



# Porchester Junior School



**Respect Aspiration Responsibility Confidence Resilience**

We are the **PRIDE** of Porchester

Dear Porchester Families,

## **RSE – Relationships and Sex Education**

As of 2020, all primary schools in England are required to teach Relationships Education and Health Education, in addition to the statutory National Science Curriculum. This year, our school will deliver the updated curriculum in accordance with these statutory requirements.

Our RSE (Relationships and Sex Education) policy is available on the school website for your reference. Some parts of RSE are compulsory - these are part of the National Curriculum for Science. Please note that parents have the right to withdraw their child from the sex education components of RSE (in red) but not from the relationships, science, or health education elements of the curriculum. If you wish to withdraw your child from the sex education portion, please complete the attached request form. Below, you will also find a breakdown of the lessons for each year group, including which lessons are subject to withdrawal rights.

The comprehensive programme of RSE, used by Porchester Junior School is called **The Christopher Winter Project**. It provides accurate, age-related information about the body, reproduction, sex and sexual health. It also gives children and young people essential skills for building positive, enjoyable, respectful and non-exploitative relationships, focusing on staying safe both on and offline. In Upper School, our RSHE curriculum is enhanced with a session taught by specialist educators from Coram Life Education, using resources from the **SCARF** scheme.

### **Year 3**

Lesson 1: Body differences

Lesson 2: Personal space

Lesson 3: Help and support

### **Year 4**

Lesson 1: Changes

Lesson 2: What is puberty?

Lesson 3: Healthy relationships

### **Year 5**

Lesson 1: Talking about puberty

Lesson 2: The reproduction system

Lesson 3: Puberty help and support

### **Year 6**

Lesson 1: Puberty and reproduction

Lesson 2: Communication in relationships

Lesson 3: Families, conception and pregnancy (Parents have a right to withdraw their child from this lesson)

Lesson 4: Online relationships

At Porchester, we all know the experiences a child has during the formative years of their life has such an impact on the kind of person they will develop into and become in the future. Such a lot of this important time is spent in school so, it is essential that we work in partnership with parents so that we can make a positive difference and create a strong foundation that can be built upon as children continue to grow, develop and flourish.

You may find that your child starts asking questions about the topic at home, or you might want to take the opportunity to talk to your child about issues before the work is covered in school. If you have any queries about the content of the programme or resources used, please do not hesitate in contacting the school. All materials used are available for you to browse through should you so wish.

If you would like any further information relating to the RSHE curriculum or questions in relation to what your child will be learning, please do not hesitate in contacting your child's class teacher or visiting the school website to view the whole program of study - [Porchester Junior School - Relationships and Sex Education \(RSE\) Curriculum](#)

Yours sincerely,

*Mrs Green*

Personal development and PSHE lead

## Relationships and Sex education – Frequently Asked Questions

### What are the aims of RSE in our school?

Depending on the age of the children and the lessons in their particular year group, we want SRE to:

- *Develop the confidence to talk, listen and think about their feelings and relationships*
- *Develop friendship/relationship skills*
- *Develop positive attitudes, values and self esteem*
- *Provide knowledge and understanding about puberty and the changes that will take place*
- *Provide knowledge and understanding about reproduction and sexuality*
- *Address concerns and correct misunderstanding that children may have gained from the media and peers*
- *Develop skills to help children protect themselves against unwanted sexual experience*
- *Know where and how to seek help*

### Can you explain the school's RSE Morals and Values Framework?

SRE follows the school's agreed aims, values and moral framework which is sensitive to the needs and beliefs of pupils, parents / carers and other members of the school community. SRE will be delivered within the school's agreed equal opportunities framework.

RSE will support the importance of marriage or stable relationships, for family life and bringing up children. Care is taken to ensure there is no stigmatisation of children based on their different home circumstances.

Pupils will be encouraged to understand that thinking about morals and values also includes:

- *Respect for self and others*
- *Commitment, trust and love within relationships*
- *Understanding diversity regarding religion, culture and sexual orientation*
- *Honesty with self and others*
- *Self-awareness*
- *Exploration of rights, duties and responsibilities*

### Misunderstandings about RSE

There is sometimes concern that RSE in school might promote sexual activity or cause confusion about an individual's sexuality. The research on quality RSE points to a more positive outlook: 87 programmes from many countries were examined by UNESCO in 2009. This led to the conclusion that if RSE has an effect it is a positive one: *"sexuality education can lead to later and more responsible sexual behaviour or may have no discernible impact on sexual behaviour"*.

In the UK the research is even more positive. Analysis by the National Survey of Sexual Attitudes and Lifestyles team over several years consistently shows that men and women who said that lessons at school were their main source of information about sex were more likely to have started having sex at a later age than those for whom parents or other sources were their main source. Schools have an important role to play in RSE.