

# Relationships, Sex & Health Education (RSHE)

Information for parents and carers (Jigsaw 3-11)

# Welcome!

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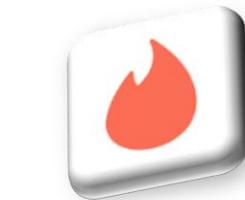
## School and home partnership

### We aim to inform you of:

- The school's legal obligations on Relationships, Sex and Health Education (from 2020)
- What we mean by Sex Education
- Your rights as a parent/carer
- How, what, why and when we intend to teach children

# Today's considerations

- Friends
- Family
- School
- The internet
- Television
- Social media
- Other media



twitter





# Real stories from schools

- Two 10-year old girls being groomed online: They said the men were nice and felt that it was perfectly acceptable to text pictures of themselves in their underwear and wearing make-up. They said they liked feeling grown up and having the attention.
- A 7-year old accessing pornography through click-bait.
- Year 6 pupil accessing 'hard core' porn. Sex Ed *was only taught* in Yr6 but his parents withdrew him so he missed the lessons.



## Be aware...

We are educating children and young people to live in the real world, with all its contradictions

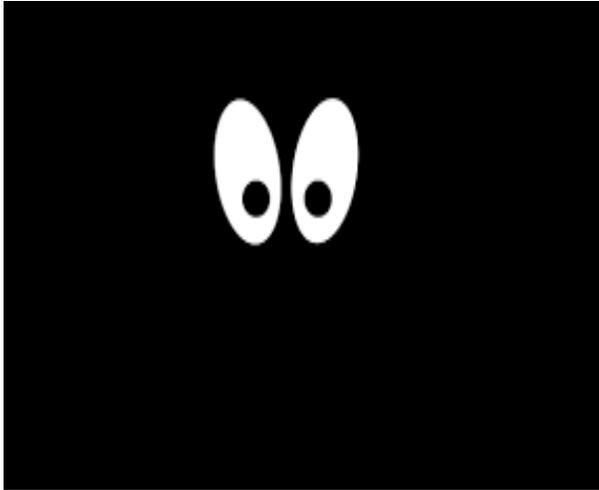
When it comes to relationships, puberty and human reproduction, children's heads are probably not empty – but they may be full of myths and half-truths

We mustn't let our adult knowledge of relationships and sex prevent us seeing things from a child's perspective

Our focus should be on building healthy attitudes and positive relationships, not just fighting off perceived threats



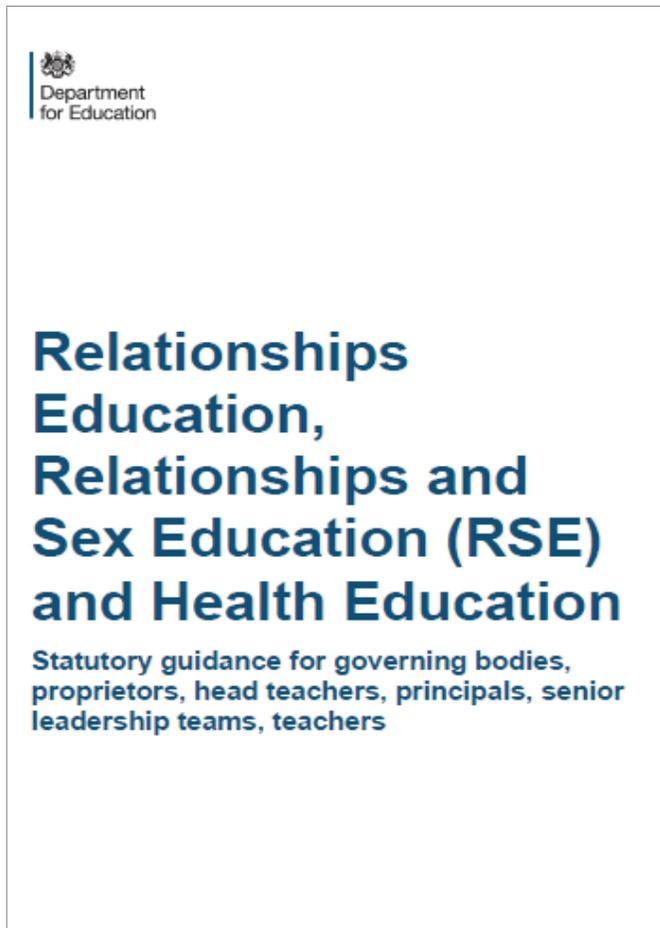
If RSHE is so important, which approaches are best?



