



**St. Joseph's**  
Catholic Primary School

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

**Love, Learn, Grow**

# The current situation – the national picture



The Department for Education has introduced compulsory Relationships Education for primary pupils.  
Relationships and Sex Education (RSE) for secondary pupils from September 2020.

Also, from September 2020  
it will be compulsory for all schools to teach Health Education.

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# DFE State that:



- High quality / age appropriate teaching can help prepare pupils for the opportunities, responsibilities and experiences of adult life
- Schools are free to determine how to deliver RHSE
- Effective teaching will ensure that; core knowledge is broken into units of manageable size and communicated clearly to pupils, in a carefully sequenced way with a planned programme of lessons
- Many schools deliver relationships and sex education as part of the PSHE Programme
- All schools may teach about faith perspectives. Schools with a religious character may teach the distinctive faith perspective on relationships
- Teaching should reflect the law including the Equality Act 2010 as it applies to relationships

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# Under the guidance



All schools providing primary education must deliver Relationships Education

All schools must provide Health Education

All schools providing secondary education must provide Sex Education

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# Working with parents



Parents are the first teachers of their children

They have the most significant influence in enabling their children to grow and mature and to form healthy relationships

Parents should know what is being taught and when

Schools should clearly communicate the right of parents to withdraw their child from some or all of the sex education teaching

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# Withdrawing your child



## **Some things to consider:**

The emotional effects of being excluded

Message is delivered to all pupils at the same time

Your child is taught by a responsible adult following school programme and guidance

Your child does not hear their peers version of what was said in class

Head teachers will automatically grant a request to withdraw a pupil from any sex education delivered in primary school, other than as part of the Science Curriculum.

**There is no right to withdraw from Relationships Education or Health Education.**

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# Science Curriculum



The National Curriculum for Science contains subjects related to this area such as:

- The main external body parts
- The human body as it grows from birth to old age (including puberty)
- The reproduction of plants and animals.

Guidance suggests:

Schools have a Sex Education Programme tailored to the age and physical and emotional maturity of the pupils. Boys and girls should be prepared for the changes that adolescence brings – drawing on the Science Curriculum of the human life cycle set out in the National Curriculum – how a baby is conceived and born.

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# Puberty



Puberty including menstruation should be covered in Health Education and should as far as possible be addressed before onset.

This will ensure that pupils are prepared for the changes they will experience.



# St. Joseph's General Principles



‘A journey in Love’ – with additional resources from other sources and film clips

Curriculum is mapped out through each year group in school and is taught as part of the general curriculum and as a separate programme where necessary

Children are taught in their class groups

Boys and girls are taught together

Lessons are delivered by the class teacher or Deputy Head

Questions / discussion that are appropriate will take place – pupils may be directed back to parents with particular issues if the teachers feel this is more appropriate

# Year 5 Programme



*God loves me in my changing and development*

How have we developed and grown from birth till now?

Physical changes at puberty in boys and girls. How are we similar? How are we different?

Menstrual cycle

Emotional issues connected with puberty: hygiene, spots, mood swings

# Film Clips used with Year 5

BBC – Ask Lara series

Cartoon series about a group of children going through puberty and all its associated issues.

Film clips have in built discussion points.

<https://www.bbc.co.uk/programmes/p0118sop>

<https://www.bbc.co.uk/programmes/p01183dv>

<https://www.bbc.co.uk/programmes/p0119gpr>

# Year 6 Programme



## The Wonder of God's Love in Creating New Life

Recap on teaching from Year 5 – puberty

Exploration of LOVE as a theme – How do we use the term? Are there different types of love? What is love?

Marriage – loving relationship – leading to expressions of love and the creation of new life

Sexual Intercourse

Development of new life in the womb from conception - birth

# Film Clips used with Year 6

Film clips relating to fertilisation and development of life in the womb

<https://www.youtube.com/watch?v=5OvgQW6FG4>

[https://www.youtube.com/watch?v=rJSH6Iy\\_R-M](https://www.youtube.com/watch?v=rJSH6Iy_R-M)

<https://www.youtube.com/watch?v=7M-Ol98OLXc>

<https://www.youtube.com/watch?v=zdApLFd3Gsw>

# School Policy



All parents / carers received a copy of the school policy last term and were given the opportunity for consultation.

The policy has now been ratified by the Governors and is available on the school website.

# Dates of Lessons (Year 5 / Year 6)

Year 5 lessons will take place on Tuesday afternoons for a period of 6-8 weeks and will be led by Mrs O’Kane.

Year 6 lessons will take place after May half term – further correspondence will be sent out to parents.

# Questions / Concerns

Please contact the school office either by phone or email  
and direct your query or concern to  
Mrs O’Kane (Deputy Head)