

COMPLETE
PRIMARY
PSHE

PSHE & RSHE INFORMATION EVENING



An Overview of What
Your Child Will Learn

Welcome to Our PSHE & RSHE Parent and Carer Information Evening

Introductions

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This Morning We Will Cover:

- **PSHE & RSHE: Key Term Definitions**
- **What Will My Child Be Learning?**
- **Statutory RSHE: What Are Our Legal Obligations?**
- **Sex Education: Parental Right to Withdraw**



PSHE and RSHE

PSHE stands for Personal, Social, Health, and Economic education.

RSHE stands for Relationships, Health, and Sex education.

Key Distinction:

From a legal standpoint, it is the RSHE part of the curriculum that schools are required to teach.



PSHE and RSHE

However, the DfE expects schools to teach a well-rounded PSHE programme, with RSHE integrated within a broader PSHE curriculum.

"We know that many schools will choose to teach the compulsory content within a wider programme of Personal, Social, Health and Economic Education... Schools are encouraged to continue to do so, if this is right for them, and build on established, high-quality programmes."
— DfE Statutory Guidance



So, What is RSHE?

Relationships education (DfE):

- Families and people who care for me
- Caring friendships
- Respectful relationships
- Online relationships
- Being safe



Being Safe

The DfE's statutory guidance states:

Through Relationships Education (and RSE), schools should teach pupils the knowledge they need to recognise and to report abuse, including emotional, physical and sexual abuse.

In primary schools, this can be delivered by focusing on boundaries and privacy, ensuring young people understand that they have rights over their own bodies.

This should also include understanding boundaries in friendships with peers and also in families and with others, in all contexts, including online.

Relationships – Staying Safe

So, how do we teach children to stay safe?

Key Topics Covered:

- **Correct terminology for all body parts, including genitalia.**
- **Safe and unsafe touch, using the swimwear/pants rule.**
- **Recognising good secrets vs. bad secrets.**
- **Permission and consent.**
- **Importance of online safety, data privacy, and avoiding interactions with strangers online.**
- **How to recognise abuse and ways to access help.**

