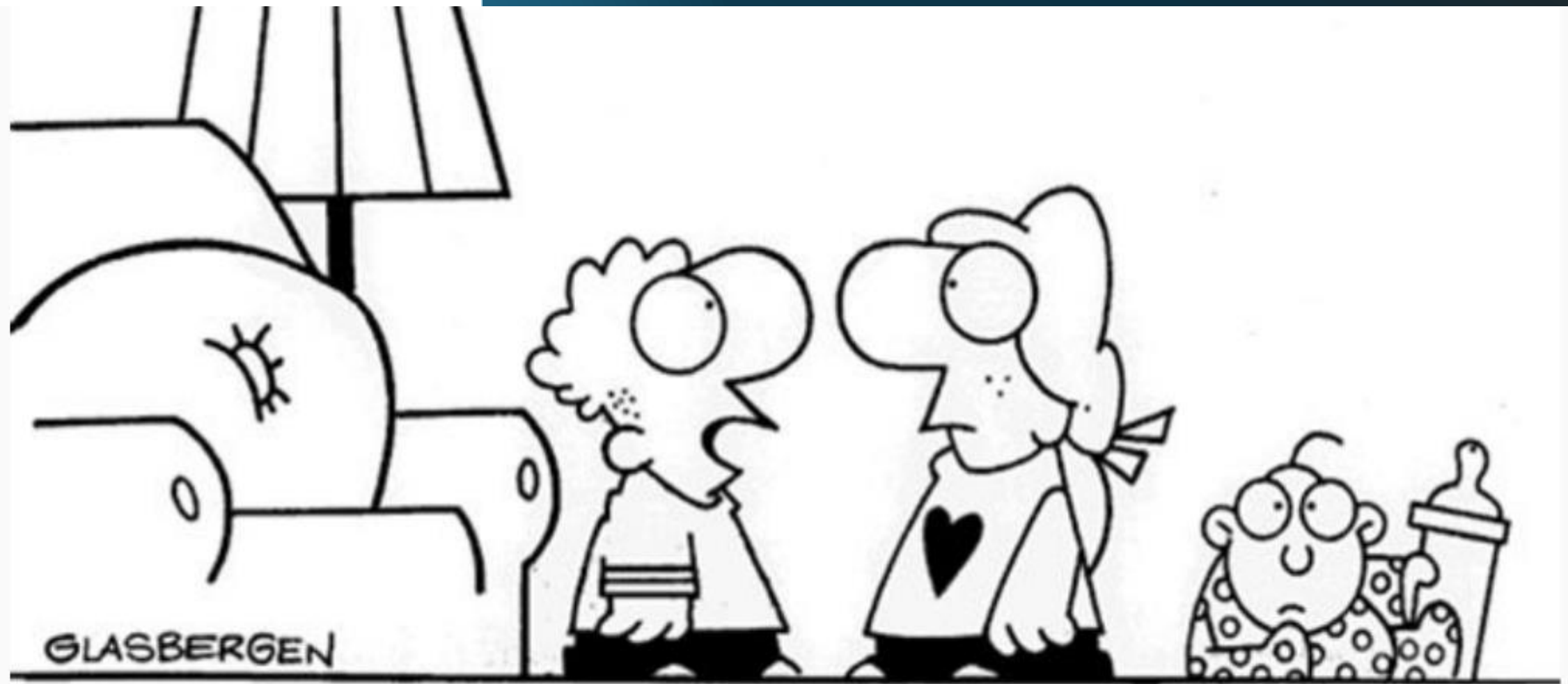


Relationships &  
Sex Education  
(RSE)

Parent Workshop

09.05.2024





**“I asked my dad where babies come from.  
He says you download them from the Internet.”**

# Objectives



To give you a brief overview of our statutory duties.

To give you an overview of why and how we deliver our Relationships and Sex Education lessons and how they sit within our wider PSHE Education (Personal, Social, Health and Economic) curriculum.

To briefly share lesson plans and resources.

Give you an opportunity to ask us any questions.

