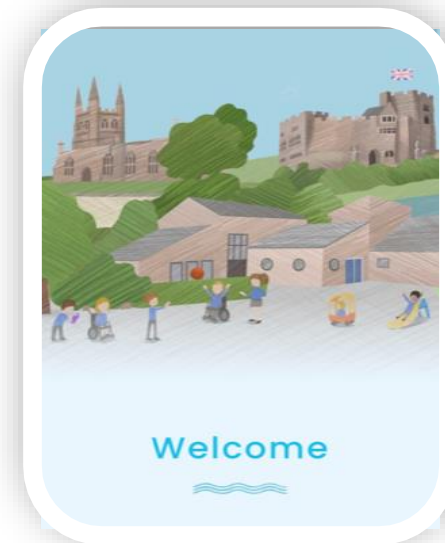


If you have any questions...

- Talk to your child's teacher, or the subject lead of RSE/PSHE - Mel Brindley .

Often, when parents and carers find out what is in the curriculum, their fears are allayed as they can appreciate it is in the best interests of their child's lifelong learning and safeguarding.

# Relationships and Sex Education (RSE)



Parent Information Booklet  
RSE Curriculum

### Why teach Relationships and Sex Education?

Teachers and parents share responsibility for preparing our children for their young lives as well as for their future roles as adults and parents. Sexuality is part of our being and sexual relationships are a part of our lives. Relationships and Sex Education provides knowledge and encourages the gaining of skills which will allow the pupils to manage their lives in a responsible and healthy way.

Young people who have physical and /or learning difficulties possess exactly the same entitlement to that preparation as their mainstream peers. The particular needs of these individuals require serious consideration.



### Relationships and Sex Education and the law

The law says that a compulsory programme of Relationships and Sex Education whatever type of school they attend. This law also gives parents the right to withdraw their children from sex education at any age, except those parts which are in the National Curriculum Science syllabus.

Relationships Education for primary pupils has been compulsory from September 2020. It will also be compulsory for all schools to teach Health Education to Primary school pupils.

### What you can do to support at home

#### Talk

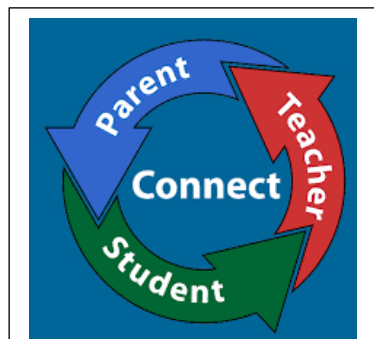
Talking about relationships and sex education is something that many people find difficult. It is not easy, especially if there are other younger siblings around but try not to make RSE a difficult subject to talk about at home. Invite questions and discuss them. If a young person feels they can ask questions relating to RSE then it will make them far less vulnerable and confused around any concerns they have.

#### Privacy

Try and have firm boundaries on public and private areas of the house and behaviours that are appropriate to each. For example, if a young person regularly gets changed in the living room, will they understand that it is not appropriate to get undressed in the living room at other times of the day? Where possible ensure children have their own private area of the house.

#### Language

In most households slang terms will be used for male and female private parts but make sure that correct terms like 'penis' and 'vagina' are used as well and emphasize that these are the correct terms. This will avoid any confusion or miscommunications when discussing concerns with others.





## Primary Coverage

There are six Puzzles (units):

- Being me in My World
- Celebrating Difference
- Dreams and Goals
- Healthy Me
- Relationships
- Changing Me



## How do we teach Relationships and Sex Education?

The Relationships and Sex Education curriculum we offer, has been carefully planned to take account of students' age, maturity and physical development. It will develop slowly throughout the time young people are in school, using well proven methods which allow time for repetition, practice of relevant skills, and reflection.

The RSE curriculum will be fully integrated into the PSHCE curriculum, not taught separately (except for some Yr. 6 students). With increasing maturity and pubertal changes taking place, the curriculum will have some important content. This will be approached using our specific RSE jigsaw pieces- Relationships and Changing Me.

