



# Teaching RSE (Relationships and Sex Education) at Halsford Park Primary School.

At Halsford Park Primary School, teachers will be teaching the RSE units of work three terms a year, during the second half of the Autumn, Spring and Summer terms.

## **The Importance of RSE**

The opening paragraph of the Department for Education guidance states: "Today's children and young people are growing up in an increasingly complex world and living their lives seamlessly on and offline. This presents many positive and exciting opportunities, but also challenges and risks. In this environment, children and young people need to know how to be safe and healthy, and how to manage their academic, personal and social lives in a positive way." We believe this is at the heart of the RSE teaching at Halsford Park and have developed a policy that reflects this.

**The RSE Policy at Halsford Park states the following aims:** (The policy can be found on the school website)

- Provide a framework, tailored to our community in which sensitive discussions can take place.
- Prepare pupils for puberty, and give them an understanding of sexual development and the importance of health and hygiene.
- Help pupils develop feelings of self-respect, confidence and empathy.
- Create a positive culture around issues of sexuality and relationships.
- Teach pupils the correct vocabulary to describe themselves and their bodies.

# What must primary schools teach in Relationships Education, Health Education and Sex Education?

From September 2020, Relationships and Health Education are compulsory in all primary schools in England. For primary aged children this includes curriculum content under two headings (DfE 2019):

## Relationships Education

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

## Health Education

- Mental wellbeing
- Internet safety and harms
- Changing adolescent body

The Christopher Winter Project

Teaching RSE  
with Confidence  
in Primary Schools

Reception to Year 6  
Lesson plans and resources

### Teaching RSE at Halsford Park Primary School.

The school will be using the Christopher Winter Project – Teaching RSE with Confidence in Primary Schools.

This 5th edition of *Teaching RSE with Confidence in Primary Schools* reflects recent developments in PSHE and the Statutory Guidance for Relationships Education, RSE and Health Education.

These resources are West Sussex approved.

The Christopher Winter Project have devised new lessons which increase the focus on families, relationships, safeguarding and keeping children safe. This resource encourages children to develop the skills of listening, empathy, talking about feelings and relationships with families and friends.

In Reception we focus on families and friendships. From Year 1 children will learn the names of the body parts, the differences between males and females and the ways in which they will develop and grow. Importantly, they will also learn to recognise unsafe and risky situations and to ask for help.

The curriculum continues to develop their knowledge and skills as they learn about the physical and emotional changes of puberty and about reproduction.

In Year 6 we have added an extra lesson on internet safety and communication in relationships.

The materials have been used to train thousands of teachers to teach RSE with confidence. Every unit has been taught in a variety of school settings and has been enthusiastically received by teachers and pupils.

# CWP Curriculum Overview

**Reception**  
**Our Lives**  
Lesson 1: **Our Day**  
Lesson 2: **Keeping Ourselves Clean**  
Lesson 3: **Families**

**Year 1**  
**Growing and Caring for Ourselves**  
Lesson 1: **Keeping Clean**  
Lesson 2: **Growing and Changing**  
Lesson 3: **Families and Care**

**Year 2**  
**Differences**  
Lesson 1: **Boys and Girls**  
Lesson 2: **Male and Female**  
Lesson 3: **Naming the Body Parts**

**Year 3**  
**Valuing Difference and Keeping Safe**  
Lesson 1: **Male and Female**  
Lesson 2: **Personal Space**  
Lesson 3: **Family Differences**

**Year 4**  
**Growing Up**  
Lesson 1: **Growing and Changing**  
Lesson 2: **What is Puberty?**  
Lesson 3: **Puberty Changes and Reproduction**



**Year 5**  
**Puberty**  
Lesson 1: **Talking about Puberty**  
Lesson 2: **Male and Female Changes**  
Lesson 3: **Puberty and Hygiene**

**Year 6**  
**Puberty, Relationships and Reproduction**  
Lesson 1: **Puberty and Reproduction**  
Lesson 2: **Conception and Pregnancy**  
Lesson 3: **Communicating in Relationships**

Whole School  
Overview

Further information can be found in the RSE policy, which can be found on the school website under 'Curriculum'.

