

RSHE (relationships, sex and health education)

information for parents/carers

- a summary of consultation and working partnerships which supported the development of RSHE
- guidance on how 'Relationships and Sex Education will be implemented

All documents that this presentation talks about are available in full on the Herrick website

The RSHE curriculum

- the RSHE curriculum was made compulsory in September 2020
(aspects of 'relationships' and 'changing me' has not been introduced due to lockdown)
- it is aimed at supporting children grow up healthy, happy, safe
- subjects are designed to equip your child with knowledge to make informed decisions about their wellbeing, health and relationships

**Relationships
Education,
Relationships and
Sex Education (RSE)
and Health Education**

Statutory guidance for governing bodies,
proprietors, head teachers, principals, senior
leadership teams, teachers

Document 1

Consultation and working partnership

1st Consultation – 16th January 2020

Share government guidance

Have views and ideas received in a respectful, non-judgemental manner (concerns)

Records questions related to implementation of new policy

Formulate working group (to review and address questions)

Trialling PHSE package 'jigsaw'

2nd Consultation – 3rd February 2020

Provide accessible, accurate, up-to-date, information (parents/carers questioned grouped and response provided) *Document 2*

Working Partnership

- two meetings were held with the working party (parents/carers volunteers)
- the main discussions were about when the right time to introduce SRE to children is and how it will be taught
- the topics children are taught are "Relationships" and "Changing Me"
- Whilst the topics surround similar themes, all discussion and learning is different and age appropriate
- Pastoral leaders will contact home if there is any cause for concern
- Minutes from working party *Document 3*
- Recommendations from the Working Party *Document 4*

Why have these changes been introduced?

- The law – Schools are required to comply with relevant requirements of the Equality Act 2010. (DfE 2020)
- Discrimination – “Under the provisions of the Equality Act, schools must not unlawfully discriminate against pupils because of their age, sex, race, disability, religion or belief, gender reassignment, pregnancy or maternity, marriage or civil partnership¹¹, or sexual orientation (collectively known as the protected characteristics). Schools should be alive to issues such as everyday sexism, misogyny, homophobia and gender stereotypes and take positive action to build a culture where these are not tolerated, and any occurrences are identified and tackled.” (DfE 2020)
- Safety – “Our RSHE program is one of the most important ways we act on our responsibility to safeguard and protect our children, as set out in our Safeguarding/Child Protection policy. At our school we encourage children to develop skills in these areas so that they are equipped with strategies to help themselves in preventing or reporting harm or abuse.” (Herrick RSHE Policy 2020)
- School RSHE policy *Document 5*

Jigsaw

Whole-school approach from 3-16



Being Me in My World

Celebrating Difference

Dreams and Goals

Healthy Me

Relationships

Changing Me



- Relationships
- Values
- Mental health
- Self-esteem
- Social skills
- Safeguarding inc.
Internet safety
(Golden Threads)

Relationships, Puberty and Reproduction in Jigsaw 3-11



Relationships

Families
Friendships
Love and Loss
Memories
Grief cycle
Safeguarding and keeping safe
Attraction
Assertiveness
Conflict
Own strengths and self-esteem
Cyber safety and social networking
Roles and responsibilities in families
Stereotypes
Communities



Changing Me

* Life cycles
* **How babies are made**
* My changing body
* **Puberty**
Growing from young to old / Becoming a teenager
Assertiveness
Self-respect
Safeguarding
Family stereotypes
Self and body image
Attraction
Change / Accepting change
Looking ahead / Moving class/schools

Summer Overview - Reception

Relationships	Week 1 12/4/2021	Week 2 19/4/2021	Week 3 26/4/2021	Week 4 3/5/2021	Week 5 10/5/2021	Week 6 17/5/2021
	<p>My Family and Me!</p> <p>I can identify some of the jobs I do in my family.</p>	<p>Make Friends, Make Friends, Never Ever Break Friends! Part 1</p> <p>I know how to make friends to stop myself from feeling lonely.</p>	<p>Make Friends, Make Friends, Never Ever Break Friends! Part 2</p> <p>I can think of ways to solve problems and stay friends.</p>	<p>Falling Out and Bullying Part 1</p> <p>I am starting to understand the impact of unkind words.</p>	<p>Falling Out and Bullying Part 2</p> <p>I can use Calm Me Time to manage my feelings.</p>	<p>Being the Best Friend We Can Be</p> <p>I know how to be a good friend.</p>
Changing Me	Week 7 24/5/2021	Week 8 7/6/2021	Week 9 14/6/2021	Week 10 21/6/2021	Week 11 28/6/2021	Week 12 5/7/2021
	<p>My Body</p> <p>I can name parts of the body.</p>	<p>Respecting My Body</p> <p>I can tell you some of the things I can do and foods I can eat to be healthy.</p>	<p>Growing Up</p> <p>I understand that we all grow from babies to adults.</p>	<p>Fun and Fears Part 1</p> <p>I can express how I feel about moving to Year 1.</p>	<p>Fun and Fears Part 2</p> <p>I can talk about how I feel about my worries and/or the things I am looking forward to about being in Year 1.</p>	<p>Celebration</p> <p>I can share my memories of the best bits of this year in Reception.</p>

