to manage these changes
- Why these changes need to happen
- How and where to ask for help if needed




Sex
Education

How a baby is
conceived and born

Human reproduction



Science 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
- 



Science 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 human develop to old age
- Learn about the changes experienced in puberty

Being Me in My World

Celebrating Difference

Dreams and Goals

Healthy Me

Relationships

Changing Me



- Relationships
- Values
- Mental health
- Self-esteem
- Social skills
- Safeguarding inc.
Internet safety

(Golden Threads)



Relationships

Families
Friendships
Love and Loss
Memories
Grief cycle
Safeguarding and keeping safe
Attraction
Assertiveness
Conflict
Own strengths and self-esteem
Cyber safety and social networking
Roles and responsibilities in families
Stereotypes
Communities



Changing Me

Life cycles
Human reproduction 3 lessons
My changing body
Puberty
Growing from young to old / Becoming a teenager
Assertiveness
Self-respect
Safeguarding
Family stereotypes
Self and body image
Attraction
Change / Accepting change
Looking ahead / Moving class / schools

Nursery



eye	ear	knee	finger
foot	mouth	nose	stomach
eyebrow	arm	tongue	toe
forehead	chest	hand	leg

Making Healthy Choices



Jigsaw!





Changes from baby to toddler

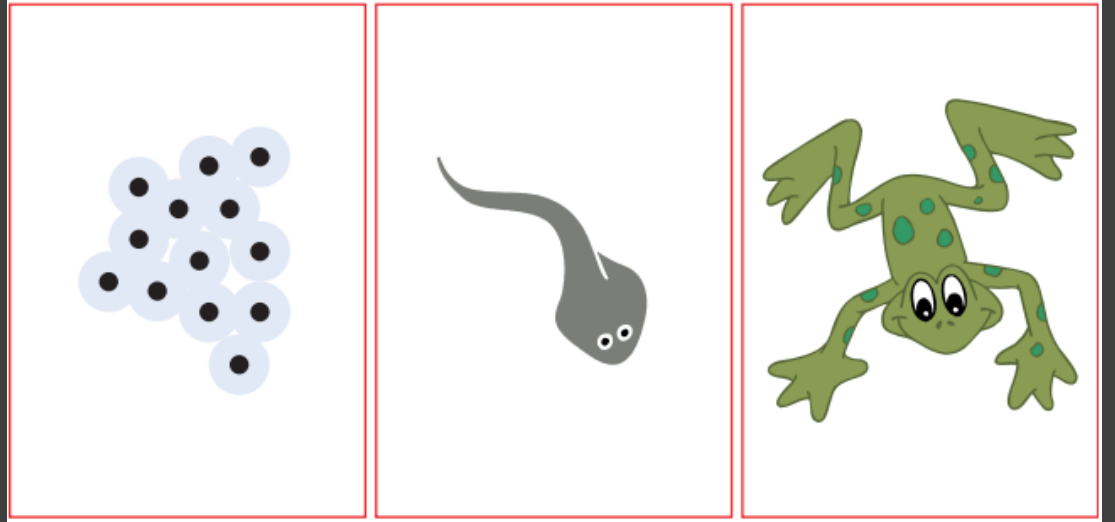
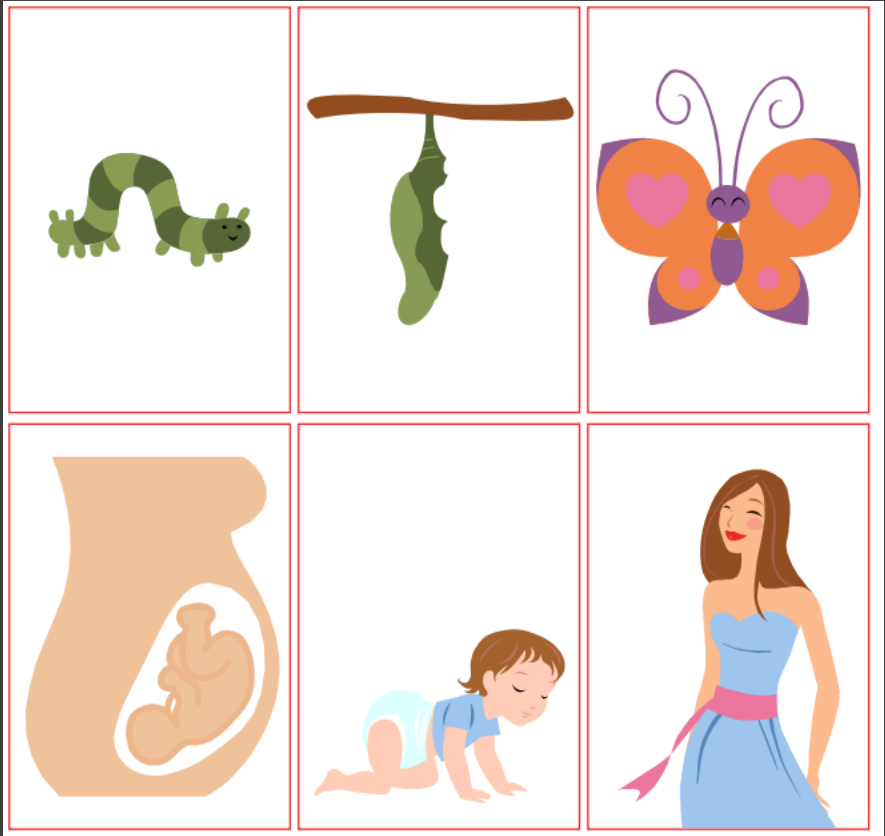


