

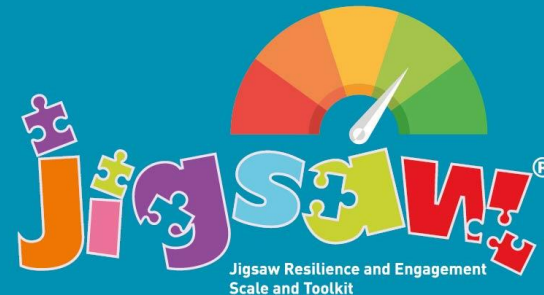
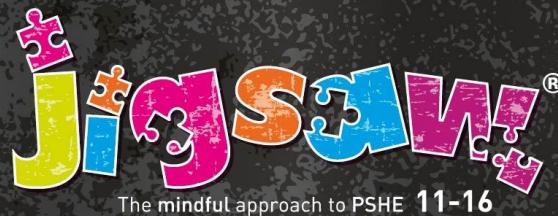
Relationships, Sex & Health Education (RSHE) From September 2020

Information for parents and carers (Jigsaw 3-11)

Welcome!

V2.2 April 2020 JL

Not for redistribution or publishing online





School and home partnership

We aim to inform you of:

- the school's legal obligations on Relationships and Sex Education (from 2020)
- your rights as a parent/carer
- how, what, why and when we intend to teach children

We have always taught PHSE – Personal, Health, Social, Emotional and Economic education, but this wasn't compulsory as other subjects such as Maths and English are.

Now however, certain strands of PHSE have become statutory:

- Relationships
- Health
- Sex Education/Puberty (at school's discretion)

This is called **RSE** or **RSHE**

Being Me In My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Self-identity Understanding feelings Being in a classroom Being gentle Rights and responsibilities	Identifying talents Being special Families Where we live Making friends Standing up for yourself	Challenges Perseverance Goal-setting Overcoming obstacles Seeking help Jobs Achieving goals	Exercising bodies Physical activity Healthy food Sleep Keeping clean Safety	Family life Friendships Breaking friendships Falling out Dealing with bullying Being a good friend	Bodies Respecting my body Growing up Growth and change Fun and fears Celebrations

We teach PHSE through the `Jigsaw` scheme. It is compulsory to teach Relationships and Health Education, which we deliver through the Healthy Me and Relationships units of the Jigsaw scheme. Changing Me includes the changing adolescent body which is part of Health Education and therefore compulsory.



Relationships Education

What should children know about relationships and why?

1. What a positive, healthy, caring, safe relationship looks and feels like
2. How to speak up and get help when a relationship does NOT feel healthy/positive/safe
3. How to make and maintain positive relationships

(Online and offline relationships)



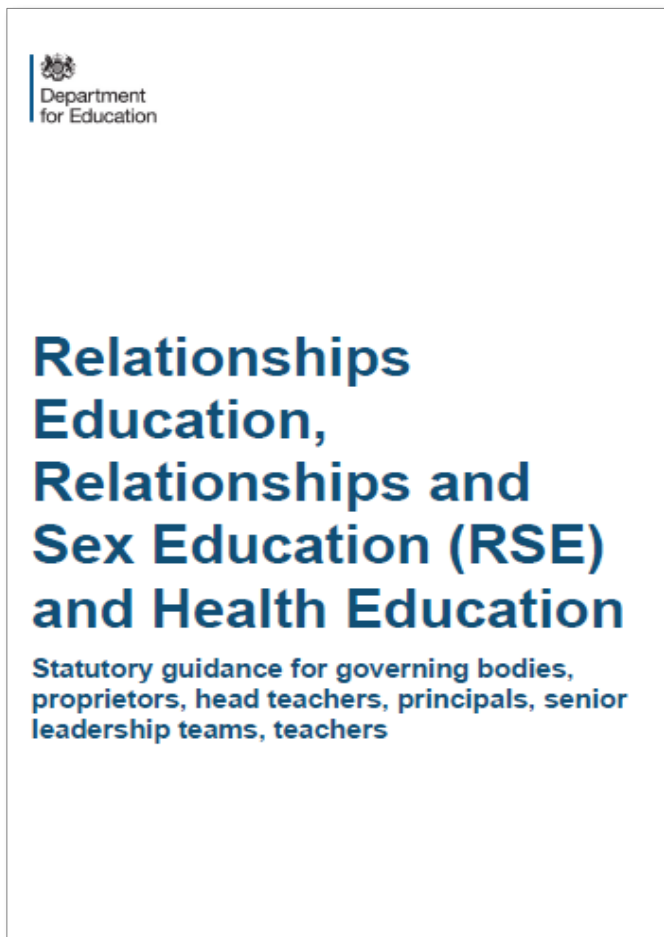
What does the government (England) say is the aim of Relationships Education?

