

Introduction

This leaflet provides an overview of how Relationships and Sex Education (RSE) is taught in our school, in line with the 2014 National Curriculum in England. At St Lukes, RSE is interwoven into our curriculum and is covered in all year groups. It is not only incorporated into Personal, Social, Health, and Economic (PSHE) education but also integrated into science and physical education (PE) lessons. We follow the government approved PSHE Association scheme of work to ensure high-quality teaching and learning over a two year rolling plan.

Aims

The aims of relationship and sex education are:

- To ensure Relationships and Sex Education is part of a child's broad, balanced curriculum, integral to the basic curriculum of the school and part of the child's all-round development.
- To prepare children for healthy relationships in an online world.
- To understand how to stay safe, know the importance of boundaries and how to report abuse or feelings of being unsafe.
- Help pupils develop a positive and secure personal identity, a sense of their own value and feelings of confidence and empathy.
- Create a positive culture around issues of sexuality and relationship.
- To ensure that all understand the importance of respecting others and accepting those who differ, yet challenging those behaviours and attitudes which exploit others.

Delivery

- In our school, it is important that this material is delivered by our staff, as it highlights to the children that relationship and sex education is something we can all talk about.
- Our staff cover all other aspects of the curriculum and know our children well. This means they are more likely to be aware of any additional needs, support or particularly sensitive topics that may make a child in their class vulnerable. We believe this makes them ideally placed to deliver the material sensitively to all children in their class.
- Our teaching gradually expands and enriches key concepts, increases knowledge, deepens understanding, and rehearses and develops key skills that the children will need. The RSE elements lay the foundations of understanding about growth and change and respect for one another; later in upper key stage 2, it will promote the preparation for the changes of puberty. We believe it is important to address relationships and sex education in this age group because it will promote the values 'the importance of stable relationships', 'marriage' and 'family life'.

Key Stage 1 Objectives and Strands

1. Recognising individual uniqueness and what makes each of us special.
2. Understanding the diverse ways in which we are all unique.
3. Identifying personal strengths, likes, dislikes, and areas of difficulty.
4. Developing strategies to manage challenges and difficulties.
5. Naming and understanding the main external genitalia, such as vulva, vagina, penis, and testicles.
6. Learning about the process of growing and changing from young to old, including how needs change.
7. Preparing for transitions to new class/year groups.

Lower Key Stage 2 Objectives and Strands

1. Exploring personal identity and understanding the factors contributing to who we are, such as ethnicity, family, gender, faith, culture, hobbies, and preferences.
2. Acknowledging that gender identity may not correspond with biological sex for some individuals.
3. Recognising individuality and personal qualities.
4. Identifying personal strengths, skills, achievements, and interests that contribute to self-worth.
5. Developing resilience and understanding how to manage setbacks and unhelpful thinking.

Upper Key Stage 2 Objectives and Strands

1. Recognising and understanding external genitalia and internal reproductive organs in males and females, including how puberty relates to human reproduction.
2. Learning about the physical and emotional changes during puberty, including menstruation, the menstrual cycle, menstrual wellbeing, erections, and wet dreams.
3. Understanding hygiene routines during puberty, the importance of personal cleanliness, and maintaining good hygiene.
4. Exploring the processes of reproduction and birth as part of the human life cycle, including types of contraception and caring for babies.

5. Signposting to additional sources of information, help, and advice relating to growth, puberty, and sexual health.
6. Recognising new opportunities and responsibilities that come with increasing independence.
7. Developing strategies to manage transitions between classes and key stages effectively.

Conclusion

Through our comprehensive RSE curriculum, we aim to equip our students with the knowledge and skills necessary to navigate relationships, understand their bodies, and make informed decisions. Our commitment to providing high-quality RSE education reflects our dedication to preparing students for their future lives. If you have any further questions or require additional information, please do not hesitate to contact us.

Useful links:

[Statutory RSHE \(pshe-association.org.uk\)](https://www.pshe-association.org.uk)

[Relationships education \(Primary\) - GOV.UK \(www.gov.uk\)](https://www.gov.uk)

[Introduction to requirements - GOV.UK \(www.gov.uk\)](https://www.gov.uk)

[Relationships Education and RSE | National Education Union \(neu.org.uk\)](https://www.neu.org.uk)