Being Safe

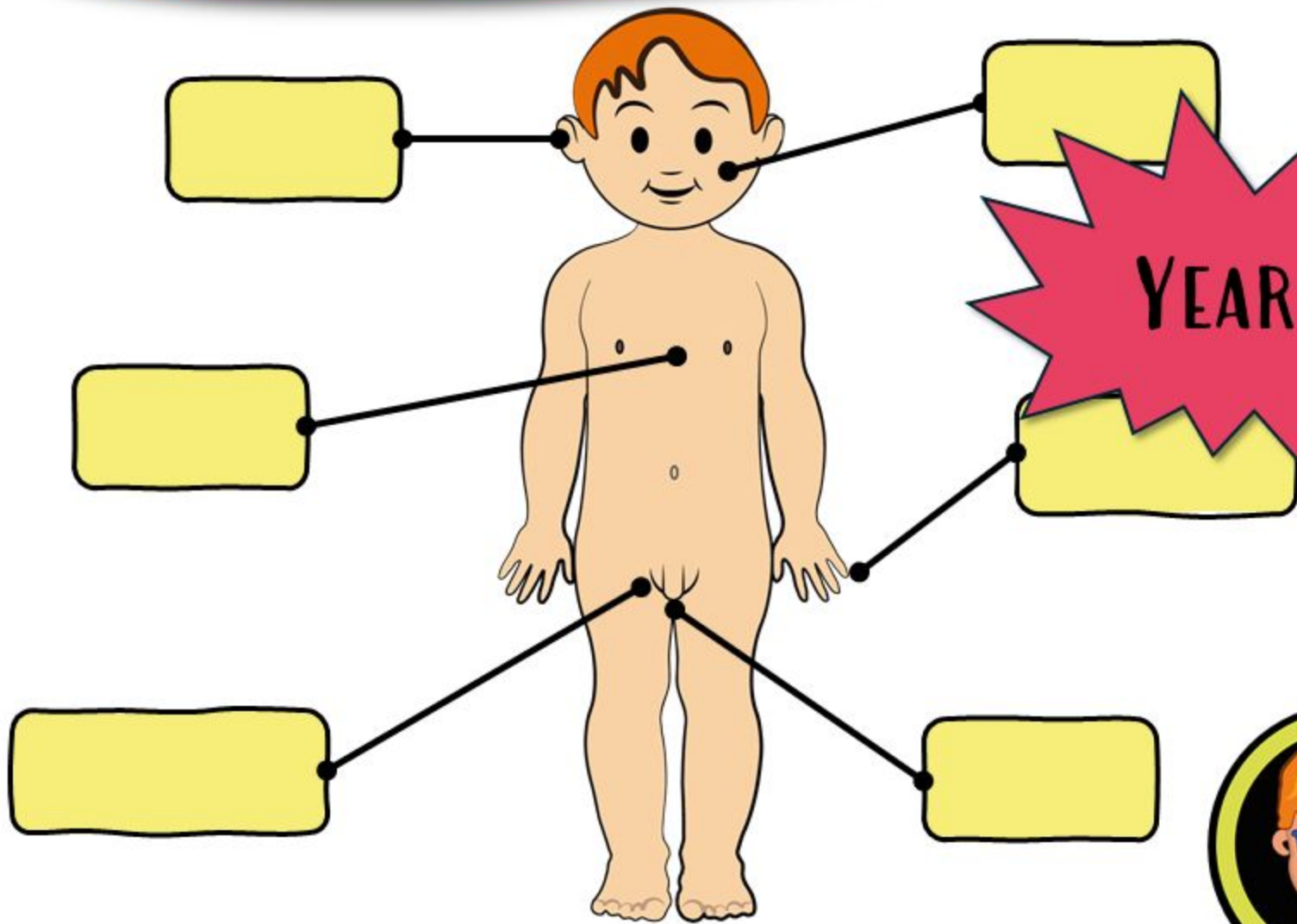


Some examples of lesson materials are provided on the following slides.

Task 2

Our Body Parts

Cut & Paste



YEAR 2



Task 4 PRIVACY & BOUNDARIES

Case Studies

Challenge

Personal boundaries:

- Respecting other people's belongings
- Respecting personal space (not getting too close to someone)
- Don't touch someone without their permission
- Don't make unkind or personal comments
- Don't overshare
- Don't accept friend requests without asking an adult for permission
- Keep personal information private
- Never send images of yourself to someone that you don't know online

Adaptive teaching point: Scaffolding - checklist



Task 3

CAN YOU HELP?

YEAR 6

So, how should we respond when someone behaves in a way that makes us feel uncomfortable?

You're about to read about four different situations where young people are having dilemmas concerning their personal space, unwanted or inappropriate contact.

Working with a partner, or in small groups, you should write a reply to advise each of the young people about what you think has happened and what they should do about it.

Terri

Terri had been around her nonni's family birthday party. She always says hello to her grandparents, aunts and uncles. She always gives them a kiss on the cheek and a hug goodbye. She was asked to do this, she wanted to, and always being asked. This time, her auntie had brought her with her. After Terri had said goodbye, he said, hey, where's Terri? Terri felt very uncomfortable.

Ali

Ali's dad was busy cooking dinner. Ali had been asked to keep his remote-control car out of the kitchen whilst his dad was cooking, but he didn't listen. The car whirred around Ali's dad's feet. Carrying a kettle, his dad tripped forward. As he tripped, Ali's dad pushed Ali by the shoulder, out of the way of the boiling water that was spilling.

Ali: Why did you push me? That hurt!

New Key Terms Glossary

personal space	having enough distance between you and another person
physical contact	when one person touches another person. If you don't want to be touched, then this is unwanted contact.
uncomfortable	when someone feels unhappy or worried because of what is happening around them.
consent	giving someone your permission to do something.
appropriate contact	when someone touches you who should or in a way they shouldn't.



So, What is Statutory Health?

Health education (DfE):

- Mental wellbeing
- Internet safety and harms
- Physical health and fitness
- Healthy eating
- Drugs, alcohol and tobacco
- Health and prevention
- Basic First Aid
- Changing adolescent body

The changing
adolescent body
(puberty)



Changing Adolescent Body

Pupils should know (DfE):

- key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes.
- about menstrual wellbeing including the key facts about the menstrual cycle.

The changing adolescent body (puberty)



Changing Adolescent Body

The DfE's statutory guidance also states:

Puberty including menstruation should be covered in Health Education and should, as far as possible, be addressed before onset.

This should ensure male and female pupils are prepared for changes they and their peers will experience.

Changing Adolescent Body

So, how do we teach puberty?

In alignment with the Department for Education's (DfE) recommendation, our puberty lessons begin in Year 4, targeting students aged 8 to 9.

This ensures that children are informed before the typical onset of puberty, which can begin as early as age 8 for some children.