‘Today’s children and young people are growing up in an increasingly complex world and living their lives seamlessly on and offline....children and young people need to know how to be safe and healthy, and how to manage their academic, personal and social lives in a positive way’

DfE Guidance on Relationships Education, Sex Education and Health Education 2019



Compulsory status of RSE and Health Education



In 2017 the government passed an amendment to the Children and Social Work Bill to make RSE and Health Education statutory from **Sept 2020**.

Supported by over 100 organisations, including Public Health England, Teaching Unions, NCB, etc)

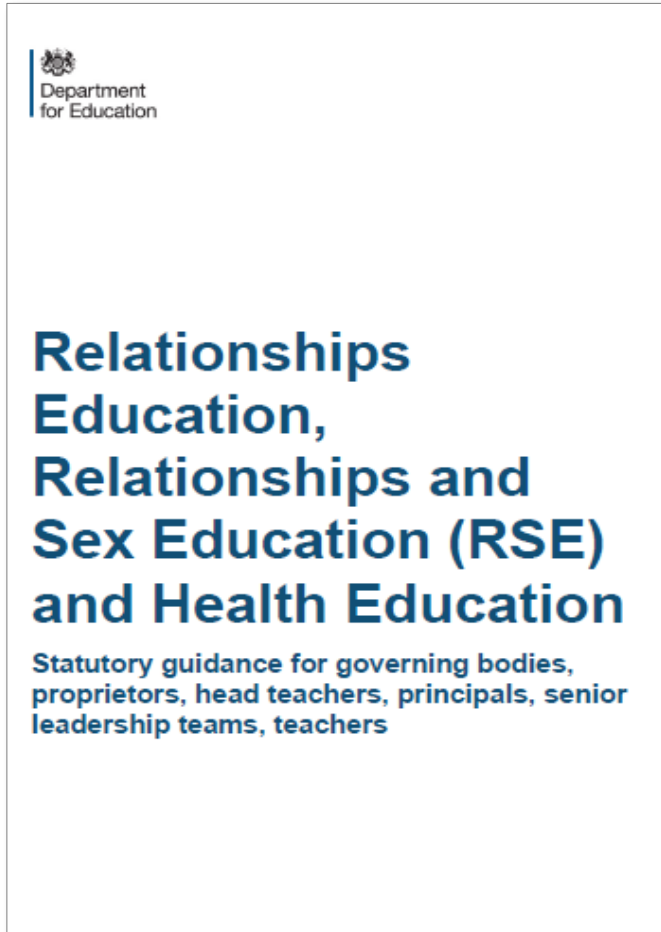
Ratified by House of Lords 24 April 2019

Jigsaw meets all the expectations of the DfE guidance (published April 2019)

...as long as it is delivered fully and well.



What have schools got to teach?



