

Changes to the curriculum



- In September 2020, statutory changes were made to the teaching of Relationship and Sex Education (RSE).
- This area of PSHE learning, is called Relationship Education.
- As a school, we consulted with parents and have also worked with Camden to develop our new planning and sequence of lessons, inline with the changes made by the Department of Education and to reflect our school community.

Values

- We are committed to creating an **inclusive school** that **promotes diversity and equality** and **fundamental British Values***. Teaching relationships education will ensure that all children develop respect for others and for difference, and tolerance and understanding of all aspects of diversity. We want all children to understand and feel accepted in the society they are growing up in and for every child in Camden to thrive in modern Britain.
- We believe that Relationships Education promotes the aims and values of our school, which include:
 - • Respect for self and others;
 - • Kindness, empathy and consideration for others;
 - • Commitment, trust and love within relationships;
 - • Promoting equality and respecting rights and responsibilities in relationships;
 - • Respecting and celebrating difference and diversity;
 - • Preventing prejudice and discrimination based on religion or belief, disability, sexual orientation, gender and gender reassignment;**
 - • Promoting gender equality, challenging gender stereotypes and inequality;
 - • Valuing family life and stable, loving and caring relationships, including marriage and civil partnerships, for bringing up children;
 - • Everyone has the right to a healthy and safe relationship;
- democracy, individual liberty, the rule of law and mutual respect and tolerance
- **protected characteristics as enshrined in law through the Equality Act 2010

What is Relationships Education?



The requirements for teaching Relationship Education in primary school are described in the DfE statutory guidance and based on that guidance, we have defined Relationships Education as learning about:

- Different relationships (including online) and how to make and maintain healthy, caring and respectful relationships within families and friendships;
- The importance of families for caring for children;
- How to recognise when a relationship is unhealthy or unsafe and how to seek help and report concerns or abuse (including online);
- The importance of respecting others who are different from themselves whether physically, their family structure, their race, religion, belief, disability or sexual orientation;
- Different types of bullying and discriminatory language, the impact it has and how to prevent it and get help;
- Stereotypes and how they can lead to prejudice and discrimination e.g. based on gender, race, religion, disability or sexual orientation;
- How to recognise risk and be safe online.

Why do we teach Relationship Education?



- Prepares children for the physical and emotional changes that will take place at puberty .
- Develop positive attitudes, values and self-esteem and challenges negative attitudes and prejudices.
- Make sense of misinformation in the media and from peers.
- Provides an opportunity to talk about feelings and relationships.
- Promotes the skills necessary for effective communication and loving, caring, respectful and happy relationships.
- Protects children from inappropriate on line content and exploitation.
- Statutory part of the science curriculum covering the biological aspects of RSE.

Relationships Education – summer term



- We use a worry box in class for children to write down any questions or queries anonymously that can be discussed with the class.
- We ask children not to discuss content in the playground which might not be age-appropriate for other children.
- We encourage children to share what they have learnt in school with parents and carers.
- We use scientific language.
- We de-personalise by using stories, dilemmas and problem pages.

What is taught in Year 4?

Describe the main stages of the human lifecycle. Describe some of the features of the different stages. Describe what babies can do and how they change as they grow up.

Describe the changes that happen to the body at puberty.

Explain why it is important to wash when going through puberty. Describe different items needed for personal hygiene.

Lesson 1

Describe the main stages of the human lifecycle.

Children will have a set of life cycle pictures and lifecycle word cards.
Children will be asked to put the pictures in a sequence to show the stages of life a human goes through and label each picture using the word cards. Discuss.

BABY

TODDLER

CHILD

TEENAGER

ADULT

ELDER



Can you draw a newborn baby in the space below?

| |
|--|
| |
| What are some of the things a newborn baby can do? Write your ideas down here: |

What age are you now?
Can you draw a picture of yourself in the space below?
Think carefully about how you have changed since you were a baby.

| |
|---|
| |
| What are some of the things you can do? Write your ideas down here: |

Lesson 2

To identify some basic facts about puberty and the link with reproduction.

