



RSE PARENT / CARER SUPPORT SHEET

Thank you for attending the session today and gathering information to support your child's education here at Ravensdale.



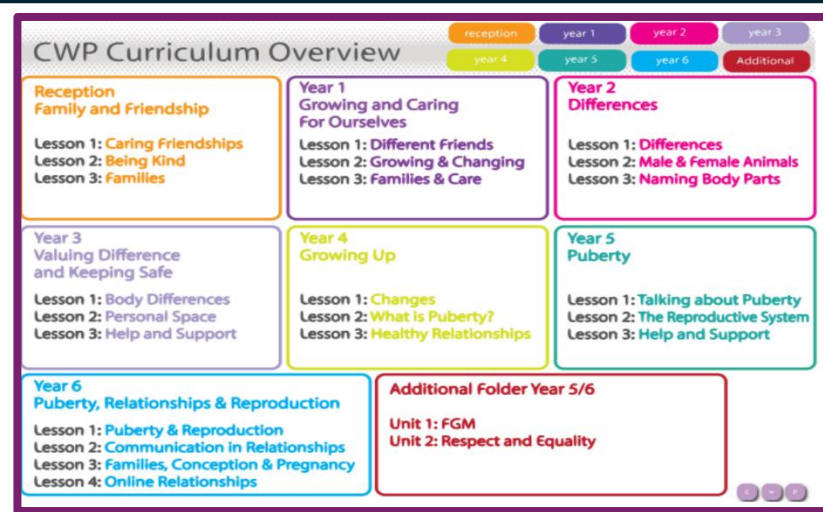
We are required by law to teach your child RSE (relationship and sex education). This is delivered in line with the government guidance documentation <https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education> This means the content is statutory.

RSE has 3 main components:

Relationships Education (STATUTORY)

Health Education (STATUTORY)

Sex Education (NON-STATUTORY) As parents and carers, you have the right to request that your child be withdrawn from some or all sex education aspects of RSE, **which only takes place during a single lesson in Year 6**. As relationships and health education are statutory, children cannot be withdrawn from any aspect of relationships or health education.



We use the Christopher Winters Project to deliver the content- this is an approved scheme and provides resources and content at age-appropriate levels. CWP is a whole school scheme which is used by all teachers to provide a thorough and safe RSE lessons. Topics and themes will be revisited from year to year, taking account of the pupils' development. CWP encourages children to develop skills of listening, empathy, talking about feelings and relationships with families and friends.

Lesson content

Year 3	name the different body parts Know and respect the body differences between ourselves and others Name male and female body parts using agreed words Understand that each person's body belongs to them Understand personal space and unwanted touch Understand that all families are different and have different family members Identify who to go to for help and support
Year 4	Understand that puberty is an important stage in the human life cycle Know some changes that happen during puberty Know about the physical and emotional changes that happen during puberty understand that children change into adult to be able to reproduce if they choose to Know that respect is important in all relationships, including online Explain how friendships can make people feel unhappy or uncomfortable

Year 5	Explain the main physical and emotional changes occurring in puberty Ask questions about puberty with confidence Understand how puberty affects the reproductive organs Describe what happens during menstruation and sperm production Explain how to keep clean during puberty Explain how emotions and relationships change during puberty Know how to get help and support during puberty Optional Lessons: Explain the importance of respecting others, even when they are very different to us Know that we can all take positive steps to support equality
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Year 6	equality Describe how and why the body changes during puberty in preparation for reproduction Talk about puberty and reproduction with confidence Explain the difference between healthy and unhealthy relationships Know that communication and permission seeking are important Describe the decisions that <u>have to</u> be made before having children Know some basic facts about conception and pregnancy To have considered when it is appropriate to share personal/private information in a relationship To know how and where to get support if an online relationship goes wrong Optional Lessons: To know how someone can be safe and in control of their body To understand what FGM stands for To know where to go for help
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How do I talk to my child about relationships, puberty and reproduction?

- **Be honest:** if you don't know the answer, be honest and say so. Tell them that you need to find out and you will get back to them soon.

- **Remember that children are curious and want to know and understand.** We tend to place our adult perspective on children's questions and comments, when actually a child just wants (and needs) a simple, matter-of-fact answer. Make sure it's at a child's level, giving opportunities to ask further questions if needed. Give yourself time to respond by asking something like, "Why do you ask?" or "What do you think that means?"

- **Keep lines of communication open:** having an open and honest relationship with your child can help make these conversations easier, so make sure you are willing to talk when your child needs to, or be able to explain why you can't and find another time when you can.

- **Use correct terminology:** it helps that children aren't confused by hints, euphemisms and innuendo; use correct terminology wherever and whenever you can, especially for naming body parts. It is hugely important for keeping them safe.

- **Respond to what they say they need:** remember that children's lives today are very different from even just five years ago. We may feel that they know too much, when actually ignorance is the enemy of innocence: children are more likely to make the safest choices when they are effectively empowered to do so.

- **Always respond.** If not, the child may feel that they are not able to talk about important issues or things that they are worried about, especially related to RSE. · If it all feels too personal, try to talk about people in books, movies or TV shows to create some distance.

- **Listen, rather than judge.** Try asking them what they think.

If you are really unsure about talking to them about something, feel free to contact school and I can support with this

Websites to support you

- <https://www.sexeducationforum.org.uk>
- <https://www.kapowprimary.com/blog/what-is-rse-in-primary-education>
- <https://www.brook.org.uk>
- https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/907638/RSE_primary_schools_guide_for_parents.pdf
- <https://www.womensaid.org.uk/wp-content/uploads/2021/02/Expect-Respect-Healthy-RelationshipsToolkit.pdf>