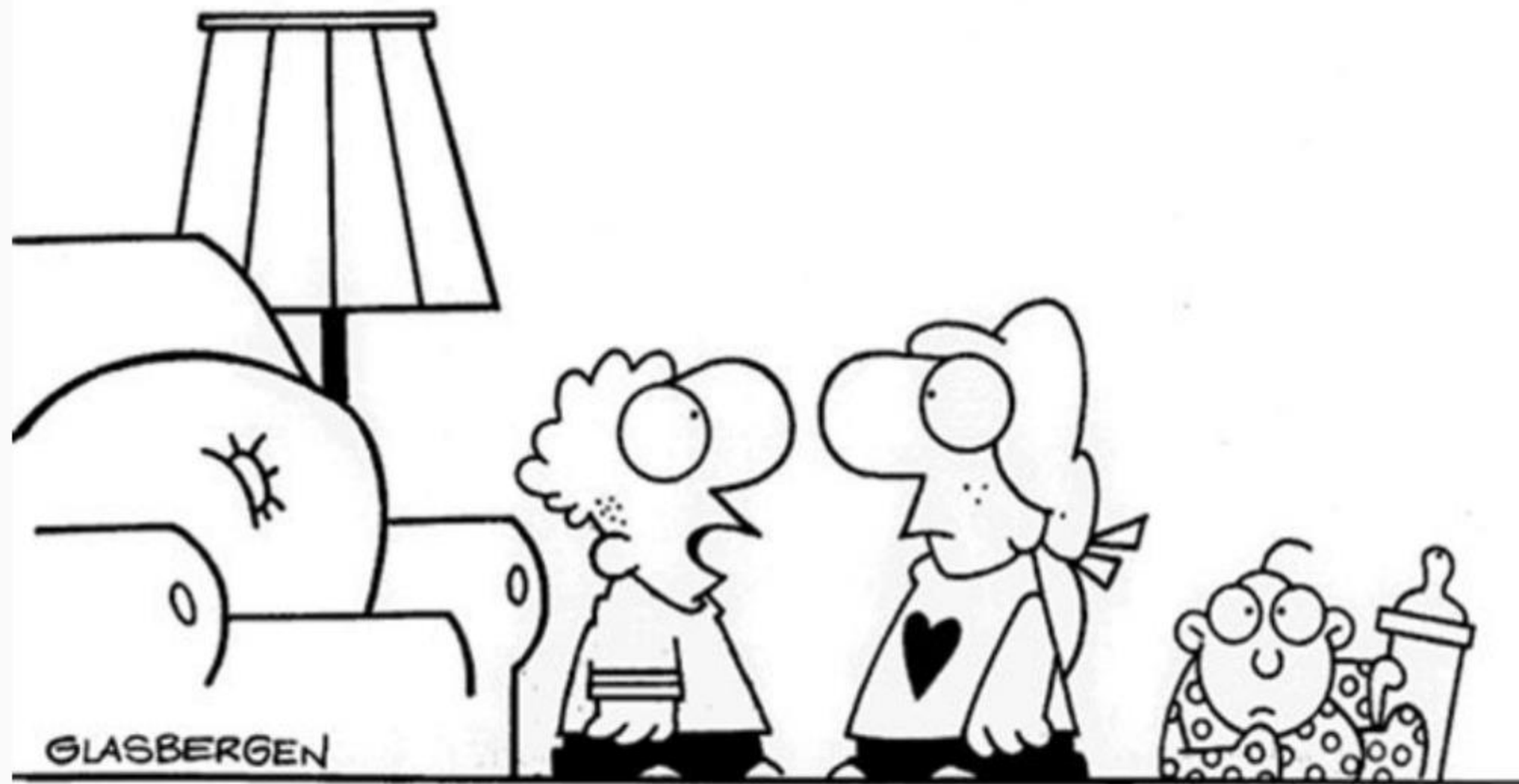


# Parent Workshop

## RSE





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

# What is RSE?



Relationships and sex education (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.