Jigsaw!



Reception
How humans grow





Year 1

| Life cycles

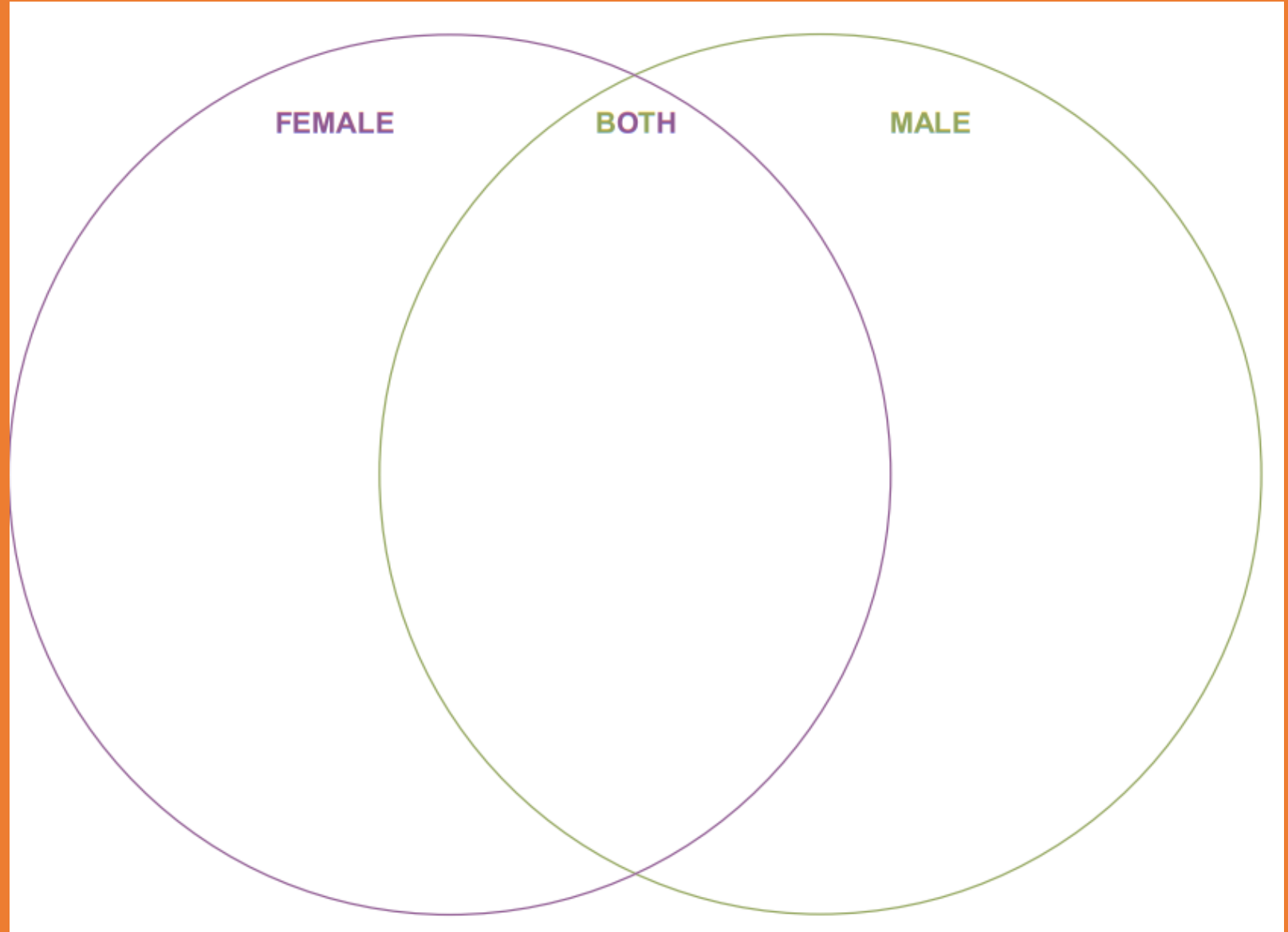






The male and female
body

Sorting body
parts



Year 2





Changes as we grow
older

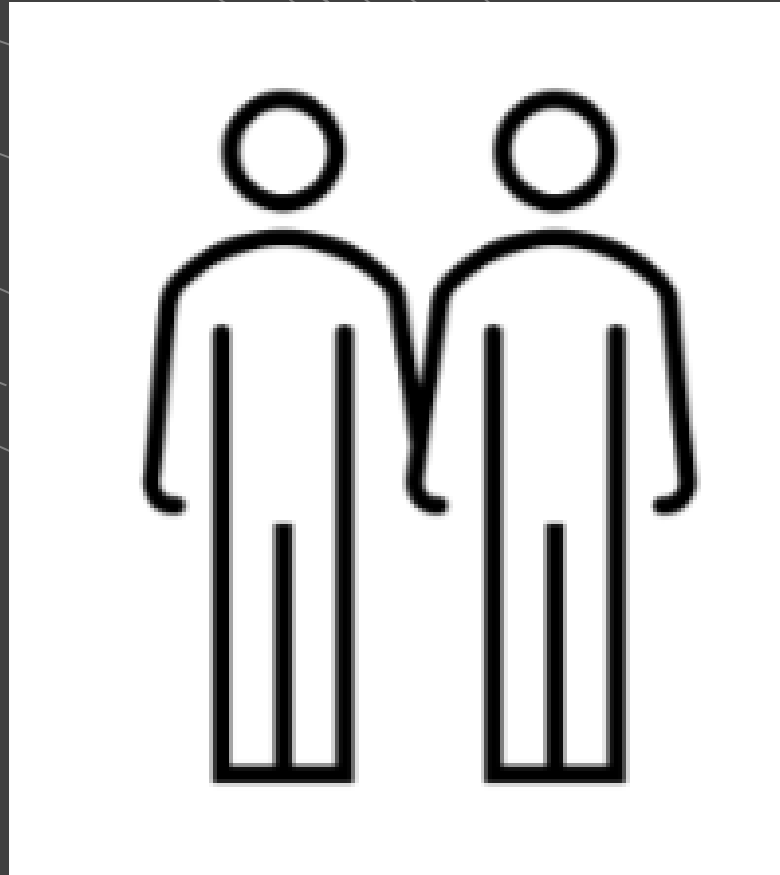
Baby

Toddler

Child

Teenager

Adult



Labelling body
parts

What about you?

I laugh when I am tickled

Do you?