Summer Overview - Year 1

	Week 1 12/4/2021	Week 2 19/4/2021	Week 3 26/4/2021	Week 4 3/5/2021	Week 5 10/5/2021	Week 6 17/5/2021
Relationships	<p>identify the different members of my family, understand my relationship with each of them and know why it is important to share and cooperate</p> <p>know how it feels to belong to a family and care about the people who are important to me</p>	<p>identify what being a good friend means to me</p> <p>know how to make a new friend</p>	<p>know appropriate ways of physical contact to greet my friends and know which ways I prefer</p> <p>recognise which forms of physical contact are acceptable and unacceptable to me</p>	<p>know who can help me in my school community</p> <p>know when I need help and know how to ask for it</p>	<p>recognise my qualities as a person and a friend</p> <p>know ways to praise myself</p>	<p>tell you why I appreciate someone who is special to me</p> <p>express how I feel about them</p>
Changing Me	<p>Week 7 24/5/2021</p> <p>start to understand the life cycles of animals and humans</p> <p>understand that changes happen as we grow and that this is OK</p>	<p>Week 8 7/6/2021</p> <p>tell you some things about me that have changed and some things about me that have stayed the same</p> <p>know that changes are OK and that sometimes they will happen whether I want them to or not</p>	<p>Week 9 14/6/2021</p> <p>know how my body has changed since I was a baby</p> <p>understand that growing up is natural and that everybody grows at different rates</p>	<p>Week 10 21/6/2021</p> <p>identify the parts of the body that make boys different to girls.</p> <p>respect my body and understand which parts are private</p>	<p>Week 11 28/6/2021</p> <p>understand that every time I learn something new I change a little bit</p> <p>enjoy learning new things</p>	<p>Week 12 5/7/2021</p> <p>tell you about changes that have happened in my life</p> <p>know some ways to cope with changes</p>

Summer Overview - Year 2

Relationships	Week 1 12/4/2021	Week 2 19/4/2021	Week 3 26/4/2021	Week 4 3/5/2021	Week 5 10/5/2021	Week 6 17/5/2021
	<p>identify the members of my family and understand that there are lots of different types of families</p> <p>accept that everyone's family is different and understand that most people value their family (same gender family – slide)</p>	<p>understand that there are lots of forms of physical contact within a family and that some of this is acceptable and some is not</p> <p>know which types of physical contact I like and don't like and be able talk about this</p>	<p>identify some of the things that cause conflict with my friends</p> <p>demonstrate how to use the positive problem-solving technique to resolve conflicts with my friends</p>	<p>understand that sometimes it is good to keep a secret and sometimes it is not good to keep a secret</p> <p>know how it feels to be asked to keep a secret I do not want to keep and know who to talk to about this</p>	<p>recognise and appreciate people who can help me in my family, my school and my community</p> <p>understand how it feels to trust someone</p>	<p>express my appreciation for the people in my special relationships</p> <p>be comfortable accepting appreciation from others</p>
Changing Me	Week 7 24/5/2021	Week 8 7/6/2021	Week 9 14/6/2021	Week 10 21/6/2021	Week 11 28/6/2021	Week 12 5/7/2021
	<p>recognise cycles of life in nature</p> <p>understand there are some changes that are outside my control and to recognise how I feel about this</p>	<p>tell you about the natural process of growing from young to old and understand that this is not in my control</p> <p>identify people I respect who are older than me</p>	<p>recognise how my body has changed since I was a baby and where I am on the continuum from young to old</p> <p>feel proud about becoming more independent</p>	<p>recognise the physical differences between boys and girls, use the correct names for parts of the body and appreciate that some parts of my body are private.</p> <p>tell you what I like/don't like about being a boy/girl</p>	<p>understand there are different types of touch and tell you which ones I like and don't like</p> <p>be confident to say what I like and don't like and ask for help</p>	<p>identify what I am looking forward to when I move to my next class</p> <p>start thinking about changes I will make in my next year at school and know how to go about this</p>

