

A curriculum to help all children stay safe and thrive

Parent and carer workshop School



Relationships Education Sex Education Health Education (RSHE)

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Format of the evening

- Overview
- Presentation of the requirements of the new curriculum – relationships education, health education and sex education
- Input from the school on their resources and approach
- Questions
- Next steps

Media messages



Is anything worrying you?



RSE Curriculum - The facts

- Introduces two statutory subjects in primary :
Relationships education and Health education
- Applies to ALL schools, including academies, maintained, special, and independent schools
- Part of the basic school curriculum
- Curriculum embedded by September 2020

The right to excuse your child?

Parents **do not** have a right to withdraw their child from relationships education and health education

Parents **do have** the right to request that their child be excused from **sex education** within RSE . But not from the sex elements of the science national curriculum.

Myth Busting

- ✓ **92%** of parents support the teaching of PSHE education, including about safeguarding
- ✓ School remains the preferred source of information about sex and relationships for children and young people
- ✓ All children must be taught factual information and about their rights and the law, including schools of a faith character or ethos

- DFE Slides

The world is changing and young people are exposed to many sexualised images, games, music and much more.

Children hear



‘We been busy doing all Fifty Shades’

‘Get me to the bedroom, do your duty’

‘If you got a big ass, grab it, grab it grab it, grab it,
grab it ‘ (Little Mix lyrics)

Children see



SEX
USA LA
FORZA
DELLA
VOCE



Children can be vulnerable online, including:

- Cyber bullying
- Grooming
- Sexting
- Pornography



Children can be affected by the sexualisation of society and media influences

NSPCC, 2016

- Children are as likely to stumble across pornography by accident as to search for it deliberately
- 65% of 15-16 year olds have watched pornography
- In surveys young people report feeling disturbed by what they have seen online

Children can be vulnerable offline including :

Grooming

Bullying

Peer pressure

Gangs and knife crime

Drugs

Body image

Eating disorders

This curriculum is a
response to protect
and support children
and young people

It will help your child to:

- gain the knowledge, skills and confidence to make their own positive, healthy and safe choices
- develop their own values, attitudes and opinions
- care for themselves
- develop resilience, bounce back
- get help if they need it
- **RESPECT** themselves and others

Parents and carers are partners



Department for Education states:

Parents are the first teachers of their children. They have the **most significant influence** in enabling their children to grow and mature and to form healthy relationships.

All primary schools will be required to teach **relationships education**

Relationships Education (KS1+2)

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

Families and people who care for me

- Importance of family
- Characteristics of healthy family life
- Respect for family diversity
- Importance of stable relationships
- Marriage/civil partnership as legally recognised commitment
- How to recognise unsafe situations and how to seek advice/help

Preventing stigma

All pupils should see people like themselves and families like their own.

Different Families Same Love

mum + dad =

auntie + uncle =

foster mum + foster dad =

mum + mum =

dad + stepmum =

mum + stepdad =

mum = dad =

dad + dad =

mum + mum's boyfriend =

mum + mum's girlfriend =

grandma + grandpa =

..... + =

families =



‘RSE ... should seek to develop understanding that there are a variety of relationships and family patterns in the modern world.’

Valuing All God’s Children, Church of England 2018 p34

Caring friendships

Characteristics of friendship:

Mutual respect

Truthfulness

Trust

Loyalty

Kindness

Sharing interests

Supporting with problems and difficulties

RESPECT

Encourage deeper thinking and self safeguarding

- What boundaries are appropriate in friendships?
- What is acceptable and unacceptable physical touch?
- Having the confidence to report worries, keep trying to get help

Recognising coercive and controlling behaviour

- ‘I wouldn’t be seen dead wearing that’
- ‘Your Mum will never know’
- ‘Why can’t you come ?’
- ‘Give it a try, don’t be scared’
- ‘Go on you will have fun’
- ‘I’ll ask Tom instead he's always good for a laugh’

And skill building

Have a response ready

- ‘You are pressuring me’
- ‘I like it, I think it looks great’
- ‘I like to be different’
- ‘I don’t have to like what you like’
- ‘I can make my own mind up’
- ‘You can but it’s not for me’

Respectful relationships

- Importance of respecting others
- Conventions of courtesy and manners
- Importance of self-respect
- Requirement to respect others
- Types of bullying , impact and how to get help
- Stereotypes and their impact
- Permission seeking



There's no reason why teaching about different types of loving, healthy relationships cannot be done in a way that respects everyone's views

Video

‘Human dignity, the ultimate worth of each person, is central to good education.’

