



# Campsbourne Primary School Relationships AND Sex Education

# New Guidance

It is 20 years since 'The world (and how we interact with each other)' was reviewed and changed.

**Relationships Education in Primary Schools** is now statutory which means previous recommendations for teaching Personal, Social, Health Education are now part of the National Curriculum.

Sex Education in primary schools remains optional, although in Years 5 and 6 the science curriculum forms part of what might be considered as sex education (puberty and reproduction).

# Our PSHE Curriculum

As part of the Campsbourne PSHE curriculum we teach the following statutory objectives that build understanding about growth and reproduction through The Cambridge PSHE scheme:

## **Year One**

Children learn to identify, name, draw and label the basic parts of the human body and say which part of the body. They learn to explain what their amazing body can do and how they can look after it; keep it clean and try to prevent illnesses and diseases.

## **Year Two**

Children learn how babies change and grow and what they need from their families.

## **Year three**

Children learn how male and female body parts are different. They learn when to talk about bodies; how they change; who we talk to about our bodies; the importance of personal hygiene and the spread and prevention of illnesses and diseases.

## **Year Four**

Year 4 learn the main stages of the human life cycle; how they began and what it means to be 'grown up'; what am they are responsible for now and how will this change. They also learn how different caring, stable, adult relationships create a secure environment for children to grow up in.

## **Year Five**

In Year 5 children develop their understanding of the names of male and female sexual parts and their functions; how to talk about bodies confidently and appropriately; what happens to different bodies during puberty; what might influence their view of their bodies; the importance of personal hygiene and how to reduce the spread of viruses and bacteria.

## **Year Six**

In Year 6 the children learn about different ways babies are conceived and born: what effect might puberty have on people's feelings and emotions; how their words or actions affect how others feel, and what their responsibilities are; what adults should think about before they have children and why some people might get married or become civil partners.

# Where and how might young people learn about sex and relationships? It could be...

Mobile  
Phones



School



Parents  
& Carers



TV



Internet



Friends &  
Older Siblings



# Why is Relationships and Sex Education important?

- Children are entitled to know about their bodies and how they will grow and change.
- In many cases, puberty is starting earlier- for some children by age nine.
- To avoid misconceptions and confusion.
- To educate children about the existence of sexually transmitted infections and how to look after their bodies.
- To inform children of Safeguarding issues:
  - Grooming
  - Child Sexual Exploitation
  - Abuse
  - Sexting
  - Online pornography

# What is effective Relationships & Sex Education (SRE)?

- Age appropriate
- Based on needs of pupil (see later slides)
- Progressive
- Inclusive
- Delivered by trained staff in a safe environment
- Prepares children adequately for puberty in a timely way
- Prepares children for adult life
- Promotes positive relationships

# Does it work? What's the evidence?

## Those receiving good quality RSE are more likely to:

- Delay their first sexual experience
- Use condoms for contraception
- Have fewer sexual partners

**Kirby 2007**

# Ofsted's National Review of existing RSE

- Required improved in over a third of schools was not systematic enough.
- Children were not adequately prepared for puberty.
- In Primary Schools, too much emphasis was placed on friendships and relationships.



# Recommendations for Changes

- Introduce children to the correct scientific terms to describe body parts in Key Stage 1.
- Challenge the use of 'gay' as an insult and include work around the makeup of different families.
- Explore/ challenge gender roles and stereotypes.
- Begin to explore puberty changes by the age of 8/9.
- Deliver RSE in a progressive way across the school.
- Ensure that children in Year 5 and 6 receive RSE input around puberty so that they are prepared as soon as possible for the onset of puberty.
- For some sessions on Sex Education consider single gender sessions.

# Your Rights as a Parent

- To be informed of the RSE curriculum and policy
- To be consulted about changes to these
- To withdraw your child from Sex Education lessons (that are outside of/ additional to the Science National Curriculum)



# Exemplar Resources

Year 1

*Cambridgeshire Primary Personal Development Programme*  
Healthy and Safer Lifestyles • SR 5 Sex and Relationships

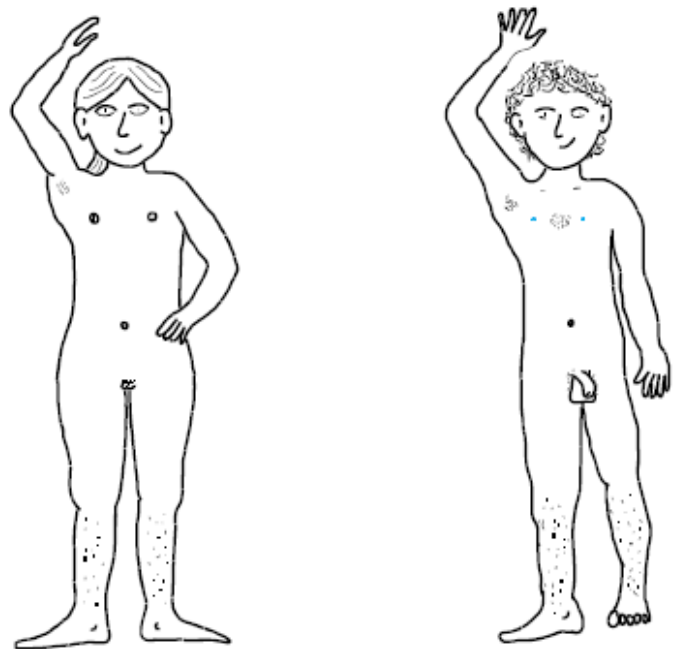
**Pupil Response Sheet 'Draw the Difference' KS1**

Are you a boy or a girl? Boy/Girl \_\_\_\_\_ Which year are you in? \_\_\_\_\_

This is Bert	This is Betty
Bert is a boy. He is the same age as you. Draw and write about Bert's body. Make sure you draw and write about the parts that show Bert is a boy.	Betty is a girl. She is the same age as you. Draw and write about Betty's body. Make sure you draw and write about the parts that show Betty is a girl.
	

Progression  
From Year 1  
to Upper  
Key Stage 2

Years 5/6



*Cambridgeshire Primary Personal Development Programme*  
Healthy and Safer Lifestyles • SR 5 Sex and Relationships

**Resource 8 - Male and Female Bodies Entering Puberty**

# Parent/Carer Voice

As part of the changes to our PSHE Relationships AND Sex Education curriculum, we invite you to read the draft policy on the school's website and to comment on:-

1. The RSE policy
2. The RSE curriculum
3. Our resources

Please email your comments to

[RSE@campbourne.haringey.sch.uk](mailto:RSE@campbourne.haringey.sch.uk)



THANK  
YOU!