

# Personal Social Health Economics (PSHE) and Relationships, Sex and Health Education (RSHE)

An introduction for parents to the curriculum requirements



# Objectives

We want to:

- Explain the changes to requirements for RSHE in place since 2020
- Explain how we have updated our PSHE curriculum to cover the new statutory elements of RSHE

# Since September 2020:



- Since September 2020, the teaching of **Relationships and Health Education** has been compulsory in Primary Schools.
- Under the new proposals, all schools are expected to teach children about good physical and mental health, how to stay safe online and offline and the importance of healthy relationships.
- This includes ensuring that pupils understand the benefits of a healthier lifestyle, what determines their physical health and how to build mental resilience and wellbeing.

# What is included in the new 'health' regulations?



The new guidance states that pupils should know:

- Key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes.
- About menstrual wellbeing including the key facts about the menstrual cycle.
- The curriculum should ensure that both boys and girls are prepared for the changes that adolescence brings.

This is compulsory  
and therefore  
children may not be  
withdrawn from these  
lessons.



## What should be included in Sex Education under the new guidance?

- The new statutory requirements do not extend to **sex education** at KS1 and 2 beyond the biological/reproductive aspects schools are already required to cover in the national curriculum for science - how a baby is conceived and born.'
- However, the Department for Education continues to recommend that all primary schools should have a sex education programme tailored to the age and the physical and emotional maturity of the pupils'.

Parents have the right to withdraw their child from sex education but **not** from statutory relationship and health education.

# Our reasons for teaching sex education:



- It is an important part of their education and should support their understanding of forming positive relationships and maintaining health
- It is vital that children are taught factual information and any misconceptions are addressed
- The term 'sex education' can cause anxiety and so we aim to integrate these lessons into our PSHE/RSHE lessons from year 3
- We aim to provide children with the correct terminology and create an atmosphere which enables them to speak comfortably about sex related topics
- Children will know from an early age about their rights and responsibilities when it comes to their own and others' body parts. This will help to protect them

# Learning outcomes



The next slide shows the intended learning outcomes for each year group. These are a result of in-depth discussions with staff and the Governors.

Teachers will use their professional judgement to tailor these lessons to ensure the best outcome for their pupils. This may include additional content where the teacher feels it is necessary. Pupils will be given every opportunity to ask questions discretely and discuss any worries.

These lessons will be taught in the second half of the Summer Term.

## Pupils should know:

Year 3	Year 4
<ul style="list-style-type: none"><li>• The parents' role in bringing up a baby</li><li>• How to challenge stereotypical ideas about family roles</li><li>• How a baby develops in the uterus</li><li>• How a baby develops after birth</li><li>• What a baby needs to live and grow</li><li>• What puberty means and how it changes our bodies</li></ul> <p><b>As part of the statutory health education, Year 3 will also cover physical changes to boys and girls such as growing body hair etc.</b></p>	<ul style="list-style-type: none"><li>• Why people decide to have babies and what might be difficult about having a baby</li><li>• The internal and external parts of male and female bodies necessary for making a baby</li><li>• How babies are conceived through sexual intercourse, which is described as a loving embrace that allows sperm from the penis to the vagina</li><li>• How genes work, with reference to the egg meeting the sperm</li></ul> <p><b>As part of the statutory health education, Year 4 will also cover menstruation including sanitary products.</b></p>





Year 5	Year 6
<ul style="list-style-type: none"><li>• How puberty prepares both girls' and boys' bodies for having a baby through sexual intercourse</li><li>• The 'ingredients' (egg and sperm) for making a baby</li><li>• The age of consent</li><li>• What contraception is</li><li>• When might be a good time to decide to have a baby</li><li>• What happens when you can't have a baby, including IVF</li><li>•</li></ul> <p><b>As part of the statutory health education, Year 5 will also cover puberty changes to boys' and girls' bodies, including the reproductive system, wet dreams and the use of sanitary products.</b></p>	<ul style="list-style-type: none"><li>• A review of the internal and external parts of male and female bodies necessary for making a baby</li><li>• How to know what is fact and what is a myth</li><li>• What masturbation is</li><li>• How a baby develops from conception to birth</li><li>• How being physically attracted to someone changes the nature of the relationship</li><li>• How to recognise when you're being pressured into doing something you don't want to do, in person and online</li></ul> <p><b>As part of the statutory health education, Year 6 will also cover how girls' and boys' bodies change during puberty and how to look after yourself physically and emotionally.</b></p>