

Relationships and Sex Education

Parent/Carer Meeting

23.4.24

Aims

- To inform parents about the Relationships, Health and Sex Education provision we offer here at Merridale.

Our curriculum offer meets the National Curriculum 2014 and The Statutory Guidance on Relationships Education, Relationships and Sex Education (RSE) and Health Education 2021.



Department
for Education

**Relationships
Education,
Relationships and
Sex Education (RSE)
and Health Education**

PSHE | ASSOCIATION

What is RSE?

Under the Children and Social Work Act, 2017, the government made relationships education statutory in all primary schools, as part of compulsory relationships, sex and health education (RSHE). The Statutory guidance for Relationships education, Relationships and Sex education and Health education outlines what schools need to cover.

The guidance in RSE is mirrored by the Science National Curriculum. It states that children in Year 5 and Year 6 should be taught to:

- Describe the changes as humans develop to old age.
- Describe the lifecycles of mammals (including humans)
- Describe the life process of reproduction in some animals (including humans)
- Describe the changes experienced during puberty.
- Find out about different types of reproduction including sexual reproduction in animals (including humans).
- Compare how different animals grow and reproduce.

What we know about RSE

- Children often lack the vocabulary and understanding to be able to talk confidently about their bodies and changes.
- Young people are worried about growing up and about the inevitable changes that will happen to them.
- Children and young people learn about sex and relationships from **many sources** including television, friends, family, the Internet and other media. Some of the learning is accurate and helpful. Some of it is based on ignorance and prejudice that can make them feel scared.
- Children welcome accurate information from trusted adults (such as parents/carers or school staff) as it makes them feel less anxious.
- Young people and some adults often find it difficult to talk to their parents or carers and other adults about sex and relationships. However, those who do, have said that it is easier if they have been taught about it at school, as it helps to open the subject up.
- Children's bodies begin to develop and change while they are at primary school and it is important that they feel supported through puberty.
- Children need to know about puberty **before** they experience the onset of physical changes.
- It is vital that parents and carers are involved in this process and are able to understand and link in with what is being taught in school.

Outline of lessons

Year 5 and 6 will both follow the outline below but, for these lessons, pupils will be split into male and female. We believe splitting children up to teach these lessons will allow them to feel a little more confident to ask questions.

Sessions	Outline
Session 1	Personal Hygiene
Session 2	Puberty and the changing body
Session 3	Menstruation
Session 4	Emotional changes in Puberty.

Year 6 will then have a separate Sex Education session where conception is taught. This again will be taught as a separate male and female session.

All sessions taught are planned and provided by Kapow Primary which has been recommended for use by Wolverhampton Local Authority.

Preparing for Secondary School

We acknowledge that teaching of conception is not compulsory but is important in the preparations for starting secondary school.

In Key Stage 3 (Year 7, 8 and 9) within the compulsory Science National curriculum children will be taught:

Reproduction

Pupils will be taught about reproduction in humans (as an example of a mammal), including the structure and function of the male and female reproductive systems, menstrual cycle (without details of hormones), gametes, fertilisation, gestation and birth, to include the effect of maternal lifestyle on the foetus through the placenta

Therefore, we follow the DfE recommendation that all primary schools should have a sex education programme tailored to the age and the physical and emotional maturity of the pupils.

Sex Education Session Outline

Only children in Year 6 will be taught the following:

1. A recap of menstruation and ovulation.
2. That a male and female are both needed to make a baby.
3. Fertilisation of an egg happens during sexual intercourse.
4. A female egg will be fertilised by a male sperm.
5. Once the fertilised egg attaches to the womb a baby will begin to grow and develop
6. Nine months later a baby will be born.

For these sessions, children will be split into male and female groups.

Parental Consent

- Parents **will not** be able to withdraw their children from any aspect of The Relationships or Health Education which includes learning about the changing adolescent body and puberty.

The quote from the DfE on RSE is:

There is no right to withdraw from Relationships Education at primary or secondary as we believe the contents of these subjects – such as family, friendship, safety (including online safety) – are important for all children to be taught.

The quote from the DfE on teaching within Physical & Mental Health as part of RSE is:

Changing adolescent body

Pupils should know:

- *key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes*
 - *about menstrual wellbeing including the key facts about the menstrual cycle*
- Parents **will** have the right to withdraw children from the Sex Education session which teaches about conception if they wish.