Summer Overview - Year 3

Relationships	Week 1 12/4/2021	Week 2 19/4/2021	Week 3 26/4/2021	Week 4 3/5/2021	Week 5 10/5/2021	Week 6 17/5/2021
	<p>identify the roles and responsibilities of each member of my family and can reflect on the expectations for males and females</p> <p>describe how taking some responsibility in my family makes me feel</p>	<p>identify and put into practice some of the skills of friendship.</p> <p>know how to negotiate in conflict situations to try to find a win-win solution</p>	<p>know and use some strategies for keeping myself safe online</p> <p>know who to ask for help if I am worried or concerned about anything online</p>	<p>explain how some of the actions and work of people around the world help and influence my life</p> <p>show an awareness of how this could affect my choices</p>	<p>understand how my needs and rights are shared by children around the world and to identify how our lives may be different</p> <p>empathise with children whose lives are different to mine and appreciate what I may learn from them</p>	<p>know how to express my appreciation to my friends and family</p> <p>enjoy being part of a family and friendship groups</p>
Changing Me	Week 7 24/5/2021	Week 8 7/6/2021	Week 9 14/6/2021	Week 10 21/6/2021	Week 11 28/6/2021	Week 12 5/7/2021
	<p>understand that in animals and humans lots of changes happen between conception and growing up, and that usually it is the female who has the baby</p> <p>express how I feel when I see babies or baby animals</p>	<p>understand how babies grow and develop in the mother's womb and understand what a baby needs to live and grow</p> <p>express how I might feel if I had a new baby in my family</p>	<p>understand that boys' and girls' bodies need to change</p> <p>identify how boys' and girls' bodies change on the outside during this growing up process</p> <p>recognise how I feel about these changes happening to me and know how to cope with those feelings</p>	<p>Understand the importance of body hygiene</p> <p>know how to keep my body clean and why this is important</p>	<p>start to recognise stereotypical ideas I might have about parenting and family roles</p> <p>express how I feel when my ideas are challenged and be willing to change my ideas sometimes</p>	<p>identify what I am looking forward to when I move to my next class</p> <p>start to think about changes I will make next year and know how to go about this</p>

Summer Overview - Year 4

Relationships	Week 1 12/4/2021	Week 2 19/4/2021	Week 3 26/4/2021	Week 4 3/5/2021	Week 5 10/5/2021	Week 6 17/5/2021
	<p>recognise situations which can cause jealousy in relationships</p> <p>identify feelings associated with jealousy and suggest strategies to problem-solve when this happens</p>	<p>identify someone I love and express why they are special to me</p> <p>know how most people feel when they lose someone or something they love</p>	<p>tell you about someone I know that I no longer see</p> <p>understand that we can remember people even if we no longer see them</p>	<p>recognise how friendships change, know how to make new friends and how to manage when I fall out with my friends</p> <p>know how to stand up for myself and how to negotiate and compromise</p>		<p>know how to show love and appreciation to the people and animals who are special to me</p> <p>know that I can love and be loved</p>
Changing Me	Week 7 24/5/2021	Week 8 7/6/2021	Week 9 14/6/2021	Week 10 21/6/2021	Week 11 28/6/2021	Week 12 5/7/2021
	<p>understand that some of my personal characteristics have come from my birth parents and that this happens because I am made from the joining of their genes</p> <p>appreciate that I am a truly unique human being</p>			<p>know how the circle of change works and can apply it to changes I want to make in my life</p> <p>am confident enough to try to make changes when I think they will benefit me</p>	<p>identify changes that have been and may continue to be outside of my control that I learnt to accept</p> <p>express my fears and concerns about changes that are outside of my control and know how to manage these feelings positively</p>	<p>identify what I am looking forward to when I move to a new class</p> <p>reflect on the changes I would like to make next year and can describe how to go about this</p>

