



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.



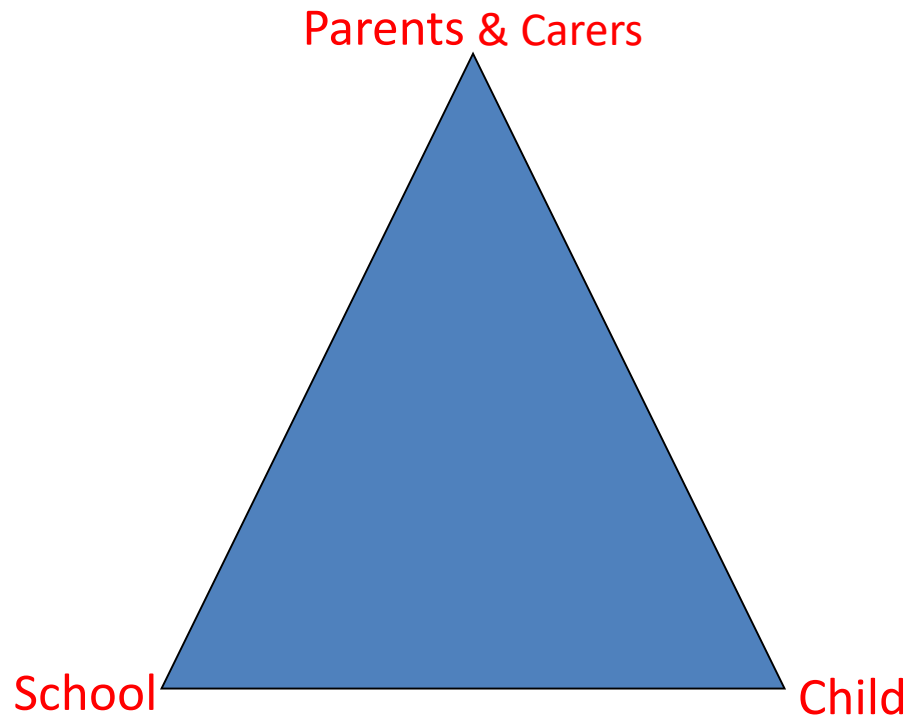
# Starting point:

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](mailto: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 3

Piece Number and Name	Learning Intentions 'Pupils will be able to...'
<b>Piece 1</b> <b>How babies grow</b>	Understand that in animals and humans lots of changes happen between conception and growing up, and that it is usually the female who has the baby Express how I feel when I see babies or baby animals
<b>Piece 2</b> <b>Babies</b>	Understand how babies grow and develop in the mother's uterus Understand what a baby needs to live and grow Express how I might feel if I had a new baby in the family
<b>Piece 3</b> <b>Outside body changes</b>	Understand that boys' and girls' bodies need to change so that when they grow up their bodies can make babies Identify how boys' and girls' bodies change on the outside during this growing up stage Recognise how I feel about these changes happening to me and know how to cope with those feelings





# The full Jigsaw Picture – Year 3

Piece Number and Name	Learning Intentions 'Pupils will be able to...'
<b>Piece 4</b> <b>Inside body changes</b>	Identify how boys' and girls' bodies change on the inside during the growing up process and can tell you why these changes are necessary so that their bodies can make babies when they grow up Recognise how I feel about these changes happening to me and know how to cope with these feelings
<b>Piece 5</b> <b>Family stereotypes</b>	Start to recognise stereotypical ideas I might have about parenting and family roles I can express how I feel when my ideas are challenged and might be willing to change my ideas sometimes
<b>Piece 6</b> <b>Looking ahead</b>	Identify what I am looking forward to when I am in Year 4 Start to think about changes I will make when I am in Year 4 and know how to go about this





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