



The mindful approach to PSHE



Bearwood Primary and Nursery School
Relationships & Sex Education (RSE) 2022

Personal, Social, Health and Economic education

PSHE is defined as:

...a planned programme of learning through which children and young people acquire the knowledge, understanding and skills they need to manage their lives, now and in the future.



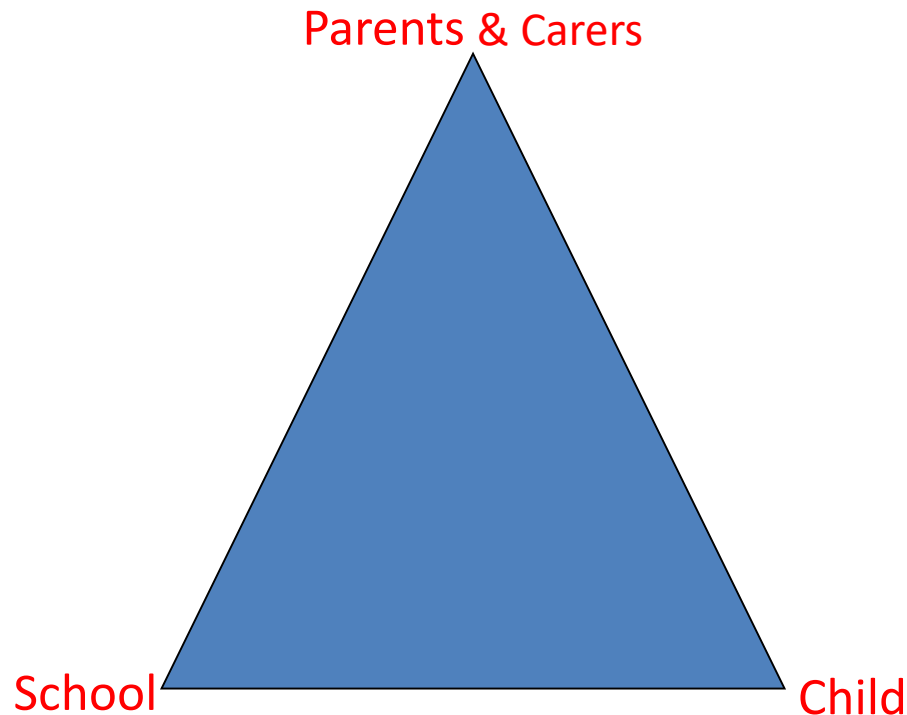
Starting point:

Most parents want the best for their children.

Most parents want to protect their children and to keep them safe.

Most parents want their children to be healthy and happy.

Schools do too..... Relationships & Sex Education (RSE) is part of this.





What is Relationships & Sex Education?

It is lifelong learning about physical, moral and emotional development. It is about the understanding of the importance of family life, stable and loving relationships, respect, love and care. It is also about the teaching of sex, sexuality, and sexual health. It is not about the promotion of sexual activity – this would be inappropriate teaching.

The 4 main aims for RSE in Primary Schools:

1. To enable young people to understand and respect their bodies, and be able to cope with the changes puberty brings (without fear)
2. To understand where babies come from
3. To help young people develop positive and healthy relationships appropriate to their age, development etc (respect for self and others)
4. To support young people to have positive self and body-image, and to understand the influences and pressures around them (to be themselves)



Relationships Education

- The focus at Bearwood is on teaching the fundamental building blocks and characteristics of positive relationships with particular reference to friendships, family relationships and relationships with other children and adults.
- This will create opportunities to ensure children are taught about positive emotional and mental wellbeing and how friendships can impact on this.
- Children will also be taught to recognise and report different types of abuse, including emotional, physical and sexual. This will include focusing on boundaries and privacy so that children understand that they have rights over their own bodies and know how to seek advice when they suspect or know something is wrong.