I smile when I am hugged

Do you?

I chuckle when I feel a squeeze

And cry if I am pushed.

What about you?

I giggle when I am spun around

Do you?

I feel safe when I am cuddled

Do you?

I am soothed when my face is stroked and upset if I am pinched.

What about you?



Year 3

Life cycles



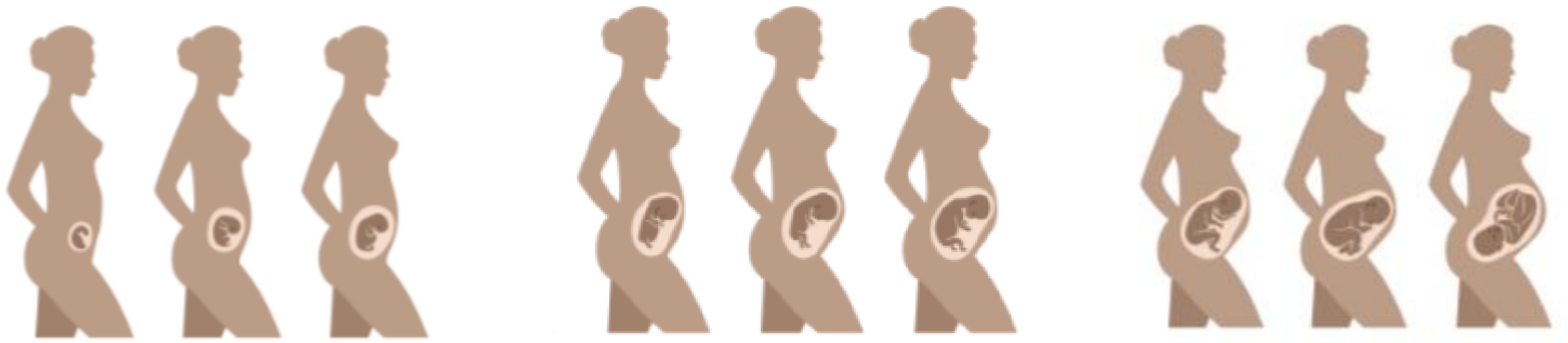


jigsaw

What Changes?



