

RSE Family Session



What is covered in RSE?



Relationships Education

The characteristics of positive relationships, focusing on friendships, family, and interactions with peers and adults.



Health Education

Understanding of good physical health and mental wellbeing, including the changing adolescent body.



Sex Education

Statutory in secondary schools. Some aspects are taught within the primary Science curriculum (reproduction).

Kapow

RSE Statutory guidance
(and non-statutory sex education)



Kapow Primary RSE scheme of work



Kapow Primary key areas - Key stages 1 and 2

Family and
relationships

Health and
wellbeing

Safety and the
changing body

Safety and the Changing Body

Being Safe (including online)

- Appropriate physical contact
- Privacy
- Online relationships
- Road safety

Drugs, alcohol and tobacco

- Safety around medicines
- Influence of others
- Benefits of healthy choices
- Risks associated

The changing adolescent body

- Naming private parts
- Some physical and emotional changes
- Different physical changes that occur including menstruation

Basic first aid

- To know the emergency services
- How to make an emergency call
- Dealing with common injuries

Puberty, human reproduction and sexual harassment



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

Statutory guidance for governing bodies,
proprietors, head teachers, principals, senior
leadership teams, teachers



Keeping children safe in education 2024

Statutory guidance for schools
and colleges

2 September 2024

STATUTORY

Acceptable and unacceptable physical contact.

Pants rules.

What are the PANTS rules?



Privates are private



Always remember your body belongs to you



No means no



Talk about secrets that upset you



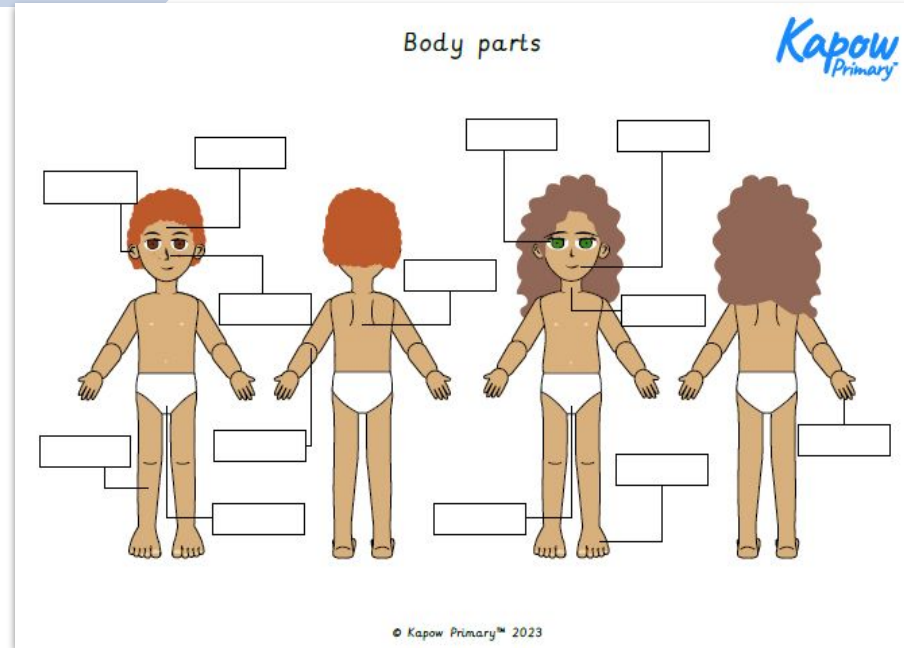
Speak up, someone can help



Year 2

STATUTORY

- Naming external body parts.
- Safe and unsafe touch (linking to private and public).
- Understanding the difference between a secret and surprise.



STATUTORY

Revisiting the PANTS rules.

Online safety and identifying unsafe digital content.

What are the PANTS rules?



Privates are private



Always remember your body belongs to you



No means no



Talk about secrets that upset you



Speak up, someone can help



Science and PSHE – what's the difference?