Sex Education

- At Bearwood we tailor our teaching to take in account the age, physical maturity and SEND requirements of all our pupils.
- From 2020, Relationships Education is compulsory in all primary schools in England. However, parents have the right to request their child be withdrawn from some or all of the Sex Education that is being delivered. If you decide to withdraw your child from the Sex Education lessons then this must be in writing via email to your child's class teacher school@bearwood.poole.sch.uk.
- At Bearwood, we strongly recommend that all pupils are involved with Sex Education lessons.



Where do children now learn about Relationships & Sex Education?

- Parents/Carers
- Friends
- School Lessons
- Playground
- Magazines
- Television
- Internet
- Mobile Phones

What would be your preferred options?



Ground Rules for RSE

- G** Giggling is okay!
- R** Respect what others say; no put-downs.
- O** Okay to pass on a question or activity if something feels too private.
- U** Understand others' feelings, be sensitive, listen and respect their differences.
- N** No personal questions or stories from pupils or teachers.
- D** Discuss puberty topics responsibly outside the classroom.
- R** Remember to ask questions if you are unsure about anything.
- U** Use the correct names for body parts - ask if you can't remember.
- L** Let the teacher know if you want to speak to them privately.
- E** Encourage others to participate and get involved.
- S** Speak for yourself; use 'I' statements and don't refer to others by name or by pointing.





Summary

Foundation – growing up – how we have changed since we were babies

Year 1 – Boys’ and Girls’ bodies; body parts

Year 2 – Boys’ and Girls’ bodies; body parts and respecting privacy

Year 3 – How babies grow and how boys’ and girls’ bodies change as we grow older

Year 4 – Reproductive body parts, body changes in girls and menstruation

Year 5 – Puberty for boys and girls and conception

Year 6 – Puberty for boys and girls and understanding conception to birth of a baby.





The full Jigsaw Picture – Year 5

Piece Number and Name	Learning Intentions 'Pupils will be able to...'
Piece 2 Puberty for Girls	explain how a girl's body changes during puberty and understand the importance of looking after myself physically and emotionally understand that puberty is a natural process that happens to everybody and that it will be OK for me
Piece 3 Puberty for Boys and Girls	describe how boys' and girls' bodies change during puberty express how I feel about the changes that will happen to me during puberty
Piece 4 Conception	understand that sexual intercourse can lead to conception and that is how babies are usually made understand that sometimes people need IVF to help them have a baby appreciate how amazing it is that human bodies can reproduce in these ways