Birth → **Young** → **Fully Grown**



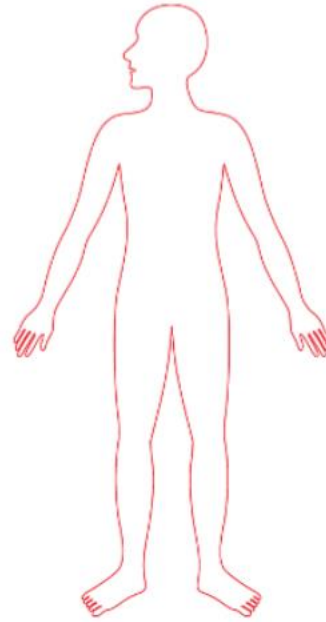


Changes I can't control

Getting a deeper voice

Hips getting wider

Growing underarm hair



Changes I can control

Choosing what clothes to buy

Making new friends

Earning money

Stereotypes

Washing the car

Decorating the house

Changing the bed

Mowing the lawn

Picking and arranging flowers

Cooking dinner

Bathing a child

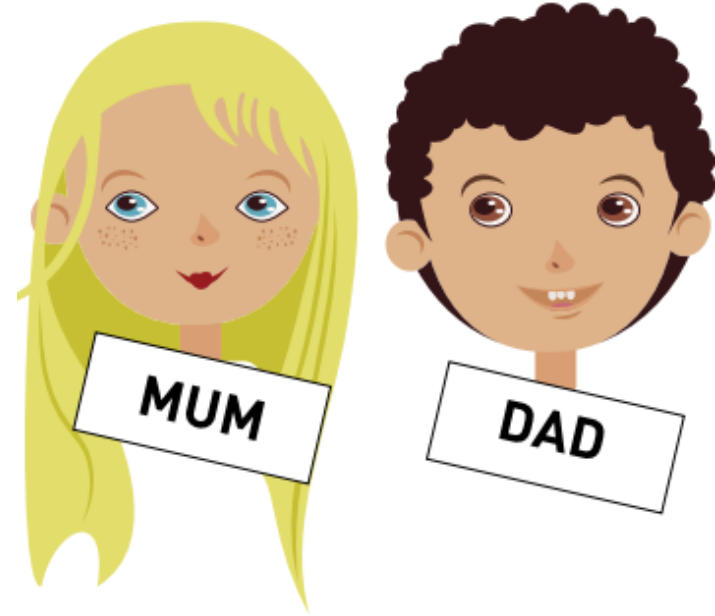
Changing a baby's nappy

Washing up

Putting the bins out

Year 4

Characteristics from parents



Puberty

One way my body will change during puberty is...

I'm looking forward to being a teenager because...

Something that worries me about getting older is...

What I like about being the age I am now is...

The trouble with being the age I am now is...

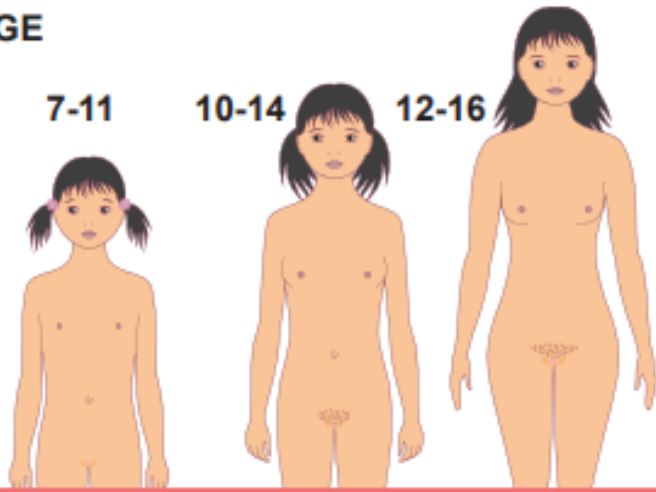
Compared with my friends, I think the rate at which I'm growing is...

When something's bothering me I can always talk to...

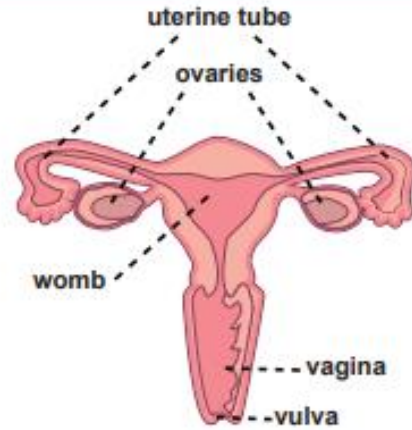
When I start growing hair in new places, I might feel...

