



RSHE – Relationship, Sex, Health, Education Parent guide

Let Jesus' love shine through in everything we do'



2020 STATUTORY REQUIREMENTS

What does this mean?

ALL Primary schools **MUST** teach:

Relationship Education

ALL state funded Primary and Secondary school **MUST** teach:

Health Education

RELATIONSHIPS CURRICULUM:

1. Families and people who care for me
2. Caring friendships
3. Respectful friendships
4. Online relationships
5. Being safe

HEALTH CURRICULUM:

1. Mental Wellbeing
2. Internet safety and harms
3. Physical health and fitness
4. Healthy eating
5. Drugs, alcohol and tobacco
6. Health and prevention
7. Basic First Aid
8. Changing adolescent body

+ Sex Education
+ Science Curriculum

STATUTORY GUIDANCE



Relationships Education, Relationships and Sex Education (RSE) and Health Education

Statutory guidance for governing bodies,
proprietors, head teachers, principals, senior
leadership teams, teachers

The Department for Education have produce a 50 page document with statutory guidance for what should be taught by the end of Primary and secondary school.

SUMMARY OF RELATIONSHIPS EDUCATION

(BY THE END OF PRIMARY)

- Teaching the skills to develop positive relationships.
- How to treat each other – kindness, consideration, respect
- To know the features of healthy friendships, family relationships and other relationships they may encounter.
- How positive relationships also apply online.
- Families come in many forms.
- To be taught about positive emotional and mental wellbeing.
- Pupils should be taught the knowledge to recognise and report abuse, including emotional, physical and sexual abuse.

SUMMARY OF SEX EDUCATION

(BY THE END OF PRIMARY)

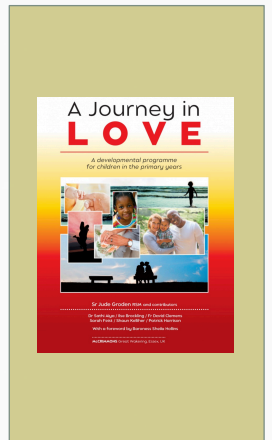
- Sex education is not compulsory in primary schools.
- The department continues to recommend therefore that all primary schools should have a sex education programme tailored to the age and the physical and emotional maturity of the pupils. It should ensure that both boys and girls are prepared for the changes that adolescence brings and – drawing on knowledge of the human life cycle set out in the national curriculum for science – how a baby is conceived and born.

SUMMARY OF PHYSICAL AND MENTAL WELLBEING (HEALTH EDUCATION)

(BY THE END OF PRIMARY)

- Teachers should be clear that mental wellbeing is a normal part of everyday life, like physical education.
- Pupils taught about the benefits and importance of daily exercise, good nutrition and sufficient sleep.
- Talk about simple self-care techniques, personal hygiene, prevention of health and wellbeing problems and basic first aid.
- The mental and physical benefits of time spent outdoors.
- Taught the benefits of hobbies, interests and participation in their own communities.
- The benefits of rationing time spent online and the risks of excessive use of electronic devices.
- To be able to talk about isolation, loneliness, unhappiness, bullying and the negative impact of poor health and wellbeing.

JOURNEY IN LOVE



AIMS OF JOURNEY IN LOVE

- The Catholic Education Service accentuates that any teaching about love and sexual relationships in a Catholic school must be rooted in the Catholic church's teaching about what it is to be truly human in Christ, what it means to live well in relationship with others and be presented within a positive framework of Christian virtue.
- In school, to teach Sex Education we use the scheme Journey in Love. This has been written by Sr Jude for Brentwood Diocese and the team.

AGE - APPROPRIATE OVERVIEW

Early years – The wonder of being special and unique

Year 1 – We meet God' love in our family

Year 2 – We meet God's love in the community

Year 3 – How we live in love

Year 4 – God loves us in different ways

Year 5 – God loves us in our changing and developing

Year 6 – The wonder of God's love in creating new life

TEACHING JOURNEY IN LOVE

Each topic is split into 3 sections:

1. Social and emotional
2. Physical
3. Spiritual

Each lesson includes time for discussion, an activity, advice from Pope Francis (or other religious person), time for reflections, prayers and hymns.

PHYSICAL DAY

Our 'Physical day' will take place in the Summer term.

Parents will be able to opt out their children if they wish to. (Years 5 and 6).

How the day may look for year 6:

As well as the Journey in Love work they will also have their puberty talk on this day.

Journey in love – AM

Puberty talk PM - Split into boys and girls

Girls talk about periods

YEAR 5 - PHYSICAL DAYS

To show knowledge and understanding of the physical changes in puberty.

Physical changes in girls

Breasts develop
Hips broaden and waist slims
Menstruation begins
Vaginal lining thickens
Start to grow hair on underarm, pubic area and legs

Physical changes in boys

Testosterone increases
Muscles and bones develop
Voice deepens
waist thickens, broader shoulders
Penis and scrotum enlarge
Hair grows on face, chest, back, arms, under arms and pubic area
Production of sperm, wet dreams and erections
Adam's apple enlarges

YEAR 6 - PHYSICAL DAYS

Explain how human life is conceived

Love proclaims its presence by signs; the deepest, most intimate and wonderful of the human signs of love is the mutual giving of self in sexual intercourse. Sexual intercourse is a body language through which the couple express a variety of emotions. They affirm each other as persons as they signal to each other that they are the most important person in each other's life. As co-creators with God, the parents bestow life on a new human being.

The activities include looking at illustrations of the male and female parts of the human body, and will look at how a baby forms and grows in the mother's womb.

POLICY

The RSHE policy and curriculum is on the school website if you wish to read it and find out more.

<https://www.staidansacademy.org/catholic-life-and-mission/>