Use the lifecycle pictures to explain that puberty is a special time when our bodies and our feelings change a great deal. It can start as young as 8 and carries on during teenage years.

Explain they are going to watch a DVD about where babies come from and how we grow and change during our lives.

Explore any feelings of embarrassment or nervousness and decide with the children how they might manage their feelings.

Living and Growing DVD
Unit 1 Programme 2

What have you learnt? What surprised you?

What did you learn about pregnancy? Where do babies grow?

What can they do when they are inside the female? How do they eat? How long is pregnancy?

Is giving birth to a baby is the only way to create a family?

Explore adoption and fostering and the range of special people who look after and care for a baby including grandparents, foster carers, aunties, friends and siblings.

Fill in the missing word from the word box

womb sperm vagina hair penis baby eggs

1. As we grow up we get taller and grow more on our bodies
2. A woman's is where the baby grows
3. are made in the woman's ovaries
4. Men make a seed called
5. The sperm and the egg make a
6. Boys have a and girls have a

Lesson 3

Describe the changes that happen to the body at puberty.

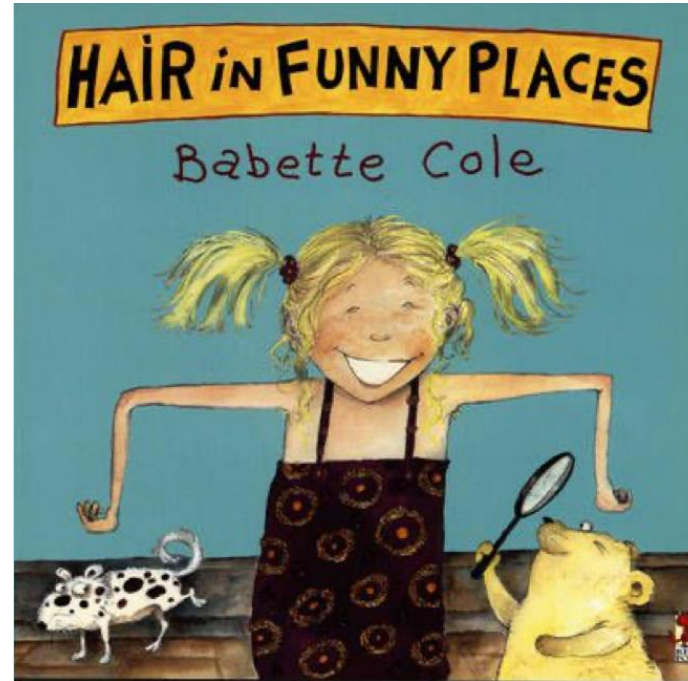
Remind the class that puberty can happen at anytime between the age of 8 and 16 and that it starts and ends at different times for everybody.

Read *hair in funny places* by Babette Cole.

List the physical changes that happened to the two parents, caused by 'Mr and Mrs Hormone'.

Reflect on the female character's concern that she was not developing at the same rate as her friends.

Explore how the two parents felt about each other and explain that puberty includes emotional changes such as fancying boys or girls.



| Changes that happen to the body in puberty... | Male | Female | Both |
|---|------|--------|------|
| Grows taller | | | |
| Has hair under the arms | | | |
| Develops pubic hair | | | |
| Grows hair on the face | | | |
| Hips widen | | | |
| Breasts grow | | | |
| Hair on legs | | | |
| Periods start | | | |
| Voice gets deeper | | | |
| Shoulders get broader | | | |
| Feet get bigger | | | |

Why can puberty be an exciting time?

As a whole class make a list of positive and exciting aspects of entering puberty and starting to grow up e.g. being given more responsibility, staying out later, getting taller, wearing make up.

Lesson 4

Explain why it is important to wash when going through puberty.

Children to give examples from their worksheets and write these on the board.

Show the children the collection of personal hygiene items. Which one's would be used to clean which parts of the body?

What other items they would need to be able to manage their personal hygiene?

Keeping My Body Clean

| | |
|------------------------|--------------------------------------|
| I wash because... | What happens if I do not wash? |
| When I need to wash... | What parts of my body need washing ? |