

RSHE at



Raleigh Infant Academy



and Admirals Academy

Thank you for joining us to learn about Relationships and Sexual Health Education at our schools.

From September 2020, RSHE is compulsory for every year group.

The rationale behind this is that the children today live in a very different world with technology and attitudes which are ever changing.

This programme sets out to provide the children with a wider understanding of relationships, their own bodies and how to keep themselves healthy and seek help if they need it. It incorporates aspects of online safety as well.

WHY is RSHE important?

*At Raleigh Infant Academy and Admirals Academy we believe that, as with all our PSHE curriculum, the main aim of relationship education is to empower pupils by providing them with the knowledge and skills to enable them to make informed and responsible choices in later life, emphasising the benefits of a healthy lifestyle.

*Relationship education contributes to promoting the spiritual, moral, cultural, mental and physical development of pupils at our school. It supports and embeds learning taking place in other curriculum areas such as Science.

We also believe that relationship 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



HOW is RSHE taught?

- RSHE is taught in class and is delivered by their class teacher
- Lessons are built on facts and information
- We respect everyone's views and teach the children to listen respectfully to each other
- Boys and girls are taught together because it is important that children understand that changes such as puberty happen to everyone – this promotes understanding and empathy
- Children learn the correct names for the parts of the body
- We use age and stage appropriate images to support learning
- Lessons build upon previous learning. Teachers use the beginning of each lesson to recap, assess and review and address misconceptions.
- Class teachers use resources produced by Educator Solutions for Norfolk County Council

'Ask it Basket'

Children are encouraged to ask questions, if they feel uncomfortable to ask in front of their peers, they can add a question to the 'Ask it, basket.' The class teacher will address this within the same or very next lesson.

Staff will not answer any questions asked about staff members bodies or relationships.



WHAT will my child learn?

Our RSHE policy is available to download on our school website. If you would like a paper copy, please speak to a member of our academy office team.

Our youngest children will watch 'Pantosaurus'

KS1 children will also watch 'I saw your willy'

Our older children will watch 'Lucy and the Boy'

All of these videos can be accessed online via the NSPCC and with an easy search on Youtube.

Use of language

One of the main points which the RSHE guidance discusses is the use of language.

Even though it may feel uncomfortable for us to use specific words to describe the anatomy of a human, it is crucial that we do, and that we use it correctly.



There are several reasons for this:

- If a child is describing a pain or injury to you, it is important to know where the pain is. This language makes this easier as it is more specific.
- If a child has been subject to (or is being subjected to) abuse, it is highly unlikely that their abuser would use the scientific names for body parts. If we use another term, we may in fact trigger a reaction in the child and cause them unintended distress. It also enables the child to disclose information in a more clinical way so you can understand the extent of the abuse.



Key words per year group

EYFS- feelings, comfortable, uncomfortable, hygiene, same, similar, different, like, dislike, difficult, private, special.

Year 1- emotions, feelings, penis, vulva, communication, similarities, differences, disease, bacteria, problem, help.

Year 2- self-esteem, vagina, bullying, unique, personal space, privacy, secret, surprise.

Year 3- aspiration, compliment, self-esteem, penis, vulva, hygiene, relationship, gender, stereotype, testicles, vagina.

Year 4- emotions, empathy, foetus, puberty, public, private, similar, different, identity, marriage, arranged, forced, peer pressure.

Year 5- puberty, penis, erection, wet dream, gender, sex, intersex, transgender, gay, lesbian, personal information, online.

Year 6- body image, homophobic, biphobic, transphobic, vulva, clitoris, circumcision, female genital mutilation, infection, sexually transmitted infection, condom, problems, support, help, trust

Safeguarding

Teachers will conduct RSHE lessons in a sensitive manner, and in confidence. However, if a child makes a reference to being involved (or being likely to be involved) in sexual activity, then the teacher will take the reference seriously, and deal with it as a matter of child protection. Teachers will respond in a similar way if a child indicates that they may have been a victim of abuse. They will immediately inform a member of the 'Designated Safeguarding Lead' team who will deal with the matter in line with the Safeguarding policy.

Thank you for attending today

If you have any questions you can speak to a member of staff