



RSE WORKSHOP

AUTUMN TERM 2020



GROUND RULES

- **R** - Respectful
- **O** - Openness
- **C** - Confidential
- **K** - Kind



WHAT IS RELATIONSHIPS AND SEX EDUCATION (RSE)?

RELATIONSHIPS AND SEX EDUCATION IS A
KEY ASPECT OF PERSONAL, SOCIAL,
HEALTH AND ECONOMIC EDUCATION.
(PSHE)

RSE IS A KEY ASPECT OF THE SPIRITUAL,
MORAL, SOCIAL AND CULTURAL (SMSC)
DEVELOPMENT IN SCHOOLS

ICE BREAKER

*What was RSE like for you
at school?*



QUESTIONS TO DISCUSS...

- *What information did you get?*
- *When were you taught RSE?*
- *Was it taught in schools?*
- *What information did you get from friends?*
- *What information did you get from magazines/elsewhere?*



WHAT TOPICS ARE COVERED AS PART OF RSE?

Respect

Emotions

Relationships

Friendships

Marriage

Differences

Sexuality

Sexual Health

Puberty

Communicating

Empathy

Sex

Solving problems

Building self-esteem

RSE SHOULD ENSURE THAT ALL CHILDREN...

- *Develop confidence in talking, listening and thinking about feelings and relationships.*
- *Are able to name parts of the body and describe how the body works.*
- *Have the skills, language and confidence to protect themselves*
- *Are prepared for puberty.*

WHAT IS THE GOVERNMENT GUIDANCE?

Policy

Science

*Keeping
Children
Safe*

OfSTED

POLICY

All maintained schools are required to have an up to date Relationships and Sex Education (RSE) policy that describes the content and organisation of RSE where it is taught outside the Science curriculum.

All schools are required to have this information available on their school website.

SCIENCE

It is compulsory for all maintained schools to teach the parts of Sex Education that fall under National Curriculum for Science which must be taught to all pupils of Primary and Secondary age.

RSE IN THE CURRICULUM

Key Stage 1 (age 5-7 years.)

Year 1 pupils should be taught to:

Identify, name, draw and label the basic parts of the human body and say which part of the body is associated with each sense

Year 2 pupils should be taught to:

Notice that animals, including humans, have offspring which grow into adults Describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene

RSE IN THE CURRICULUM

Key Stage 2 (age 7-11years)

Year 5 pupils should be taught to:

Describe the life process of reproduction in some plants and animals Describe the changes as humans develop to old age

Year 6 pupils should be taught to:

Recognise that living things produce offspring of the same kind, but normally offspring vary and are not identical to their parents

KEEPING CHILDREN SAFE

Ofsted inspectors will always have regard for how well children and learners are helped and protected so that they are kept safe. Inspectors will also look at the safeguarding in a school when determining overall grade. Effective RSE is vital to this.

OFSTED

'Pupils can explain accurately and confidently how to keep themselves healthy. They make informed choices about healthy eating, fitness and their emotional and mental well-being. They have an age-appropriate understanding of healthy relationships and are confident in staying safe from abuse and exploitation.'

Outstanding criteria from new framework

LATEST RSE GUIDANCE 2019

Relationships Education

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

Physical Health and Mental wellbeing RSE

- Mental Well being
- Internet Safety and harms
- Physical health and fitness
- Healthy Eating
- Drugs, alcohol and tobacco
- Health and Prevention
- Basic first aid
- Changing adolescent body

HOW RSE LINKS TO THE CURRICULUM AT INKBERROW

- RSE is taught through PSHE lessons that are timetabled in over the half term
- Your booklet shows which lessons fit into which RSE aspect from before
- Feel free to look at some example lesson plans on how each lesson is delivered linked to the Corum Education that the school uses at the end of the workshop

What is covered in RSE at Inkberrow?

This is taken under two different themes:

- *Me and My Relationships*
- *Growing and Changing*

WHAT TOPICS ARE COVERED?