# What is RSE and how does it fit into the curriculum?



As of 2020, RSE in primary schools is now a statutory subject, alongside Health Education. Schools are advised to provide a relevant, appropriate Sex Education curriculum in the UK as part of their whole school PSHE (Personal, Social and Health Education) curriculum.



RSE is learning about the emotional, social and physical aspects of growing up, relationships, sex, human sexuality and sexual health.



It should equip children and young people with the information, skills and values to have safe, fulfilling and enjoyable relationships and to take responsibility for their sexual health and well-being.

# What is RSE important?



Helps keep young people **safe** and contributes significantly to schools' fulfilment of their safeguarding obligations.

**Promotes** health and mental wellbeing.

**Empowers** young people to have conversations around **consent**.

Boosts **self esteem** & Body Confidence

**Supports** confident disclosure about sexual abuse or exploitation.

Gives **confidence** to cope with the many pressures and challenges of modern society.

Provides knowledge that will enable them to make **informed decisions** about their wellbeing.

# Research & Evidence shows teaching RSE in schools...



Reduces the rate  
of unwanted  
pregnancies

Lower rates of  
Sexually  
Transmitted  
Infections (STIs)

Increases use of  
contraception

Reduces  
depression &  
anxiety

Lowers rates of  
dating violence

Decreases the age  
of sexual initiation

Lowers rates of  
sexual  
harassment



So how do  
we teach  
RSE at  
Steephill  
school?



# Age 3 to 5 years



Teaching basic concepts of friendship, kindness, and empathy through storytelling and role-playing.

Using simple language to discuss emotions, such as happy, sad, and angry.

Introducing the idea of personal space and respecting others' boundaries through interactive games and activities.



# Age 5 -7 years



Exploring differences and similarities between individuals, including physical characteristics and family structures.

Discussing the importance of consent in everyday interactions, such as asking permission before touching someone else's belongings.

Introducing basic body parts and functions in a simple and non-threatening manner, emphasising respect for one's own body and others' bodies

# Age 7 -9 years



Building on previous learning about friendship and empathy to discuss more complex emotions and social situations.

Introducing the concept of puberty in a general sense, focusing on the physical changes that occur during this stage of development.

Discussing the importance of personal hygiene and self-care during puberty, emphasising positive body image and self-esteem.

# Age 9-11 years



Exploring more advanced topics related to relationships, such as trust, honesty, and communication.

Providing factual information about puberty, including the physical and emotional changes that occur, in a sensitive and age-appropriate manner.

Discussing the concept of consent in more depth, including understanding boundaries and recognising signs of discomfort in social interactions.

