

Year 5 and 6 RSE Meeting 2022

Thank you for coming along this
evening.

* House keeping



Relationships and Sex Education - expectations

- **The Health Education and Relationships Education aspects of PSHE (personal, social, health and economic) education are now compulsory in all primary schools.**
- The Department for Education outlines what schools must cover. This covers broad areas of particular relevance and concern to children and young people today. It should ensure that every child is guaranteed a PSHE education that covers mental health and wellbeing, physical health (including healthy lifestyles and first aid) and learning about safe, healthy relationships, including understanding consent and negotiating life online.
- **The statutory requirements do not extend to sex education at KS 1 and 2 (beyond the biological/reproductive aspects schools are already required to cover in science) 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'***

* Where schools provide sex education at key stages 1 and 2, parents have the right to withdraw their child from sex education but not from statutory Relationships Education or Health Education

Science study elements:

Living things and their habitats

Statutory requirements

Pupils should be taught to:

- describe the differences in the life cycles of a mammal, an amphibian, an insect and a bird
- describe the life process of reproduction in some plants and animals.

Animals, including humans

Statutory requirements

Pupils should be taught to:

- describe the changes as humans develop to old age.

Evolution and inheritance

Statutory requirements

Pupils should be taught to:

- recognise that living things have changed over time and that fossils provide information about living things that inhabited the Earth millions of years ago
- recognise that living things produce offspring of the same kind, but normally offspring vary and are not identical to their parents
- identify how animals and plants are adapted to suit their environment in different ways and that adaptation may lead to evolution.

Relationships and Sex Education

This is obviously an important subject which needs to be taught in an informative but sensitive manner.

We believe that it should be taught through a partnership between parents, carers and our school.

Through various media, children are aware of sexual issues. This is both good and bad as they form perceptions and misconceptions as they try to make sense of the world around them.

Questions, as in response to all other parts of life, are bound to emerge. Children want and need to know about the physical changes that take place (or are taking place) in their bodies and how these may affect them physically and emotionally.

RSE enables pupils to mature, to build self confidence and self esteem and understand the reasons for delaying sexual activity.

We have always found that the children are actually very sensible and interested in this unit and that silliness or embarrassment is not a problem. We hope that the fact we have started these conversations at school will help you also continue the learning at home as it will have opened the lines of communication.



How do we teach it?

We have around 5/6 sessions where we approach the subject of 'Changes' in yr 5, ie puberty, and then move onto 'How babies are made/born' in yr 6 - in a range of ways:

Discussions

Questions and answers

Quizzes

DVDs

Leaflets/ works sheets

Looking at sanitary products

We very much start from a 'what do you know already...?' and discussions move on from there.

The year 5 girls will have already had their 'Changes' evening -normally at the end of yr 4, but they have had this recently, so have some knowledge.

We answer questions in a frank and factual manner with full regard to their age and maturity.

We always have a 'question box' which we encourage the children to use. Questions may be responded to as a class or group or be dealt with on a 1:1 basis. If necessary we will refer the question back to you.

Content of lessons

Year 5

Lesson 1:

Set up a question box. Discuss different types of relationships e.g. families, friends etc Discussions around different types of relationships that exist, why they are important and how each one should be respected.

Lesson 2:

Changes that have happened since they were born. The importance of hygiene as they go through puberty. Watch film: 'Some of your bits ain't nice.' This is a light-hearted cartoon about personal hygiene and how to keep clean. Aimed at children just about to go through puberty. (You can see a short clip of this film if you Google it.) Discussion based on the film.

Lesson3:

Plotting a life line of a human- baby, toddler etc. Puberty. Watch 'Changes' DVD which relates to changes which occur during puberty. Discuss any questions. Discussion about how relationships, feelings and emotions can change as children go through puberty. Then boys and girls will be split into 2 single sex groups. Girls will discuss menstruation in more detail and get given a leaflet. The boys will also discuss menstruation and be shown samples of sanitary towels and tampons. They'll discuss male changes in more detail. Also given a leaflet.

Lessons 4:

Follow up activities focusing on their understanding of hygiene and puberty – answering questions from question box etc. We will also watch 'Operation Ouch' to consolidate understanding – this can be downloaded from iplayer. The children will also discuss further the range of emotions they may feel and strategies they could use to help themselves / where to go for help / advice.

Lesson 5:

Create a 'I'm growing up leaflet' to consolidate their knowledge.

Content of lessons

Year 6

Lesson 1:

Set up a question box. Discuss different types of relationships, why relationships are important and how they are presented in the media. Identify a special relationship and why it is important to you. Discuss how relationships can change. Discuss how different relationships should be respected. What to do if they feel unsafe in a relationship.

Lesson 2:

Discuss what makes a good parent. Develop the idea of equipping children with the skills to grow in the future – physically, mentally and in the ability to have relationships with others. An aspect of this is safety – discuss social media / adverts etc and pressures they might experience. Discuss impact on mental health. Continue to develop theme of respect.

Lesson 3:

Puberty: Discussion about bodies changing from child to adult and emotions / feelings changing too. Watch films 'Girl Talk' and 'Boy Talk'. In single sex groups, have general discussion picking up queries/ points from the DVDs. Girls discuss menstruation in more detail – show samples and answer any questions. Boys also discuss menstruation and look at sanitary samples. Both groups to discuss importance of hygiene and healthy lifestyles.

Lesson 4:

Watch film 'How babies are made'. This discusses loving relationships, life cycles and different types of families and relationships. There is an animation of sexual intercourse and it explains how fertilisation occurs. After the film the teacher will briefly discuss contraception and sexually transmitted diseases along with the law, what to do if they feel pressure and where to go for help advice. We discuss what consent means.

Lessons 5:

Discuss what they might need to think about before embarking on having a family – healthy mother, finances etc. Watch film 'How babies are born'. Discuss points from the DVD, including the stages of pregnancy.

Lesson 6:

Follow up sessions to check understanding from the unit of work – quiz, Q & A (refer to question box)

Let's have a look at sections of the
DVDs....

If, after watching the DVDs, you have any
questions please speak to myself or Mr
Hoskins.

Many thanks for coming along to this
briefing.