# What do I do if I have questions about the RSE?

At Halsford Park, we welcome parent/carers communication. If you have further questions about the content of the RSE that your child will be receiving, in the first instance, please speak to your child's teacher. All questions or concerns will be answered before the lessons are taught.

## Can I withdraw my child from the RSE lessons?

### 2. Statutory requirements

As a maintained primary school we must provide relationships education to all pupils as per section 34 of the [Children and Social work act 2017](#).

However, we are not required to provide sex education but we do need to teach the elements of sex education contained in the science curriculum.

In teaching RSE, we must have regard to [guidance](#) issued by the secretary of state as outlined in section 403 of the [Education Act 1996](#).

At Blackwell Primary we teach RSE as set out in this policy.

### 8. Parents' right to withdraw

Parents do not have the right to withdraw their children from relationships education.

Parents have the right to withdraw their children from the non-statutory components of sex education within RSE.

Requests for withdrawal should be put in writing using the form found in Appendix 3 of this policy and addressed to the Headteacher.

This form, and the discussion following, should be placed on CPOMS.

Alternative work will be given to pupils who are withdrawn from sex education.

We believe that this learning is an important part of safeguarding children, as knowledge empowers them. We teach them about how to stay safe and also understand the changes regarding puberty, whilst also understanding why their bodies change.

Often, when parents and carers find out what is in the curriculum, their fears are allayed as they can appreciate it is in the best interests of their child's lifelong learning and safeguarding.

The following pages outline the lesson content and resources for Year 5. These lessons have been designed to build on the learning the children have done in previous year groups.

# RSE in Year 5 at Halsford Park Primary School.

These  
detail the  
statutory  
elements.

This is the vocabulary that will  
be used in this unit of work.

<div> <div>Year 5</div> <div>Puberty</div> <div>Key Stage 2</div> </div>			
Scheme of Work		Word Box: Puberty, physical changes, emotional changes, moods, menstruation, periods, tampons, sanitary towels, wet dreams, semen, erection, sweat, breasts, spots, pubic hair, facial hair, underarm hair, sexual feelings.	
<p><b>PSHE</b> <b>Programme of Study</b> <b>Core Theme 1:</b> <b>Health and Wellbeing</b></p> <ul style="list-style-type: none"> <li>• how their body will, and emotions may, change as they approach and move through puberty</li> <li>• to recognise that they may experience conflicting emotions and when they might need to listen to their emotions or overcome them</li> </ul> <p><b>Core Theme 2:</b> <b>Relationships</b></p> <ul style="list-style-type: none"> <li>• to feel confident to raise their own concerns, to recognise and care about other people's feelings</li> </ul> <p><b>Science Attainment Targets</b></p> <ul style="list-style-type: none"> <li>• describe the changes as humans develop to old age</li> </ul>	<p><b>Learning Intentions and Learning Outcomes</b></p> <p><b>Learning Intention</b> To explore the emotional and physical changes occurring in puberty</p> <p><b>Learning Outcomes</b> Explain the main physical and emotional changes that happen during puberty Ask questions about puberty with confidence</p>	<p><b>Lesson Title</b></p> <p>Lesson 1 <a href="#">Talking About Puberty</a></p>	<p><b>Resources</b></p> <p><a href="#">Puberty Changes Teacher Guide</a> <a href="#">Pictures of male and female reproductive organs</a> <a href="#">Anonymous questions template</a> <b>Additional Activities</b> Changes DVD: All About Us: Living and Growing, Alternative, Unit 2, Programme 4, <a href="http://www.channel4learning.com/">http://www.channel4learning.com/</a> Sheets of flipchart paper for body outlines</p>
	<p><b>Learning Intention</b> To understand male and female puberty changes in more detail</p> <p><b>Learning Outcomes</b> Understand how puberty affects the reproductive organs Describe how to manage physical and emotional changes</p>	<p>Lesson 2 <a href="#">Male and Female Changes</a></p>	<p><a href="#">Pictures of male and female reproductive organs</a> <a href="#">Puberty Changes Teacher Guide</a> Menstrual cycle animation <a href="#">Male pictures</a> <a href="#">Puberty Card Game</a> <a href="#">Puberty Card Game answer sheet</a> <a href="#">Puberty Card Game whiteboard summary</a> Model materials: spaghetti(fallopian tubes) and poppy seeds (eggs) Selection of sanitary wear (tampons, sanitary towels, panty liners) Anonymous questions from Lesson 1 <b>Additional Activities</b> <a href="http://www.bbc.co.uk/science/humanbody">www.bbc.co.uk/science/humanbody</a> <a href="#">What is the Menstrual Cycle? cards</a> <a href="#">What is the Menstrual Cycle? whiteboard summary</a> <a href="#">The Menstruation Card Game for Girls and Answers</a> <a href="#">Menstruation Card Game whiteboard summary</a></p>
	<p><b>Learning Intention</b> To explore the impact of puberty on the body &amp; the importance of hygiene To explore ways to get support during puberty</p> <p><b>Learning Outcomes</b> Explain how to keep clean during puberty Explain how emotions change during puberty Know how to get support and help during puberty</p>	<p>Lesson 3 <a href="#">Puberty and Hygiene</a></p>	<p>Kim's Game items and a cloth to cover them (see lesson plan) <a href="#">Kim's Game Teacher Guide</a> <a href="#">Year 5 Puberty Problem Page</a> <a href="#">Year 5 Puberty Problem Page cut-outs</a> <a href="#">Problem Page Teacher Guide</a> Anonymous questions from Lesson 1 <b>Additional Activities</b> <a href="#">Puberty Bingo</a></p>