Which teaching approaches to RSHE do these pictures represent?



# Compulsory status of RSE and Health Education



In 2017 the government passed an amendment to the Children and Social Work Bill to make RSE and Health Education statutory from **Sept 2020**.

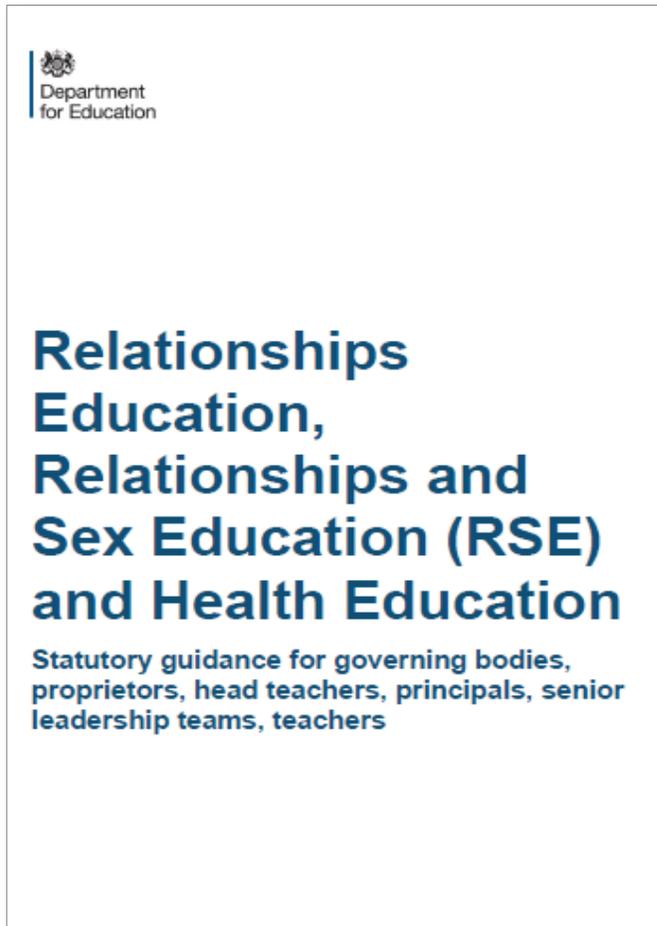
Supported by over 100 organisations, including Public Health England, Teaching Unions, NCB, etc.

Ratified by House of Lords 24 April 2019

Jigsaw meets all the expectations of the DfE guidance (published April 2019)



# What have schools got to teach?



## PRIMARY

RELATIONSHIPS EDUCATION IS COMPUSLORY

HEALTH EDUCATION IS COMPULSORY

But Sex Education is at school's discretion

## SECONDARY

RELATIONSHIPS EDUCATION IS COMPULSORY

SEX EDUCATION IS COMPULSORY

HEALTH EDUCATION IS COMPULSORY

Guidance does not apply to: Sixth Forms colleges, 16-19 academies or FE colleges



# Relationships Education

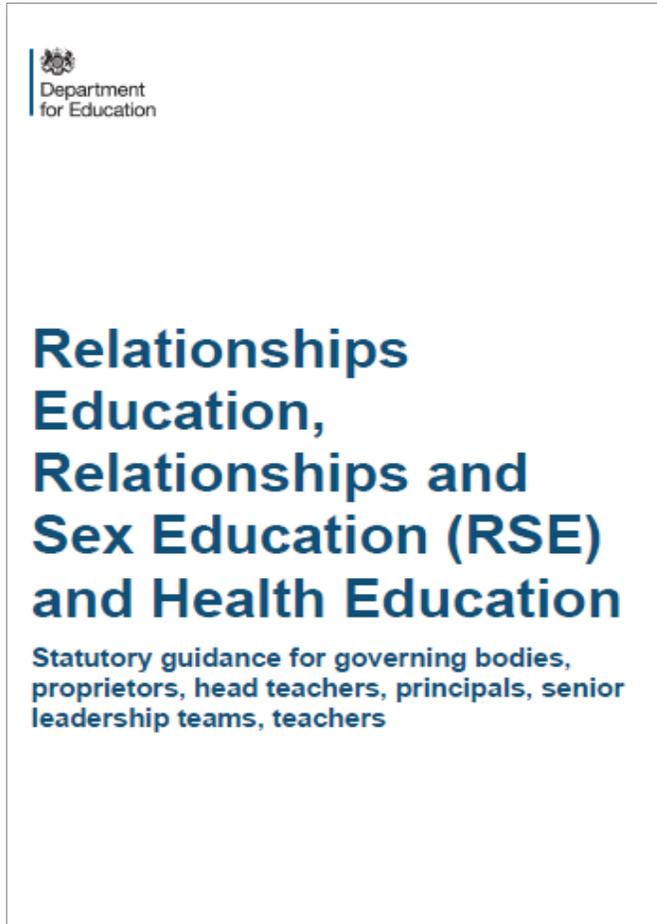
## What should children know about relationships and why?

