



OVERDALE COMMUNITY PRIMARY SCHOOL



Relationships and Sex Education Consultation

*Statutory Guidance for Primary Schools from
September 2020*



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What does Relationships Education look like across year groups?

The following slides give you an opportunity to see some of the key learning outcomes across each year group, as well as examples of resources that will be used to support learning.



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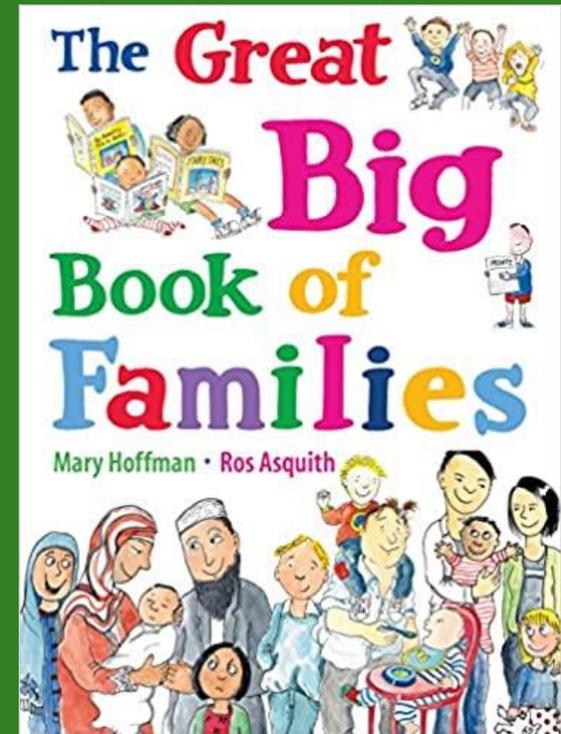
Year 1 - Key learning outcomes

What is the same and different about us?

- children learn how they are similar or different to others, and what they have in common.*
- children are also taught to use the correct names for the main parts of the body, including external genitalia; and that parts of bodies covered with underwear are private*

Who is special to us?

- children celebrate how different families may look and that families love and care for us.*





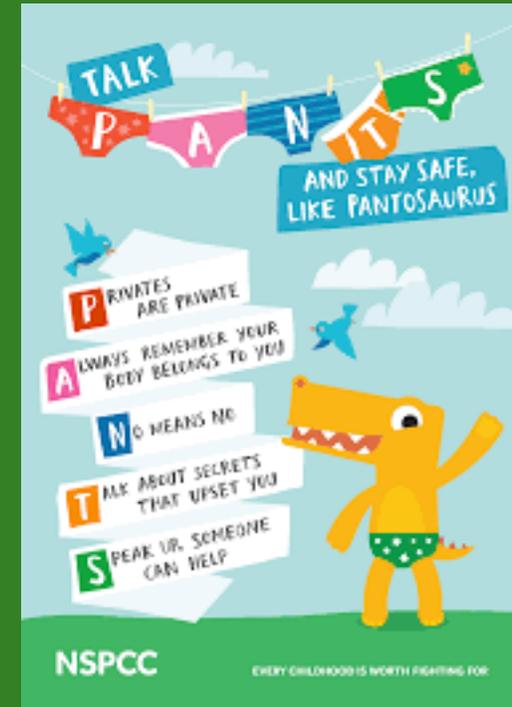
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Year 1 - naming the main parts of the body, including external genitalia; and that parts of bodies covered with underwear are private.

*Taught through the PANTS NSPCC work involving song, poem and story.
Information and support for parents can be accessed on their website.*

The learning outcome is that children gain an understanding of their private parts and why it is important to keep them private.



<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/underwear-rule/>

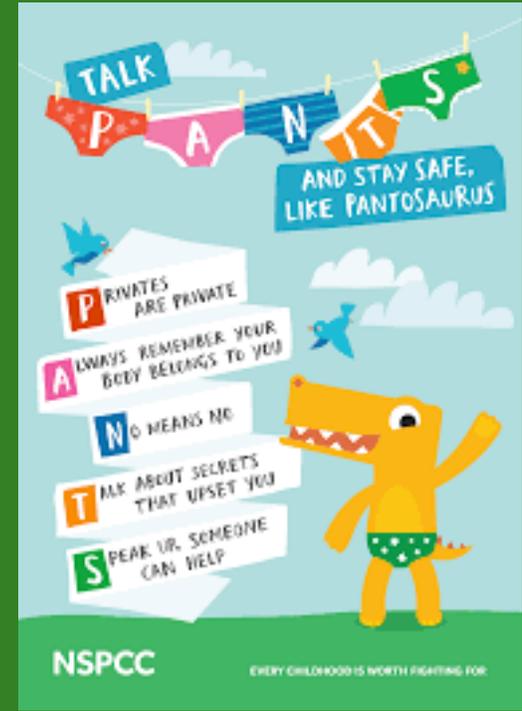


Year 2 - Key learning outcomes

What makes a good friend?

