

Welcome to the Emmanuel RSE Parents' Information Evening

Wellbeing is an umbrella for PSHE (Personal Social and Health Education), Citizenship and Careers.

Elaine Robertson- Lead for Welfare and Personal Development and I lead and teach KS3 Wellbeing curriculum.

Jemma Howe - Lead for Behaviour and Attitudes, lead KS2 Wellbeing.



Where did YOU learn about Sex and Relationships?

- Parents?
 - Friends?
 - School?
 - Magazines?
 - Television?
 - ???????
-
- Was the information accurate?
 - Were there any myths?
 - Did anything you hear frighten you?
 - Did you understand it all?



Where do children now learn about Sex and Relationships?

- Parents/carers?
- Friends?
- School? Lessons/playground?
- Social Media?
- Internet?

- What would be our preferred options?



What is relationships and sex education?

It is lifelong learning about physical, moral and emotional development. It is about the understanding of the importance of marriage/ stable loving relationships for family life, 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 – this would be inappropriate teaching.

(Department for Children, School and Families)



The main aims for RSE in our local schools

To enable young people to understand and respect their bodies, and be able to cope with the changes puberty brings (without fear)



The main aims for RSE in our local
Schools

To help young people
develop positive and healthy
relationships appropriate to
their age, development etc
(respect for self and others)



The main aims for RSE in our local schools

To support young people to have positive self and body-image, and to understand the influences and pressures around them (to be themselves)



The main aims for RSE in our local schools


To be able to show respect to other people and understand consent and the law

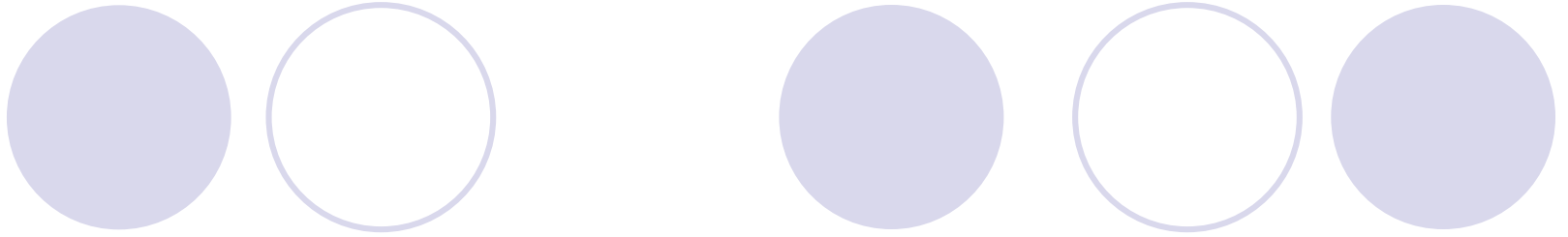


RSE and Christianity

Emmanuel Middle School follows the Church of England Guidelines which state that RSE should be based on the following key principles:

- RSE should be based on inclusive Christian principles and values emphasising respect, compassion, loving care and forgiveness.
- RSE should be sensitive to the circumstances of all children and be mindful of the expressions of family life in our culture, yet it should also uphold the Christian values regarding stable loving relationships and marriage.
- Sex education is part of the wider social, personal, moral and spiritual development.

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- Children should be made aware of the way in which advertising and the media influence their views about sexuality.
 - Issues regarding human sexuality should be addressed sensitively
 - Children should learn that it is important to build positive relationships that involve trust and respect
 - Sex education includes learning about physical and emotional development.



- Children need to learn how to keep themselves safe when using the internet and other forms of technology.
- Children need to be aware of responsible use of all forms of technology in order to respect the well-being and integrity of others
- The exploration of reproduction and sexual behaviour within the science curriculum should stand alongside the exploration of relationships, values and morals and Christian belief.

Lesson Plans



- RSE lessons have been planned as part of a developmental process, progressing at an age appropriate pace through the middle school years.
- The middle school PSHE leads have worked together to produce age appropriate lessons.

Timetabled Lessons supporting RSE

Wellbeing Lessons:

- KS2 one weekly timetabled lesson
- KS3 one weekly timetabled lesson

Science Lessons:

- 3 hours a week (KS3) 2 hours a week (KS2)

RSE is taught in Summer 2 in Wellbeing lessons

Year 5

Week 1

To use correct terminology to label male and female reproductive body parts.

Week 2 Explain what happens during the menstrual cycle.

Week 3 Explain what happens to boys through puberty.

Week 4 Explain the emotional changes which take place during puberty.

Week 5

Explain why certain parts of the body need to be kept clean during puberty.

Week 6

Describe the different types of relationships using the correct terminology.

Week 7 Determine what is needed for a marriage or civil partnership.

Year 5 RSE

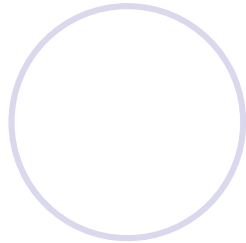
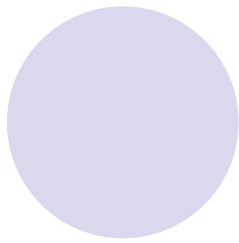


- Puberty
- Menstruation
- Wet Dreams
- Personal hygiene
- **W/B 24th June-** Pupils will be taught in single gender groups for one lesson allowing for pupils to ask questions and the girls will come home with some sanitary wear samples.

