

Teaching RSE (Relationships and Sex Education) at Blackwell Primary School.

At Blackwell Primary School, teachers will be teaching the RSE units of work in the Second half of the Summer term (June – July.)

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 Blackwell and have developed a policy that reflects this.

The RSE Policy at Blackwell 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

Primary RSE



Teaching RSE at Blackwell 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

year 1

year 2

year 3

year 4

year 5

year 6

Additional

Reception Family and Friendship

Lesson 1: **Caring Friendships**
Lesson 2: **Being Kind**
Lesson 3: **Families**

Year 1 Growing and Caring For Ourselves

Lesson 1: **Different Friends**
Lesson 2: **Growing & Changing**
Lesson 3: **Families & Care**

Year 2 Differences

Lesson 1: **Differences**
Lesson 2: **Male & Female Animals**
Lesson 3: **Naming Body Parts**

Year 3 Valuing Difference and Keeping Safe

Lesson 1: **Body Differences**
Lesson 2: **Personal Space**
Lesson 3: **Help and Support**

Year 4 Growing Up

Lesson 1: **Changes**
Lesson 2: **What is Puberty?**
Lesson 3: **Healthy Relationships**

Year 5 Puberty

Lesson 1: **Talking about Puberty**
Lesson 2: **The Reproductive System**
Lesson 3: **Help and Support**

Year 6 Puberty, Relationships & Reproduction

Lesson 1: **Puberty & Reproduction**
Lesson 2: **Communication in Relationships**
Lesson 3: **Families, Conception & Pregnancy**
Lesson 4: **Online Relationships**

Additional Folder Year 5/6

Unit 1: **FGM**
Unit 2: **Respect and Equality**

The school will not be using these additional resources at this time.

This is an overview for the whole school.

Further information is on the RSE Policy which can be found on the school Website.

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

At Blackwell we welcome parent / carer feedback. If you have further questions about the content of the RSE that your child will be receiving, please send your questions in using the online question form provided. 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 this work is an important part of safeguarding children, as knowledge empowers them, helping them to stay safe and cope with puberty whilst also understanding why their bodies will 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 taught in Y6. The lessons are designed to build upon learning done in previously.

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

Year 6

Puberty, Relationships and Reproduction

Key Stage 2

Scheme of Work

Word Box: Womb, sperm, egg, conception, fertilisation, pregnancy, sexual intercourse, twins, fostering, adoption, relationship, friendship, love, consent, intimacy, communication, personal/private information, internet safety

Statutory Guidance	Learning Intentions and Learning Outcomes	Lesson Title	Resources
Health Education Mental wellbeing (6c,6d,6f,6g,6i,6j) Changing Adolescent body (8a,8b)	Learning Intention To consider puberty and reproduction Learning Outcomes Describe how and why the body changes during puberty in preparation for reproduction Talk about puberty and reproduction with confidence	Lesson 1 Puberty and Reproduction	Puberty Changes Teacher Guide Puberty Body Part cards Reproduction questions sheet Reproduction answer cards Reproduction whiteboard summary Additional Activities Year 6 Puberty Problem Page Year 6 Puberty Problem Page Cut-outs Year 6 Puberty Problem Page Teacher Guide
Relationships Education Families and people who care for us (1a,1b,1d,1f) Caring friendships (2a,2b,2c) Respectful relationships 3b,3d,3h) Being safe (5a,5b,5c,5d,5e)	Learning Intention Exploring the importance of communication and respect in relationships Learning Outcomes Explain differences between healthy and unhealthy relationships Know that communication and permission seeking are important	Lesson 2 Communication in Relationships	Communication and Touch cards Pupil Questions template
Relationships Education Families and people who care for us (1c,1d,1e) Key Stage 2 Science - recognise that living things produce offspring of the same kind, but normally offspring vary and are not identical to parents	Learning Intention To consider different ways people might start a family Learning Outcomes Describe the decisions that have to be made before having children Know some basic facts about conception and pregnancy	Lesson 3 Families, Conception and Pregnancy	Couple pictures How does a baby start? cards (one set per group) How does a baby start? whiteboard summary Pupil Questions from previous lesson - typed Additional Activities Conception and Pregnancy statements Conception and Pregnancy Quiz Conception and Pregnancy Quiz Answers Reproductive System slides
Relationships Education Online relationships (4a,4b,4c,4d,4e) Being safe (5a,5b,5d,5e,5g,5h) Mental wellbeing (6h,6i)	Learning Intention To explore positive and negative ways of communicating in a relationship Learning Outcomes To have considered when it is appropriate to share personal/private information in a relationship To know how and where to get support if an online relationship goes wrong	Lesson 4 Online Relationships	Relationship Question cards Communication Scenario cards Communication Scenarios answers Communication Scenarios whiteboard summary Additional Activities Film clip from www.thinkuknow.co.uk

