



## Skegness Infant and Junior Academies

### An introduction to RSE

Relationships and Sex Education (RSE) is taught to give our children and young people a better understanding of healthy relationships, sex and diversity - as well as the knowledge of how to keep themselves safe and the confidence to seek help when needed. This is an integral part of the PSHE curriculum at SIA and SJA which has been developed through Jigsaw and the PSHE association scheme. A planned and progressive programme of RSE gradually and appropriately begins to prepare our children as they grow. It teaches the skills they need to fully manage the natural, physical and emotional changes that will happen to them as they grow and mature into healthy young people,

The content will vary to ensure it is appropriate for each pupil.

The purpose of this leaflet is to fully inform you so that you are clear what your child will be taught, why we teach it and what they can expect.

### What will my child learn?

PSHE/RSE at Skegness Infant and Junior Academies is focused in preparing children for changes they will see and experience. The children will learn about the different relationships they have, how their body will change and grow and how they can keep themselves and others safe.

(Please see RSE policy with content)

### Key concepts covered in the year groups through Science or PSHE sessions:

**EYFS** - Naming parts of the body such as mouth, eyes, ears, nose, feet, hands, fingers. Knowing how to say no to strangers. Understanding that babies grow into adults. Learning about our families and the ways to make friends and knowing who they could talk to if they are worried.

**Year 1** - Recognising that people have differences and similarities and the skills they need to make friendships. Understanding that families are founded on belonging, love and care. The characteristics of healthy and safe friends. Understanding that physical contact can be used as a greeting. Changes that happen as we grow up. Names of male and female private body parts (if

developmentally ready). Correct names for private body parts and which are private. Knowing nobody has the right to hurt these. Who to ask for help if they are worried or frightened.

**Year 2** - Exploring friendships and conflicts, how to say stop and how to mend broken friendships. The Life Cycles in nature. Understanding the changes from a baby and recognising the changes that are to come. Physical differences between male and female bodies. Using correct names for external body parts including those that are private (if developmentally appropriate). Private body parts are special, and no-one should hurt them. Types of touch. Families function with trust, respect, care, love and cooperation. Physical touch with families. Families function with trust, respect, care, love and cooperation.

**Year 3** - Identifying the external genitalia and internal reproductive organs in males and females. Recognising the different types of physical contact; what is both acceptable and unacceptable; strategies to respond to unwanted physical contact.

**Year 4** - Understanding the process of reproduction and birth, as part of the life cycle, how babies are conceived and born.

**Year 5** - Recognising the physical and emotional changes that happen when approaching and during puberty (including menstruation, key facts about the menstrual cycle and wellbeing, erections and wet dreams).

**Year 6** - Recognising that female genital mutilation (FGM) can happen in some cases but understanding that it is against the British Law and who they can go to for help and advice.

### Overall themes in PSHE

RSE is taught as part of PSHE and science. There are 3 overall themes in PSHE which include health and well-being, relationships and the wider world. In the Infant Academy, it is taught through the JIGSAW themes in Term 4 -healthy me and Term 6 -changing me. At the Junior academy, it is taught through the PSHE association throughout the year. Both sites also explore the themes through the topics of: Keeping Safe and Healthy, Growing and Changing, Relationships, Being Responsible, Feelings and Emotions, Computer Safety and Living in

the Wider World, which are taught throughout the year. (See PSHE topic delivery for more detailed information).

### Why is it so important?

We want your child to have the ability to be able to understand relationships. Our relationships come in a wide range of forms: colleagues, family, casual acquaintances and close friendships.



Our children learn by looking at and listening to all the messages they experience. They are constantly trying to make sense of the world around them. We also do have to consider the media and the fact that our children are confronted with sometimes sexual images in advertising and stories about celebrity lifestyles.

Many children enter puberty whilst still at primary school, sometimes without suitable preparation from home or school. This can make this confusing, embarrassing and even distressing.

### Can I withdraw my child from RSE lessons?

Relationships and Health Education is statutory, the same as Science which also covers the body parts and the reproductive system. However, you will have the right to withdraw your child from certain aspects of Sex Education that is not part of the National Curriculum for Science. We hope that by giving you this information, you will see the value of these sessions will provide to your child's understanding, safety and development.

### What to do if I have any questions or concerns?

If you have any questions or concerns, please speak to your child's teacher in the first instance. All teaching staff are aware of the lessons that are covered over the year and this is also available on our website. This may vary for some individuals; however, the class teacher will always inform parents/carers of anything different.

See below for some helpful links for further information.

[Let's talk PANTS | NSPCC](#)

[Parents Protect - Leaflets for parents and carers](#)