1. What a positive, healthy, caring, safe relationship looks and feels like
2. How to speak up and get help when a relationship does NOT feel healthy/positive/safe
3. How to make and maintain positive relationships

(Online and offline relationships)



## What are the *statutory* expectations for Primary Relationships Education?



- Families and people who care for me
- Caring friendships
- Respectful relationships
- Online relationships
- Being safe



# LGBT+ Equality

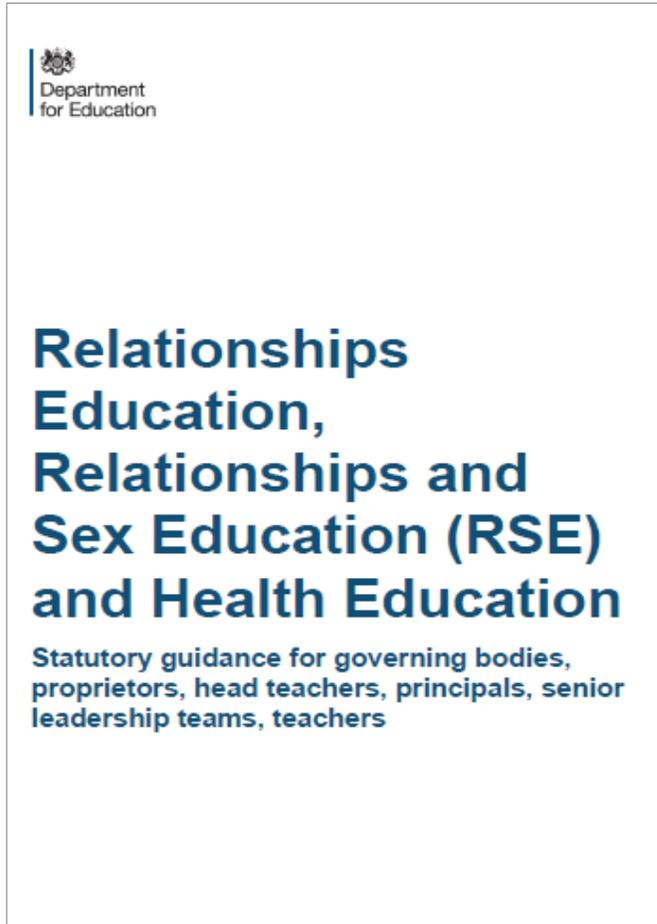
## What the DfE RSHE guidance says

‘Schools are required to comply with relevant requirements of the Equality Act 2010. Further guidance is available for schools in The Equality Act 2010 and schools advice. Schools should pay particular attention to the Public sector equality duty (PSED) (s.149 of the Equality Act).’ - Para 27 page 13

‘Schools should be alive to issues such as everyday sexism, misogyny, homophobia and gender stereotypes and *take positive action to build a culture where these are not tolerated*, and any occurrences are identified and tackled.’ - Para 31 page 13



# What are the *statutory* expectations for Primary Health Education?



- Mental wellbeing
- Internet safety and harms
- Physical health and fitness
- Healthy eating
- Drugs, alcohol and tobacco
- Health and prevention
- Basic First Aid
- Changing adolescent body (Puberty)



# What should children know about puberty?

(This is statutory in Health Education and parents cannot withdraw their children from it)

- Correct names for parts of the body, including genitalia
- How their bodies will change during puberty
- How to manage these changes / practicalities
- Why these changes need to happen
- How and where to ask for help if needed



Sex Education is discretionary at Primary... what exactly does the guidance say?

The Department continues to *recommend* that *all* primary schools should have a sex education programme tailored to the age and physical and emotional maturity of the pupils... WPA's is part of our Science Curriculum – 'how a baby is conceived and born'



## But what is Sex Education?

In Jigsaw, Sex Education is about human reproduction, not about sexual activity.