PRIMARY

RELATIONSHIPS EDUCATION IS COMPUSLORY

HEALTH EDUCATION IS COMPULSORY

But Sex Education is at school's discretion

SECONDARY

RELATIONSHIPS EDUCATION IS COMPULSORY

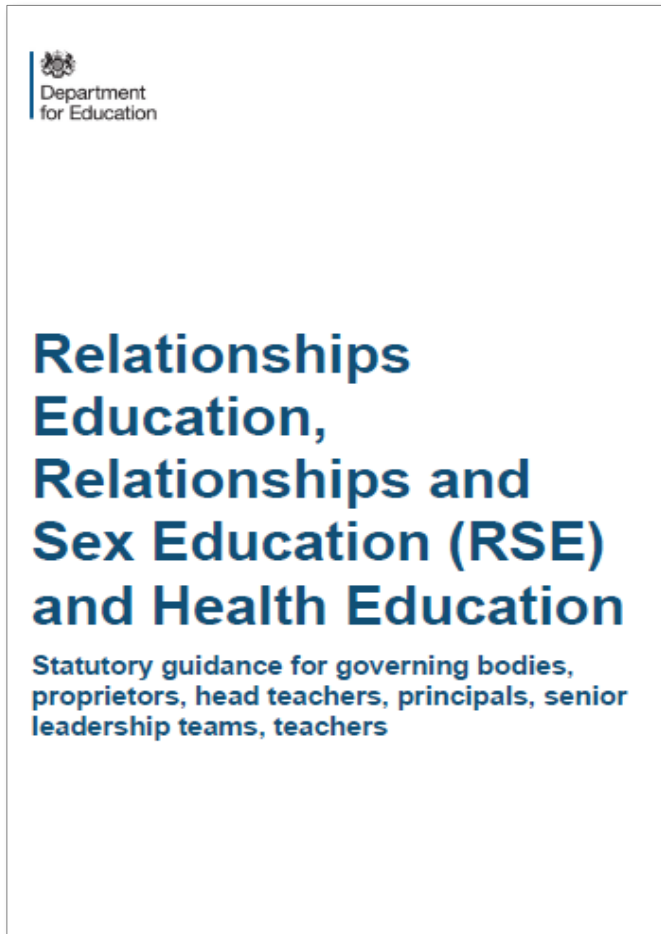
SEX EDUCATION IS COMPULSORY

HEALTH EDUCATION IS COMPULSORY

Guidance does not apply to: Sixth Forms colleges, 16-19 academies or FE colleges



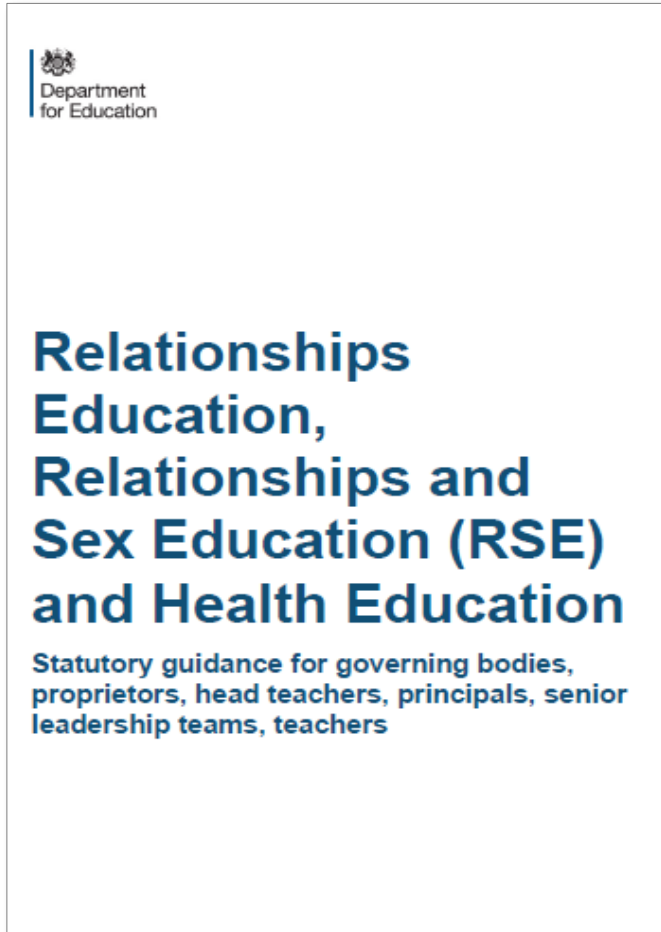
What are the expectations for Primary Health Education?



- Mental wellbeing
- Internet safety and harms
- Physical health and fitness
- Healthy eating
- Drugs, alcohol and tobacco
- Health and prevention
- Basic First Aid
- Changing adolescent body (Puberty)



What are the expectations for Primary Relationships Education?



- Families and people who care for me
- Caring friendships
- Respectful relationships
- Online relationships
- Being safe



LGBT+ Equality

What the DfE RSHE guidance says

‘Schools are required to comply with relevant requirements of the Equality Act 2010. Further guidance is available for schools in The Equality Act 2010 and schools advice. Schools should pay particular attention to the Public sector equality duty (PSED) (s.149 of the Equality Act).’ - Para 27 page 13

‘Schools should be alive to issues such as everyday sexism, misogyny, homophobia and gender stereotypes and take positive action to build a culture where these are not tolerated, and any occurrences are identified and tackled.’ - Para 31 page 13



Sex Education is discretionary at Primary... what exactly does the guidance say?