# Class 6 + Sex Education



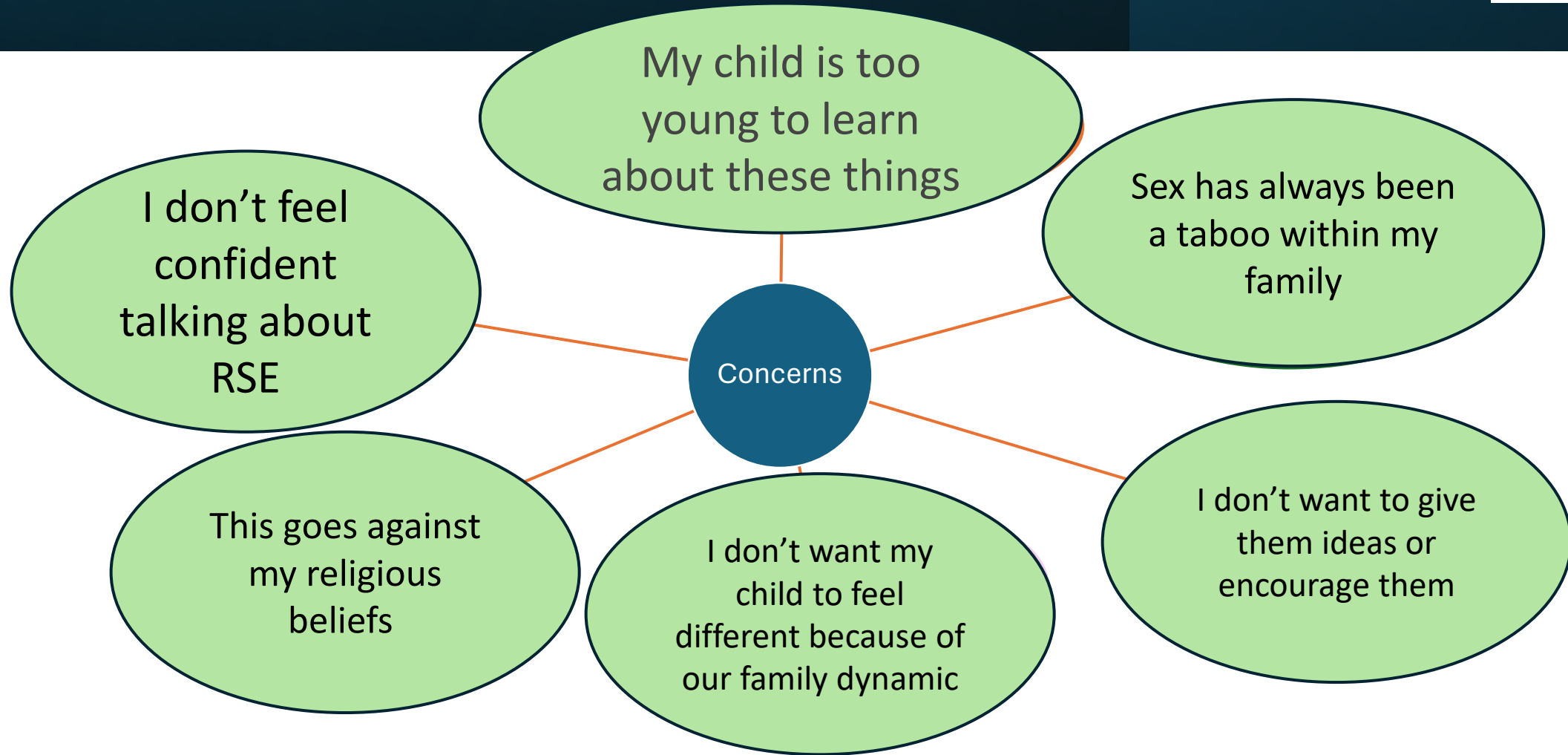
Most children begin to show signs of puberty between 9 and 13.

They may become anxious about what is normal.

They become conscious of the differences between their bodies and those of their friends.