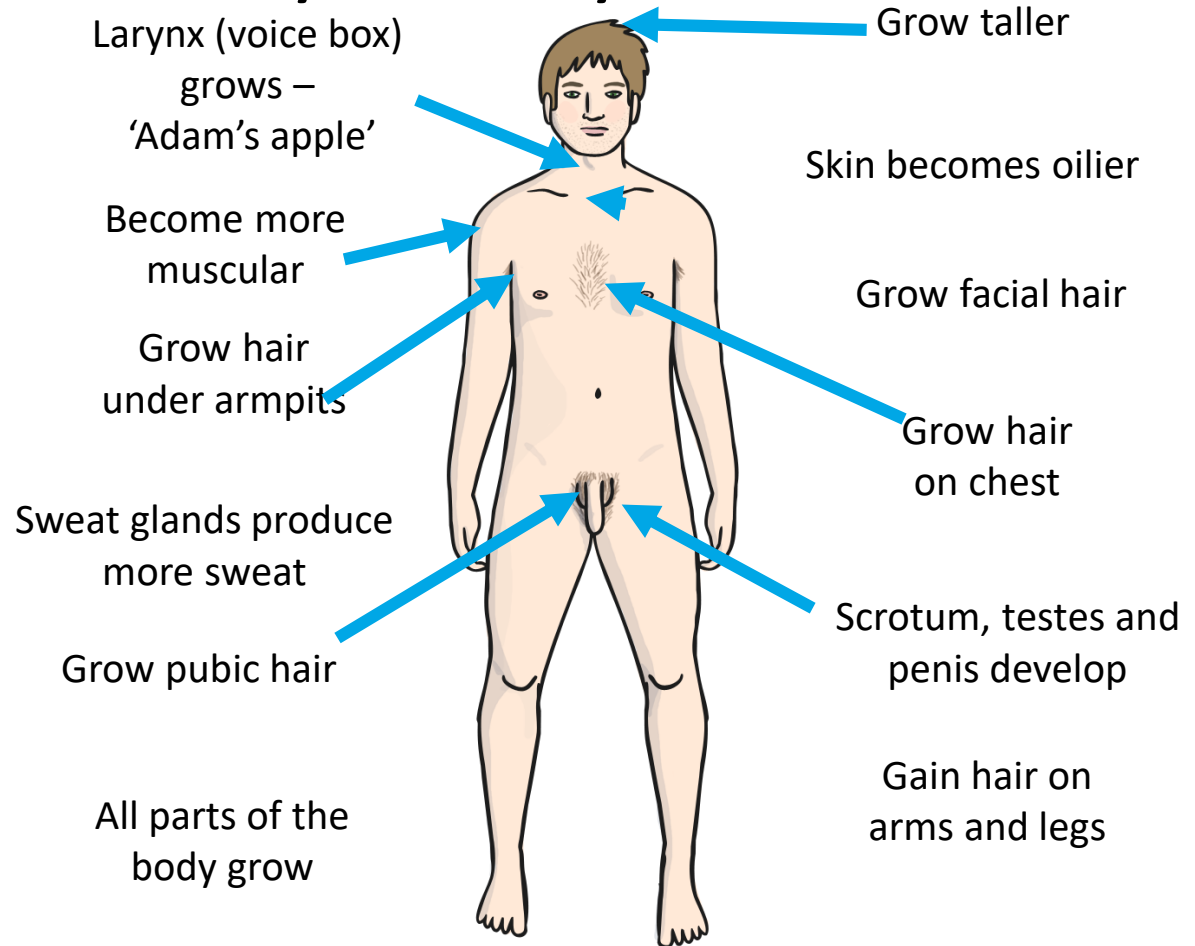
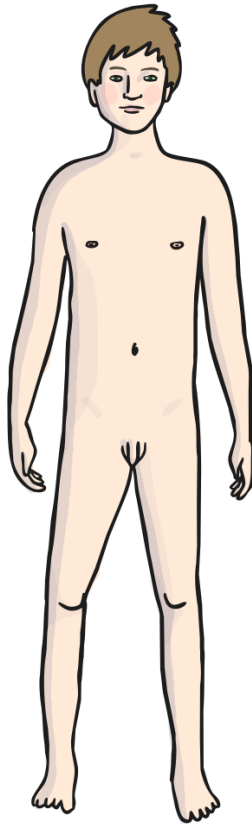