- describe the differences in the life cycles of a mammal, an amphibian, an insect and a bird
- describe the life process of reproduction in some plants and animals
- describe the changes as humans develop to old age
- learn about the changes experienced in puberty

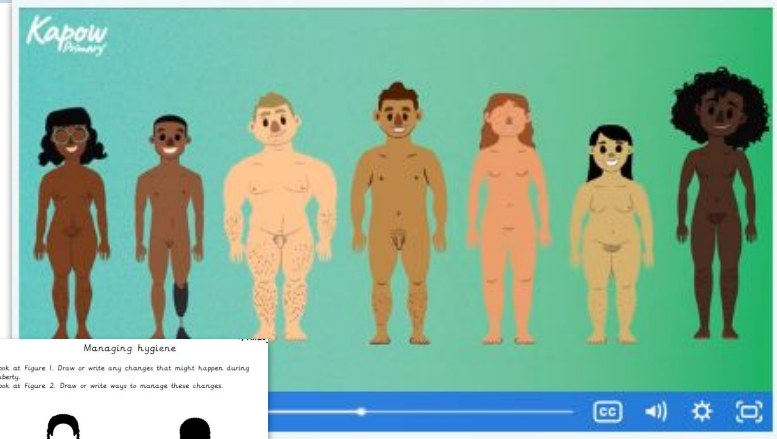
- how their body will change as they approach and move through puberty
- about human reproduction
- how to develop and maintain a variety of healthy relationships, within a range of social/cultural contexts
- how to recognise and manage emotions within a range of relationships
- how to recognise risky or negative relationships including all forms of bullying and abuse
- how to respond to risky or negative relationships and ask for help
- how to respect equality and diversity in relationships

Year 4

STATUTORY

Some physical changes to male and female bodies.

Physical and emotional boundaries in friendships.



Year 5

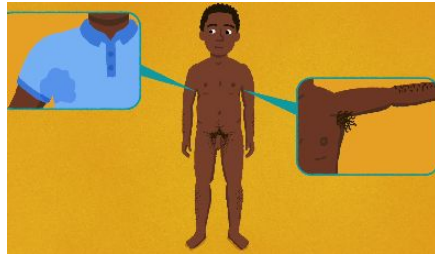
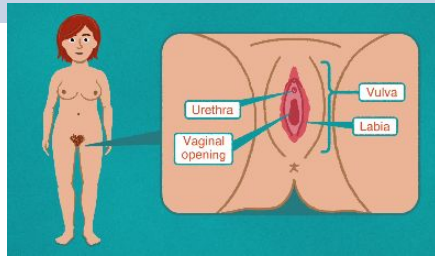
STATUTORY

Some physical and emotional changes that happen during puberty.

The menstrual cycle.

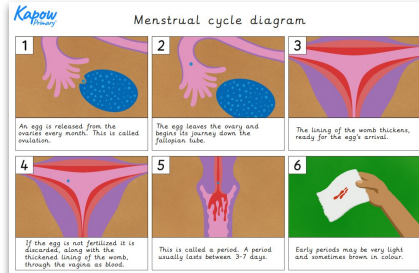
Online friendships and the impact of their actions.

Year 5



What will the children learn?

- The scientific names of male and female reproductive systems.
- Puberty for boys and girl
 - ✓ For both sexes: getting taller, hair growth, sweating more, developing spots, mood swings.
 - ✓ For boys: change in size of penis and testicles, voices breaking.
 - ✓ For girls: breast development, starting their periods.
- Menstruation: the science of what happens during menstruation.



Year 6

STATUTORY

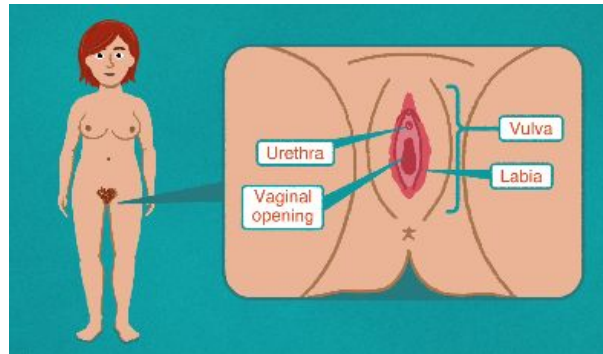
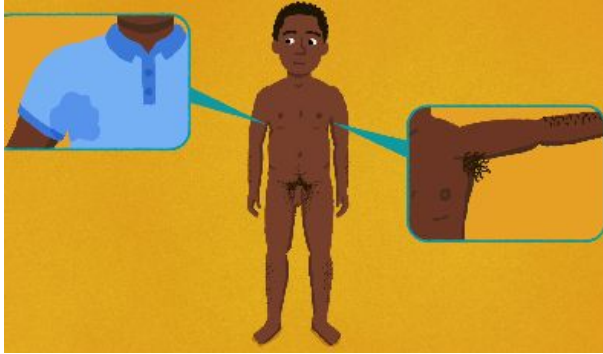
Further develop understanding of physical and emotional changes that happen during puberty

How a baby develops in the womb

Non-statutory

Conception

Year 6



What will the children learn?

