

## Relationships and Sex Education (RSE) & Personal, Social, Health and Economic (PSHE) Policy Reviews

25.05.21

Dear Parents/Guardians,

Jigsaw, the mindful approach to PSHE, is a teaching and learning programme which includes the statutory RSHE (Relationships Education, Sex Education and Health Education) and has a strong focus on emotional and mental health and wellbeing. We want children to be safe, healthy and happy – we understand that children's safety and wellbeing is paramount.

The Jigsaw PSHE lessons aim to give children their entitlement to information about relationships, puberty and human reproduction, appropriate to their ages and stages of development. This work is treated in a matter-of-fact and sensitive manner and helps children to cope with change, including puberty, and to learn about healthy relationships. The Jigsaw PSHE Programme includes lessons on all aspects of compulsory Relationships and Health Education, designed in a sensitive, age-appropriate curriculum that builds on knowledge taught year on year.

### Why is RSE needed?

- More than ever before, children are exposed to representations of sex and sexuality through the media/ social media and the social culture around them, so we need to present a balanced view of RSE and help them to be discerning and stay safe.
- Rates of sexually-transmitted infections (STIs) and teenage pregnancy in the UK are relatively high – as is the regret felt by young people after early sexual experiences.
- Research consistently shows that effective RSE delays first sexual experience and reduces risk-taking.
- Surveys of children and young people, as well as Ofsted, have repeatedly told us that RSE tends to be “too little, too late and too biological”

### Aims for teaching RSE:

- To enable young people to understand and respect their bodies, and be able to cope with the changes puberty brings, without fear or confusion.
- To help young people develop positive and healthy relationships appropriate to their age, development etc. (respect for self and others).
- To support young people to have positive self-esteem and body image, and to understand the influences and pressures around them.
- To empower them to be safe and safeguarded

Please note: at no point will a child be taught something that is inappropriate; and if a question from a child arises and the teacher feels it would be inappropriate to answer, (for example, because of its mature or explicit nature), the child will be encouraged to ask his/her parents or carers at home. The question will not be answered to the child or class if it is outside the remit of that year group's programme.

**Changing Me Puzzle (taught in Summer Term 2) includes:**

- Reception: Growing up - how we have changed since we were babies.
- Year 1: Boys' and girls' bodies using correct names for body parts.
- Year 2: Boys' and girls' bodies; body parts and respecting privacy (which parts of the body are private and why this is).
- Year 3: How babies grow and how boys' and girls' bodies change as they grow older. Introduction to puberty and menstruation.
- Year 4: Internal and external reproductive body parts. Recap about puberty and menstruation. Conception explained in simple terms.
- Year 5: Puberty for boys and girls in more detail including the social and emotional aspects of becoming an adolescent. Understanding the place of sexual intercourse in a relationship and how it can lead to conception. Conception explained in simple biological terms. Animations used – the female and male reproduction system.
- Year 6: Puberty for boys and girls revisited. Understanding conception to the birth of a baby. Becoming a teenager. All lessons are taught using correct terminology, child-friendly language and diagrams.

**Tips for talking to your child:**

- Be honest. If you don't know the answer to a question, be honest and say so. Tell your child that you will need to find out and that you will get back to them with more soon.
- Remember that children are curious and want to know and understand.
- Keep lines of communication open. Having an open and honest relationship with your child can really help make conversations easier, so make sure that you are always willing to talk when your child needs you; if you can't, explain why and find another time when it is more mutually convenient.
- Use correct terminology.
- Always respond. Research shows us that children want and need to understand relationships, puberty and human reproduction, and want to be able to talk with parents/carers about this when they have had lessons at school.

For further information about what will be covered in each year group, please see the knowledge organiser which will be shared with you via the school website. If you have any further questions, please contact your child's class teacher.

Yours Sincerely

*G. Sesli*

Ms G Sesli

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