

Together with families/ carers- RSE information meeting



Together with families/ carers- what is RSE?



Primary RSE (or RSHE) is about **relationships, safety, respect, families, friendships, wellbeing and preparing children for puberty.**

RSE is about helping children grow up safe, healthy and confident.

It teaches children about relationships, friendships, families, respect, boundaries, wellbeing and, at an age-appropriate stage, puberty and human reproduction.

Our Christian values of respect, compassion and community underpin how RSE is taught: with dignity, sensitivity and respect for every child and family.



Why We Teach RSE

- Supports children's safety, wellbeing and relationships
- Helps children recognise healthy and unhealthy behaviours
- Prepares children for life in a changing world
- Promotes respect, dignity and responsibility
- Reflects our Christian vision and values

What Must Schools Teach?

- ☒ Relationships Education (statutory)
- ☒ Health Education (statutory)
- ☒ Online Safety (statutory)
- ☒ Puberty education in primary school (Science)

Together with families/ carers- what do we teach?



At St Philip's C of E, we believe parents and carers are children's first educators.

Using our Christian values of Respect, Compassion and Community, we help children flourish.

We teach:

- Healthy friendships and respectful relationships
- Healthy personal boundaries and consent
- Online safety, digital relationships, online influences
- Respect and kindness
- Celebrating differences
- Emotional wellbeing
- Positive role models and protected characteristics
- Challenging stereotypes and prejudice
- Emotional wellbeing and seeking support
- British Values



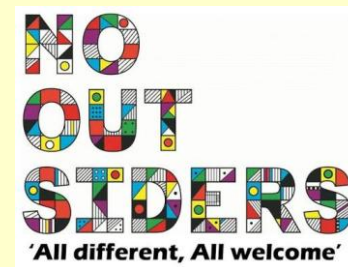
- View our RSHE policy- school website
- Understand what is taught and when- see class newsletters, whole school curriculum plans (Website)
- See resources used in school- first hand

Together with families/ carers- keeping children safe



Keeping Children Safe

- Children are taught how to recognise unsafe situations.
- Children learn how and when to seek help from trusted adults.
- Teaching is age-appropriate and sensitive.
- Staff follow safeguarding procedures if a child discloses a concern
- Reputable resources- One decision, NSPCC – Pants song image , Bully busters, Aerial Trust, No outsiders, BBC Bitesize, Whole school (local and National response/ celebrations)
- Contextual- railway, water safety, first aid, knife awareness
- Page on school website specifically designed for children- seek support



YOU, ME AND RSE

WHAT WILL THE SESSIONS COVER AND WHEN?

DATE: 6TH NOVEMBER

LESSON ONE: HEALTH AND RELATIONSHIPS

- PUBERTY- A TIME OF GROWING UP AND CHANGING
- FUTURE RESPONSIBILITIES
- CHOICES AND CONSEQUENCES
- CONSIDER HOW TO MAKE GOOD CHOICES IN RELATIONSHIPS: FAMILY, FRIENDS, AND ONLINE
- THINK ABOUT HOW TO MAKE GOOD CHOICES WITH THEIR MENTAL HEALTH
- DISCUSS HOW TO STAY PHYSICALLY HEALTHY

DATE: 6TH NOVEMBER

LESSON TWO: HOW YOUR BODY CHANGES

- UNDERSTAND WHAT PUBERTY IS AND WHY IT HAPPENS
- LEARN ABOUT THE MALE AND FEMALE REPRODUCTIVE ORGANS
- DISCOVER THE CHANGES IN PUBERTY AND HOW TO DEAL WITH THEM:
 - SPOTS, SWEATING AND GROWING HAIR
 - MOOD SWINGS
 - MENSTRUATION (MORE DEPTH FOR GIRLS)
 - ERECTIONS AND WET DREAMS (BOYS ONLY- NOT SEXUAL)

DATE: 7TH NOVEMBER

LESSON THREE: ROMANTIC RELATIONSHIPS

- CONSIDER HOW ROMANTIC LOVE IS DIFFERENT TO OTHER TYPES OF LOVE
- DISCUSS POSITIVE AND NEGATIVE RELATIONSHIPS
- UNDERSTAND WHAT DATING IS AND HOW PEOPLE DECIDE TO GET MARRIED (ALSO ACKNOWLEDGING THAT NOT EVERYONE DOES)
- LEARN ABOUT MARRIAGE VOWS AND THEIR MEANING

DATE: 7TH NOVEMBER

LESSON FOUR: BABIES

- LEARN ABOUT CONCEPTION AND FERTILISATION
- DISCOVER HOW BABIES DEVELOP
- LEARN HOW BABIES ARE BORN

RSE resources

Parent meetings are held before sessions are delivered in Year 5- led by Hettie Taberner and class teacher

Together with families/ carers- age appropriate



Younger pupils

Families and people who care for us

Friendship and kindness

Correct names for body parts

Privacy and personal boundaries

Safe/unsafe situations and trusted adults

Older primary pupils

Healthy and respectful relationships

Changing friendships and emotions

Puberty and body changes

Consent in age-appropriate situations

Online relationships and pressures

Teachers answer questions in an age-appropriate, factual and sensitive way; questions outside the lesson's scope may be answered individually or referred back to parents/carers; safeguarding disclosures are dealt with under the school's safeguarding procedures.



We'd love to hear from you.

"And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him."

Colossians 3:17