Human reproduction:

Sexual intercourse,  
conception, pregnancy and  
birth



# Is there any Sex Education in KS1 Science?

## Science Key Stage 1

- identify, name, draw and label the basic parts of the human body and say which part of the body is associated with each sense
- notice that animals, including humans, have offspring which grow into adults



# Science and Sex Education at KS2

## Science Key Stage 2

- describe the differences in the life cycles of a mammal, an amphibian, an insect and a bird
- describe the life process of reproduction in some plants and animals
- describe the changes as humans develop to old age
- learn about the changes experienced in puberty



# Keeping children safe & informed

Ignorance does not protect innocence...  
and may make children vulnerable.

PSHE (Personal, Social, Health Education) including Relationships Education, Health Education and Sex Education aims to keep children safe.



Can parents  
withdraw their  
children from  
RSHE?

From September  
2020...

(Government guidance 2019  
page 17)

“Parents have the right to request that their child be withdrawn from some or all of sex education delivered as part of statutory RSE”.

NOT from Relationships or Health Education.

So, this session is to inform you of what this school defines as Sex Education,

what we intend to teach in RSHE and why...

...so you can make this decision.



# What is Jigsaw?



A whole-school PSHE Programme comprising:

- A comprehensive and completely original scheme of work (lessons) for ages 3 to 16
- PSHE (Personal, Social, and Health Education) includes statutory Relationships and Health Education
- A detailed weekly lesson plan for all year groups, including all teaching resources
- The Jigsaw Approach, underpinned by mindfulness
- Assemblies, Jigsaw Friends, Jigsaw Chimes, original music and songs, Jigsaw Jerrie Cat



# Whole-school approach from 3-16

Being Me in My World

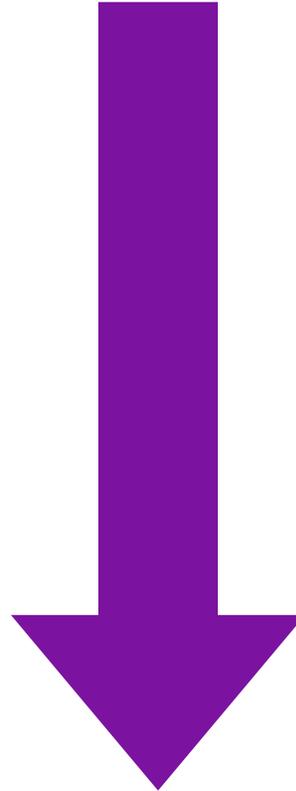
Celebrating Difference

Dreams and Goals

Healthy Me

Relationships

Changing Me



- Relationships
- Values
- Mental health
- Self-esteem
- Social skills
- Safeguarding inc.  
Internet safety  
(Golden Threads)

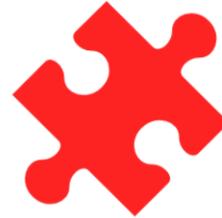


# Relationships, Puberty and Reproduction in Jigsaw 3-11



## Relationships

Families  
Friendships  
Love and Loss  
Memories  
Grief cycle  
Safeguarding and keeping safe  
Attraction  
Assertiveness  
Conflict  
Own strengths and self-esteem  
Cyber safety and social networking  
Roles and responsibilities in families  
Stereotypes  
Communities



## Changing Me

- \* Life cycles
- \* **How babies are made**
- \* My changing body
- \* **Puberty**

Growing from young to old / Becoming a teenager  
Assertiveness  
Self-respect  
Safeguarding  
Family stereotypes  
Self and body image  
Attraction  
Change / Accepting change  
Looking ahead / Moving class/schools



## Puberty and Human Reproduction in Jigsaw 3-11 Changing Me Puzzle

FS	Growing Up	How we have changed since we were babies
Y1	My changing body	Understanding that growing and changing is natural and happens to everybody at different rates
	Boys' and girls' bodies	Appreciating the parts of the body that make us different and using the correct names for them
Y2	The changing me	Where am I on the journey from young to old, and what changes can I be proud of?
	Boys and girls	Differences between boys and girls – how do we feel about them? Which parts of me are private?
Y3	Outside body changes	How our bodies need to change so they can make babies when we grow up – outside changes and how we feel about them
	Inside body changes	How our bodies need to change so they can make babies when we grow up – inside changes and how we feel about them (animations used – shorter version Female and Male Reproductive Systems)



