



# Roskear Primary and Nursery School

*Learning together for a better future*

## Statutory Relationships and Health Education including Non-Statutory Sex Education (yrs 4, 5 and 6)

---

The teaching of 'Relationships' and 'Health Education' is now **statutory** within primary schools.

The teaching of '**Relationships**' includes the different types of relationship (family, friends, bullying, good and bad relationships and loss/grieving) and different family compositions (e.g. same sex parents, living with grandparents, parental guardianship).

The teaching of '**Health Education**' includes tobacco, drug and alcohol awareness; changes to the body (inside and out); correct scientific names for body parts; menstruation and puberty.

Below I have outlined where/how these aspects will be covered over the next term.

These will be taught in dedicated PSHE lessons and taught through '**Jigsaw PSHE**'. The following website has more information for parents/carers:

<https://www.jigsawpshe.com/information-for-parents-and-carers/>

Children in years 4, 5 and 6 will also be taught the **non-statutory** topic of human reproduction in the second half of the summer term. Specifically Year 4, Summer 2, Lesson 2 (Having a baby). Year 5, Summer 2, Lesson 4 (Conception). Year 6, Summer 2, Lesson 4 (Conception, birth). As a parent/carer, you have the right to withdraw your child, if you so wish, by letting the class teacher know. I have highlighted the Sex Education content in red below for quick reference for you. If you do not wish your child to take part in these lessons, please let the class teacher know by **19<sup>th</sup> May 2023**.

Correct terminology for body parts is introduced early to normalise this biological vocabulary and to support safeguarding. These words are not used in isolation but always in conjunction, ensuring children know these are private parts of their bodies.

Puberty is introduced gently in Y3 because some girls may start their periods at this age and it is necessary to prepare them for this, so they aren't scared or worried.

YEAR GROUP	TERM	TOPIC/THEME DETAILS
All	Summer 1	<p>Relationships:</p> <ul style="list-style-type: none"> <li>• Love, security and stability in families</li> <li>• Healthy family life</li> <li>• Different types of families including LGBTQ+ (Within the context of these lessons they will also be introduced to different cultures and ethnicities, people with different religions and beliefs, and about people with disability or special needs. They will also be aware that some people are LGBTQ)</li> <li>• Friendships and boundaries</li> <li>• How to recognise who to trust and who not to trust</li> <li>• Respect and courtesy</li> <li>• The importance of permission seeking and giving in relationships and privacy</li> <li>• Online safety</li> <li>• That each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact</li> <li>• Where to get advice</li> <li>• Recognising and talking about emotions</li> </ul>
Year 2	Summer 1	<p>Relationships:</p> <ul style="list-style-type: none"> <li>• How to report concerns</li> <li>• That the internet can also be a negative place</li> </ul>
Year 3	Summer 1	<p>Relationships:</p> <ul style="list-style-type: none"> <li>• Bullying</li> <li>• Stereotyping</li> <li>• More detailed online safety</li> </ul>
Year 4	Summer 1	<p>Relationships:</p> <ul style="list-style-type: none"> <li>• Loneliness</li> <li>• Mental ill health</li> </ul>

YEAR GROUP	TERM	TOPIC/THEME DETAILS
Year 5/6	Summer 1	Relationships: <ul style="list-style-type: none"> <li>• How to recognise who to trust and who not to trust</li> <li>• Respecting others and self-respect</li> <li>• Bullying</li> <li>• The importance of permission seeking and giving in relationships with friends, peers and adults</li> <li>• Online safety</li> <li>• How to ask for advice/report concerns</li> <li>• Mental health and wellbeing and self-care techniques.</li> </ul>
All year groups	Summer 2	Changing Me: <ul style="list-style-type: none"> <li>• Knowing the body parts that make us different and using the correct names for them: penis, testicles, vagina, vulva, anus</li> </ul>
Year 2/3/4	Summer 2	Changing Me: <ul style="list-style-type: none"> <li>• Bodily and emotional changes</li> </ul>
Year 3	Summer 2	Changing Me: <ul style="list-style-type: none"> <li>• How our bodies change so we can make babies when we grow up</li> <li>• Menstruation</li> </ul>

YEAR GROUP	TERM	TOPIC/THEME DETAILS
Year 4	Summer 2	<p>Changing Me:</p> <ul style="list-style-type: none"> <li>• Menstruation</li> <li>• The choice to have a baby and the parts of men and women that make babies</li> <li>• <b>How this happens. Animation used showing male and female reproductive systems. The animations do not show conception just the journey of the egg/ovum inside the animation of a female.</b></li> <li>• <b>A story of conception told by the class teacher: intercourse; the sperm meeting an egg; fertilisation; the egg growing into a baby.</b></li> <li>• <b>Vocabulary:</b> Sperm, egg/ovum, penis, testicles, vagina/vulva, womb/uterus, ovaries, <b>making love, having sex, sexual intercourse, fertilise, conception.</b></li> </ul>
Year 5	Summer 2	<p>Changing Me:</p> <ul style="list-style-type: none"> <li>• Key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes</li> <li>• Menstruation. Vocabulary: periods, sanitary towels, sanitary pads, tampons, ovary/ovaries, vagina, oestrogen, vulva, womb/uterus, hormones,</li> <li>• Vocabulary: puberty, sperm, larynx (voice box), circumcised, scrotum, testes, epididymis, fallopian tube, fertilisation, pregnancy, embryo</li> <li>• <b>Animations of the male and female reproductive systems</b></li> <li>• <b>Vocabulary: sexual intercourse, making love, ejaculation, wet dream, semen,</b></li> <li>• <b>IVF</b></li> </ul>

YEAR GROUP	TERM	TOPIC/THEME DETAILS
Year 6	Summer 2	<p>Changing Me:</p> <ul style="list-style-type: none"> <li>• Families</li> <li>• Family relationships and friendships (also in Summer 1 Relationships)</li> <li>• Key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes</li> <li>• Menstruation</li> <li>• Vocabulary: pubic hair, breasts, tampon, hormones, ovulation, sanitary towel, clitoris, sperm, penis, vagina, womb, fallopian tube, vulva,</li> <li>• <b>Animations of the male and female reproductive systems including an animation of the location of a penis inside the female body during sexual intercourse and the release of semen.</b></li> <li>• <b>Vocabulary: semen, erection, wet dream,</b></li> <li>• A chance to ask questions and reflect (single sex)</li> <li>• How being physically attracted to someone changes the nature of the relationship and what that might mean about having a girlfriend/boyfriend</li> </ul>