These detail the statutory elements.

There are 4 lessons. These will cover the following:

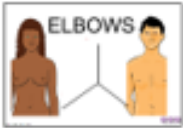
Lesson 1: Puberty and Reproduction.

Lesson 2: Communication in relationships.

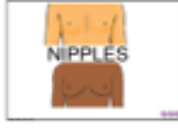
Lesson 3: Families, conception and pregnancy.

Lesson 4: Online Relationships.

ELBOWS



NIPPLES



NAVEL



OVARIES



PUBIC
HAIR



PENIS



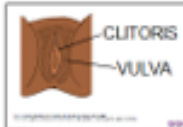
VAGINA



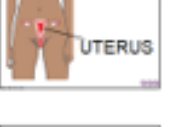
SCROTUM



CLITORIS
VULVA



UTERUS



TESTICLES



REPRODUCTION WHITEBOARD SUMMARY

1. Why do our bodies change during puberty?	Our bodies change during puberty so that when we become adults we are able to make babies.
2. What is an egg?	An egg comes from the woman; it is what is needed to make a baby.
3. What is menstruation?	Menstruation is the word for a girl's monthly period.
4. What happens during a girl's monthly period?	A small amount of bleeding occurs as the egg and the lining of the womb pass out through the vagina.
5. What is sperm?	Sperm comes from the male; it is what is needed to make a baby. Each sperm is so tiny you would need a microscope to see that they are shaped like tadpoles.
6. Where are sperm made	Sperm are made in the testicles.
7. How are babies made?	Babies are made when one sperm joins with one egg in the woman's body.
8. How does sperm get out of a man's body?	Sperm leaves the man's body through his penis.
9. What is a wet dream?	This is when sperm leaves the boy's penis while he is asleep.
10. How many sperm does it take to make a baby?	It only takes one sperm to make a baby although an ejaculation produces about one teaspoonful of semen containing around 300 million sperm.

Lesson 1 Uses these resources.

Year 6 Lesson 1

Puberty and Reproduction

Communication and Touch Cards

1. Kel is 14 years old and has been going out with Shay for two weeks. Kel wants to kiss Shay but is too embarrassed to ask. Kel decides to just kiss Shay anyway. Shay doesn't really want to kiss Kel but is too embarrassed to say anything.

2. Sayeed and Mark have been best mates for ages and Sayeed often gives Mark a big hug each morning when they meet at school. They have never spoken about it but it just happens. Mark doesn't really like being hugged but he goes along with it because he doesn't want to lose the friendship.

3. Jay always gets told to kiss his grandma when she comes over. He really doesn't want to but feels like he has to and feels like he can't say anything.

4. Christy and Sam have been married for three years they both often like to have a cuddle after work when they get home. They can often tell without asking the other person if they want a hug just by looking at their body language.

5. Hai really loves giving her friends a hug but always checks in with them to see if they want a hug too. If they say "no thanks", that's fine.

6. Jax and Roo are both 18 and have been dating for a year. Right from the beginning of their relationship they had conversations about what kind of touch they did or didn't like.

Communication and Touch Cards 2

Good communication

Some communication

Poor communication

Year 6 Lesson 2:

Communication in relationships

Lesson 2 Uses these resources.



Lesson 3 Uses these resources.



Year 6 Lesson 3:
Families, conception
and pregnancy.

1.