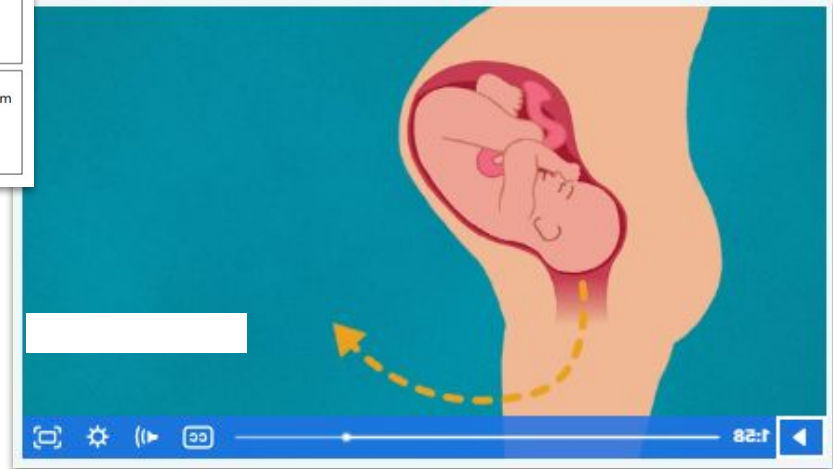
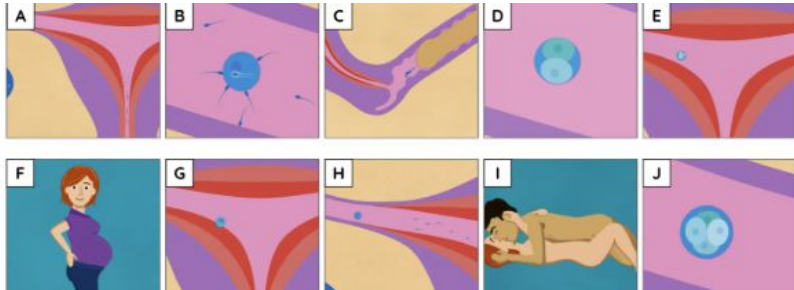
- The scientific names of male and female reproductive systems.
- Recap puberty for boys and girl that they have already covered.
- *Conception: covers the stages of how a baby is made. This lesson is recommended but not statutory for Year 6.*

Year 6 - Conception and birth - (non statutory)

Kapow
Primary

Stages of conception (scrambled)

A	A man and woman have sexual intercourse. The man's penis gets hard/erect and goes inside the woman's vagina.	B	The sperm travel through the womb to the fallopian tube.	C	One of the sperm enters the egg.	D	The ball of cells attaches to the side of the womb.	E	The woman is pregnant and the baby starts to grow in her womb.
F	The new cell starts to grow into a ball of cells.	G	The ball of cells travel down the fallopian tube towards the womb.	H	The man ejaculates and sperm leaves his penis and travel up the woman's vagina.	I	The man's sperm and the woman's egg meet in the fallopian tube.	J	The sperm and egg come together to form a new cell.



FAQs

Thoughts and discussions

FAQs

Do I have a right to withdraw my child from Relationships and Sex Education?

‘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.’

Sex Education that we teach, that is not also part of the science curriculum, takes place in year six and you have the right to opt your child out of these aspects.

If you would like to opt out, please email the school office with this request
gboffice@newwavefederation.co.uk

FAQs

Will my child be taught about LGBTQ+ relationships?

We teach children about the society in which they are growing up. This is designed to foster respect for others and for difference, and to educate pupils about healthy relationships.

This is done in a way that respects everyone and is inclusive of our wider community. We cover LGBTQ+ content when teaching about different types of families.

These discussions do not only happen at this point of year and are threaded throughout the curriculum.

FAQs

Do you cover gender identity in RSE lessons?

We do not specifically cover gender identity as a topic, although lessons do cover identity more generally, helping children to understand themselves and others. Gender identity does not form part of the National Curriculum, although we do learn about stereotypes and how consideration of gender has changed over the years.

FAQs

What do I do if I feel uncomfortable talking about certain topics with my child?

If you feel uncomfortable discussing topics with your child, be honest with them that you find it difficult and explain that you would like to give yourself some thinking time before you get back to them on any topics or questions. We are here to support and help with how you could broach sensitive topics if you would like.

Next steps

Speak with a school leader or your child's class teacher if you would like further support to discuss RSE topics with your child

Be curious about your child's 'digital diet' and discuss risks of inappropriate content