

Relationships and Sex Education (RSE)

RSE is statutory from September 2020 and will be taught alongside PHSE and Children's Rights on a weekly basis. Pupils learn specific knowledge in timetabled weekly lessons and deepen their understanding across each key stage, including the use of key concepts.

National Curriculum Aims

The national curriculum for RSE aims to ensure that all pupils:

- know and understand about the importance of families and the characteristics of healthy family life. This should include knowledge about differences between families and developing a respect for other family circumstances. This should also include knowing what to do to seek help if family relationships are making them uncomfortable.
- know and understand the importance of friendships and the characteristics of healthy friendships. This includes knowing how to resolve conflicts and issues within friendships.
- Learn about respect and tolerance and how to maintain respectful relationships with others. This includes knowing about bullying and the effects of this and about permission- seeking in relationships.
- Know and understand how to stay safe online and how to manage online relationships. This includes knowing how to respect others online and how to recognise risks and report these.
- Understand about appropriate boundaries within their relationships and how to stay safe within relationships. This includes recognising appropriate physical contact with others and how to report concerns or abuse and where to seek help.

Key Concepts

During RSE pupils explore the following key concepts:

- Pupils learn about respect within friendships, families and online relationships.
- Pupils learn about appropriate behaviours and inappropriate behaviours and how to seek help/advice if they have concerns or worries.
- Pupils learn how to keep themselves safe within relationships, including online relationships.
- Pupils learn about their own bodies, how they develop and change over time.

Rationale

Learning is defined as an alteration in long-term memory. If nothing has altered in long-term memory then nothing has been learned.

Sweller

Over the course of study, teaching is designed to help learners to remember in the long term the content they have been taught and to integrate new knowledge into larger concepts.

Ofsted Framework 2019

When students' brains link background knowledge with new text, they are better at making inferences and retain information more effectively.

Vacca and Vacca (2002)

Retrieval is built into the teaching cycle in order to ensure that children activate what they already know and can then build on their existing knowledge, making connections, securing key concepts and deepening learning. Retrieval practice will help teachers to remind pupils of their previous learning and what they know from other subjects, as well as identifying what personal knowledge they bring to the new learning.

It is really important that children learn about a variety of relationships and what makes a successful and healthy relationship. Children need to learn how to be safe in relationships and report worries or concerns- which links with our safeguarding policies and procedures. Children learn about internet safety in computing but it is also mentioned and learned about in the PHSE and RSE curriculums. (Online relationships is the specific focus in RSE).

These key concepts need to be built upon each year and developed in an age-appropriate way, as the children progress through the school. Teaching the children about healthy relationships should help to develop more compassionate, confident children, who are caring and tolerant towards others.

Reception

Learning within our reception year provides the knowledge, skills and understanding bedrock for future learning. Pupils;

- investigate and experience things, and 'have a go'
- concentrate and keep on trying if they encounter difficulties, and enjoy achievements
- have and develop their own ideas, make links between ideas, and develop strategies for doing things

ELG: Building Relationships

Children at the expected level of development will:

- work and play cooperatively and take turns with others;
- form positive attachments to adults and friendships with peers;
- show sensitivity to their own and to others' needs.

KS1 Specific knowledge

Year R	Caring Friendships	Being Kind	Families
	Pupils learn about how to make new friends and how friendships make us feel. Pupils learn about what makes a good friend.	Pupils learn about resolving conflicts and the importance of saying sorry and forgiving.	Pupils learn about different members within a family and how families help each other. <i>NSPCC PANTS lesson- pupils learn about inappropriate touch and how to speak up if they feel unsafe.</i>
Year 1	Different Friends	Growing and Changing	Families and Care
	Pupils learn about how we are all different but can still be friends. Pupils learn that it is important to celebrate differences in each other.	Pupils learn about how children grow and change. Pupils learn that babies and young children need a lot of	Pupils learn who can help if families make them unhappy or feel unsafe. Pupils learn who

		care and that older children become more independent.	to ask and how to ask for help if they need it. <i>NSPCC PANTS lesson- pupils learn about inappropriate touch and how to speak up if they feel unsafe.</i>
Year 2	Differences	Male and Females including animals	Naming Body Parts
	Pupils learn about differences between males and females, including the differences between male and female babies. Pupils learn that some people have fixed beliefs about what males and females can do	Pupils learn about some differences between male and female animals. Pupils learn that a new life needs a male and a female.	Pupils learn about and describe some of the key physical differences between males and females. Pupils learn the names of the different body parts. <i>NSPCC PANTS lesson- pupils learn about inappropriate touch and how to speak up if they feel unsafe.</i>