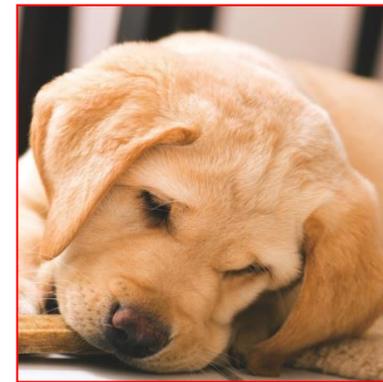
## Puberty and Human Reproduction in Jigsaw 3-11 Changing Me Puzzle

Y4	Having a baby	The choice to have a baby, the parts of men and women that make babies and – in simple terms – how this happens (animations used – the Female Reproductive System)
	Girls and puberty	How a girl's body changes so that she can have a baby when she's an adult – including menstruation (animations used – the Female Reproductive System)
Y5	Puberty for girls	Physical changes and feelings about them – importance of looking after yourself (animations used – the Female Reproductive System)
	Puberty for boys	Developing understanding of changes for both sexes – reassurance and exploring feelings (animations used – the Male Reproductive System)
	Conception	Understanding the place of sexual intercourse in a relationship and how it can lead to conception and the wonder of a new life (animations used – the Female and Male Reproductive Systems)
Y6	Puberty	Consolidating understanding of physical and emotional changes and how they affect us (animations used – the Female and Male Reproductive Systems)
	Girl talk / boy talk	A chance to ask questions and reflect (single sex) (animations used – the Female and Male Reproductive Systems)
	Conception to birth	The story of pregnancy and birth (animations used – the Female and Male Reproductive Systems)



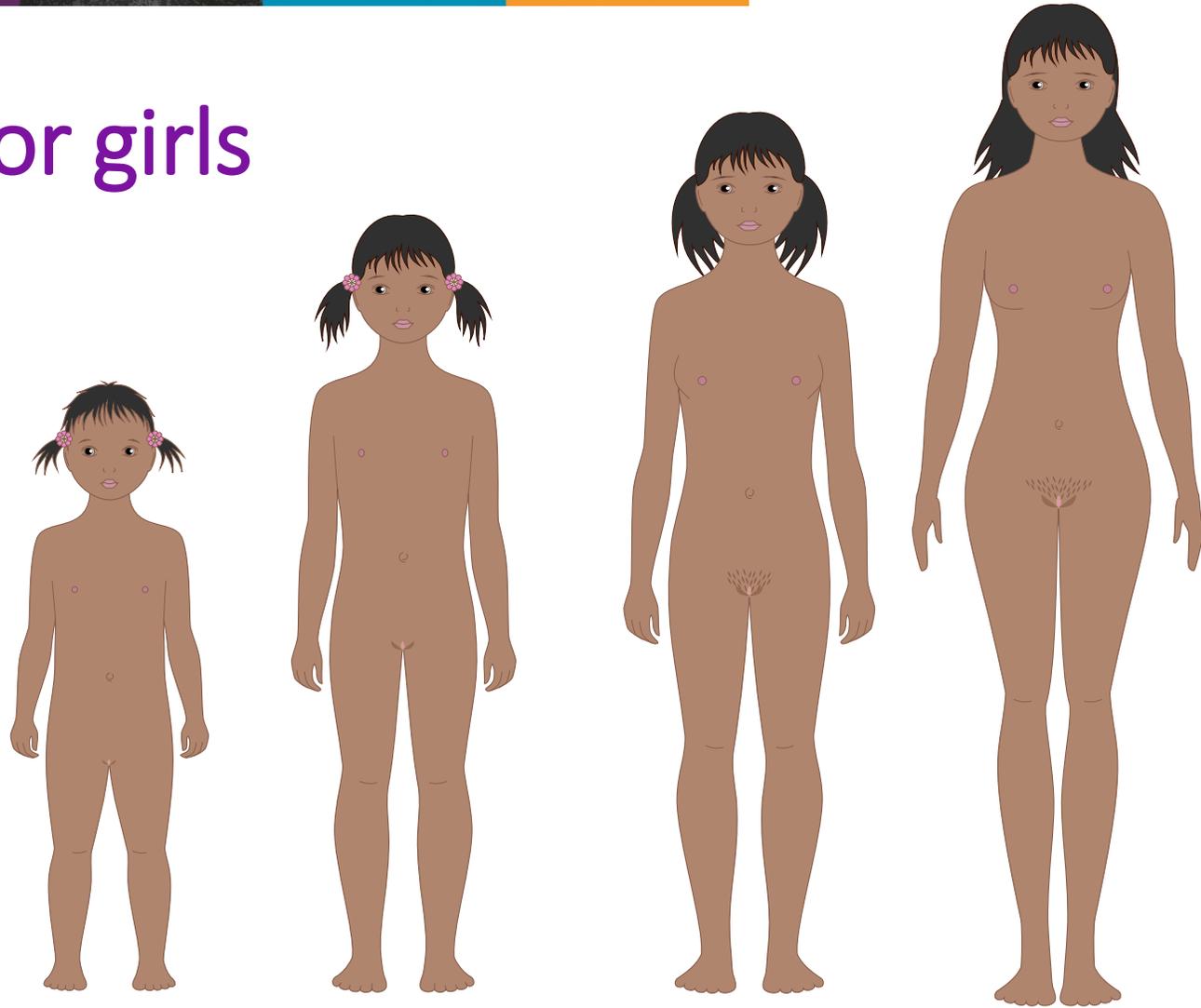
# Some example materials from Changing Me