Summer Overview - Year 5

Relationships	Week 1 12/4/2021	Week 2 19/4/2021	Week 3 26/4/2021	Week 4 3/5/2021	Week 5 10/5/2021	Week 6 17/5/2021
	<p>understand what having a boyfriend/girlfriend might mean and that it is a special relationship for when I am older</p> <p>understand that boyfriend/girlfriend relationships are personal and special, and there is no need to feel pressurised into having a boyfriend/girlfriend (same gender couple pictures)</p>	<p>understand that belonging to an online community can have positive and negative consequences</p> <p>recognise when an online community feels unsafe or uncomfortable</p>	<p>understand there are rights and responsibilities in an online community or social network</p> <p>recognise when an online community is helpful or unhelpful to me</p>	<p>know there are rights and responsibilities when playing a game online</p> <p>recognise when an online game is becoming unhelpful or unsafe</p>	<p>recognise when I am spending too much time using devices (screen time)</p> <p>identify things I can do to reduce screen time, so my health isn't affected</p>	<p>explain how to stay safe when using technology to communicate with my friends</p> <p>recognise and resist pressures to use technology in ways that may be risky or may cause harm to myself or others</p>
Changing Me	Week 7 24/5/2021	Week 8 7/6/2021	Week 9 14/6/2021	Week 10 21/6/2021	Week 11 28/6/2021	Week 12 5/7/2021
	<p>be aware of my own self-image and how my body image fits into that</p> <p>how to develop my own self esteem</p>	<p>(Boys and Girls are separate)</p> <p>explain how a girl's body changes during puberty and understand the importance of looking after myself physically and emotionally</p> <p>understand that puberty is a natural process that happens to everybody and that</p>	<p>(Boys and Girls are separate)</p> <p>describe how boys' and girls' bodies change during puberty</p> <p>express how I feel about the changes that will happen to me during puberty</p> <p>If child asks about the words, gay, lesbian, bi-sexual and transgender (in</p>	<p>(Boys and Girls are separate)describe how a girl's body changes in order for her to be able to have babies when she is an adult, and that menstruation (having periods) is a natural part of this</p> <p>know that I have strategies to help me cope with the physical and emotional changes I will</p>	<p>identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities (age of consent)</p> <p>be confident that I can cope with the changes that growing up will bring</p>	<p>identify what I am looking forward to when I move to my next class</p> <p>to think about changes I will make next year and know how to go about this</p>

Summer Overview - Year 6

Relationships	Week 1 12/4/2021	Week 2 19/4/2021	Week 3 26/4/2021	Week 4 3/5/2021	Week 5 10/5/2021	Week 6 17/5/2021
	<p>know that it is important to take care of my mental health</p> <p>understand that people can get problems with their mental health and that it is nothing to be ashamed of</p>	<p>know how to take care of my mental health</p> <p>help myself and others when worried about a mental health problem</p>	<p>understand that there are different stages of grief and that there are different types that cause people to grieve</p> <p>recognise when I am feeling those emotions and have strategies to manage them</p>	<p>recognise when people are trying to gain power or control</p> <p>demonstrate ways I could stand up for myself and my friends in situations where others are trying to gain power or control</p>	<p>judge whether something online is safe and helpful for me</p> <p>resist pressure to do something online that might hurt myself or others</p>	<p>use technology positively and safely to communicate with my friends and family</p> <p>take responsibility for my own safety and well-being</p>
Changing Me	Week 7 24/5/2021	Week 8 7/6/2021	Week 9 14/6/2021	Week 10 21/6/2021	Week 11 28/6/2021	Week 12 5/7/2021
	<p>aware of my own self-image and how my body image fits into that</p> <p>know how to develop my own self-esteem</p>	<p>explain how girls' and boys' bodies change during puberty and understand the importance of looking after myself physically and emotionally</p> <p>express how I feel about the changes that will happen to me during puberty</p>	<p>describe how a baby develops from conception through the nine months of pregnancy, and how it is born</p> <p>recognise how I feel when I reflect on the development and birth of a baby</p>	<p>I understand how being physically attracted to someone changes the nature of the relationship and what that might mean about having a girlfriend/boyfriend</p> <p>I understand that respect for one another is essential in a boyfriend/girlfriend relationship, and that I should not feel pressured into doing something I don't want to</p>	<p>be aware of the importance of a positive self-esteem and what I can do to develop it</p> <p>express how I feel about my self-image and know how to challenge negative 'body-talk'</p>	<p>identify what I am looking forward to and what worries me about the transition to secondary school /or moving to my next class</p> <p>know how to prepare myself emotionally for the changes next year</p>