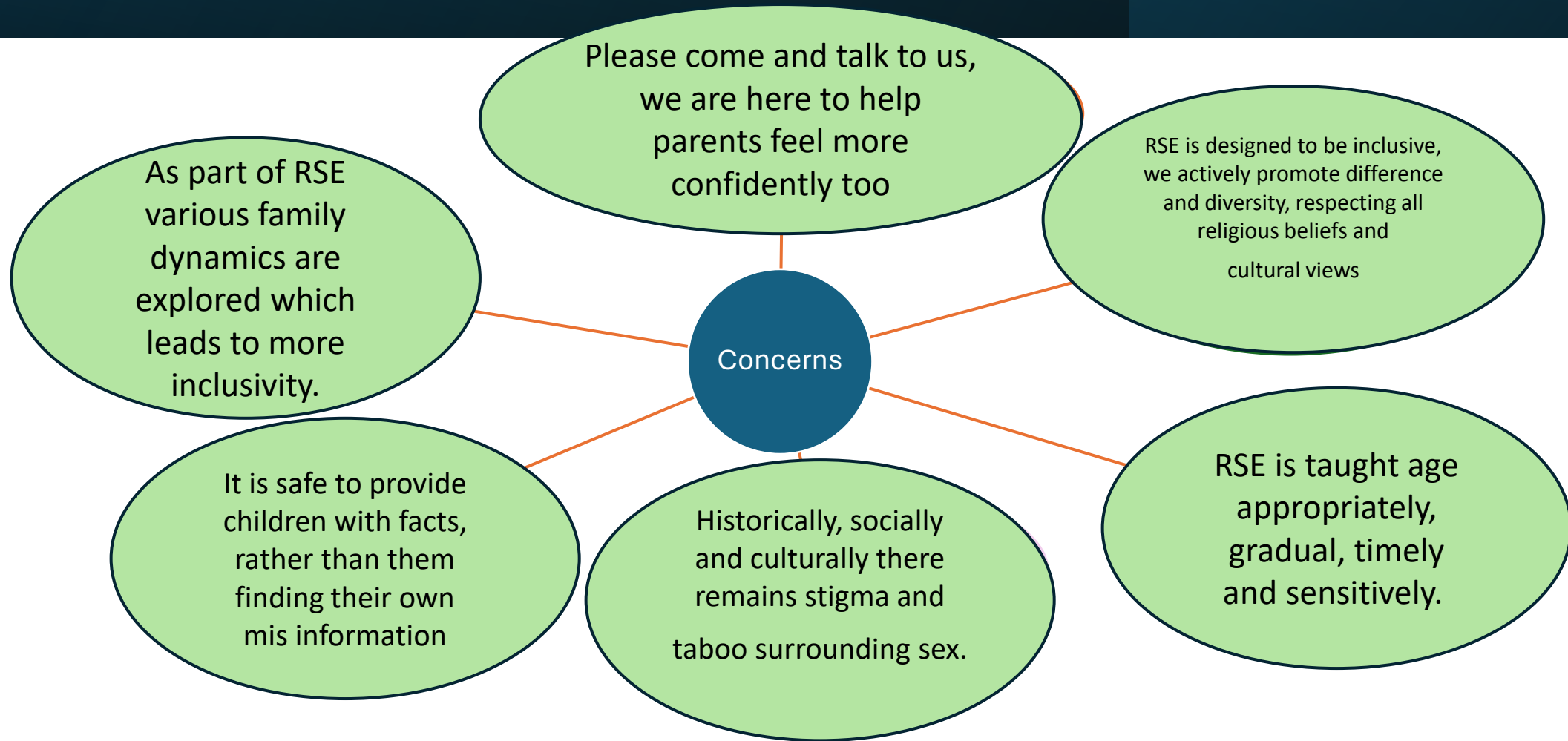
At this age they're likely to want more information on: puberty, how their body is changing, sex and reproduction, sexual orientation, contraception and sexually transmitted infections, pregnancy choices, masturbation, love and relationships. The curriculum which we teach leads onto to explore these aspects in more detail at secondary school.

# Common concerns





# Common concerns



# Do parents have a right to withdraw their children from lesson?

Parents cannot withdraw their children from relationship or health education

Parents do have a right to withdraw a child from sex education lessons, other than the statutory requirements of the science curriculum.