Key Information





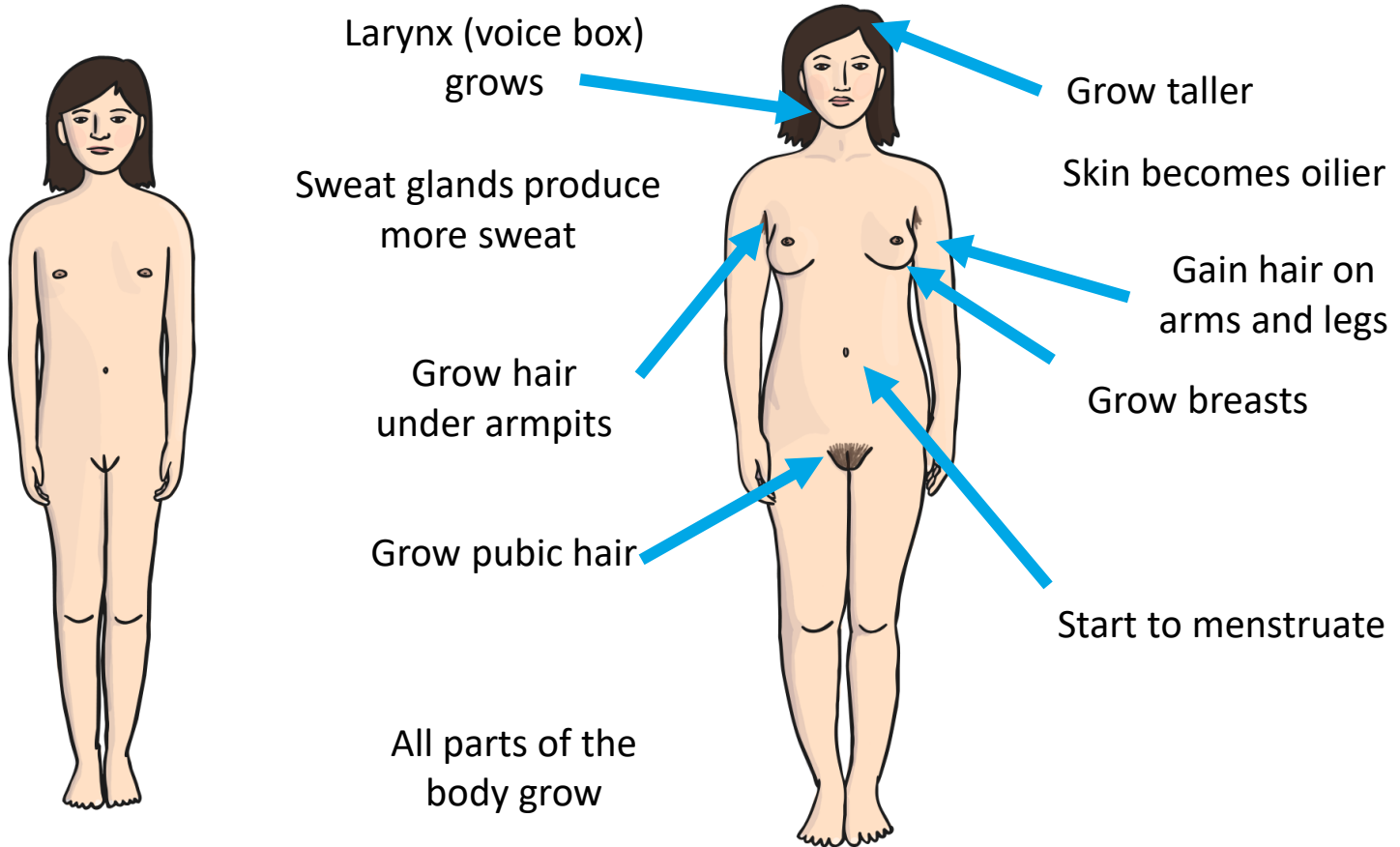
Puberty for Boys



Remember that everybody's body looks different!



Puberty for Girls



Remember that everybody's body looks different!



