

Relationship and Sex Education plan for Reephams C of E Primary School

Relationship Education (RSE) is often taught cross curriculum through other subjects and topics where links can be naturally made. Our school Values of “*We are a family*” and *Responsibility, Forgiveness, Love, Respect, Friendship, Co-operation* are embedded throughout the school and these, as well as our teaching of British Values, will incorporate many objectives from our RSE planning. RSE is also taught through PSHE sessions where all year groups cover 3 core themes: Health & Wellbeing, Relationships and Living in the Wider World.

Over many years the school has successfully taught a program of Sex Education to ensure pupils are prepared for life. This builds on the RSE Relationship planning and is brought in during Year 5, when puberty is taught in more detail, and in Year 6, when we teach how babies are made and how they are born. Parents have the right to request their child is removed from these sessions. For more information please read the schools Relationship and Sex Education Policy.

The RSE curriculum covers 5 specific objectives: *To ensure pupils know about 1) Families and people who care for me, 2) Caring Friendships, 3) Respectful Relationships, 4) Online Relationships, and 5) Being Safe.* The Table below outlines some specific objectives that are covered and how they may be taught in different year groups.

Class PSHE sessions are always representative of the cohort and may be adapted to meet any specific cohort need. We also provide additional pastoral support for children using additional resources such as: Worry monsters, Time to Talk, Lego Therapy and “Think Good Feel Good” interventions.

1) Families and people who care for me.	Activities covered in Year Group	Specific objectives to be met
Reception	<ul style="list-style-type: none"> > Pre-starting families create a “bridger folder” about home, these are used as a continuous provision. > “Special People to me” topic > Baby Care lesson > Grandparents day 	<i>That families are important for children growing up because they can give love, security and stability.</i>
Y1	<ul style="list-style-type: none"> > Marvellous Me topic 	<i>That families are important for children growing up because they can give love, security and stability.</i>
Y2	<ul style="list-style-type: none"> > Family Tree planning > “Two Homes” book by Claire Masurel -looking at extended and separated families. 	<i>The characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other’s lives.</i>

Y3	<p>“Every Kind of Family” resources from Twinkl covering different family structures include adoption, grand parents, same sex parents, at age appropriate levels.</p>	<p><i>That others’ families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children’s families are also characterised by love and care.</i></p>
Y4	<p>> “The Great Big Book of Families” by Mary Hoffman. from a mum and dad or single parent to two mums or two dads, from a mixed-race family to children with different mums and dads, to families with a disabled member. This is a fresh, optimistic story.</p>	<p><i>That stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children’s security as they grow up.</i></p>
Y5	<p>> Eddings from around the world part of the topic. >Caring for babies part of topic</p>	<p><i>That marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong.</i></p>
Y6	<p>> Y6 Sex-Ed Lessons looking at “Modern Family” tv show family dynamics.</p> <p>> Sex-Ed programs from Channel 4’s “all About Us” resources.</p> <p>> Cognitive Behaviour PSHE sessions using the F.R.I.E.N.D.S program.</p> <p>>The Great Project resources about good relationships being equal and trusting: https://thegreatproject.org.uk Using the ‘Healthy and Unhealthy Relationship’ sections. Which shows signs of domestic and emotional abuse including where to find help.</p>	<p><i>That others’ families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children’s families are also characterised by love and care.</i></p> <p><i>That stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children’s security as they grow up.</i></p> <p><i>How to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed.</i></p>

2) Caring Friendships	Activities covered in Year Group Links to Spiritual learning activity in all year groups	Specific objectives to be met
Reception	<ul style="list-style-type: none"> > Rainbow Fish book as a starter for “New beginnings” > “Getting on and Falling out” SEAL program. > Selfish Crocodile book- what makes a good friend. > Sharing a shell story- important relationships. 	<i>How important friendships are in making us feel happy and secure, and how people choose and make friends.</i>
Y1	<ul style="list-style-type: none"> > Circle time activities on friendship 	<i>How important friendships are in making us feel happy and secure, and how people choose and make friends.</i>
Y2	<ul style="list-style-type: none"> > “Only one you” book by Linda Kranz > “You be you” book by Linda Kranz 	<i>How important friendships are in making us feel happy and secure, and how people choose and make friends.</i>
Y3	<ul style="list-style-type: none"> > Literacy Shed resources “For the Birds” > “The Name Jar” Book by Yangsook Choi leading discussions on fitting in, cultural heritage, peer pressure, making and supporting friend. 	<i>The characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties.</i>
Y4	<ul style="list-style-type: none"> > “Part of a Rainbow” book by Asaf Rozanes, a story about a girl with Green hair trying to fit in, a resource about loving yourself and accepting others. 	<i>That healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded.</i>
Y5	<ul style="list-style-type: none"> > Year 5 puberty lessons- “All About us” program > Literacy Shed Resources: Origins where does he come from? How does he feel? How can he make friends? What challenges does he need to overcome? > PSHE activities 	<i>How important friendships are in making us feel happy and secure, and how people choose and make friends. that most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right.</i>