- how to ask for and give/not give permission regarding physical contact and how to respond if physical contact makes them uncomfortable or unsafe.
- use the correct names for the main parts of the body, and the similarities/differences between boys and girls. (including external genitalia)

These lessons consolidate what the children have already learnt in Year 1 and begins to develop children's understanding that they own their own bodies. It also develops their awareness of who might need to see or touch their private parts (doctors, trusted grown-ups) and when this might need to happen. We use the 'distancing technique' in which we are able to discuss sensitive scenarios through a made up character, without making the discussion personal





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Year 3 - Key learning outcomes

How can we be a good friend?

- children can identify different types of relationships and build good friendships, including identifying qualities that contribute to positive friendships (including same sex relationships)*

What keeps us safe?

- that their body belongs to them and should not be hurt or touched without their permission; what to do and who to tell if they feel uncomfortable.*

Children talk about trusted adults and where to get help from if they feel worried about something, both on and offline



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Year 4 - Key learning outcomes

How can we manage feelings?

- how to feel good about myself and my body and I have understanding of how the media presents body image.*

How will we grow and change?

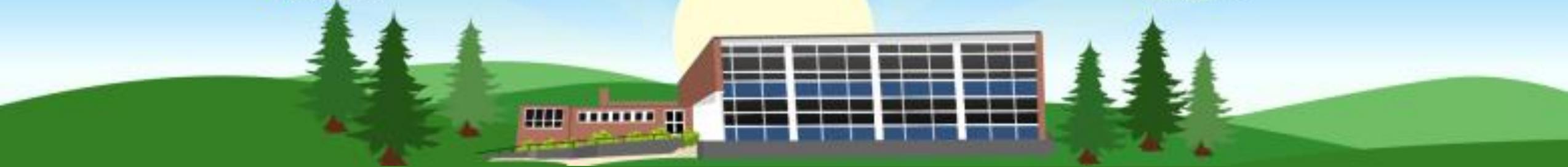
- to understand that my body and emotions will change as I grow older and I know the importance of taking care of my own body.*

In these lessons, children create a timeline of human development exploring physical changes such as growing hair, changes to skin and general growth (linked with science).

Emotionally, the children learn about hormones on a basic level and how through our teenage years we may experience different moods and emotions.



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Year 5 - Key learning outcomes

What makes up our identity?

- how individuality and personal qualities make up someone's identity (including that gender identity is part of personal identity and for some people does not correspond with their biological sex)*
- about stereotypes and how they are not always accurate, and can negatively influence behaviours and attitudes towards others*



Year 5 – Puberty

- To understand the ways in which children grow and develop in puberty, physically and emotionally.
- They can manage their periods (menstruation) or understand how girls manage their periods and are respectful of this.
- They recognise, as they approach puberty, how people's emotions change at that time and how to deal with feelings towards myself, my family and others in a positive way.

This unit is taught within and alongside the Science unit: Animals including Humans. Children look at the lifecycle of a human and put in the correct order from birth to old age. They research and list the physical and mental changes that occur at each stage.

- Children write a report to show how children grow and change from new-born to 11 years old. Discuss how hormones can control when and how changes occur.
- Look at puberty and how hormones control this.
- Classes are split into boys and girls and both label male and female body parts and discuss the changes during puberty.
- Look at changes from adulthood to old age, thinking about appearance, physical ability/needs, cognitive ability/needs.



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Year 6

How will we grow and change?

- children learn about puberty and how bodies change during puberty, including menstruation and menstrual wellbeing, erections and wet dreams
- how puberty can affect emotions and feelings
- how personal hygiene routines change during puberty
- how to ask for advice and support about growing and changing and puberty

The time of delivery for these lessons are very dependent on the year group and when we feel is the right time.

Parents are informed prior to these talks and can view and access the resources used. Boys and girls have these talks separately. Children can not be withdrawn from the puberty lessons under the new statutory guidelines from the government.



Summary

- In year 5 and 6 children are taught Puberty, in which parents can not withdraw children from.
- In Year 6 parents have the right to withdraw children from Sex Education lessons that go beyond the content in the Science National Curriculum.
- Puberty is linked to the Science Curriculum. This is as follows:
 - In Key Stage 1, children learn that animals, including humans, have offspring that grow into adults. They should be introduced to the concepts of reproduction and growth but not how reproduction occurs.
 - In Upper Key Stage 2 (Year 5/6), children are taught about the life cycles of humans and animals, including reproduction. They also learn about the change that happens in humans from birth to old age. This includes learning about what happens in puberty.
- School's have the right and obligation to teach RSE to prepare children for life when they leave school



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Next Steps

Please look at the materials on the school website.

<http://overdale.n-yorks.sch.uk/category/pshce/>

Please respond to the survey by Monday 13th July 2020.

<https://www.surveymonkey.co.uk/r/YGMYQNNQ>

We are particularly interested in your views to ensure we deliver the best curriculum possible. We will take your views into account when we finalise our policy and curriculum plan.