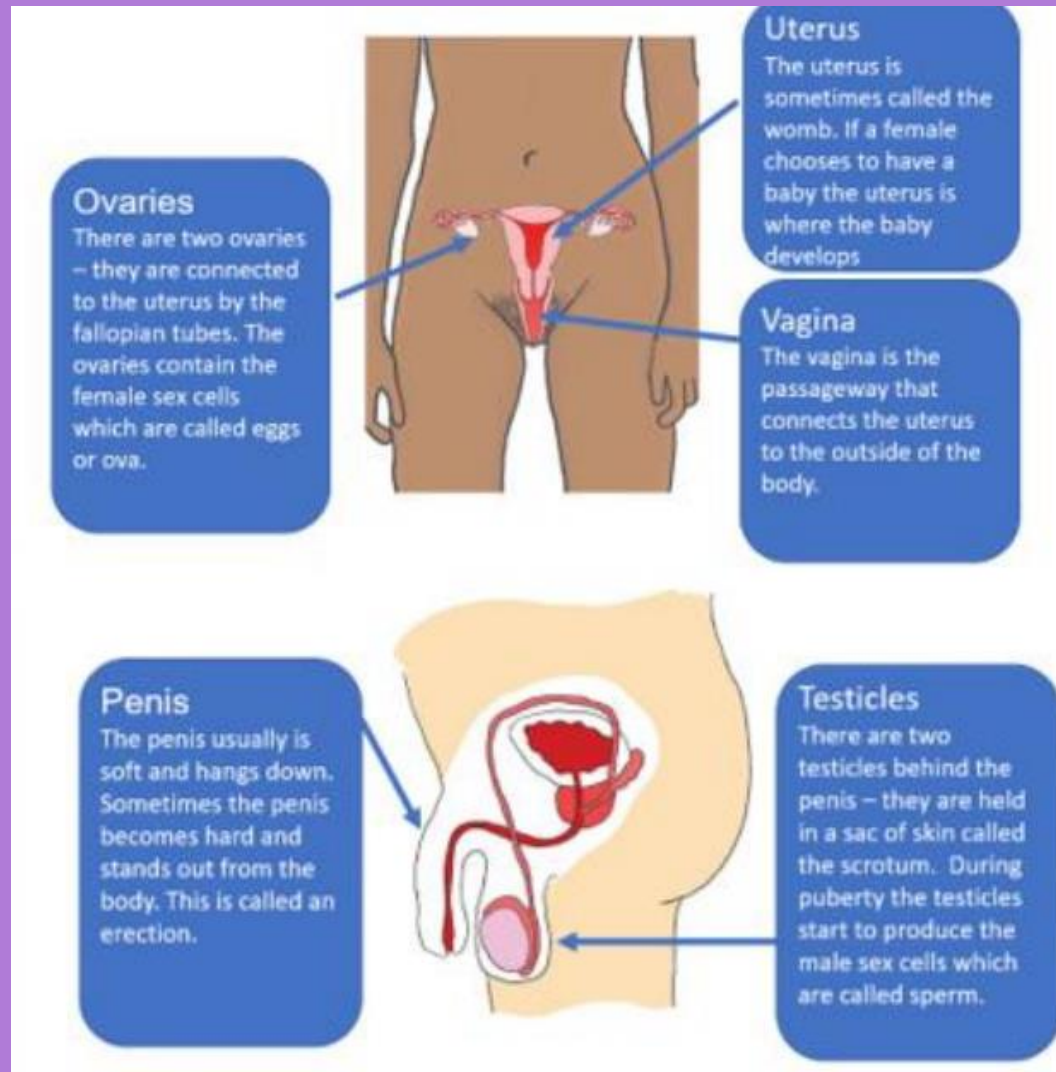
There are 3 lessons.  
These will cover the following:

Lesson 1:  
Talking about Puberty

Lesson 2:  
Male and Female Changes

Lesson 3:  
Puberty and Hygiene

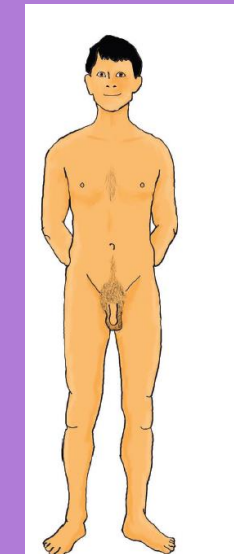
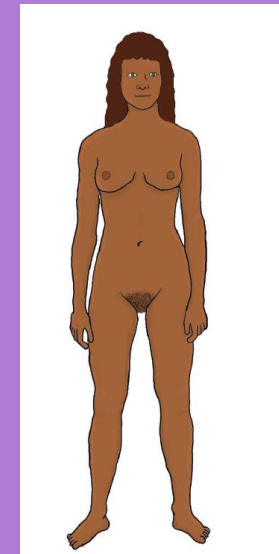




## Your Questions

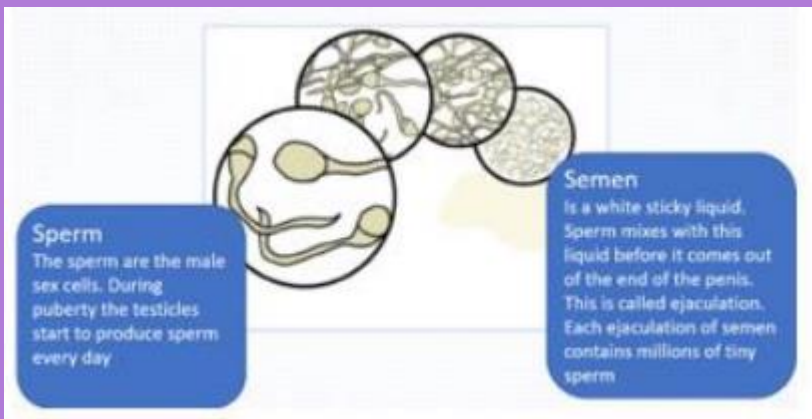


After the lesson I wanted to know...