Church of England Vision for Education

All schools also required to teach health education

Health Education (KS1-4)

- Mental wellbeing
- Internet safety and harms
- Physical health and fitness
- Healthy eating
- Drugs, alcohol and tobacco
- Health and prevention
- Basic first aid
- **Changing adolescent body**

When do children need to know...

- From the age of eight, hormones begin to influence emotions and feelings
- By age of eight some girls will have begun menstruation
- By the age of nine some boys have begun to have wet dreams
- By the age of eleven 40% of transgender young people already think they are transgender

Children are interested and asking

How long does your
under arm hair & pubic hair
grow? like as long as
the hair on your head?
Do you cut it?

What are the signs of having
your period

Also here's
a pony

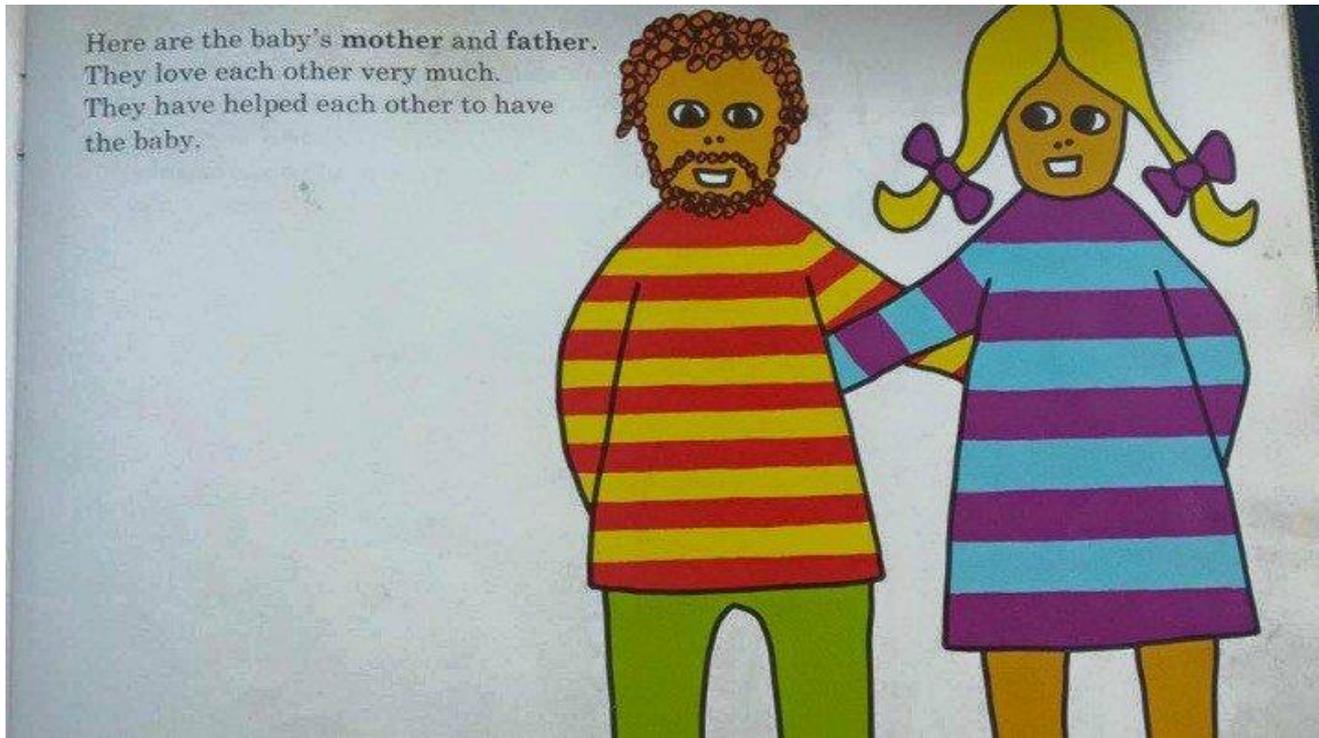


What happens if your body
doesn't work the way it's
supposed to.