Y6	<ul style="list-style-type: none">> Year 6 Sex Education program “All About us” resources from Channel 4.> PSHE activities based around Mindfulness.> F.R.I.E.N.D.S Cognitive behavioural therapy class sessions in PSHE.> Respecting Boundaries in Friendship resources based around “house rules”: https://www.bbc.com/teach/class-clips-video/house-rules-respecting-boundaries/zvyr8xs> Literacy Shed resources “Wings” to start discussion about bullying.	<i>How important friendships are in making us feel happy and secure, and how people choose and make friends. how to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed.</i>
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3) Respectful Relationships	Activities covered in Year Group	Specific objectives to be met
Reception	<ul style="list-style-type: none"> - Circle Time activities - Praise and reinforcement throughout everyday routines across the school. - Police visits, nurse visits, sea rescue visits, paramedic visits - Superhero topic 	<p><i>The conventions of courtesy and manners.</i></p> <p><i>That in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority.</i></p>
Y1	<ul style="list-style-type: none"> - Superhero topic - Barry the Fish with Five Fingers (and other books from Norman's Super Library) by Sue Hendra 	<p><i>That in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority.</i></p>
Y2	<ul style="list-style-type: none"> > "Good and Bad Relationships" from Twinkl- what makes a good friend resource. > "It's okay to be different" book by Todd Parr 	<p><i>Practical steps they can take in a range of different contexts to improve or support respectful relationships.</i></p>
Y3	<p>"Lost and Found" Movie/ book as starting point to friendship sessions.</p>	<p><i>How to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed.</i></p>
Y4	<ul style="list-style-type: none"> > "Knights of the Lunch Table" book by Frank Cummuso Graphic Novel to start discussion about bullies (children and adults). > PSHE "RSE LKS2" Lesson 3: Healthy relationships Lesson 4: unhealthy relationships 	<p><i>Different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help.</i></p> <p><i>The importance of self-respect and how this links to their own happiness.</i></p>

Y5	<ul style="list-style-type: none"> > Computing Curriculum: e-safety cyberbullying lessons > Puberty Education: “All about us” resources from channel 4/ Operation Ouch BBC > PSHE Stereotype sessions. > Healthy relationship and harassment > Daisy Chain animation: https://www.youtube.com/watch?v=PGxmschhkNg Discussion about when is it right to help others, who to tell if being bullied- link to image sharing. Unwanted Attention and Gender Harassment 	<p><i>About different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help. The importance of permission-seeking and giving in relationships with friends, peers and adults.</i></p> <p><i>What a stereotype is, and how stereotypes can be unfair, negative or destructive.</i></p>
Y6	<ul style="list-style-type: none"> > Computing e-safety cyberbullying lessons > Puberty and Sex Ed “All about us” resources from Channel 4. > Healthy relationships, saying no, Harassment including harassing members of the opposite and same sex. Unwanted Attention and Sexual Harassment > David Guetta Titanium to start discussion about bullying, standing up for yourself and others, perception, stereotypes and reporting. > Dandelion- bullying is for people with no imagination: https://www.youtube.com/watch?v=1ej-HvzH05c Discussion about different type of bullying- this doesn't offer solution but is about the importance of self confidence when things don't go well. Lead to discussions of what you should do. 	<p>About different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help. The importance of permission-seeking and giving in relationships with friends, peers and adults.</p>

4) Online relationships	Activities covered in Year Group	Specific objectives to be met
Reception	> Smartie the Penguin resources > Penguin Pig Resources	<i>The rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them.</i> <i>That people sometimes behave differently online, including by pretending to be someone they are not.</i>
Y1	> Computing curriculum resources: Hectors World and Smart the Penguin Lesson	<i>The rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them.</i>
Y2	> Computing Curriculum Lee and Kim ThinkUknow lessons > Computing Curriculum Avatar lessons	<i>The rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them.</i> <i>That people sometimes behave differently online, including by pretending to be someone they are not.</i>
Y3	> Computing Curriculum: ThinkUknow lessons	<i>The rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them.</i>
Y4	> Computing Curriculum: Captain Kara and Jigsaw GEOP lessons	<i>How to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met.</i>
	> Computing Curriculum Search sites/internet lessons	<i>How information and data is shared and used online.</i>

Y5	<p>> Computing Curriculum and Body awareness Puberty lessons including: Becky's Video from Jigsaw CEOP https://www.youtube.com/watch?v=59911E-rWTU</p> <p>> Puberty Education following Channel 4's "All about us" program, particularly "unit 2 Changes section"</p> <p>> Computing curriculum internet and e-safety lessons</p>	<p><i>That people sometimes behave differently online, including by pretending to be someone they are not.</i></p> <p><i>That the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online including when we are anonymous.</i></p> <p><i>How information and data is shared and used online.</i></p>
Y6	<p>> Computing Curriculum and Body awareness Puberty lessons including: Becky's Video from Jigsaw CEOP https://www.youtube.com/watch?v=59911E-rWTU</p> <p>> Computing curriculum: Meeting Up with strangers (Gooseberry planet lesson)</p> <p>> Sex Education "All about us" following Channel 4's "All about us" program, particularly "unit 2 full section."</p>	<p><i>That people sometimes behave differently online, including by pretending to be someone they are not.</i></p> <p><i>That the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online including when we are anonymous.</i></p>