Year 4	Growing-up Girls Growing-up Boys Changing emotions Personal hygiene
Year 5	Girl's puberty Boy's puberty
Year 6	Body image Girl's puberty Boy's puberty Hormones and emotions

Changing Adolescent Body

So, how do we teach puberty?

The detailed content of our curriculum follows the PSHE Association's recommendations for this age group.

The **PSHE Association** is the national body for Personal, Social, Health and Economic (PSHE) education in the UK. It is a government-recognised organisation that provides support, training, and resources for schools to deliver high-quality PSHE education. PSHE Association sets the standard for what excellent PSHE education looks like

Ourselves, growing and changing

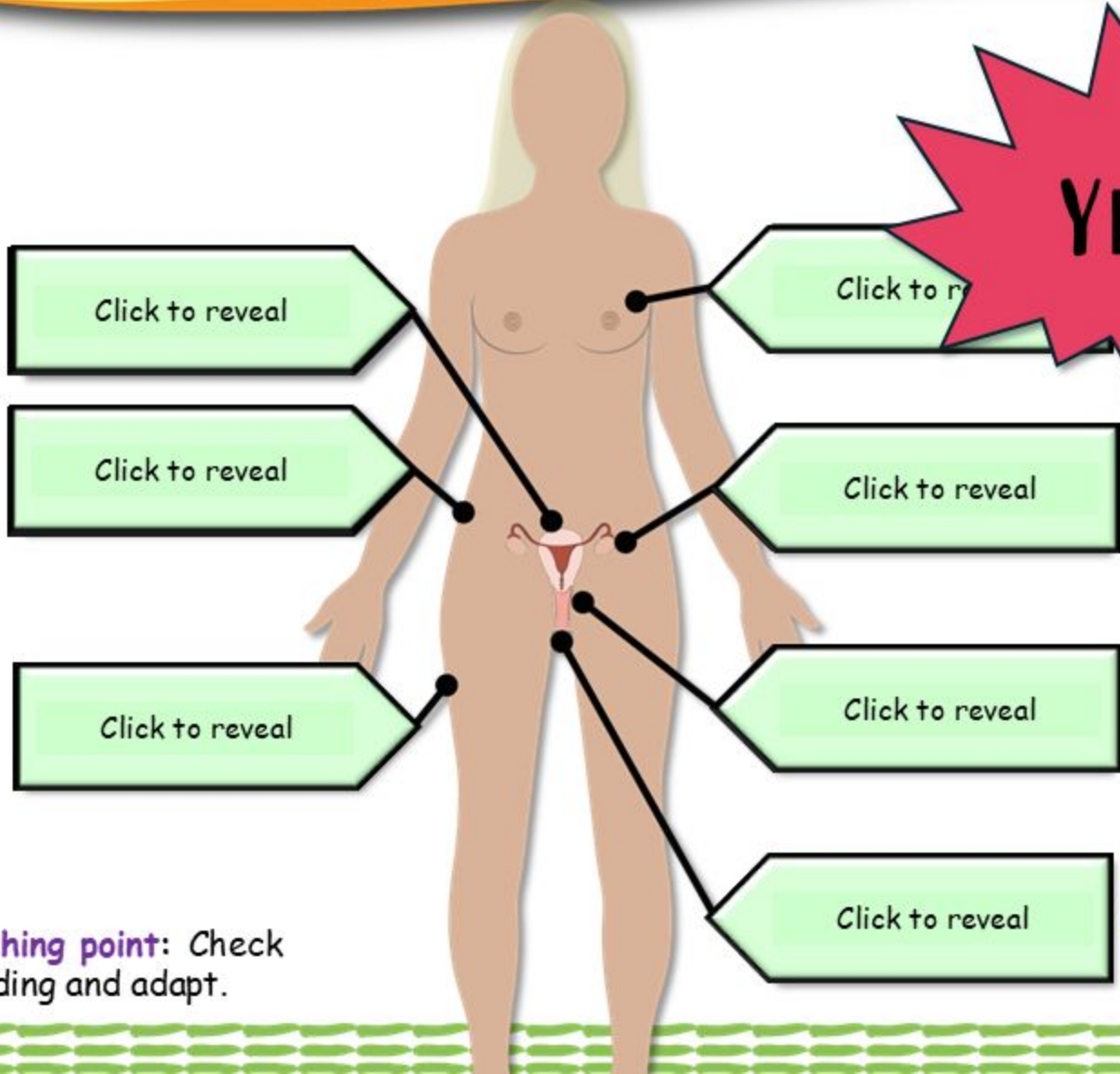
- H25.** about personal identity; what contributes to who we are (e.g. ethnicity, family, gender, faith, culture, hobbies, likes/dislikes)
- H26.** that for some people gender identity does not correspond with their biological sex
- H27.** to recognise their individuality and personal qualities
- H28.** to identify personal strengths, skills, achievements and interests and how these contribute to a sense of self-worth
- H29.** about how to manage setbacks/perceived failures, including how to re-frame unhelpful thinking
- H30.** to identify the external genitalia and internal reproductive organs in males and females and how the process of puberty relates to human reproduction
- H31.** about the physical and emotional changes that happen when approaching and during puberty (including menstruation, key facts about the menstrual cycle and menstrual wellbeing, erections and wet dreams)
- H32.** about how hygiene routines change during the time of puberty, the importance of keeping clean and how to maintain personal hygiene