So what about sex education?



What do you remember about sex, relationships and health education from school/home ?



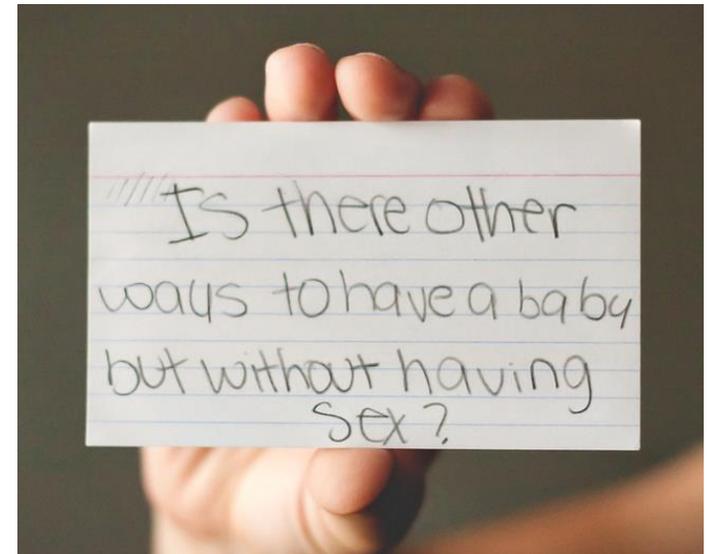
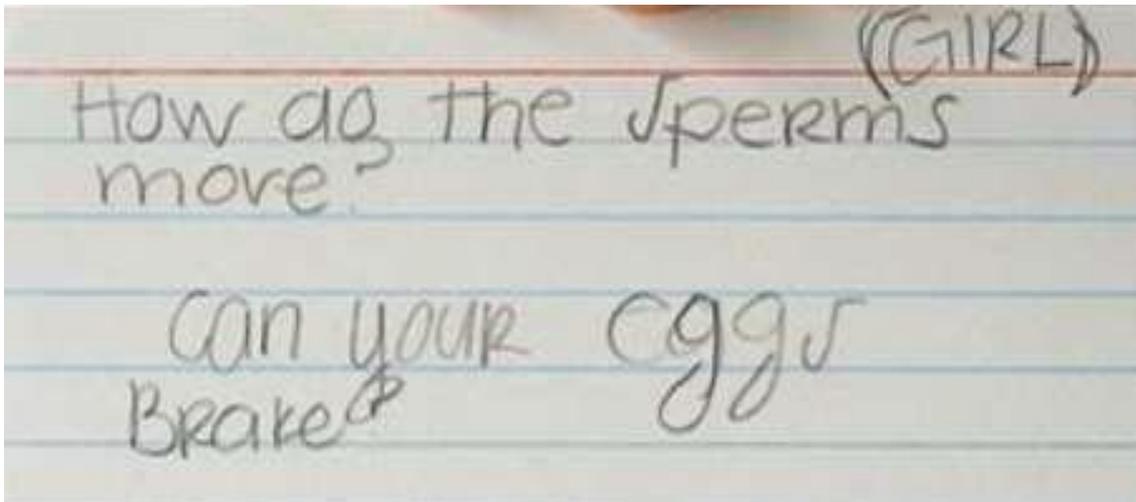
How do you feel about talking to your children about sex and relationships?



DFE recommends primary schools should continue to deliver sex education

- Benefits - delayed first sex
- Effects of feeling excluded from parts of lessons
- Hearing from peers what was said in class
- Learning from the internet

Children are interested and asking



How are twins made?

Science

Schools have to teach biological aspects of human growth and reproduction within National Curriculum Science. Parents can not withdraw their child from this.

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Life Skills



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How you can help at home?

- Talk to your child about what they are learning in school
- Normalise ‘tricky’ topics by discussing in the car, over washing up etc. to eliminate direct eye contact
- Don’t have ‘the chat’, but discuss at regular intervals

School resources and curriculum



Any
Questions?

Next steps