<i>Year Group</i>	<i>Me and My Relationships</i>	<i>Growing and Changing</i>
<i>1</i>	<i>Our special people Good friends Unkind, tease or bully? Who are special people ? Taking care of something Pass on the praise</i>	<i>Inside my wonderful body Taking care of a baby Then and now Who can help? Surprises and secrets Keeping privates private</i>

2

Feeling safe
I don't like that!
Should I tell?
Some secrets should never
be kept
How are you feeling
today?
Bullying or teasing?
Types of bullying
Being a good friend
What makes us who we
are?
How do we make others
feel?
My special people
An act of kindness
Solve the problem

Sam moves away
Haven't you grown!
My body, your body
Respecting privacy
A helping hand
Basic First Aid

3

Tangram Team Challenge
Friends are special
Looking after our special
people
How can I solve this
problem?
Family and Friends
Respect and challenge
Let's celebrate our
differences
Zeb

Relationships Tree
Body Space
Secret or surprise

4

Ok or not OK (parts 1 and 2)
Human machines
Different feelings
Can you sort it?
Islands
Friends or acquaintances
What would I do?
What makes me, me?
Making choices

Moving house
My feelings are all over the place
All change
Period Positive
Secret or surprise?
Together

5

Ella's diary dilemma
Relationship cake
Recipe
How good a friend are
you?
Give and take
Collaboration
Challenge
It could happen to
anyone
Kind Conversations
Is it true?
Qualities of friendship
Happy being me

Dear Hetty
How are they feeling?
Growing up and
changing bodies
Changing bodies and
feelings
Stop, start
Stereotypes
Dear Ash
Taking notice of our
feelings

6

Assertiveness Skills
Behave Yourself
Working Together
Let's Negotiate
Acting Appropriately
It's a Puzzle

Helpful or unhelpful?
Managing Change
What is HIV?
Is this Normal?
Dear Ash
What is the Risk?

WHERE DO CHILDREN AND YOUNG PEOPLE LEARN ABOUT RSE RELATED ISSUES?

Music videos (e.g. Grand theft
auto)

Parents

Siblings

Peer

School

Internet

Disney Films

ARE ALL THE PROTECTED CHARACTERISTICS EMBEDDED IN RSE ?

Protected characteristics

- Disabilities (SEND)
- Gender reassignment (trans man, trans woman, agender)
- Pregnancy and maternity
- Religion and Belief (including non belief)
- Race (ethnicity, colour, culture, citizenship, heritage)
- Sex (not 'gender' for male – female)
- Sexual orientation (gay, lesbian, bi, pansexual)

INTERESTING WATCH- YOUR PART IN RSE AS
PARENTS!

<https://www.thinkuknow.co.uk/parents/romeo-and-juliet/>

	<i>Example of lessons to be taught</i>
<i>Reception/Year 1</i>	<i>Keeping ourselves clean Families Naming the body parts</i>
<i>Year 2</i>	<i>Differences between boys and girls Naming the body parts Stereotypes</i>
<i>Year 3</i>	<i>Differences between male and female Personal space Family differences</i>
<i>Year 4</i>	<i>Growing and changing? Changes and reproduction</i>
<i>Year 5</i>	<i>Talking about puberty Puberty and hygiene</i>
<i>Year 6</i>	<i>Puberty and reproduction Understanding relationships Communicating in relationships</i>

PARENT SUPPORT FOR RSE AT HOME

- <https://www.lil-lets.co.uk/school-programme>
- <http://www.becomingateen.co.uk/home>
- https://learning.nspcc.org.uk/research-resources/schools/making-sense-relationships/?_ga=2.15364789.2077147087.1539275204-1058785487.1536844631
- <https://www.parentkind.org.uk/Parents/Relationships-Education-and-Relationships-and-Sex-Education-RE-RSE>
- <https://www.sexeducationforum.org.uk/>
- <https://www.thinkuknow.co.uk>

QUESTIONS?

