



Relationships, Sex & Health Education at Shustoke C of E Primary School

A Guide for Parents and Carers

What are the aims of Relationships, Sex & Health Education (RSHE)?

There are four main aims for teaching RSHE 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

The Department for Education's Statutory Requirements state that children should know:

- Key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes
- About menstrual wellbeing including the key facts about the menstrual cycle

How is RSHE covered at Shustoke?

At Shustoke, we deliver RSHE through a scheme of work called *Jigsaw-The mindful approach to PSHE*. This fulfils all the requirements for the statutory Relationships and Health Education outlined by the Department for Education 2020. The Jigsaw programme of learning is supplemented by a safety awareness and resilience building programme called *Protective Behaviours*. Alongside this, Science lessons cover additional elements. A school whole curriculum overview can be found below.

Year Group	Relationships Jigsaw Unit (Summer 1)	Changing Me Jigsaw Unit (Summer 2)	Protective Behaviours	Science
Reception	Family life Friendships	Bodies Respecting my body Growth and change Growing up: How we have changed since we were babies?	<p>All year groups are also taught the Protective Behaviours Programme, where body parts, consent and safe relationships are covered.</p> <p>Although lesson content varies in different year groups, all children are taught the two following themes: We have the right to feel safe all the time.</p> <p>We can talk with someone about anything, even if it feels awful or small.</p> <p>Content includes: -Identifying early warning signs -Regularly reviewing safe networks</p>	
Year 1	Belonging to a family Physical contact preferences Celebrating special relationships	Life cycles – animal and human Changes in me Changes since being a baby Differences between female and male bodies (correct terminology)		Identify, name, draw and label the basic parts of the human body and say which part of the body is associated with each sense
Year 2	Different types of family Physical contact boundaries Friendship and conflict Secrets Trust and appreciation Expressing appreciation for special relationships	Life cycles in nature Growing from young to old Increasing independence Differences in female and male bodies (correct terminology)		Notice that animals, including humans, have offspring which grow into adults
Year 3	Family roles and responsibilities Friendship and negotiation Being a global citizen Expressing appreciation for family and friends	How babies grow Understanding a baby's needs Outside body changes Inside body changes Family stereotypes Challenging my ideas		
Year 4	Jealousy Love and loss Memories of loved ones Getting on and Falling Out Girlfriends and boyfriends Showing appreciation to people and animals	Being unique Confidence in change Accepting change Environmental change		
Year 5	Self-recognition and self-worth Building self-esteem Safer online communities Rights and responsibilities online Online gaming and gambling Dangers of online grooming	Self- and body image Influence of online and media on body image Puberty for girls Puberty for boys Growing responsibility Coping with change How babies grow- from conception to birth		Describe the differences in the life cycles of a mammal, an amphibian, an insect and a bird
Year 6	Mental health Identifying mental health worries and sources of support Love and loss Managing feelings Power and control Assertiveness	Self-image Body image Puberty and feelings for girls and boys Reflections about change Physical attraction Respect and consent Boyfriends/girlfriends	Describe the life process of reproduction in some plants and animals	
			Describe the changes as humans develop to old age	

For further information, there are a number of useful links on our school website, as well as our Relationship and Sex Education Policy

<https://www.shustokecofeprimary.co.uk/leaflets-for-parents/>

<https://primarysite-prod->

[sorted.s3.amazonaws.com/shustoke/UploadedDocument/20157062107a47cea6ecdfaec4ba953d/relationships-and-sex-education-policy-2019-1.pdf](https://primarysite-prod-sorted.s3.amazonaws.com/shustoke/UploadedDocument/20157062107a47cea6ecdfaec4ba953d/relationships-and-sex-education-policy-2019-1.pdf)