Task 1

BRILLIANT BODIES

Review

YEAR 4



Adaptive teaching point: Check for understanding and adapt.



Boys Puberty

What is puberty? What will happen to me?

Puberty can be a confusing and stressful time for both girls and boys, with lots of physical and emotional changes taking place that can be difficult to understand. Today we're going to take a quick look at what puberty looks like for most boys, the things that might start happening to your body, and why. It's important to remember that these changes will happen differently for everyone, and some people might develop earlier or later than others. Everyone goes through puberty at their own pace.



Why do we have puberty?

Puberty is just the body's way of turning you into the adult version of yourself. This is so one day you will be able to reproduce (have a baby) if you want to. Humans can't reproduce until they are at least part-way through puberty. Remember - our bodies become mature before our minds do. This is one of the reasons why it's so important for us to be aware of what's going on.



For boys, puberty will begin at around the age of nine to fifteen, as you head towards the time in your life known as adolescence -

meaning the period of time when you transition from looking like a child, to looking more like an adult.

These changes are caused by an increase in hormones, which are chemicals produced by your brain that tell your body to start changing.

Why hormones?

Hormones are like signals in your body, that tell the different parts of you what to do - whether that's growing more, producing new fluids or even making you feel a different way.



YEAR 5

Task 3

BOYS' PUBERTY

What are all these changes?

In your pairs, you have been given two sets of different coloured cards.

Some cards have the names of the changes that will take place as boys go through puberty. Some cards have information about those changes. It's your task to match them all up correctly.

Which pair can do it correctly first?
Be ready to have them checked!

Adaptive teaching point: Check student understanding and adapt planning in the moment to address misconceptions.

One of the first things you might notice is an increase in the size of the testicles.





You'll grow hair around your groin area.

Soap

YEAR 6



PLENARY

Key Term	Match Up Draw a line	Definition	Use the new word in a sentence
Acne		A substance produced by the brain which tells your body to make changes	
Semen		When the penis becomes filled with blood and hardens	
Hormones		Spots that develop on the surface of the skin, typically on the face	
Erection		A substance produced by the testicles and released from the penis during an erection, containing sperm and other bodily fluids.	

YEAR 6

Sex Education and the Right to Withdraw

Having discussed the statutory components of our Relationships, Sex, and Health Education (RSHE) curriculum, we now turn our attention to sex education within the primary school context and outline your rights as parents.



The Purpose of Sex Education

The primary aim of sex education is to provide children with information about human reproduction, specifically the biological process by which an egg and sperm unite.

Curriculum Details (Prior Knowledge)

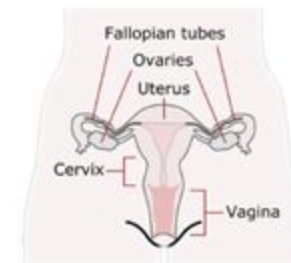
Year 5 Science Curriculum:

Students learn about reproduction in plants and animals, including the role of male and female sex cells in creating new life.

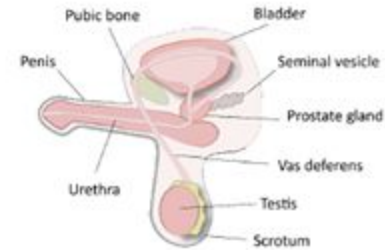
What are genitalia and how do they make babies?

Human reproduction - the process of making babies - happens when a sperm meets an egg and the two join together to make an embryo.

The organs in the body which are used to make sperm (in males) and eggs (in females) are called genitalia. Female genitalia include the ovaries, the Fallopian tubes, the uterus, the cervix and the vagina. Male genitalia include the prostate gland, the testes, the urethra and the penis. Some genitalia are external, which means they are found outside the body (e.g. the vagina or penis). Some genitalia are internal, which means they are found inside the body (e.g. the uterus or prostate).



