



PSHE AND RSE

Parent information.

PSHE

- PSHE stands for Personal, Social and Health Education.
- The 'E' can sometimes stand for Economic, and some schools add a 'C' for Citizenship.

It is split into 3 areas:

- Relationships
- Health and Wellbeing
- Living in the Wider World

Topics covered include

- Radicalisation
- Hygiene
- Money
- Substances
- Choices
- Internet safety
- Intimate relationships
- Careers

RSE

- The government have introduced new guidelines which must be taught in schools from September 2020.
- These are called 'Relationships and Sex Education' or RSE.
- There is also a new 'Health' strand, so sometimes RSE can be called RSHE.

Primary

- The Relationships Education aspects of PSHE will be compulsory in all primary schools from September 2020.
- Health Education won't be a 'new' requirement in independent schools, where PSHE education is already compulsory.
- However, it is expected that independent schools will draw on the new statutory guidance for Health Education when planning their PSHE education.

Primary

Primary RSE ensures that every child is guaranteed a PSHE education that covers

- mental health and wellbeing,
- physical health (including healthy lifestyles and first aid)
- learning about safe, healthy relationships, including understanding consent and negotiating life online.

Why is PSHE and RSE so important?

- PSHE education has a proven impact on life chances and academic success when delivered well.
- This strengthening of PSHE education's status can have a major impact on the quality of PSHE in all schools for all pupils.
- These developments mean that all pupils can benefit from an education that keeps them safe, healthy and prepared for the realities of modern life.

Curriculum delivery

- At St Mary's you will find on the website a draft policy for both PSHE and SRE which outlines the areas that we will be teaching.
- Here at St Mary's we are using the Jigsaw program for PSHE and SRE.
- You will also have had a letter sent out giving you the outlines of what each year group will be taught in summer 2 for the 'SRE' Topic (It is also attached to the next slide.)

Puberty and Human Reproduction in Jigsaw 3-11 Changing Me Puzzle

FS	Growing Up	How we have changed since we were babies
Y1	My changing body	Understanding that growing and changing is natural and happens to everybody at different rates
	Boys' and girls' bodies	Appreciating the parts of the body that make us different and using the correct names for them
Y2	The changing me	Where am I on the journey from young to old, and what changes can I be proud of?
	Boys and girls	Differences between boys and girls – how do we feel about them? Which parts of me are private?
Y3	Outside body changes	How our bodies need to change so they can make babies when we grow up – outside changes and how we feel about them
	Inside body changes	How our bodies need to change so they can make babies when we grow up – inside changes and how we feel about them <small>(animations used – shorter version Female and Male Reproductive Systems)</small>

Puberty and Human Reproduction in Jigsaw 3-11 Changing Me Puzzle

Y4	Having a baby	The choice to have a baby, the parts of men and women that make babies and – in simple terms – how this happens (animations used – the Female Reproductive System)
	Girls and puberty	How a girl's body changes so that she can have a baby when she's an adult – including menstruation (animations used – the Female Reproductive System)
Y5	Puberty for girls	Physical changes and feelings about them – importance of looking after yourself (animations used – the Female Reproductive System)
	Puberty for boys	Developing understanding of changes for both sexes – reassurance and exploring feelings (animations used – the Male Reproductive System)
	Conception	Understanding the place of sexual intercourse in a relationship and how it can lead to conception and the wonder of a new life (animations used – the Female and Male Reproductive Systems)
Y6	Puberty	Consolidating understanding of physical and emotional changes and how they affect us (animations used – the Female and Male Reproductive Systems)
	Girl talk / boy talk	A chance to ask questions and reflect (single sex) (animations used – the Female and Male Reproductive Systems)
	Conception to birth	The story of pregnancy and birth (animations used – the Female and Male Reproductive Systems)

Primary Opt out

- These new statutory requirements do not extend to sex education for primary students, beyond the biological/reproductive aspects schools are already required to cover in science.
- However, the Department for Education *'continues to recommend that all primary schools should have a sex education programme tailored to the age and the physical and emotional maturity of the pupils'*.
- Where schools provide sex education at a primary level, parents will have the right to withdraw their child from sex education but not from statutory Relationships Education or Health Education