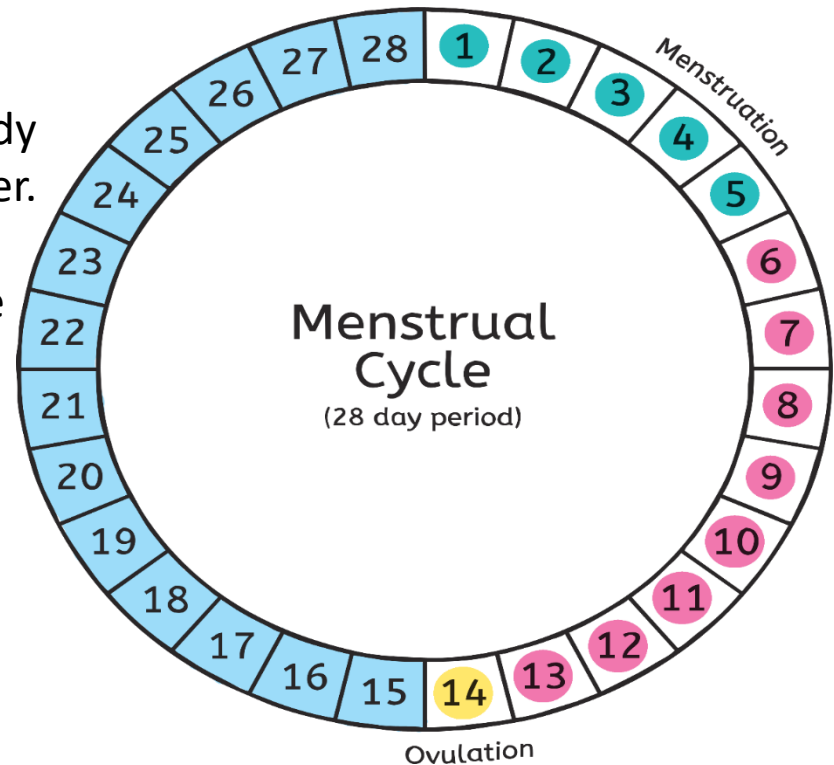


Why Do Periods Start?

Periods are caused by hormone levels changing within your body.

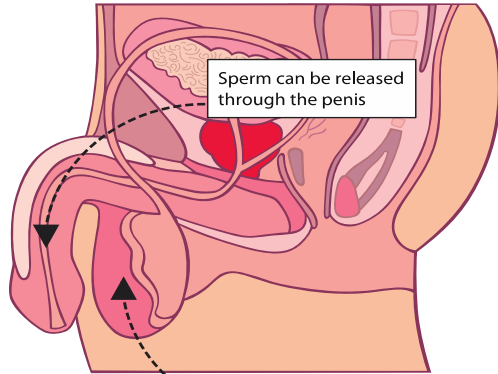
It is nature's way of preparing your body for having a baby when you are older.

Periods are a normal part of the female reproductive cycle.



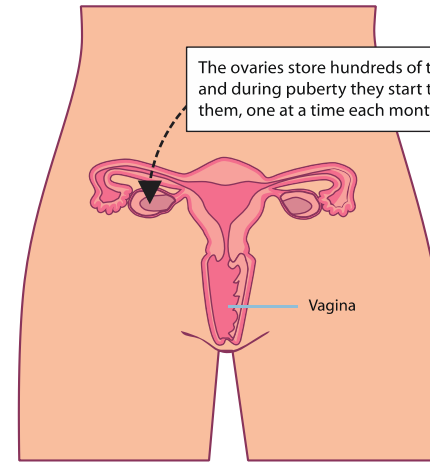


Sex Education



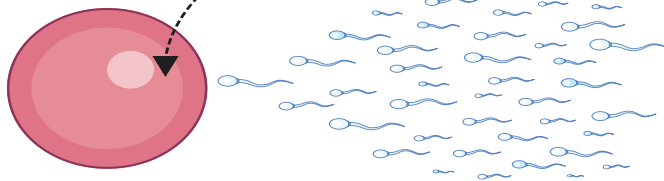
Sperm can be released through the penis

The testicles grow and start to make sperm which are tiny seeds that are needed to start a baby growing

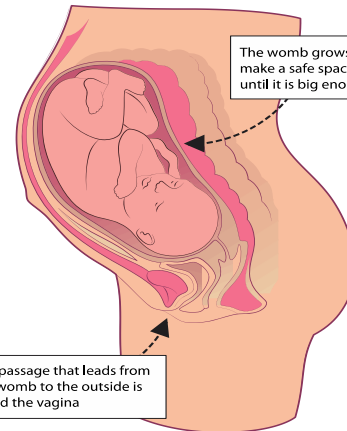


The ovaries store hundreds of tiny eggs and during puberty they start to release them, one at a time each month

Vagina



When one of these eggs joins with a sperm it will start to grow into a baby



The womb grows and gets ready to make a safe space for a baby to grow until it is big enough to be born

The passage that leads from the womb to the outside is called the vagina





If you have further questions please do not hesitate to get in contact.