One way I can look after my body as I get older is...

AGE

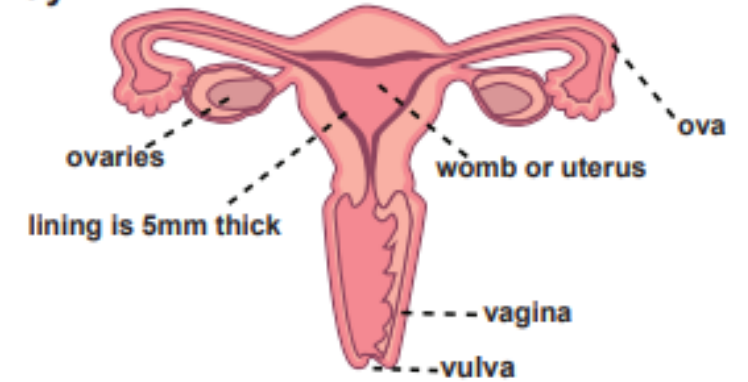


A girl reaches puberty usually between the ages of 10 and 14, though it can be earlier or later than this. At this time she starts to produce one egg every month from her ovaries.



Many thousands of eggs are stored in the ovaries. A woman will release one each month for most of her adult life. Most will not be fertilised, so they pass down the tube into the womb and out of the body through the vagina.

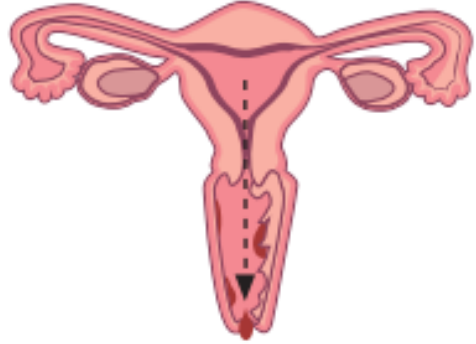
Day 21



However, every month the womb has to get ready in case the egg is fertilised. It makes a thick, soft, spongy lining with an extra supply of blood to provide the food and oxygen that a baby would need.

Female puberty -
menstruation

Menstrual Flow



Towel - 20cm long



Tampon 6cm long

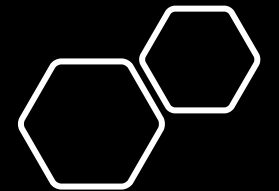


If the egg is not fertilised the extra lining isn't needed so it breaks up. For a few days the womb lining and the spare blood it contained will come out of the body through the vagina. This is what is called 'having a period'.

Girls and women need to soak up the menstrual flow as it comes out of the vagina. They use either an absorbent towel which they wear in their pants or a tampon which they insert into the vagina. Both need to be changed regularly.

The amount of blood leaving the body varies from person to person but on average it's about two tablespoonfuls or an eggcup full. Most women have periods until they are in their fifties, when they gradually stop.