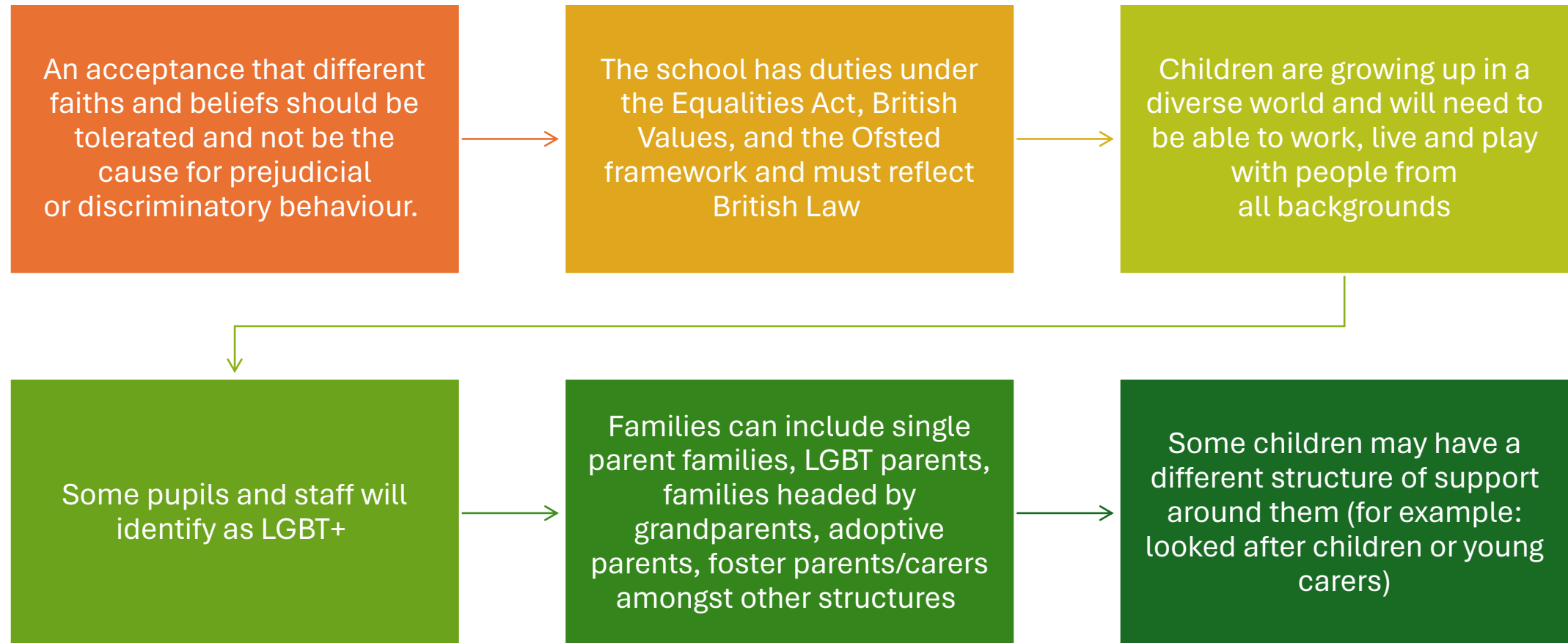
Parents will be encouraged to communicate with the school and discuss their concerns, and make it clear which aspects of the programme they do not wish their child to participate in.

In the event of a child being withdrawn from a lesson that child must stay in school and will be assigned to another class until the RSE lesson is over.

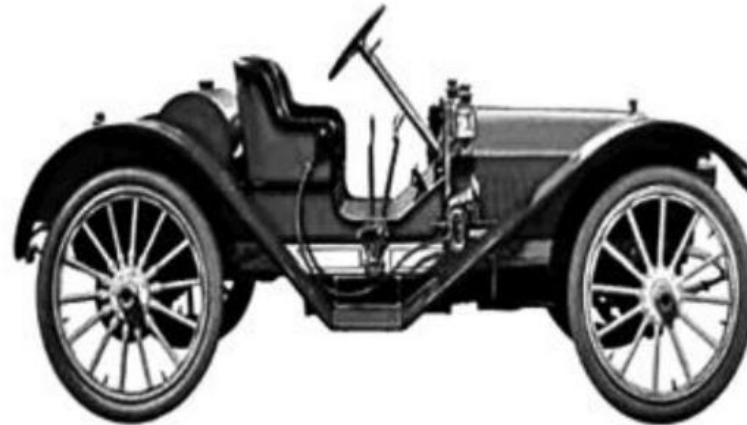
Please ask your child's class teacher if you are concerned about the content of the curriculum.



# RSE promotes inclusivity



Why is it so important to talk to our children?



1066

1900

1960



# Why is it so important to talk to our children?



*The role of parents in the development of their children's understanding about relationships is vital. Parents are the first teachers of their children. They have the most significant influence in enabling their children to grow and mature and to form healthy relationships.*