The Department continues to *recommend* that *all* primary schools should have a sex education programme tailored to the age and physical and emotional maturity of the pupils... drawing on knowledge of the human life cycle set out in National Curriculum Science - how a baby is conceived and born'



Science and Sex Education at KS1

Science Key Stage 1

- identify, name, draw and label the basic parts of the human body and say which part of the body is associated with each sense
- notice that animals, including humans, have offspring which grow into adults



Science and Sex Education at KS2

Science Key Stage 2

- describe the differences in the **life cycles of a mammal**, an amphibian, an insect and a bird
- describe the life process of reproduction in some plants and animals
- describe the changes as humans develop to old age
- **learn about the changes experienced in puberty**



September 2020 onwards in Primary Schools (England)

After September 2020,

Legally:

1. Schools **MUST** teach the Science curriculum
2. The DfE guidance 2019 states that Relationships and Health Education (including changing adolescent body) are compulsory

Plus...

a 'recommendation' that all schools have a Sex Education Programme

How schools do this is left up to them.



Keeping children SAFE

Ignorance does not protect innocence...
and may make children vulnerable.

PSHE (Personal, Social, Health Education) including Relationships Education, Health Education and Sex Education aims to keep children safe.



Can parents
withdraw their
children from RSE?

From September
2020...

(Government guidance 2019
page 17)

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

NOT from Relationships or Health Education.

So, this session is to inform you of what this school defines as Sex Education,

what we intend to teach in RSHE and why...

...so you can make this decision.

At Bedford Drive our policy is to teach reproduction in plants and animals through our *Science* curriculum but **not** human reproduction i.e sexual intercourse (how a baby is made). Therefore no children will need to be withdrawn from lessons.

Every year group will receive the Relationships and Health lessons, including puberty, which are now statutory (must be taught).



So, what, where, when and how do we do this...





What is Jigsaw?



The mindful approach to PSHE

A whole-school PSHE Programme comprising:

- A comprehensive and completely original scheme of work (lessons) for ages 3 to 16
- PSHE (Personal, Social, and Health Education) includes statutory Relationships and Health Education
- A detailed weekly lesson plan for all year groups, including all teaching resources
- The Jigsaw Approach, underpinned by mindfulness
- Assemblies, Jigsaw Friends, Jigsaw Chimes, original music and songs, Jigsaw Jerrie Cat



Whole-school approach from 3-16

Being Me in My World

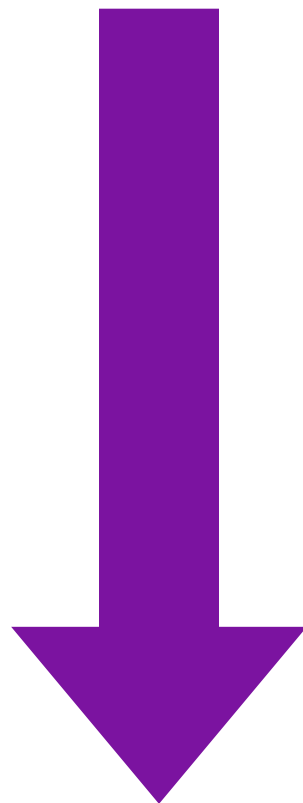
Celebrating Difference

Dreams and Goals

Healthy Me

Relationships

Changing Me



- Relationships
- Values
- Mental health
- Self-esteem
- Social skills
- Safeguarding inc.
Internet safety
(Golden Threads)



Relationships, Puberty and Reproduction in Jigsaw 3-11



Relationships

Families
Friendships
Love and Loss
Memories
Grief cycle
Safeguarding and keeping safe
Attraction
Assertiveness
Conflict
Own strengths and self-esteem
Cyber safety and social networking
Roles and responsibilities in families
Stereotypes
Communities



Changing Me

- * Life cycles
- * **How babies are made**
- * My changing body
- * **Puberty**

Growing from young to old / Becoming a teenager
Assertiveness
Self-respect
Safeguarding
Family stereotypes
Self and body image
Attraction
Change / Accepting change
Looking ahead / Moving class/schools