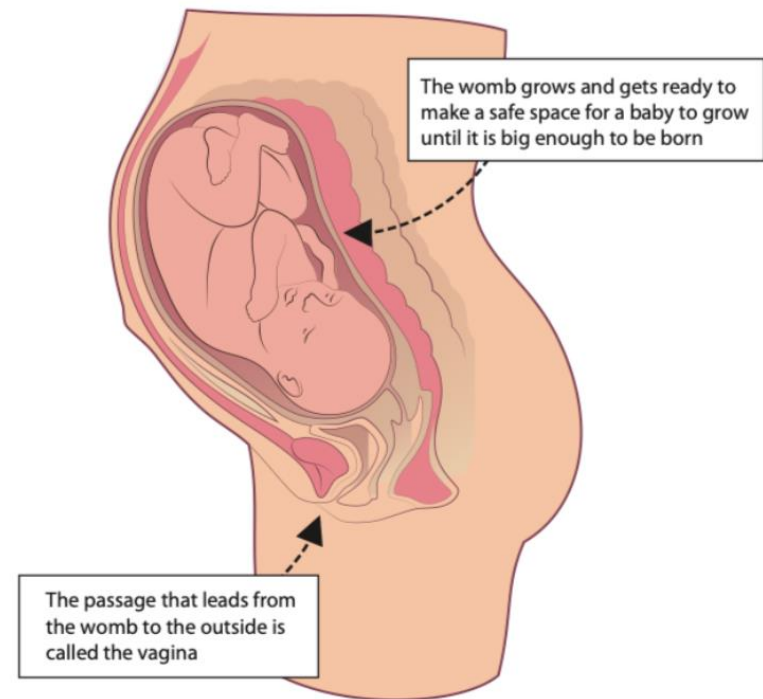
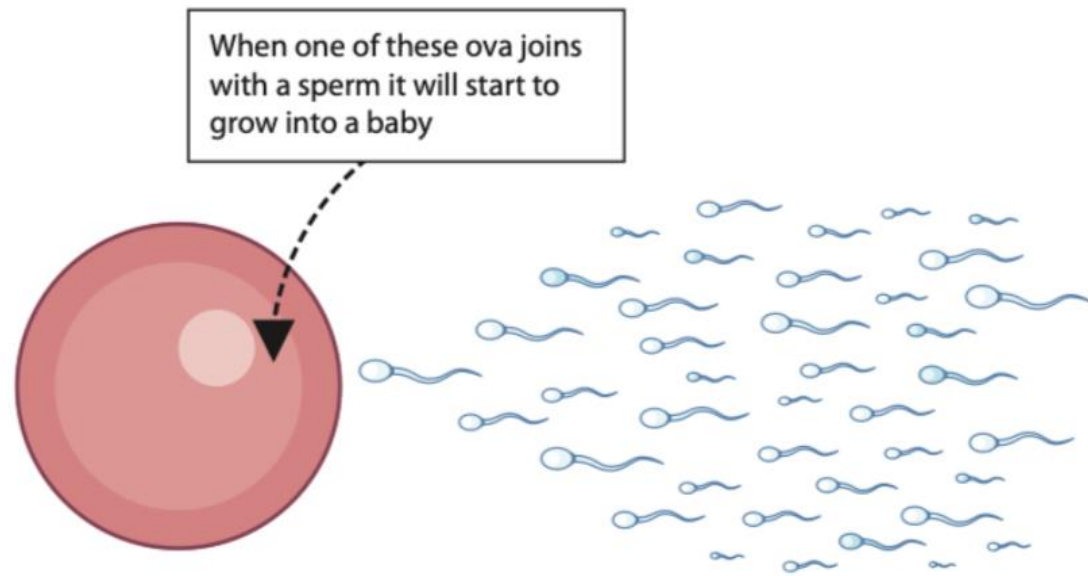
Female puberty
- menstruation



Year 5



Conception



My Mum has told me what to expect when my periods start, but I'm worried what will happen if they start while I am at school. I won't know who to talk to or how to get the stuff I need, and it could be really embarrassing.

I am a really keen swimmer and I also do a lot of dancing and other sports. It bothers me that when my periods start they'll interfere with all my activities and I won't be able to do what I want when I want.

Help! I've been told that when your periods start they go on until you are in your fifties. Am I really going to be bleeding for all that time?

What if I need to change my period pants during a lesson?

I'm scared about my period starting because my big sister gets bad period pains and they make her really grumpy. Is there anything I can do to make sure I don't have the same kind of problems?

I hate the idea of my periods starting because it all sounds so yucky and messy. I think it'll be embarrassing because everyone will know I've got my period.

I think I could cope with having a period at home, but at school... where would I put the used tampons as I don't see any bins in the girls toilets for our year group?

What if I need to change my period pants during a lesson?

Sperm

Tiny cells made in a man's testicles: if one joins with a woman's egg it will start to grow into a baby

Testicles or Testes

Two balls of tiny coiled tubes where sperm are made - they hang between a man's legs in a bag of skin called the scrotum

Growth Spurt

A period of rapid growth which can happen for boys and girls some time during puberty - can mean growing out of shoes and clothes very quickly

Hormones

Chemicals in the bloodstream which tell various organs in the body when and how to change during puberty

Larynx

The voice box in the throat: for a boy this gets bigger at puberty and his voice becomes deeper

Facial Hair

Hair that starts growing on a boy's face during puberty - if not shaved, it will grow into a moustache and beard

The baby is attached in the womb by a cord through which it gets oxygen and food from the mother.

True

A baby in the womb can't eat or breathe in the way we do, so the umbilical cord lets it collect the oxygen and nutrients that it needs from the mother's blood - so she is eating and breathing for the baby as well. Your belly button is where the cord was attached to you when you were in your mother's womb.

Fertilisation happens when the sperm meet the egg in the vagina.

False

Fertilisation normally happens in the fallopian tube, which carries the egg from the ovary towards the womb. If the egg is not fertilised when it reaches the womb it dies and passes out through the vagina, along with the extra womb lining that is not needed.

One of the first signs to tell a woman she is pregnant is that her periods stop.