KS2 Specific knowledge			
Year 3	Body Differences	Personal Space	Help and Support
	Pupils learn about respect for body differences between ourselves and others. Pupils learn the names for the female and male body parts using agreed terms.	- Pupils learn that each person's body belongs to them. Pupils learn about personal space and understand about unwanted touch.	Pupils learn that all families are different and have different family members. Pupils learn about who to go to for support and help if they need it.
Year 4	Changes	What is puberty?	Healthy Relationships
	Pupils learn that puberty is an important part of the lifecycle of a human. Pupils learn that some changes happen during puberty.	Pupils learn about the physical and emotional changes that happen during puberty. Pupils learn that children change into adults so that they can reproduce if they choose to.	Pupils learn that respect is important in all relationships including those online. Pupils learn how friendships can make people sometimes feel unhappy or uncomfortable.
Year 5	Talking about puberty	The Reproductive System	Help and Support
	Pupils learn how to explain the physical and emotional changes that happen during	Pupils learn how puberty affects the reproductive organs. Pupils learn what	Pupils learn how to stay clean during puberty.

	<p>puberty. Pupils learn how to ask questions about puberty with confidence.</p> <p>Pupils learn about the wide range of menstruation products available and the medical and environmental impact of these products.</p>	<p>happens during menstruation and sperm production.</p>	<p>Pupils learn how relationships/emotions change during puberty. Pupils learn how to get help and support during puberty.</p>
Year 6	Puberty and Reproduction	Communication and relationships, including online	Families, conception and pregnancy
	<p>Pupils learn how and why the body changes during puberty in preparation for reproduction. Pupils learn to talk about puberty and reproduction with confidence.</p> <p>Pupils learn about the wide range of menstruation products available and the medical and environmental impact of these products.</p>	<p>Pupils learn the differences between a healthy and unhealthy relationship. Pupils learn that communication and permission -seeking are important in relationships. Pupils learn when it is appropriate to share personal information in a relationship. Pupils learn where and how to seek help or support if an online relationship goes wrong.</p>	<p>Pupils learn about the decisions that have to be made before having children. Pupils learn some basic facts about conception and pregnancy</p>

Deepening Understanding
<p>When learning during RSE pupils will deepen their knowledge of:</p> <ul style="list-style-type: none"> • Making connections/links to Children's Rights and how some aspects of RSE links to these. (Runs across all) • effective participation in discussions about things that are relevant and important to them. (Runs across all) • asking questions and expressing opinions, whilst respecting the views of others- asking Q's links in to all units across all year groups. Expressing opinions highlighted above(Runs across all). • Correct scientific terms for body parts and physical changes to the body. • Demonstrating respect and tolerance within families and friendships.

Year Group Learning Expectations
Families
<p>Year R: learn about different members within a family and how families help each other and provide love and stability.</p> <p>Year 1: the characteristics of a healthy family life. Also that not all families look the same.</p> <p>Year 2: respect in family relationships.</p> <p>Year 3- learn who can help if families make them unhappy or feel unsafe.</p> <p>Year 4- the importance of permission- seeking within relationships.</p> <p>Year 5- how emotions might change during puberty and who to ask for help within their families during this time.</p>

