

Relationships, Sex and
Health Education

at

Horndon-on-the-Hill C. of E. Primary
School

Why do we teach RSE (Relationships and Sex Education)?

The Department for Education issued statutory guidance that states that we must teach Relationships Education and Health Education at key stages 1 and 2.

What materials do we use?

PSHE Association recommended -

Changing and Growing up by Medway Public Health

This scheme gives lesson plans at the appropriate level from year 1 to year 6 based on science curriculum objectives and PSHE guidance

What topics do we cover?

Year 1 – My Special People

Year 2 – Growing up – the human life cycle

- Everybody's body

Year 3 – What makes a good friend?

- Falling out with friends

Year 4 & 5 – Time to change

- Menstruation and wet dreams
- Personal hygiene
- Emotions and feelings

Year 6 – Puberty: change and becoming independent

- Positive, healthy relationships
- How a baby is made

Changes to our curriculum offering

Introducing the topic of puberty in year 4

DfE guidance states, 'puberty, including menstruation should be covered in Health Education and should, as far as possible, be addressed before onset.'

They need to be prepared for the changes they and their peers will experience.

Language

- Language is used carefully:
male/female biological sex/sex recorded at birth
- 'Sex' and 'gender' are not explored in depth
- Only scientific names for male and female genitalia will be used

How will the lessons be organised?

- With their class teacher – one session will separate boys and girls to address specific issues
- Establish ground rules to help create a safe learning environment, including the need to not pass on knowledge to younger children
- Follow the PowerPoint written by Medway
- Show videos when included in the presentation
- Anonymous question box available at all times within each year 4, 5 and 6 classroom
- Some questions may be referred home if they are not appropriate to the year group guidance

Example lessons

Year 4/5 Lesson 2 - Menstruation and Wet dreams

Year 6: How a baby is made

Any questions?

Sheet to take away