5) Being Safe	Activities covered in Year Group	Specific objectives to be met
Reception	<ul style="list-style-type: none"> - Circle Time activités - “Team work” SEAL resources - - Smartie The Penguin resources 	<i>What sorts of boundaries are appropriate in friendships with peers and others (including in a digital context).</i>
Y1	<p>> Pantosaurus resources from the NSPCC, “what’s in your pass belongs only to you” https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/underwear-rule/ (continued in all year groups)</p>	<p><i>About the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe.</i></p> <p><i>That each person’s body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact.</i></p> <p><i>Where to get advice e.g. family, school and/or other sources.</i></p>
Y2	<p>> Pantosaurus resources from the NSPCC, “what’s in your pass belongs only to you” https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/underwear-rule/ (continued in all year groups)</p> <p>> Computing Curriculum e-safety</p>	<p><i>About the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe.</i></p> <p><i>That each person’s body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact.</i></p> <p><i>How to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know.</i></p>

Y3	> Circle time activity on secrets PSHE	<p><i>About the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe.</i></p> <p><i>That each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact.</i></p>
Y4	<p>> Computing Curriculum: Captain Kara and Jigsaw CEOP lessons</p> <p>> Share Some Secrets from Reach Out Speak Out: https://www.youtube.com/watch?v=KelO4v9c9RU Some secrets shouldn't be kept, how to spot inappropriate secrets, how members of family shouldn't ask you to keep secrets.</p> <p>> Y4: Puberty Hygiene lessons</p>	<p><i>What sorts of boundaries are appropriate in friendships with peers and others (including in a digital context).</i></p> <p><i>About the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe.</i></p> <p><i>That each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact.</i></p> <p><i>How to ask for advice or help for themselves or others, and to keep trying until they are heard,</i></p> <p><i>That each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact.</i></p>

Y5	<ul style="list-style-type: none"> > Y5: Puberty Lessons > “All About Us” resources from Channel 4 specifically Unit 2 “Changes”/ BBC Operation Ouch ‘Don’t Panic About puberty” > Unwanted attention (including on line) Gender Harassment 	<p><i>About the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe.</i></p> <p><i>That each person’s body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact.</i></p> <p><i>How to recognise and report feelings of being unsafe or feeling bad about any adult.</i></p> <p><i>That each person’s body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact.</i></p>
Y6	<ul style="list-style-type: none"> > Computing Curriculum: Meeting up lessons from Gooseberry planet > Computing: Curriculum: Cyberbullying lessons > Y6 Sex Education lessons “All about us” (Channel 4) > NSPCC “I saw your willy” animation on bullying, indecent images, inappropriate adults and body image (taught as part of puberty lessons). > Unwanted Attention, Gender and Sexual Harassment > Alright Charlie resource from Basis Training (Social Issue Specialists) designed to raise awareness on being exploited by older children, online grooming and what to do. https://www.youtube.com/watch?v=OQllhqQea1g&t=319s 	<p><i>What sorts of boundaries are appropriate in friendships with peers and others (including in a digital context).</i></p> <p><i>About the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe.</i></p> <p><i>That each person’s body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact.</i></p> <p><i>How to report concerns or abuse, and the vocabulary and confidence needed to do so.</i></p> <p><i>That each person’s body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact.</i></p>

Sex Education

Although human, plant and animal Reproduction, Life Cycle and Changes, and anatomical names for the human body are taught as part of the science curriculum we do teach additional details on puberty and sex education in Key Stage 2.

Specifically topics in the Autumn term cover:

Year 4: Personal Hygiene, body confidence and appropriate interactions.

Year 5: The main emotional and physical changes which take place at puberty for boys and girls. Menstruation, Friendship & Relationship. How to manage the changes at puberty and support others to do the same. Body Confidence and appropriate use of technology between friends and strangers. Unwanted attention and gender harassment.

Year 6: How a pregnancy happens, How babies are born. The responsibilities involved in looking after a baby, What the age of consent is, Saying 'No' in a digital world, Sex and the law, Love, Marriage, Gender issues, different types of relationships and who to speak to if they have worries about personal health related issues. Unwanted attention and sexual harassment

The above are always taught by experienced teachers and a range of resources are used, including resources from Channel 4's "All About Us" program, the "Living and Growing series" and 3D PSHE Additional Unit: Relationships and Sex Education.

We do not cover contraception in detail, but we do mention pregnancy can be prevented.

We do not cover Sexual Transmitted Infections in detail, but we do mention the importance in checking your body for changes and seeking support.

We DO give pupils the opportunity to ask questions and clear misconceptions and this may sometimes touch on the areas above, but these are answered in at an age appropriate level

For more information please read of Relationship, SexEducation, Health and PSHE Combined Policy