## Jigsaw Curriculum Overview

Year Group	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me	
Years 1-5 (EYF)	Understanding feelings, being a citizen, being a friend, being a responsible citizen.	Understanding diversity, understanding differences, understanding similarities, understanding how we are the same and different.	Understanding the importance of setting goals, understanding the importance of working hard, understanding the importance of perseverance.	Understanding the importance of staying healthy, understanding the importance of eating well, understanding the importance of exercising.	Understanding the importance of being a good friend, understanding the importance of being a good neighbour, understanding the importance of being a good citizen.	Understanding the importance of being a good friend, understanding the importance of being a good neighbour, understanding the importance of being a good citizen.	Understanding the importance of being a good friend, understanding the importance of being a good neighbour, understanding the importance of being a good citizen.
Years 6-7	Understanding the importance of being a good friend, understanding the importance of being a good neighbour, understanding the importance of being a good citizen.	Understanding the importance of being a good friend, understanding the importance of being a good neighbour, understanding the importance of being a good citizen.	Understanding the importance of being a good friend, understanding the importance of being a good neighbour, understanding the importance of being a good citizen.	Understanding the importance of being a good friend, understanding the importance of being a good neighbour, understanding the importance of being a good citizen.	Understanding the importance of being a good friend, understanding the importance of being a good neighbour, understanding the importance of being a good citizen.	Understanding the importance of being a good friend, understanding the importance of being a good neighbour, understanding the importance of being a good citizen.	Understanding the importance of being a good friend, understanding the importance of being a good neighbour, understanding the importance of being a good citizen.
Years 8-9	Understanding the importance of being a good friend, understanding the importance of being a good neighbour, understanding the importance of being a good citizen.	Understanding the importance of being a good friend, understanding the importance of being a good neighbour, understanding the importance of being a good citizen.	Understanding the importance of being a good friend, understanding the importance of being a good neighbour, understanding the importance of being a good citizen.	Understanding the importance of being a good friend, understanding the importance of being a good neighbour, understanding the importance of being a good citizen.	Understanding the importance of being a good friend, understanding the importance of being a good neighbour, understanding the importance of being a good citizen.	Understanding the importance of being a good friend, understanding the importance of being a good neighbour, understanding the importance of being a good citizen.	Understanding the importance of being a good friend, understanding the importance of being a good neighbour, understanding the importance of being a good citizen.
Years 10-11	Understanding the importance of being a good friend, understanding the importance of being a good neighbour, understanding the importance of being a good citizen.	Understanding the importance of being a good friend, understanding the importance of being a good neighbour, understanding the importance of being a good citizen.	Understanding the importance of being a good friend, understanding the importance of being a good neighbour, understanding the importance of being a good citizen.	Understanding the importance of being a good friend, understanding the importance of being a good neighbour, understanding the importance of being a good citizen.	Understanding the importance of being a good friend, understanding the importance of being a good neighbour, understanding the importance of being a good citizen.	Understanding the importance of being a good friend, understanding the importance of being a good neighbour, understanding the importance of being a good citizen.	Understanding the importance of being a good friend, understanding the importance of being a good neighbour, understanding the importance of being a good citizen.

## Curriculum overview

Our curriculum is adapted from Jigsaw PSHE Scheme, their website can be found here at [Jigsaw \(jigsawpshe.online\)](http://jigsawpshe.online). We also use So-Safe to support pupils within this curriculum area.

This is a body of work is made up from:

Six Puzzles (units):

Being me in My World

Celebrating Difference

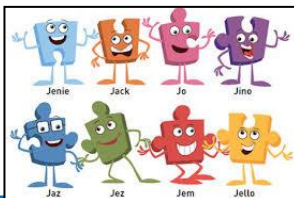
Dreams and Goals

Healthy Me

Relationships

Changing Me.

Whilst the strands are laid out year by year to be covered chronologically, at Two Rivers Primary we will regularly re-visit earlier strands as appropriate to the group of students involved, to embed the basics that can then be built on throughout. RSE at Two Rivers Primary focusses on students understanding themselves, the changes they are going through as well as some basic information about relationships, communication and consent to keep themselves safe. An example of this is an introduction from an early age to the correct names for body parts as a young person using words such as 'penis' and 'vagina' is far less vulnerable and able to communicate clearer than someone who only uses slang terms.



## So- Safe

### About SoSAFE!

Evidence based practices underpin the SoSAFE! Program, which is a set of visual and conceptual tools designed to promote social safety for people with moderate to severe intellectual disability or Autism Spectrum Disorder.

SoSAFE! provides our school, counsellors and other professionals and families with simple visual tools to enhance the training of social, socio-sexual and social safety skills. The explicit, rule based format allows the learner to respond to situations, including intimate relationships, without having to make discretionary decisions, in response to their feelings or 'early warning signs'.

community workers I know	talk	shake	helping hand	like	special hug	special cheek kiss	private talk
friend	talk	shake	helping hand	like	special hug	special cheek kiss	
other people I know	talk	shake	helping hand	like			
community workers I don't know	talk	shake	helping hand				
other people I don't know	nothing						