

# **RSE**

## **November 2021**

# What is RSE ?

- RSE is part of PSHE.
- It stands for Relationship and Sex Education and Health Education.
- In First school, we are expected to teach the relationship aspect of RSE.
- RSE is divided into 5 main categories.
- These categories are self-explanatory and it addresses the whole child.
- It covers the emotional and social aspect of child development.

# In Brief

**The main aim is to respect and understand the characteristics of positive relationship with reference to family, friends and other children.**

- Respecting different structures of families e.g. 2 dads or fostered family.
- To name main parts of the body using scientific language e.g. testicles, vagina or penis (part of the Science curriculum).
- To respect that for some people gender identity does not correspond with their biological sex.
- To respect that people love and care for each other can be in a committed relationship (e.g. marriage) living together but may also live apart.
- To respect personal identity, what contributes to who we are (e.g. ethnicity, family, gender, faith, culture, hobbies, likes/dislikes)

# EYFS (Reception)

- Reception follows the EYFS curriculum.
- They will learn: people who help us and people within their family.
- They will be learning about their bodies. Through **PANTS** (NSCPCC programme) children will be taught their bodies belong to them.
- Children will also learn how to look after their teeth.
- Through play, children will be able to identify how they can be healthy.
- The prime area of personal, social and emotional development will cover relationships and friendships.

# 1. Families that care for me:

## KS1

- To respect any kind of family structure.
- To understand that families help us, look after us and care for us.
- To be able to share their worries if their family makes them unhappy.

## KS2

- To understand and respect all kinds of relationships or aspects within families.
- To understand that marriage or civil partnership is a legal commitment.
- To understand that families love and care for each other.
- To share their worries if anyone or something is making them unhappy.

# 2. Respectful Relationship

KS1 & KS2

- To respect all kinds of relations irrespective of their culture, background, physical appearance or beliefs.
- Importance of self-respect and understand their own feelings.
- Conventions of courtesy and manners.
- To challenge stereotypes and show respect towards individual choices.
- To listen and respond respectfully to a wide range of people with different culture, faiths or beliefs.
- To know about discrimination and what it means and how we can challenge it.

# 3. Caring Friendship

## KS1

- How we make friends and what makes a good friend.
- How to settle any arguments or misunderstanding within friendship.

## Ks2

- How to respect all kinds of relationships.
- Challenging stereotypes.
- How friendships can change over time.
- How to resolve disputes and reconcile differences.
- Peer pressure and strategies to cope with it.
- What constitutes a positive healthy friendship?

# 4. Online Relationship.

KS1 & KS2

- Cross links with the Computing curriculum.
- In both key stages, teaching them to be safe online.
- How media and digital images can be harmful.
- What information is safe to share?
- How they need to be careful about online relationships.
- What information is safe to share ?
- What is online bullying ?
- How to seek help and advice.



# 5. Being Safe

KS1&KS2

- Their body belongs to them.
- What is appropriate physical contact?
- Understand the concept of privacy.
- Safe and unsafe adults and how to seek advice.
- How to contact emergency services and how to seek first aid in any situation.
- Hazards substances around the house.
- Understanding medicine and how they make us feel better.

# Health Education

KS1 & KS2

- Healthy eating, balanced lifestyle and exercise.
- Dental care and hygiene.
- How sleep affects our health.
- Learning about bacteria and viruses and how it affects our health.
- Importance of mental health and how it effects feelings and emotions.
- To recognise their individuality and personal qualities.
- Keeping safe in our local environment or unfamiliar places.
- How to respond and react to emergency situations.
- Mental Health and well being.

# Links within school

- Links with Science, PE and RE.
- Links in with Healthy Eating.
- Links with British Values and UN Rights of the Child.
- PANTS and NSCPCC.
- Links with anti-bullying.
- E-safety

# LGBT and Sex education

- Teachers should use scientific terminology and address any questions or concerns with honesty and use teachers discretion.
- All lessons should be age appropriate for e.g. while explaining different family structure in Year 2, the teachers might say: there are 2 dads or 2 mums or fostered families but it's important to know that all families love and care for each other.
- Sex education is taught in Upper Key Stage 2.