When an adult couple are in a relationship they may make love. This is when they take pleasure in touching each other in sexual ways.

Year 6 Lesson 3:
Families, conception and pregnancy.

2.



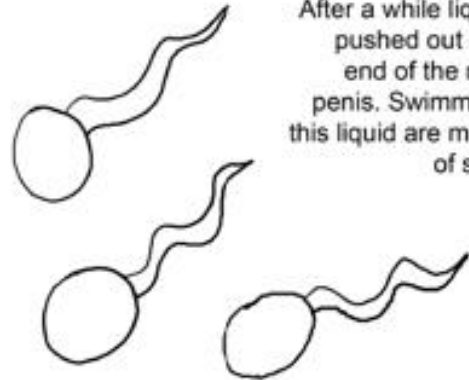
Sometimes when a man and a woman are making love the man's penis gets stiff and the woman's vagina gets slippery.

3.



Now the woman's vagina can take the man's penis inside it. This is called sexual intercourse. It should feel nice.

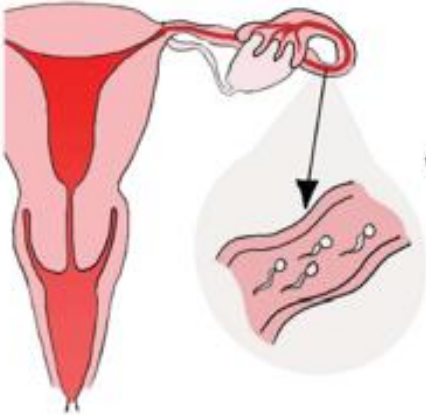
4.



After a while liquid is pushed out of the end of the man's penis. Swimming in this liquid are millions of sperm.

Lesson 3 Continued - uses these resources.

5.

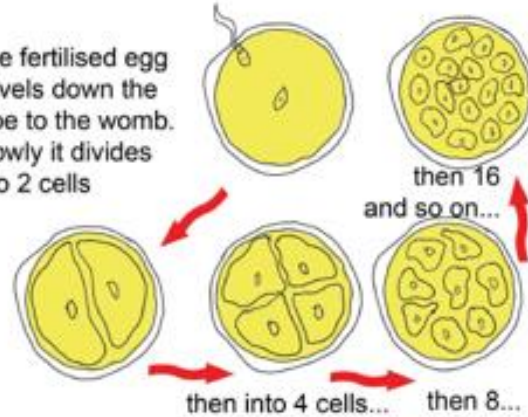


The sperm swim into the woman's womb and then into the fallopian tubes.

Year 6 Lesson 3:
Families, conception and pregnancy.

7.

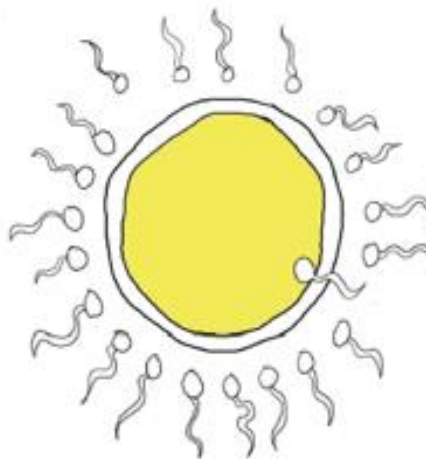
The fertilised egg travels down the tube to the womb. Slowly it divides into 2 cells



then 16 and so on...

then into 4 cells... then 8...

6.



If there is an egg in one of the tubes it may join up with one of the sperm. The egg is now fertilised.

8.



When the cells reach the womb they must attach themselves to the side so that they can continue to grow.

It usually takes about nine months for these cells to become a fully grown baby that is ready to be born.

This is called pregnancy.

Lesson 3 Continued - uses these resources.

Conception and Pregnancy Answers

1. A woman has to have sexual intercourse with a man in order to have a baby

False

If a woman chooses she can have semen placed in her vagina which may lead to her becoming pregnant. It is also possible for a couple to use IVF (in vitro fertilisation) or to adopt a baby.

