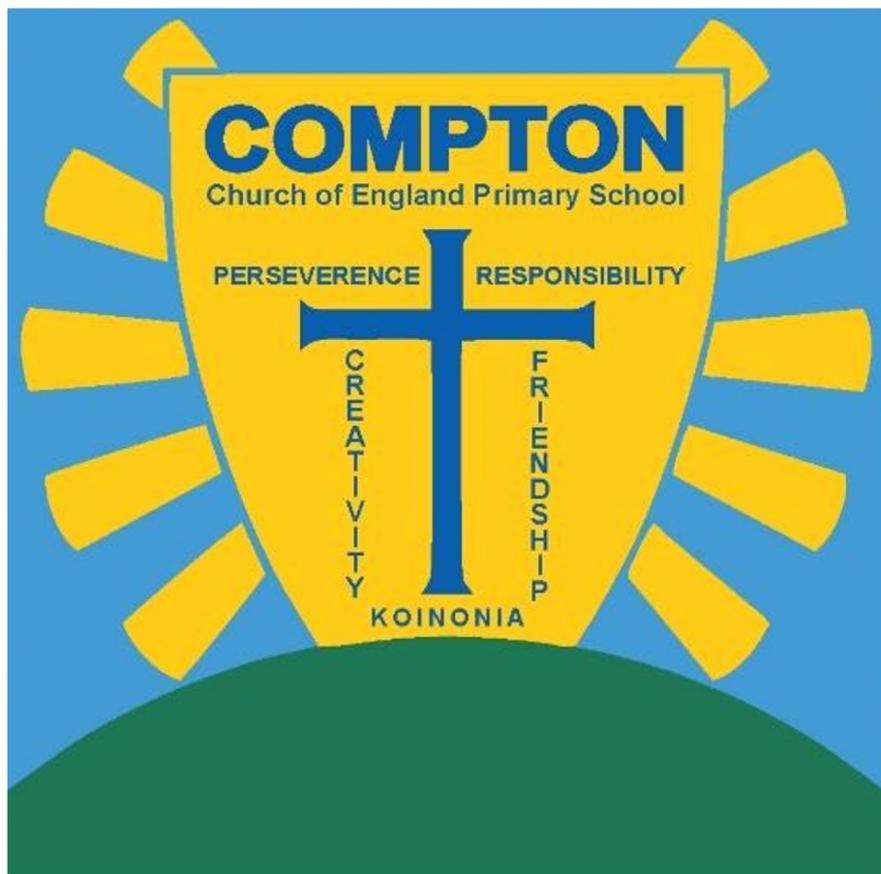


RSE at Compton



What is Relationship and Sex Education?

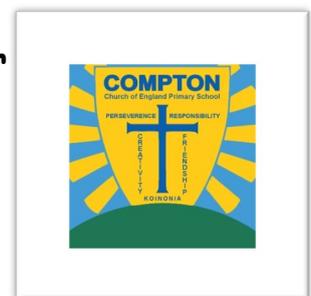
The Government's definition is this:

"It is lifelong learning about physical, moral and emotional development. It is about the understanding of the importance of marriage for family life, stable and loving relationships, respect, love and care. It is also about the teaching of sex, sexuality, and sexual health. It is not about the promotion of sexual activity." (Department for Education and Employment, *SRE Guidance*, 2000)

From September 2020, Relationships Education became statutory in Primary schools in England, with government guidance being offered during 2019 as to the expected content of this curriculum: <https://www.gov.uk/guidance/teaching-about-relationships-sex-and-health#history>.

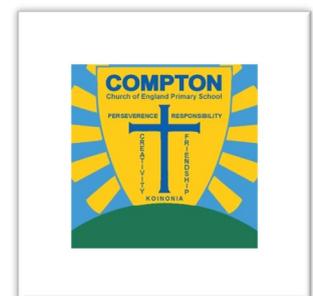
Currently, PSHE (Personal, Social, Health Education) remains a non-statutory subject, and section 2.5 of the National Curriculum framework document states that: 'All schools should make provision for personal, social, health and economic education (PSHE), drawing on good practice.'