True

The extra womb lining needs to stay in place as the embryo (the tiny growing baby) is implanted in it, so a woman does not have periods when she is pregnant. She may notice other changes, like starting to feel a bit sick at certain times of day. A doctor can test her urine to show whether she is pregnant, or she can buy a kit to do this for herself at home.

Year 6

**Negative/unhelpful thoughts,
feelings, behaviour when I
compare myself**

**Positive/helpful thoughts,
feelings, behaviour to fight off
the worry monster**



**When I was a baby in the womb I
could wave my hands about**

TRUE

**When I was a baby in the womb I
could smile and laugh**

FALSE

**When I was a baby in the womb I
could kick my feet**

TRUE

**When I was a baby in the womb I
could breathe**

FALSE

**When I was a baby in the womb I
could suck my thumb**

TRUE

**When I was a baby in the womb I
could make gurgling noises**

FALSE

Adolescent Friendships

Amit has just started secondary school and has made friends with a group of other pupils in his maths set. He finds maths quite difficult and has to work hard at it. Amit is in a lower set.

His new friends also find maths difficult and don't like the lessons. They say they are going to skip the last lesson today because they are no good at it anyway, so what is the point.

They want Amit to come to town and hang out with them. He really wants to be part of the group but he is worried he will fall further behind if he does, and doesn't want that to happen.

What should he do or say?

Lucy has started at a different school to many of her friends. She was feeling quite nervous about meeting other girls in her new year group. She does know a girl called Asha from a club she belongs to although she's never really been friends with her.

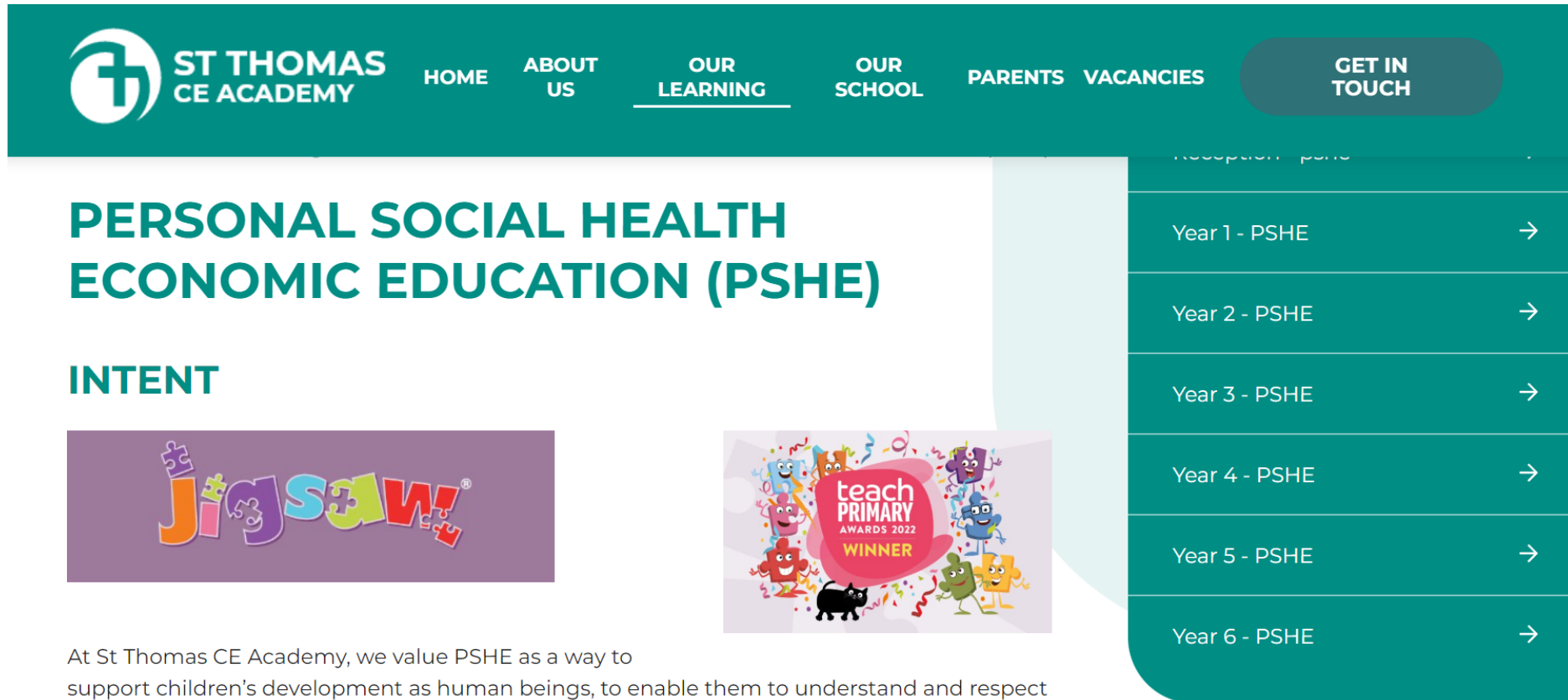
Now they have started school, Lucy is in the same tutor group as Asha. They only know each other so have made friends.