Female reproductive system



Male reproductive system

Journey of a Sperm

A human sperm is so tiny you can't see it without a microscope - it's about 30 times smaller than a human egg. Sperm begin in the testes and travel up through various tubes including the vas deferens. The sperm end up in the prostate, where they then get mixed with other fluids and then pass out of the penis through the urethra. If the penis is inside a woman's vagina at the time when sperm is ejaculated, then the sperm might meet with that woman's egg (if her egg has been released by the ovary at that time). Millions of sperm are released when a male ejaculates, but all it takes for a pregnancy to occur is for one single sperm to find the egg and join with it.

Unlike females, who are born with their eggs already there, males aren't born with any sperm already in them. Boys only start producing sperm when they go through puberty. Men carry on producing millions of sperm every day throughout their life, but the number of healthy sperm decreases as the man gets older.



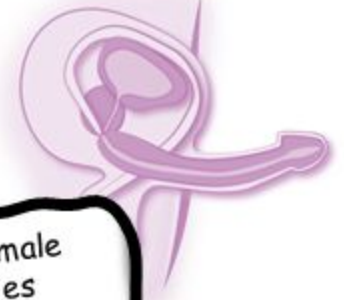
Sex Education and the Right to Withdraw

Year 6 human reproduction lesson:

Building upon prior knowledge, we introduce the concept of sexual intercourse using scientific terminology and diagrams.

The focus remains on the biological journey of the egg and sperm, rather than the act itself.

The male body responds by sending blood flow to the penis, making it harden and stand out from the body.



The male and female join their bodies together, and the male penis releases a fluid called semen into the woman's vagina.



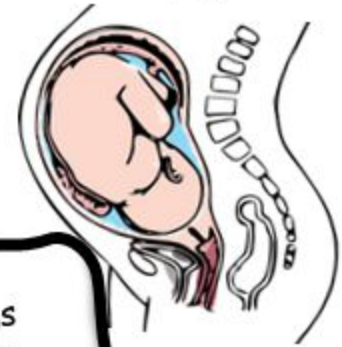
Parental Rights

While we encourage parental engagement with this content, we understand that some may prefer to withdraw their children from this specific sex education lesson.

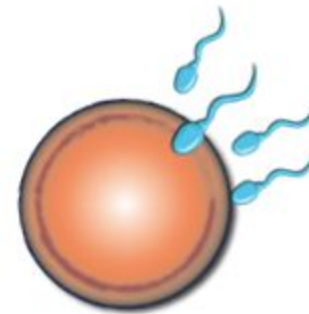
In such cases, a written request should be submitted to the headteacher.

It's important to note that parents do not have the right to withdraw their children from statutory Relationships or Health Education.

The baby continues to grow and develop inside the womb for around nine months. When the right time comes, the woman's body will prepare to give birth.



A single sperm wins the race and joins in a union with the woman's egg.



Summary of puberty and RSE in KS2:

Year 4	<p>Puberty</p> <p>Boys: Naming internal and external reproductive organs, when puberty begins and ends, body odour, facial hair and spots.</p> <p>Girls: Naming internal reproductive organs, when puberty begins and ends, Hips getting wider, breasts starting to grow, growth spurt, pubic hair growing, starting periods and what happens during a period.</p>
Year 5	<p>Puberty:</p> <p>Boys: What hormones do, growth, facial hair, body odour, semen, acne, erections, wet dreams, deeper voice, pubic hair</p> <p>Girls: menstruation length, reusable/disposable products, hips widening, breast development, underarm and public hair, and growth spurts, discharge, pubic hair, breast buds, body odour.</p>
Year 6	<p>Puberty:</p> <p>Boys: Recap of Y5, muscle growth, growth spurts, pubic hair, attraction, mood swings, testosterone</p> <p>Girls: Recap of Y5, period products, estrogen, body developing into ways we dont expect (body types being same/different to family members), period symptoms,</p> <p><i>Parental right to withdraw:</i></p> <p>Conception/Human Reproduction: How families/couples choose to commit by having a baby and how they can do this (intercourse, IVF, adoption), process of sperm and egg after sexual intercourse (sperm fertilises the egg).</p> <p><i>Sexual intercourse explanation: The male and female join their bodies together, and the male penis releases a fluid called semen into the woman's vagina.</i></p>

Questions

Thank you for joining us and taking the time to learn about our PSHE and RSHE curriculum.

We appreciate your ongoing support and partnership as we work together to provide a safe and nurturing learning environment for your children.

Are there any questions?



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