We have been reviewing how this will be delivered across the school in light of the statutory nature of Relationships and Health education since Summer 2019. We have always been creative with our planning and will continue to develop and evolve this over time.



Why is RSE needed?

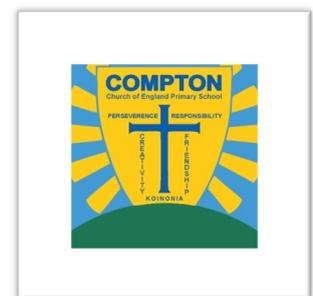
- More than ever before, children are exposed to representations of sex and sexuality through the media/ social media and the social culture around them, so we need to present a balanced view of RSE and help them to be discerning and stay safe.
- A planned and progressive programme of RSE gradually and appropriately begins to prepare our children for things they experience as they grow. It teaches the skills they need to fully manage the natural, physical and emotional changes that will happen to them as they grow and mature into healthy, confident and responsible adults.
- Teaching about safety and relationships as part of PSHE contributes to how we approach the safeguarding of pupils. It helps them to recognise when they and others are at risk and equips them with the skills, strategies and language they need to take appropriate action.
- RSE teaches the skills children need to develop positive, healthy relationships. It supports their moral development, helping them to understand themselves and to respect and care for others.



What are the aims of RSE?

There are four main aims for teaching RSE within the context of Primary School PSHE (Personal, Social, Health Education):

- To enable young people to understand and respect their bodies, and be able to cope with the changes puberty brings, without fear or confusion.
- To help young people develop positive and healthy relationships appropriate to their age, development etc. (respect for self and others).
- To support young people to have positive self-esteem and body image, and to understand the influences and pressures around them.
- To empower them to be safe and safeguarded.



Your questions answered

Will telling my child about human reproduction take away their innocence?

No. The evidence suggests that high-quality RSE does the opposite: it helps them become much more confident and comfortable about making informed choices. Good and appropriate RSE takes away children's ignorance, not their innocence. It helps them to recognise when they and others are at risk and equips them with the skills, strategies and language they need to take appropriate action. This is crucial to fulfilling statutory duties in relation to safeguarding pupils. It is clear, therefore, that PSHE plays a vital part in helping to meet school's responsibilities to safeguard their pupils, your children.

Can I remove my child from RSE at Compton?

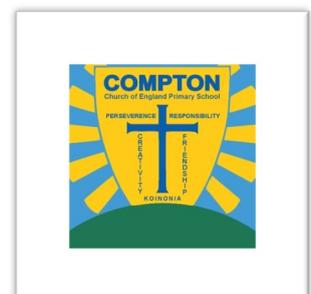
Currently, parents/carers have the legal right to withdraw their child from RSE. Parents can opt out by contacting the team leader at year5-6@compton.plymouth.sch.uk

Does RSE overlap with any other subjects?

Many objectives of the RSE curriculum overlap with the Science and PSHE curriculum.

'Animals, including humans' is an aspect of the Science curriculum, which is taught in every year group.

'Relationships', 'Living in the Wider World' and 'Health and wellbeing' are the three units of the PSHE curriculum taught at Compton.



Your questions answered

How can I talk to my child about relationships, puberty and human reproduction?

Children can continue to learn from you at home. For some parents/carers, it can feel totally natural to discuss relationships, puberty and human reproduction with their child, while for others it can seem awkward and difficult. Either way, it is important to remember these key points:

- We all want children to feel safe and to be happy and healthy
- We need to consider their needs
- We need to normalise talking about relationships, puberty and human reproduction so taboos don't need to exist
- We might need to challenge our own ways of thinking
- We have choices: we can avoid it or we can communicate openly and honestly with children - they need us!

Here are some tips for talking to your child:

- Be honest
- Remember that children are curious and want to know and understand.
- Keep lines of communication open
- Use correct terminology
- Always respond
- Work in partnership with the school