– younger children

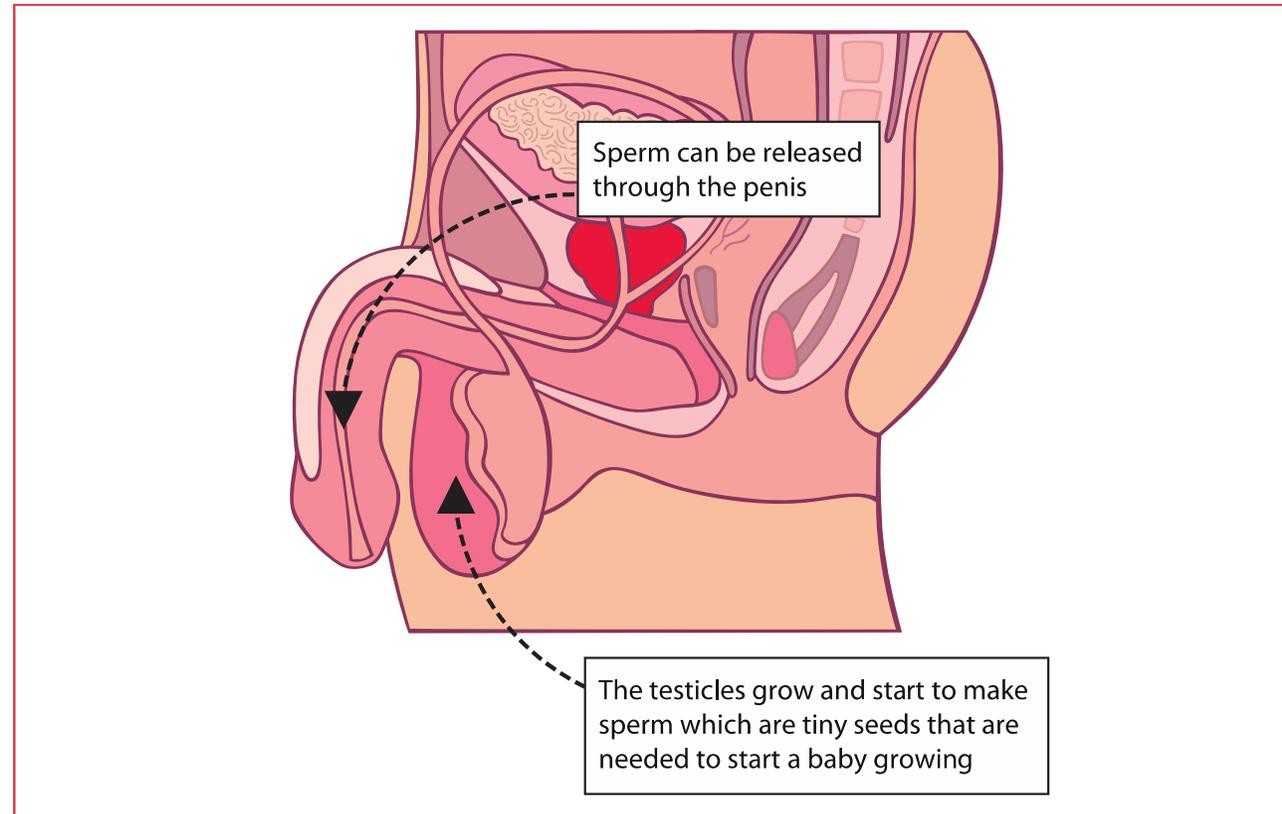


# KS2 resource

## - outside changes for girls



# Example of one of the KS2 resources - inside body changes for boys



# Example of a KS2 resource - conception and childbirth

