



Relationships and Sex Education at Bakewell Methodist Junior School

This document details the importance and the key objectives for one part of the Personal, Social and Health and Economic Education (PSHE) programme; Relationships and Sex Education (RSE).

Teaching about relationships and health is nothing new for schools – RSE is covered through PSHE education, an established curriculum subject taught in the vast majority of schools. The statutory changes have huge potential to ensure support for safe, effective PSHE practice across all schools – a ‘levelling up’ of standards. Our school curriculum drivers are diversity, resilience, creativity and aspiration and we are very clear in the ways that these drivers are prevalent throughout the teaching of PSHE.

Why is RSE important? (Taken from the PSHE Association guidance)

- Our ability to make, maintain and perhaps even end healthy, positive and productive relationships is part of what makes us human and is fundamental to a caring and supportive society. Our relationships come in a wide variety of forms: colleagues, family, casual acquaintances, close friendships and eventually, sexual.
- Our children learn by looking at and listening to all the messages they experience. They are constantly trying to make sense of the world around them.
- In our society, children are confronted with sexual images in advertising and stories and messages about celebrity lifestyles and relationships in the media. How many parents have found themselves saying, ‘I can’t believe my child asked / knew / thought that!’?
- Using their natural curiosity combined with wonderful ‘child logic’, our young children often put together their own complex ideas about where babies come from. This understanding can be a mixture of correct, almost correct and completely incorrect ideas.
- Many children will also enter puberty whilst still at primary school and some without suitable preparation. This can be a confusing, embarrassing and even distressing time.

What is the purpose of RSE in primary schools?

- A planned, progressive programme of RSE gradually and appropriately begins to prepare our children for adult life. It teaches the skills they need to fully manage the natural physical and emotional changes that will happen to them as they grow and mature into healthy, confident and responsible adults.
- RSE teaches the skills children need to develop positive healthy relationships. It supports their moral development, helping them to understand themselves and to respect and care for others.

What will my child learn at Bakewell Methodist Junior School in relation to RSE?

At Bakewell Methodist Junior School Row, RSE is fully integrated into our PSHE teaching through a Derbyshire syllabus called ‘PSHE Matters’. Some objectives of RSE overlap and can be seen in many units to ensure they are revisited and presented in various ways and through different themes throughout the years. Lessons are adapted according to the classes and discussions take place in the event of SEN and children in different circumstances.

Key stage 2 – years 3-6

Children learn about:

- Emotional changes and how to manage feelings towards themselves, their families and others in a positive way.
- Physical and emotional changes but the age at which changes happen will depend on their own personal ‘body clock’.
- Being able to talk sensibly and learn about this is an important part of growing up.
- Privacy and secrets. Including which body parts are private through the ‘Pantosaurus’ video and song <https://www.youtube.com/watch?v=-lL07JOGU5o>
- The importance of ‘no’ meaning ‘no’.
- **This links to our Relationship theme within LKS2 and UKS2 which provides resources in association with the NSPCC.**

Specific for year 5 and 6

- Revisiting differences in reproductive system between boys and girls, they learn how they change during puberty.
- They learn that although people’s bodies may be ready to have/make babies, they as people are not ready in many other ways (emotionally, financially, and educationally) for a Bakewell Methodist Junior School time.

- Included in this is positive self-image.
- Children look at the importance of loving, stable relationships.
- Children discuss Lesbian, Gay, Bisexual, Transexual and Transgender.

Specific for year 6

- Children learn how a baby is conceived and born.

Science objectives link for year 5/6:

- Describe the life process of sexual and asexual reproduction in some plants and animals
- Describe the changes as humans develop to old age
- Pupils learn how to keep their bodies healthy and how their bodies might be damaged – including how some drugs and other substances can be harmful to the human body.
- Pupils might work scientifically by: exploring the work of scientists and scientific research about the relationship between diet, exercise, drugs, lifestyle and health.
- Recognise that living things produce offspring of the same kind, but normally offspring vary and are not identical to their parents.

How can I support my child?

Children will have many questions when they begin talking about sex, relationships and puberty at school (either through PSHE lessons or science) and some children will be quite happy to ask the adults at home or school. However, others will feel like they can't discuss or don't want to. Talking about topics such as puberty and sex can be embarrassing, but there are websites, documents and books, which can help you have these tricky conversations at an age appropriate level.

Please see 'Understanding Relationships and Health Education in your child's primary school: a guide for parents' attached to the PSHE page of our school.

The NHS website has some useful advice on puberty and growing up. This includes answers to some questions your children might ask.

<https://www.nhs.uk/conditions/periods/starting-periods/>