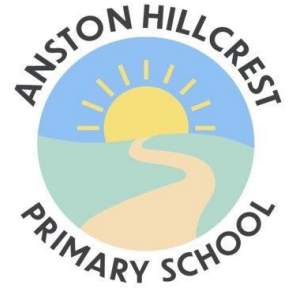


Relationships and Sex Education (RSE) Parent / Carer Consultation Meeting June 2025





PSHE and RSE at Anston Hillcrest

PSHE is taught as a whole school approach and we believe it is crucial for children's holistic development and support, in becoming well-informed young adults. We use the Dimensions 3D PSHE scheme to teach PSHE as well as the Jigsaw scheme for our RSE teaching in Year 5 and 6.

The way we teach this supports the “Personal Development” and “Behaviour and Attitude” aspects required under the Ofsted Inspection Framework, as well as significantly contributing to the school’s Safeguarding and Equality Duties, British Values and the SMSC (Spiritual, Moral, Social, Cultural) development opportunities provided for our children.

Our aim

At Anston Hillcrest we believe that the essential aim of relationships and sex education should be to provide pupils with the knowledge and skills to enable them to make informed and responsible choices in later life, emphasising the benefits of a healthy lifestyle.

We believe that relationships and sex education should contribute to promoting the spiritual; moral; cultural; mental and physical development of pupils at school: preparing pupils for the opportunities, responsibilities and experiences of adult life.

We also believe that relationships and sex education should be taught within a climate of trust, respect and appropriate confidentiality, in which pupils and adults feel able to talk openly and honestly.

What the DFE says...

- Today's children and young people are growing up in an increasingly complex world and living their lives seamlessly on and offline. This presents many positive and exciting opportunities, but also challenges and risks. In this environment, children and young people need to know how to be safe and healthy, and how to manage their academic, personal and social lives in a positive way. This is why we have made Relationships Education compulsory in all primary schools in England.
- Our guiding principles have been that all of the compulsory subject content must be age appropriate and developmentally appropriate. It must be taught sensitively and inclusively, with respect to the backgrounds and beliefs of pupils and parents while always with the aim of providing pupils with the knowledge they need of the law.
- In primary schools, we want the subjects to put in place the key building blocks of healthy, respectful relationships, focusing on family and friendships, in all contexts, including online. This will sit alongside the essential understanding of how to be healthy

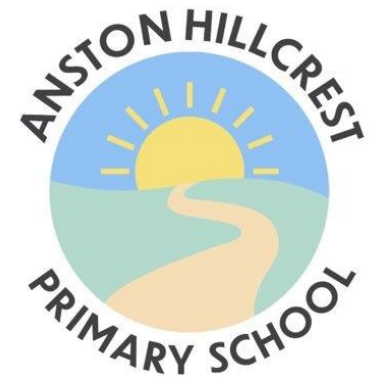
Working with parents

- The role of parents in the development of their children's understanding about relationships is vital. 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.
- Schools should ensure that parents know what will be taught and when, and clearly communicate the fact that parents have the right to request that their child be withdrawn from some or all of sex education delivered as part of statutory RSE.
- Parents should be given every opportunity to understand the purpose and content of Relationships Education and RSE. Good communication and opportunities for parents to understand and ask questions about the school's approach help increase confidence in the curriculum.
- Inviting parents into school to discuss what will be taught, address any concerns and help support parents in managing conversations with their children on these issues. This can be an important opportunity to talk about how these subjects contribute to wider support in terms of pupil wellbeing and keeping children safe.

Our Scheme

We use 3D PSHE scheme of work and Jigsaw but also adapt our teaching to suit each cohort of children.

We have carefully selected images, resources and appropriate material so that the children at Anston Hillcrest get the most out of their RSE learning within school and we carefully consider how we approach the sessions so the children feel safe and comfortable to listen and then ask any questions.



What does covering RSE give the children?

- Provides a secure, sensitive and caring framework where learning and discussion can take place.
- Provides information which is easy to understand, relevant and appropriate for the needs, age and maturity of the pupils.
- Encourage the use of correct vocabulary.
- Fosters self worth and awareness, together with a sense of moral responsibility.
- Helps the children to acquire and practise important life skills such as critical thinking, decision making, communication and assertiveness.
- Ensures that relationships and sex education is available to all children regardless of gender, ability, cultural or religious background in line with the schools policy on equal opportunities.

What exactly do we cover in RSE

- RSE is something that you can withdraw your child from if you wish to do so. However, there are many benefits to keeping your child in the lesson so that they have a the skills they need to be ready for secondary school.
- To reassure you we will share all lesson planning and resources with you including any images, texts or pictures we use to support the teaching.
- The following slides will show what is covered in the teaching of RSE and the sections highlighted yellow re the ones which you can choose to withdraw your chid from should you want to.

Year 5	Year 6
Developing self esteem	Developing self esteem
Understanding puberty and how our bodies change	How do our bodies change in puberty
Understanding conception and how babies are made	Understanding conception and how babies are made
What am I looking forward to for the year ahead.	Positive self image
	Feelings about moving to the next school

Examples of lessons:

***I can recall what happens to my body during puberty.
I can explain how puberty relates to human reproduction.***

- How do we know if someone has good hygiene?
- wash twice daily
- shower/bath often
- brush teeth/floss twice a day
- wear clean clothes (change underwear everyday!)
- use proper toileting hygiene and always wash hands thoroughly with soap after using the bathroom
- washing hands before eating
- cover nose and mouth properly when sneezing or coughing (wash hands)
- Change sanitary ware regularly

I can recall what happens to my body during puberty.
I can explain how puberty relates to human reproduction.

When a couple want to have a baby (reproduce) they must have consensual sexual intercourse. This means that they both give consent.

Consent is a person's permission or agreement by choice to anything that involves them. For example, their body, personal space, time, money or belongings.

I can recall what happens to my body during puberty.
I can explain how puberty relates to human reproduction.

REMEMBER!

No-one has the right to touch you in any way with out first gaining your willing consent.

Parts of the body covered by underwear are kept private for a reason. Absolutely NO-ONE has the right to touch you in a private part of your body without your consent.

If you are worried or have some questions about this, please speak to a trusted adult either at home or in school.

Vocabulary in RSE

Testicles

Testosterone

Puberty

Sperm

Penis

Hormones

Pubic Hair

Oestrogen

Larynx

Erection

Ovaries

Breasts

Menstruation

Uterus

Wet Dream

Vagina