2. When a woman is pregnant her periods stop

Usually true

The womb lining needs to stay inside her body as the embryo is implanted in it. Some women experience a small amount of bleeding during pregnancy and they will go to the doctor to see if they need any help.

3. Identical twins occur when one egg is fertilised by two sperm

False

Only one sperm can fertilise an egg. Once a sperm has entered the egg it seals itself with a protective coating so no more sperm can enter. Identical twins are formed when the fertilised egg splits early in the pregnancy into two separate cells. Identical twins are always the same sex. Fraternal (non-identical) twins occur when two eggs are fertilised by two sperm.

4. Most babies are born after being inside their mothers for nine months

True

Some babies are born early. They are called premature babies and may need to be cared for in an incubator until they are ready to go home with their families.

5. The umbilical cord provides the foetus with oxygen and nutrition in the mother's womb

True

A foetus doesn't breathe using its lungs and it doesn't digest food like we do. The mother eats and breathes and then nutrients and oxygen are passed in her blood. Her blood then passes through the umbilical cord into the foetus' body where it absorbs what it needs. The umbilical cord becomes our belly button.

6. A girl can become pregnant just before she has her first period

True

An egg is released from the ovary before a girl has her first period. This egg could then be fertilised if she had unprotected sexual intercourse.

continued

Conception and Pregnancy Answers

7. A woman can become pregnant the first time she has sexual intercourse

True

If no contraception is used it is possible for a woman to become pregnant the first time she has sexual intercourse

8. A woman can buy a pregnancy testing kit from the chemists to find out if she is pregnant

True

It is also possible to have a test free of charge at the doctor's or Family Planning Clinic.

9. Pregnancy begins when a woman's egg meets a man's sperm in the woman's vagina

False

Fertilisation usually takes place in the fallopian tubes. Fertilisation does not always lead to pregnancy.

10. All pregnant women feel sick in the morning

False

Some women do feel sick in the morning, some women have no sickness, and others feel sick at different times of the day.

Year 6 Lesson 3:

Families, conception
and pregnancy.

Lesson 3 Continued - uses
these resources.

Relationship Question Cards

What do we mean when we say someone is *'going out'* with someone else?

What is the difference between having a *'boyfriend'* and a *'friend who is a boy'*?

What do we mean when we say someone has a partner?

What do we mean when we say someone has an online relationship with someone else?

What do we mean when we say someone is in a long term relationship with someone else?

What is the difference between having a *'girlfriend'* and a *'friend who is a girl'*?

Year 6 Lesson 4:

Online relationships.

Communication Scenario Cards

1. On Sam's twelfth birthday his mum texts him a happy birthday message with a picture of Sam in the bath aged two. His mum shouldn't have done this because he isn't wearing any clothes in the photo and now everyone will be able to see it.

2. Sophie has an online friend who lives in Germany and has sent her some pictures of her house and her pets; she asks Sophie to send her some photos of what her house looks like. It is OK for Sophie to do this because her online friend lives in a different country.

3. Maria fell out with her best friend a few weeks ago. Recently she's started getting horrible texts from an unknown number. She knows that the best thing to do is send a reply telling them to leave her alone and then block the number and tell her parents.

4. Ayman's friend has told him that this girl at school really fancies him. Ayman is too shy to speak to her. His friend says it would be safe for Ayman to send her his mobile number in a private message on Facebook.

5. Leroy's older brother lets him use his games console when he's out. He said it is safe for Leroy to use it on his own because all his 16-rated games are password protected.

6. While Jade is away on summer holiday her boyfriend asks her to send him a picture of her on the beach. She is uncomfortable with doing this because once you send a picture from your phone, there is no way of getting it back or deleting it.

7. Amy has sent her best friend Denise a really funny picture of a boy at school, which he sent her as a private message. Denise tells Amy she shouldn't have shared it with her because it's wrong to share private messages or pictures, even with your best friend.

8. One of Ali's Instant Messenger buddies has asked him to meet up with him in the local park. Ali replies to say he can't go without an adult's permission. Ali should give his mum's phone number so the buddy can call her and check it's OK.



Lesson 4 uses these resources.