



Relationships and Sex Education (RSE)



Parent Information Booklet

RSE Curriculum

Why teach Relationships and Sex Education?

Teachers and parents share responsibility for preparing our children for their young lives as well as for their future roles as adults and parents. Sexuality is part of our being and sexual relationships are a part of our lives. Relationships and Sex Education provides knowledge and encourages the gaining of skills which will allow the pupils to manage their lives in a responsible and healthy way.

Young people who have physical and /or learning difficulties possess exactly the same entitlement to that preparation as their able bodied peers. The particular needs of these individuals require serious consideration.



Relationships and Sex Education and the law

The law says that a compulsory programme of Relationships and sex education

including teaching about HIV and AIDS and other Sexually Transmitted Diseases must be provided for all pupils of secondary age (11+), whatever type of school they attend. This law also gives parents the right to withdraw their children from sex education at any age, except those parts which are in the National Curriculum Science syllabus.

Relationships Education for primary pupils has been compulsory from September 2020. It will also be compulsory for all schools to teach Health Education to both Primary and Secondary pupils.

What you can do to support at home

Talk

Talking about relationships and sex education is something that many people find difficult. It is not easy, especially if there are other younger siblings around but try not to make RSE a difficult subject to talk about at home. Invite questions and discuss them. If a young person feels they can ask questions relating to RSE then it will make them far less vulnerable and confused around any concerns they have.

Language

In most households slang terms will be used for male and female private parts but make sure that correct terms like 'penis' and 'vagina' are used as well and emphasize that these are the correct terms. This will avoid any confusion or miscommunications when discussing concerns with others.



Privacy

Try and have firm boundaries on public and private areas of the house and behaviours that are appropriate to each. For example, if a young person regularly gets changed in the living room, will they understand that it is not appropriate to get undressed in the living room at other times of the day? Where possible ensure children have their own private area of the house.

Ask

If you would like anymore information about the strands of work listed, then please contact the school who will be able to look at what relevant strands your child is covering and provide further details.

Secondary

Strand 1

Puberty and adolescence
Managing feelings
Getting help and support

Strand 2

Communicating in relationships
Conception
Contraception
Sexual exploitation

Strand 3

STI's and sexual health
Contraception and sexual health

Strand 4

The Media, pornography and self esteem
Negotiation skills

Strand 5

Accessing sexual health services
Sexual consent
Choices and decisions
Personal safety
Parenting

How do we teach Relationships and Sex Education?

The Relationships and Sex Education curriculum we offer, has been carefully planned to take account of students' age, maturity and physical development. It will develop slowly throughout the time young people are in school, using well proven methods which allow time for repetition, practise of relevant skills, and reflection.

It is constantly evaluated to ensure it meets the needs of our learners. In the Early Years and Primary, the RSE curriculum will be fully integrated into the PSHCE curriculum, not taught separately (except for some Yr. 6 students). The emphasis will be on a fully integrated approach. With increasing maturity and pubertal changes taking place, the curriculum will have some important content. This will be approached using our specific RSE curriculum.

In the Secondary years there will be a continuation of our cross-curricular approach, with specific content addressed through the RSE curriculum and science programmes.

Individualised support and interventions will be provided as and when it is deemed necessary.

Pupils are generally taught in mixed gender groups, unless there is a specific need to do otherwise e.g. specific gender based DVD's.

A variety of approaches are used to give pupils relevant information and enable them to address moral and ethical issues through discussion.

The complexity of the content develops progressively in line with the students own development and understanding. Topics and themes will be repeated from year to year taking this into account.

Curriculum overview

Our curriculum is adapted from The Christopher Winter Project (CWP), their website can be found here at <http://cwpresources.co.uk/home/> This is a body of work that begins by focussing on the basics of personal hygiene and gender differences before covering puberty, changing relationships and eventually tackling issues around sexual health, exploitation, consent and safety in the higher secondary age strands.

Whilst the strands are laid out year by year to be covered chronologically, at Sherbourne we will regularly re-visit earlier strands as appropriate to the group of students involved, to embed the basics that can then be built on throughout. RSE at Sherbourne focusses on students understanding themselves, the changes they are going through as well as some basic information about relationships, communication and consent to keep them safe. An example of this is an introduction from an early age to the correct names for body parts as a young person using words such as 'penis' and 'vagina' is far less vulnerable and able to communicate clearer than someone who only uses slang terms.

On the following two pages is an outline of the strands year by year, but as mentioned previously groups at Sherbourne may pick and re-visit strands from across the whole curriculum depending on what the teacher assesses as being the need for that particular group.



Primary

Strand 1

Our Day
Keeping ourselves clean

Strand 2

Families
Keeping Clean

Strand 3

Growing and changing
Families and care
Differences – Boys and Girls

Strand 4

Differences – Male and Female
Naming body parts
Differences – Male and Female

Strand 5

Personal Space
Family differences
Growing and changing
What is puberty?
Puberty changes and reproduction

Strand 6

Talking about puberty
Male and Female Changes
Puberty and hygiene