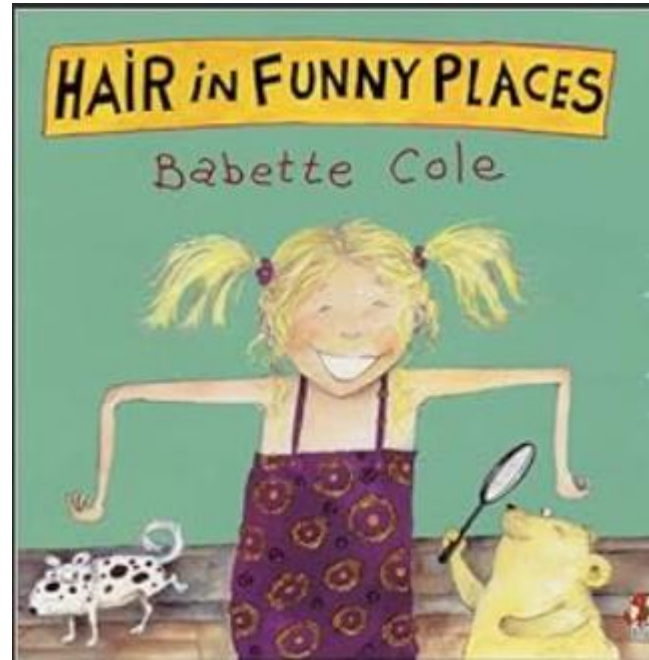
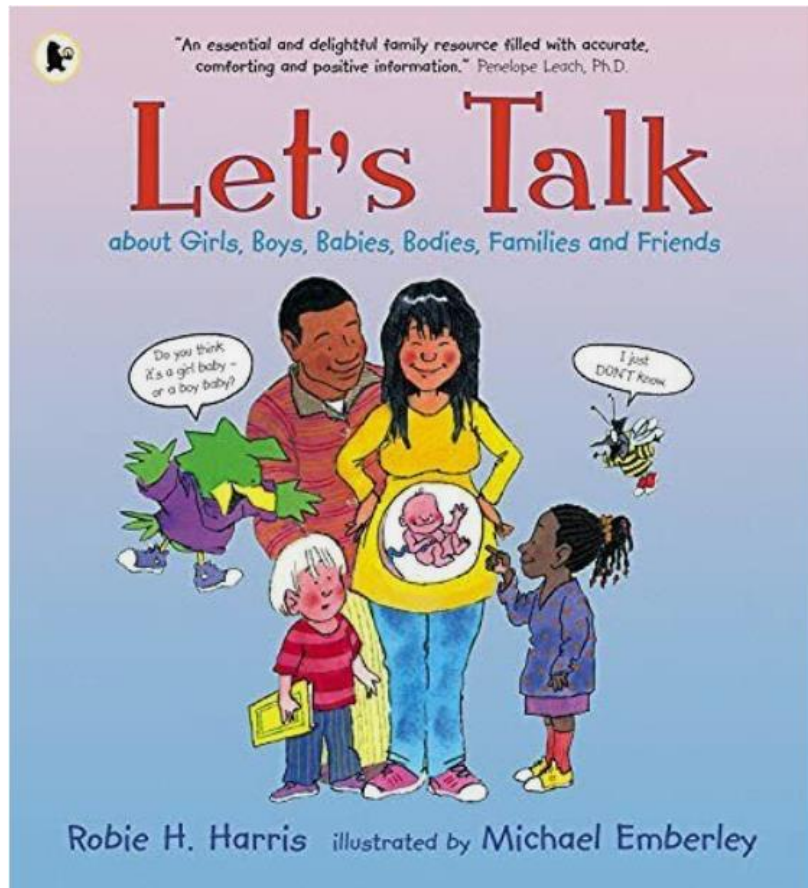
Consent

Body  
changes

What do you wish  
you had been taught  
about?

Families

Relationships



Books to help  
you explore  
and discuss  
growing up  
with your  
children

# AMAZE Parent Playlist

The AMAZE Parent Playlist, specifically designed to help parents engage young children (ages 4-9) in open, honest conversations about bodies and growing up in a fun, engaging, and age-appropriate way.



amaze jr. Parents



How Can I Teach My Values?



What's Next?



amaze jr. Parents



What Should I Do When...?



What's Next?



[AMAZE Jr. Parents - amaze](#)



Join us here...

**STOP** THE  
**SHAMING**

...start the conversation

Talk sex ed with us!