Asha hates the school uniform rules and tries to shorten her skirt, wear lots of make-up and not wear the right shoes. She says this is going to make her look older and prettier and that if Lucy doesn't do the same thing, they can't be friends because it will reflect badly on Asha.

Lucy doesn't think looks are that important right now because she knows things will change as they grow up, but doesn't want to lose her only friend.

What should Lucy say or do?

Further information





The screenshot shows the website header for St Thomas CE Academy with navigation links: HOME, ABOUT US, OUR LEARNING (underlined), OUR SCHOOL, PARENTS, VACANCIES, and a GET IN TOUCH button. The main content area features the title 'PERSONAL SOCIAL HEALTH ECONOMIC EDUCATION (PSHE)' and the sub-heading 'INTENT'. Below this are two images: the 'Jigsaw!' logo and a 'teach PRIMARY AWARDS 2022 WINNER' badge. A vertical list on the right side of the page contains links for 'Year 1 - PSHE' through 'Year 6 - PSHE', each with a right-pointing arrow.

ST THOMAS CE ACADEMY HOME ABOUT US OUR LEARNING OUR SCHOOL PARENTS VACANCIES GET IN TOUCH

PERSONAL SOCIAL HEALTH ECONOMIC EDUCATION (PSHE)

INTENT



- Year 1 - PSHE →
- Year 2 - PSHE →
- Year 3 - PSHE →
- Year 4 - PSHE →
- Year 5 - PSHE →
- Year 6 - PSHE →

At St Thomas CE Academy, we value PSHE as a way to support children's development as human beings, to enable them to understand and respect who they are, empower them with a voice and to equip them for life and learning.

To ensure progression and a spiral curriculum, we use Jigsaw, the mindful approach to PSHE.

How can I build positive, healthy relationships?

jobs

Relationships

relationships

I will learn about...

- My family and some of the jobs that I do
- How to make friends
- How it feels to be a friend and make a friend
- What to do if I feel lonely
- How to solve problems and stay friends
- The impact of unkind words
- How to use Calm Me time to manage my feelings
- How to be a good friend

upset

Calm Me



feelings

family

What can you see?

friends



Relationships and Health Education Coverage



Relationships Education By the end of Primary pupils should know		Year 1					Year 2						
		Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Respectful Relationships	(R12) 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	3,6	1,2,6	3		2,6		2-6	5,6	3		3,5	
	(R13) practical steps they can take in a range of different contexts to improve or support respectful relationships		5			6		5,6	4,5	3,4		5	
	(R14) the conventions of courtesy and manners	2,3				3		2-6	4,5	3-6			
	(R15) the importance of self-respect and how this links to their own happiness				6	5	5	3,4		2			5
	(R16) 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	3,6	1,2	3		4,6		2-4	4-6	3-6		2-5	
	(R17) 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		3,4						3				
	(R18) what a stereotype is, and how stereotypes can be unfair, negative or destructive								1,2				
	(R19) the importance of permissionseeking and giving in relationships with friends, peers and adults		5			3,4	4	2	4,5	4-6		2,4	5



[Home](#) → [Our Learning](#) → [Curriculum](#) → [RSHE \(Relationships, Sex and Health Education\)](#)

RSHE (RELATIONSHIPS, SEX AND HEALTH EDUCATION)

We have recently started to use a new programme for the teaching of PSHE. Jigsaw, the mindful approach to PSHE (Personal, Social, Health Education) is a teaching and learning programme which includes the statutory RSHE (Relationships Education, Sex Education and Health Education) and has a strong focus on emotional and mental health and wellbeing.

All Saints Multi-Academy Trust believes that this work is vital to support children's development and to underpin their learning capacity, and that it is most effective when parents and carers work in partnership with the school.

We want children to be safe, healthy and happy. We endeavour to be respectful of the faith.

IN THIS SECTION

[Art & Design](#) →

[Computing](#) →

[Design & Technology \(DT\)](#) →

[Early Years Foundation Stage](#) →

[English Reading](#) →

[English Writing](#) →

[Geography](#) →

Parental Withdrawal

Withdrawal must be granted if Sex Education is anything other than the Science Curriculum.