# Why is RSE important?



- Helps keep young people safe and contributes significantly to schools' fulfilment of their safeguarding obligations.
- Promotes health and wellbeing.
- Empowers young people to have conversations around consent.
- Supports confident disclosure about sexual abuse or exploitation.
- Ensures children and young people are equipped with the knowledge, understanding, skills and confidence to cope with the many pressures and challenges of modern society.
- Provides pupils with the knowledge that will enable them to make informed decisions about their wellbeing.

# What is the RSE curriculum in primary & secondary schools?



- As of 2020, Relationships and Sex Education 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.
- To prepare children for embracing the challenges of a happy and successful adult life, we need to give them the knowledge that helps them to make informed decisions about their wellbeing, health and relationships. This is why the Relationships and Sex Education curriculum in the UK is so important.

# What is the RSE curriculum in primary schools?



- The focus of Relationships and Sex Education in primary schools is on the fundamental building blocks of positive relationships. A particular emphasis is placed on friendships and family relationships, as well as other types of relationships with other children and adults.
- The aim is to give children an understanding of which relationships will lead to happiness and security. This should also help children to recognise relationships that may not be positive for them.
- Discussions of consent can begin at a primary level, with a focus on boundaries, personal space, appropriate and inappropriate touch, and safe physical contact. Teaching consent continues at a secondary level.
- Towards the end of primary school, more children use the Internet, and should be taught that the principles of positive relationships also apply online.
- Teaching children about families and how family relationships may look requires sensitivity based on our knowledge of pupils and their circumstances. Different forms of family can provide the nurture needed for children. Care is taken so that no child in a class would feel judged for their home situation.

Talking to  
your child  
about  
**PUBERTY**  
& **SEX**

??  
??  
??



# Do parents retain the right to withdraw their child?



As part of statutory Health Education, children are taught in an age-appropriate way about puberty and the associated physical and emotional changes. The DfE guidance 2019 also recommends that all primary schools have a sex education programme tailored to the age and the physical and emotional maturity of pupils, and this should include how a baby is conceived and born.

Although sex education is not compulsory in primary schools, we believe children should understand the facts about human reproduction before they leave primary school. We therefore provide some non-statutory sex education, covering how human reproduction and conception occurs. This is included in the final RSE Year 6 lesson covered in the summer term.

# Why is it important to talk to our children?



- Children are naturally curious about their bodies and as they get older they want to find out about intimate relationships with others.



1066

1900

1960



At what age  
should I talk to my  
child?



# Age 3-4

Children aged 3 to 4 are aware and curious about the differences between the sexes. They are happy with short, simple truthful answers.

## Example:

- Where do babies come from?

Mummy and Daddy had a special cuddle.

- How do babies get in?

A seed meets an egg.



# Age 5-8

Children aged 5 to 8 are curious about their own and other people's bodies, pregnancy and childbirth.

They need to know about puberty and body changes so that they're prepared before it happens to them.

By this age children should know the correct name for genitals.



# Age 9-13

Most children begin to show signs of puberty between 9 and 13. They become conscious of the differences between their bodies and those of their friends.

They may become anxious about what is normal.

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.

# Your experience..



Talk with  
your  
children  
about how it  
was for you  
growing up

Consent

Body  
changes

What do you wish  
you had been taught  
about?