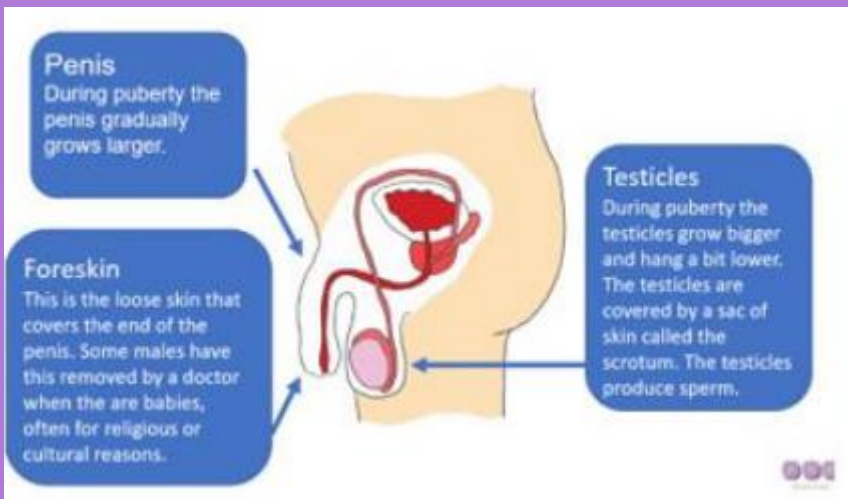
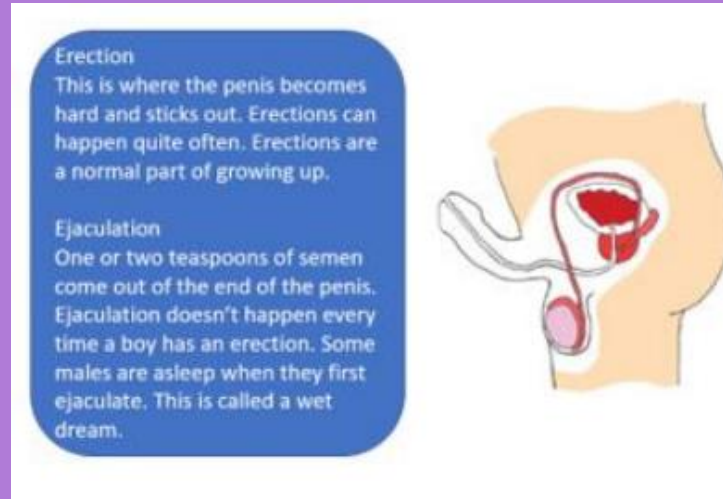


Lesson 1 uses a mixtures of pictures and questions.





During lesson 2, these resources will be used to talk about male and female changes.



## Puberty Card Game

1. A girl gets her first period when she starts secondary school

2. A period normally lasts 2-7 days

3. All boys have wet dreams

4. Girls can go swimming when they have their periods

5. Most boys' voices break during puberty

6. The blood from a period and the semen from a wet dream are dirty

7. A boy starts to produce sperm at age 12

8. Girls who start their periods unexpectedly should go home from school immediately

## YEAR 5 Puberty Problem Page

### A problem shared . . .

#### Hold The Phone

Dear Problem Page,

All of my friends have a mobile phone and I don't. They all text each other and I feel really left out. My mum says I can't have one because they are expensive and dangerous. I don't understand what she means. Why is she being like this? How can I make her change her mind?

R, age 11

#### A spot of bother

Dear Problem Page,

I used to think I was nice looking, but now I have huge spots everywhere. They are on my face and on my shoulders and I hate them. I don't like going to school anymore because I feel so ugly. Why is this happening to me and what can I do about it?

P, age 13

#### Bed Bug

Dear Problem Page,

Sometimes when I wake up in the morning there is a wet patch in my bed, but it isn't wee. It makes a stain so I've tried washing the sheets in the sink but there is nowhere to dry them without my dad seeing. Why is this happening and what should I do?

S, age 14

#### Sleepover Stress

Dear Problem Page,

I started my periods last summer. I told my carer and she helped me to deal with it and it was ok. Now I've been invited to a sleep-over. I really want to go but I'm worried I'll have my period when I'm there. I don't know if my friends have started yet and I'm too embarrassed to talk to them about it. What can I do?

P, age 11

#### Mood Swings

Dear Problem Page,

I used to be a really happy person. Now I'm 13 and I sometimes feel really miserable. I go up and down and people are beginning to notice. At home they keep calling me moody and tell me to snap out of it. Is this normal and how can I stop it happening?

I, age 13

Dear Problem Page,

I learnt about puberty in primary school but now I'm 12 and I feel really confused about things and have lots of questions. I haven't got my period but I get this white stuff in my knickers. I don't wear a bra but my nipples hurt. I don't know if these things are normal. I'm really worried. What should I do?

C, age 12

"Are my bodily changes normal?"

During lesson 3, these are the resources that will be used.

## YEAR 5 Puberty Problem Page cut-outs

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