

RSE at Moorfield Primary School

Introduction To RSE

Relationships and Sex Education (RSE) is taught to give our children and young people a better understanding of healthy relationships, sex and diversity - as well as the knowledge of how to keep themselves safe and the confidence to seek help when needed. A planned and progressive program of RSE gradually and appropriately begins to prepare our children as they grow. 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 young people.

The content will vary to ensure it is appropriate for each pupil.

The purpose of this leaflet is to fully inform you so that you are clear on what your child will be taught, why we teach it and what they can expect.

What will my child learn?

At times children may be taught in single sex or smaller groups by either the class teacher, school nurse or school outreach support worker.

We very much want to support parents as much as possible and are available to discuss any concerns.

RSE at Moorfield is focussed on preparing children for changes they will see/experience. The children will learn about the different relationships they have, how their body will change and grow and how they can keep themselves and others safe.

(please see RSE policy with content on our website)

Why is it so important?

Our relationships come in a wide variety of forms: colleagues, family, casual acquaintances, close friendships. We want your child to have the foundations needed to help them build positive and safe relationships of all kinds.



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.

We also have to consider the media and the fact that our children are confronted with sometimes sexual images in advertising and stories about celebrity lifestyles.

Many children enter puberty whilst still at primary school, sometimes without suitable

preparation from home or school. This can be confusing, embarrassing and even distressing.

National Curriculum Science

KS1 - human growth, senses, reproduction, name external body parts, life cycle, similarities/differences between themselves and others,

KS2 - Nutrition, growth, reproduction, main stages of the human cycle

There are 3 overall themes in PSHE including:

1) Relationships 2.) Living in the wider world and 3.) Health and Well Being

Within the PSHE curriculum, RSE is covered in all three topics.

Key concepts in typical year groups

Rec - Friendship, kindness, happy, sad, shy, feelings, lonely, sorry, angry, family, mum, dad brother, sister, grandma, grandad, stepmum, stepdad, foster mum, foster dad, internet safety

Year 1/2 - Body parts to include mouth, eyes, ears, nose, feet, hands, fingers, change, needs, grow and develop, family, relationship, different, similar, respect, care, love, look after, like, trust, share, listen, help, talk, kind, good friend, choice, friends, feelings, boy, girl, male, female, private parts, internet safety, nipples, vulva, penis clean, dirty, hygiene, washing, infection, disease, germ,

spread, catch, illness, stop, cover, nurse, doctor, and pharmacist, behaviour, affect, take turns, rules, fair, unfair, right, wrong, change, loss, happy, sad, angry, remember, share, safe, unsafe, comfortable, uncomfortable, secret, surprise, tell, NO, stop, different, similar, stereotypes, internet safety

Year 3/4 - private parts, penis, testicles, vulva, vagina, uterus, breasts, male, female, physical, emotional, social, teenager, parent, family, carer, fostering, adoption, relationship, partner, mum, dad, grandparents, step mum and step dad, acceptable, unacceptable, depends, worried, hurt upset, good secret, bad secret, internet safety, bacteria, hygiene, life cycle, mature, develop, bigger, taller, heavier, stronger, feelings, emotions, moods, private, separated, died, relief, regret, violence, enemy and responsibility, online, passwords, personal information, internet safety

Year 4 -_puberty, reproduction, breasts, sperm, egg, pubic hair, body processes, inevitable,

Year 5/6 - puberty, physical changes, breasts, emotional changes, moods, menstruation, (period), sanitary towels, tampons, discrimination, personal hygiene, hormones, bacteria, sweat, perspire, greasy, odour, spots, pubic hair, facial hair, underarm hair, wet dreams, semen, erection, love, partner, sexual feelings, risk and responsibility, internet safety puberty and feelings emotional, physical, social, compromise, negotiate,

Year 6 - reproductive organs, cervix, bladder, scrotum, womb, sperm, duct, urethra, egg, sexual intercourse, womb, penis, vagina, hips, testicles, baby, periods, breasts and ovaries, conception, fertilisation, pregnancy, love, consent, intimacy, internet safety

(Please see curriculum overviews and your child's learning journey on our website for complete coverage)

What to do if I have questions/concerns?

If you have any questions or concerns, please speak to your child's class teacher in the first instance. All teaching staff will give a breakdown of what each class will cover beforehand. This may vary for some individuals however; the class teacher will always inform parents/carers of anything different.

Can I withdraw my child from RSE lessons?

Relationships and Health Education is statutory, the same as Science, which covers the body parts and the reproductive system. However, you will have the right to withdraw your child from certain aspects of Sex Education that isn't part of the National Curriculum for Science (Year 6 parents only).

We hope that by giving you this information, you will see the value these sessions will provide to your child's understanding, safety and development.

As well as covering the key concepts, we will also be covering 'Talk PANTS from the NSPCC which is designed for children aged 4 to 11. During these discussions, important safety skills will be taught without giving explicit information or telling scary stories. We will be teaching our children how to stay safe by learning the PANTS rules, which the NSPCC have developed to be like a green cross code for staying safe from sexual abuse and exploitation.

PANT's stands for:



Lessons will be delivered and appropriate to individuals/groups. The PANTS rules cover:

- Good and bad touching
- Your child's right to say 'No' to things that make them feel uncomfortable or upset.
- Naming body parts
- Who your child can turn to if they feel worried or upset.

