Information for parents : Sex and Relationship Education

Aims :

- What is SRE? How does it fit in with the curriculum?
- Introduce you to the themes, vocabulary and approach to SRE
- Share resources used by teachers by each year group



What is SRE?

Sex and relationships education (SRE) specifically focuses on learning about our bodies, reproduction and puberty within the context of emotions, relationships, healthy choices and equality.

It also includes family, friendships and feelings

Why Teach SRE?

- SRE is not statutory within primary schools, however, it is **recommended by the Department of Education** that all primary schools should have a Sex & Relationship program tailored to the age and physical and emotional maturity of the children.

- Teaching SRE can help lay the foundations for future work on sexual and reproductive health and so **helps to prepare children for adulthood**. It contributes to the emotional and social development of children, helps them to develop a secure **sense of identity and to function well in the world.**

- SRE makes an important contribution to **well-being** by supporting children and young people's ability to learn, achieve and flourish.

- Good quality SRE provides children with **factually correct information** and helps them to challenge misinformation.

- The government believe it is **vital for safeguarding**, so that a child has the language to describe the private parts of their body and to seek help if they are abused. Ofsted has raised concerns about primary schools failing to teach correct names for sexual parts of the body.

How does it fit into the wider curriculum?

- SRE is a topic within the broader subject of PSHE and Protective Behaviours
- Within primary schools some of what is taught in SRE is already part of the Science National Curriculum.
- The Science Curriculum covers aspects of body, growth, reproduction, life cycles and ageing; *they should also learn about the changes experienced in puberty* (year 5).
- Year 1 science includes pupils being taught to 'identify, name, draw and label the basic parts of the human body'.

Although not mentioned specifically, it is important that pupils are taught the names of the external genitalia and know the differences between boys and girls.

Our approach?

- The scheme of work is following the Christopher Winter Project which is a PSHE Association Quality Assured Resource.
- SRE will be taught across the school from Reception to Year 6.
- 3 / 4 lessons to be taught in the summer term (One a week).
- Reception, Years 1, 2 & 3- Living and Growing.
- Years 4, 5 & 6- Sex and Relationships Education.

'Good quality SRE provides structured learning opportunities with ***consistent messages that are built on year by year****. SRE needs to start early in primary school so that children and young people learn what is safe and unsafe and can get help if they need it.' (Sex Education Forum)*

Living and Growing

Year Group	Learning Intentions and Outcomes	Vocabulary
Reception	**Our Lives:** • Our Day • Keeping Ourselves Clean • Families	Dress, undress, clean, smelly, sponge, towel, hands, toothpaste, toothbrush, hairbrush, comb, family.
Year 1	**Growing & Caring for ourselves:** • Keeping Clean • Growing and Changing • Families and Care	Clean, similar, different, family, boy, girl, male, female, private parts, penis, vagina, newborn.
Year 2	**Differences:** • Differences: Boys and Girls • Differences: Male and Female • Naming the Body Parts	Similar, different, sex, gender, stereotypes, boy, girl, male, female, private parts, penis, vagina, testicles, nipples, offspring.
Year 3	**Valuing Difference and Keeping Safe:** • Differences: Male and Female • Personal Space • Family Differences	Stereotypes, gender roles, male, female, private parts, penis, testicles, vagina, womb, family, fostering, adoption, relationships

Reception Theme : **Our day**

We focus on:

- Self care: am and pm routines
- Hygiene
- Families: special and different

Year 1: Growing Up

- Keeping Clean
- Growing Up: Life Cycles
- Different kinds of families: Caring and asking for help
- Vocabulary: penis, vagina, private parts

Year 2: Gender stereotypes

- Differences and similarities between male and female animals
- Sexual differences between males and females linked to lifecycle
- Appropriate and inappropriate touches
- Vocabulary: teats, udder, private parts, nipples, penis, vagina, testicles
- Touches: appropriate and inappropriate

Year 3

- Differences between males and females
- Appropriate and inappropriate touches
- Families: who to ask for help, who to trust
- Vocabulary: vagina, womb, penis, private parts, penis, testicles, male, female

Year Group	Lessons	Key Vocabulary
Year 4	**Growing Up:** • Growing and Changing • What is puberty? • Puberty Changes and Reproduction	Puberty, lifecycle, reproduction, physical, breasts, sperm, egg, pubic hair, emotional, feelings, arm pits, vagina, testicles, womb
Year 5	**Puberty:** • Talking about Puberty • Male and Female Changes • Puberty and Changes	Puberty, physical changes, emotional changes, moods, menstruation, periods, tampons, sanitary, towels, wet dreams, semen, erection, sweat, breasts, spots, pubic hair, facial hair, bra, deodorant
Year 6	**Puberty, Relationships and Reproduction:** • Puberty and Reproduction • Understanding Relationships • Conception and Pregnancy • Communication in Relationships	Womb, sperm, egg, conception, fertilization, pregnancy, sexual intercourse, twins, fostering, adoption, friendship, love, consent, intimacy, personal/private, information, internet safety, reproduction, foetus, umbilical cord, ovary, fallopian tubes.

Year 4: Puberty

- Human lifecycle
- Reproduction and how puberty is linked to reproduction
- Emotional and physical changes during puberty
- Vocabulary: puberty, pubic hair, vagina, womb, penis, testicles

Year 5: Puberty and Menstruation

- Emotional and Physical changes in puberty
- Menstruation (girls)
- Wet dreams (boys)
- Hygiene and support
- Boys and Girls will be taught separately.
- Vocabulary: Boys and girls: moods, feelings, emotions, sweat, genitals, spot cream, deodorant
- **Boys**: sperm, semen, wet dreams, erection, scrotum
- **Girls:** vaginal discharge, menstruation, ovaries, uterus, sanitary products, bra
- The support of outside agencies can be sought if necessary.

Year 6: Puberty and Reproduction

- Puberty and Reproduction
- Understanding Relationships
- Conception and Pregnancy
- Communicating in Relationships (internet safety, personal and private information and images)
- Vocabulary: egg, period, sperm, ejaculation, pubic hair, ovaries, uterus, clitoris, vulva, consent, sexual intercourse, adoption, fostering, sperm donors, IVF, fertilization, twins, private information, personal information, intimacy, love, internet safety
- Boys and girls can be taught separately.


PSHE/ Protective Behaviours
Science
Circle Time
Speaking and listening activities
How will SRE be delivered?
Drawings
Stories
Sequencing, sorting, labelling and matching pictures
Drama
Videos
Looking at case studies

NSPCC Pants are Private

- Delivered to children 4 to 11
- Privates are private
- Your body belongs to you
- No means No
- Speak up and ask for help
- Talk about secrets that upset you
- Good and Bad touching
- Parent's Guide: nspcc.org.uk/pants