Families

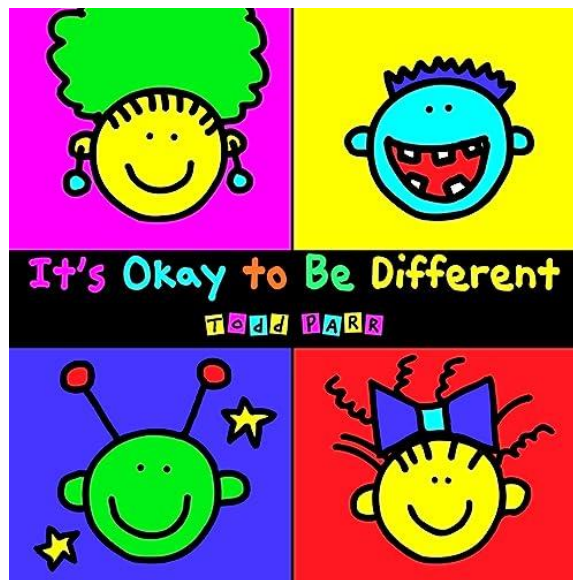
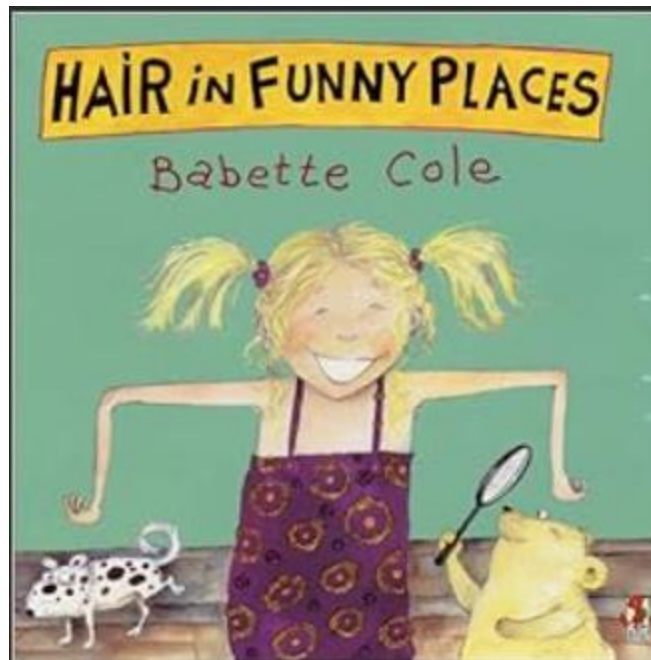
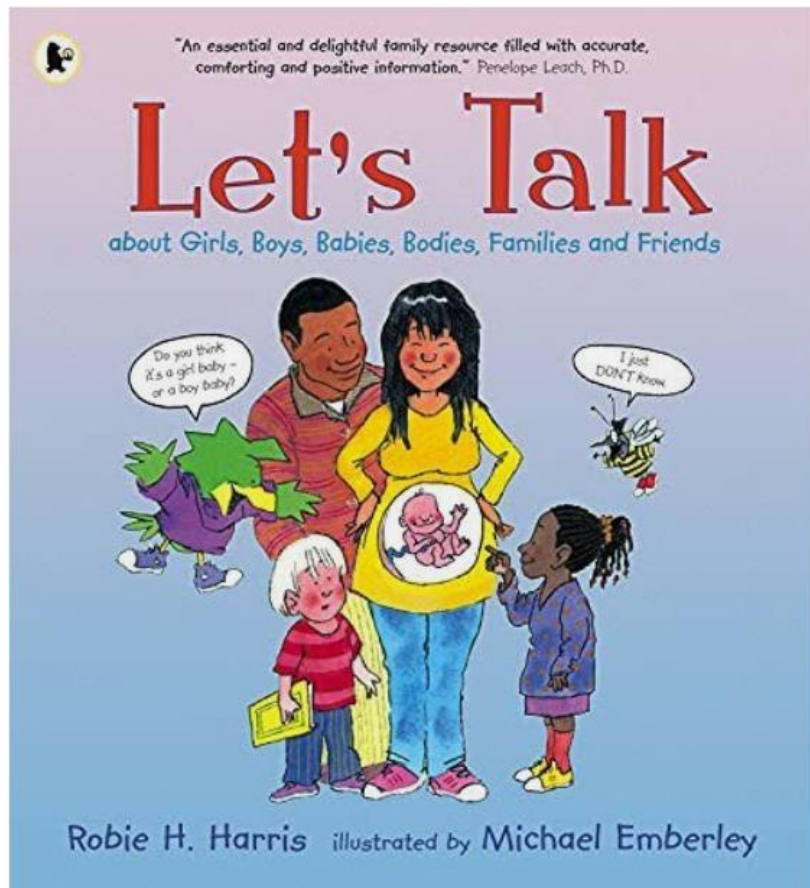
Relationships



Different  
families  
Same love...



PSHE and RSE education is a partnership between schools and parents and carers



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](#)