Year 6- marriage and adult relationships and the decisions that have to made before planning to have children.
Friendships
<p>Year R: how to make friends and be a good friend. How to resolve conflicts and forgiveness.</p> <p>Year 1: celebrating differences within friendships. Begin learning about mutual respect.</p> <p>Year 2: Learning about respect within friendships and how to be courteous.</p> <p>Year 3: About the effects and implications of bullying.</p> <p>Year 4: the difference between healthy and unhealthy friendships and how this impact on people's emotions. The importance of permission- seeking in friendships.</p> <p>Year 5: emotional changes during puberty and how this can affect friendships.</p> <p>Year 6: what sort of boundaries are appropriate within friendships. Respect within friendships, including online.</p>
Online relationships
<p>Year 3: about the effects and implications of bullying, including cyberbullying. That people sometimes behave differently online, including pretending to be someone they are not.</p> <p>Year 4: that the same principles apply to online relationships as face-to -face relationships, including respect. To carefully consider online friendships and the risks associated with being friends with people they don't know.</p> <p>Year 5: know the rules and principles of staying safe online, how to recognise risks, harmful content and how to report concerns.</p> <p>Year 6: how data and information is shared and used online. Appropriate friendships with peers and other within in a digital context.</p>
Staying safe
<p>Year R: Children learn that family and friends should make us feel safe.</p> <p>Year 1: recognise who to trust and who not to trust. Seeking help when things within relationships make them feel unhappy or unsafe. (NSPCC pants rule)</p> <p>Year 2: appropriate boundaries within relationships (NSPCC pants rule!)</p> <p>Year 3: who to seek help from if relationships make them feel uncomfortable. Learn who to trust and who not to trust.</p> <p>Year 4: Pupils learn how friendships can make people sometimes feel unhappy or uncomfortable.</p> <p>Year 5: getting help and support during puberty. Seeking support and help from appropriate sources when concerned online.</p> <p>Year 6: Pupils learn that communication and permission -seeking are important in relationships. Pupils learn when it is appropriate and safe to share personal information in a relationship. Pupils learn about FGM and upskirting. Pupils learn where and how to seek help or support if an online relationship goes wrong.</p>
Vocabulary
<p>Year R: friendship, kindness, happy, sad, shy, feelings, lonely, sorry, angry, family, mum, dad, brother, sister, grandma, grandad, stepmum, stepdad, foster mum, foster dad</p> <p>Year 1: friends, feelings, similar, different, family, boy, girl, male, female, private parts, penis, vulva.</p> <p>Year 2: similar, different, sex, gender roles, stereotypes, boy, girl, male, female, private parts, penis, vulva</p> <p>Year 3: gender roles, stereotypes, male, female, similar, different, private parts, penis, vulva, testicles, vagina, uterus, family, fostering, adoption, relationship.</p> <p>Year 4: puberty, lifecycle, reproduction, physical, breasts, sperm, egg, pubic hair, emotional, feelings.</p>

Year 5: Puberty, physical changes, emotional changes, moods, menstruation, periods, tampons, sanitary towels, wet dreams, semen, erection, sweat, breasts, spots, pubic hair, facial hair, underarm hair, sexual feelings.

Year 6: womb, sperm, egg, conception, fertilisation, pregnancy, sexual intercourse, twins, fostering, adoption, relationship, friendship, love, consent, intimacy, communication, personal/private information, internet safety.

Greater Depth

Year R

- can recognise when people (including himself) are being unkind and how to respond (including who to tell and how to tell them).
- can listen to other people, play cooperatively and resolve simple arguments using a range of strategies.

Year 1

- recognises how his behaviour affects other people both positively and negatively.
- has a good understanding of fair/unfair, right/wrong and kind/unkind behaviour.

Year 2

- can identify similarities and differences between himself and others, and be accepting of people with different beliefs or opinions to him/her.
- can share his opinions on things that matter to him/her and explain his decisions within groups and with the whole class.

Year 3

- can work collaboratively with his peers and work successfully to shared goals.
- can listen and respond respectfully to range of people including his peers and adults within school. he recognises and cares about others' feelings.

Year 4

- recognises what contributes to a positive and healthy relationship and uses his skills to maintain relationships with his peers.
- is accepting of difference and diversity. he is able to discuss how people of different cultures, ethnicities, races and religions can sometimes be treated unfairly.

Year 5

- can recognise and respond to a wide range of feelings in others, showing high levels of empathy and compassion.
- can listen and respond respectfully to range of people including his peers and adults within school. If necessary, he is able to constructively and sensitively challenge a point of view.

Year 6

- understands the concept of bullying and discrimination in all its forms (including cyber-bullying), and the possible consequences of bullying/discriminative behaviour.
- is accepting of difference and diversity and recognises how people of different cultures, ethnicities, races and religions can sometimes be treated unfairly, and discuss his opinion on these issues.