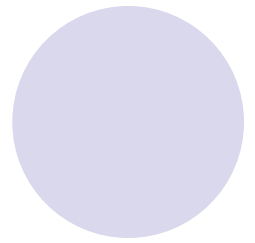
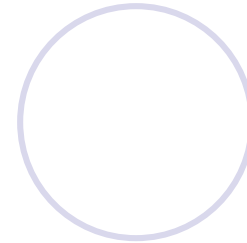
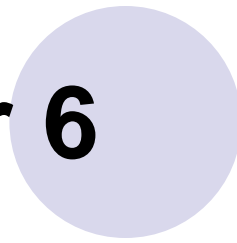
What is a wet dream?

https://www.youtube.com/watch?v=uotzoDDRW_s

Discuss and recap information shared.
What happens to the body?



Year 6



Week 1 and 2

Can I recognise the link between changes at puberty, sexual intercourse and the start of a baby? (Can choose to opt out due to lesson content being sex education related but please email a letter to the headteacher)

Week 3 and 4

Can I identify the emotional and financial support a baby needs from an adult to meet its basic needs?

Week 5

Can I recognise that marriage, arranged marriage and civil partnerships are between two people who willingly agree?



Year 6

- Puberty
- Conception
- Pupils to be taught in single gender groups
W/C 24th June allowing questions to be discussed
- Animations from Jigsaw (years 5 and 6)



Animations of reproduction

The Female reproductive system

<https://drive.google.com/drive/folders/1UMBToQFkr8qYP5GFLV9VPWIpQUYU2hNm>

The Male Reproductive system

<https://drive.google.com/drive/folders/1UMBToQFkr8qYP5GFLV9VPWIpQUYU2hNm>

Key Stages 3 and 4 RSE content...

EMS Years 7 and 8, Upper School

Contraception

Sexually Transmitted Infections

Pregnancy

Abortion

Emotional Health

Safer sex

Regret

Healthy Relationships

Consent

Body Image

Influences

Sexuality

Delaying sex

Aspiration

HIV

Abstinence



Year 7

Week 1 Sexual intercourse and the start of a baby (recap from year 6)

Week 2 Describe how to manage physical and emotional changes during puberty

Week 3 That the legal and moral duty is with the seeker of consent.

Week 4

To learn about different influences on someone's diet and exercise choices

Week 5

To learn how to make independent, informed decisions about maintaining physical health

Week 6

How to manage and maintain, good oral hygiene and dental health



Year 7

Healthy Lifestyles- mental and physical health, eating, drinking and sleeping

Puberty and Conception- dispelling myths

Risks: vaping, alcohol and gambling

Healthy Relationships- friendships, dealing with friendship issues and valuing good relationships with family

“Time in a Bottle” alcohol workshop



Year 8

Week 1 To recognise my own personal identity

Week 2 Can I explain how FGM is in contradiction with human rights?

Week 3 Can I explain how Forced Marriage is in contradiction with human rights?

Week 4

The risks of 'sexting' and how to manage requests or pressure to send an image.

Week 5 Basic forms of contraception, e.g. condom and pill (Can choose to opt out due to lesson content being sex education related but please email a letter to the headteacher)

Week 6 Transition to upper school



Year 8

Puberty and Conception- dispelling myths
Relationships- values and qualities, long term commitment and marriage

The law

Consent

Risk: personal safety, drugs, vaping, smoking, caffeine and alcohol

FGM and Forced Marriage

“Chelsea’s Choice” workshop on child sexual exploitation(grooming)



FGM Lesson

FGM means that someone changes or removes parts of the female genitals which is very harmful.

It happens to some girls in some cultures and places around the world but not usually in a hospital.

It is also very scary and painful and it goes against a girl's right to be safe.

Article 5 of the Universal Declaration of Human Rights also provides that no one shall be subjected to torture nor cruel, inhuman or degrading treatment - FGM is a direct violation of this.



My Body, My Rules.

[https://www.youtube.com/watch?v=W2IS
tB6Z3Vw](https://www.youtube.com/watch?v=W2IS
tB6Z3Vw)



Links to other curriculum areas:



Computing- Internet safety lessons

PE- diet and exercise

Food Technology- balanced plate

The right to withdraw your child from RSE

Parents have the right to request that their child be withdrawn from some or all of sex education delivered as part of statutory RSE.

Before granting any such request it would be good practice for the head teacher to discuss the request with parents and, as appropriate, with the child to ensure that their wishes are understood and to clarify the nature and purpose of the curriculum.

The right to withdraw your child from RSE

Good practice is also likely to include the head teacher discussing with parents the benefits of receiving this important education and any detrimental effects that withdrawal might have on the child. This could include any social and emotional effects of being excluded, as well as the likelihood of the child hearing their peers' version of what was said in the classes, rather than what was directly said by the teacher (although the 18 detrimental effects may be mitigated if the parents propose to deliver sex education to their child at home instead).

Head teachers will automatically grant a request to withdraw a pupil from any sex education delivered in primary schools, other than as part of the science curriculum. There is no right to withdraw from Relationships Education or Health Education.

Science Curriculum- Spring Term

Animals including humans year 6:

Identify *heart, lungs blood vessels, veins, arteries*

Describe one way that diet, exercise, *drugs* can affect the body positively and one way negatively.

Living things year 5:

Know the process of reproduction in plants.

Know the process of reproduction in animals.

Science Curriculum- Spring Term

Inheritance year 8:

Use a diagram to show the relationship between DNA, chromosomes and genes.

Use a diagram to show how genes are inherited. Explain how a change in the DNA (mutation) may affect an organism and its future offspring. Explain why offspring from the same parents look similar but are not usually identical.

Reproduction year 7 :

The menstrual cycle prepares the female for pregnancy and stops if the egg is fertilised by a sperm.

The developing foetus relies on the mother to provide it with oxygen and nutrients, to remove waste and protect it against harmful substances.