Puberty and Human Reproduction in Jigsaw 3-11 Changing Me Puzzle

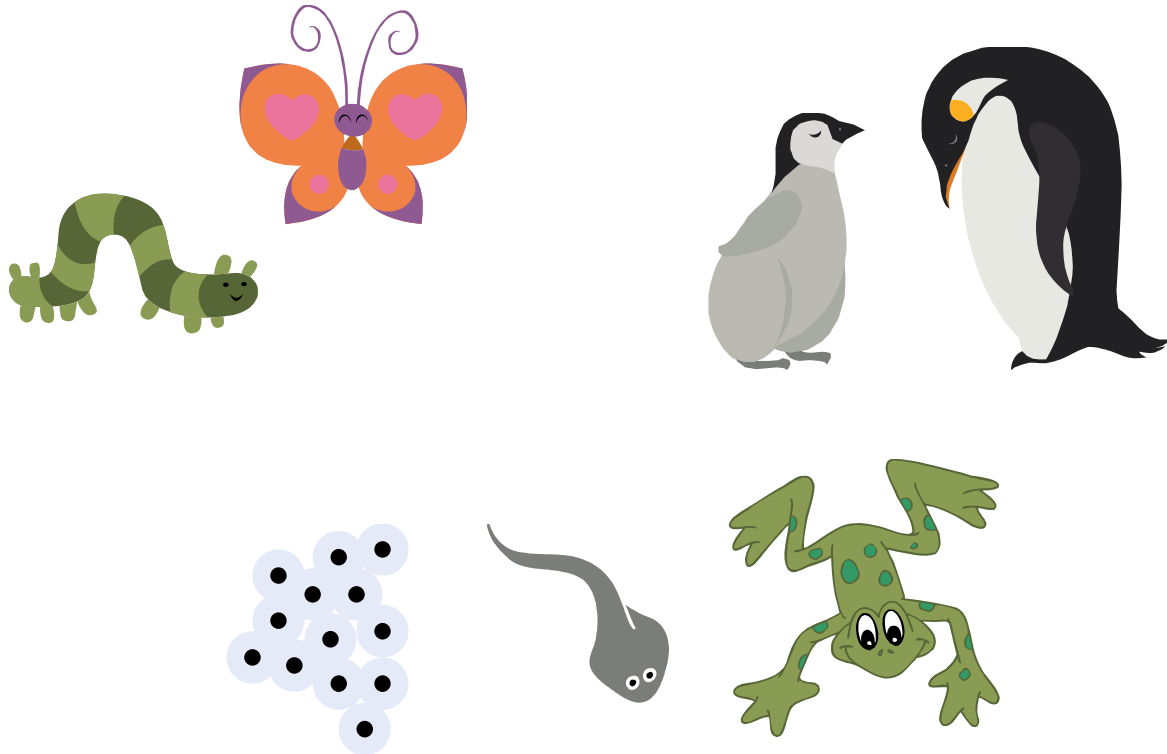
FS	Growing Up	How we have changed since we were babies
Y1	My changing body	Understanding that growing and changing is natural and happens to everybody at different rates
	Boys' and girls' bodies	Appreciating the parts of the body that make us different and using the correct names for them – bottom, penis, breasts, nipples, testicles.
Y2	The changing me	Where am I on the journey from young to old, and what changes can I be proud of?
	Boys and girls	Differences between boys and girls – how do we feel about them? Which parts of me are private?
Y3	Outside body changes	How our bodies change as we grow up Names of body parts for boys and girls
Y3	Body Changes and Puberty	Changes in our bodies and why – facial hair, body hair, deeper voice, developing breasts



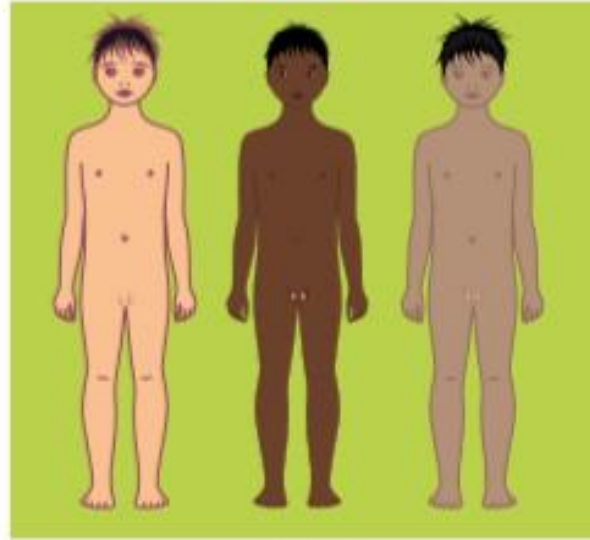
Puberty and Human Reproduction in Jigsaw 3-11 Changing Me Puzzle

Y4	Body Changes	How a baby develops. How my body has changed since I was a baby. Light touch on menstruation.
	Emotions	Feelings and worries about puberty.
Y5	Puberty for girls	Physical changes and feelings about them – menstruation in more detail and sanitary products. Importance of looking after yourself.
	Puberty for boys	Developing understanding of changes for both sexes – reassurance and exploring feelings
Y6	Puberty	Consolidating understanding of physical and emotional changes and how they affect us
	Girl talk / boy talk	A chance to ask questions and reflect (single sex) Sorting games, discussion points, Girl Worries and Boy Worries

Some example materials from Jigsaw – younger children

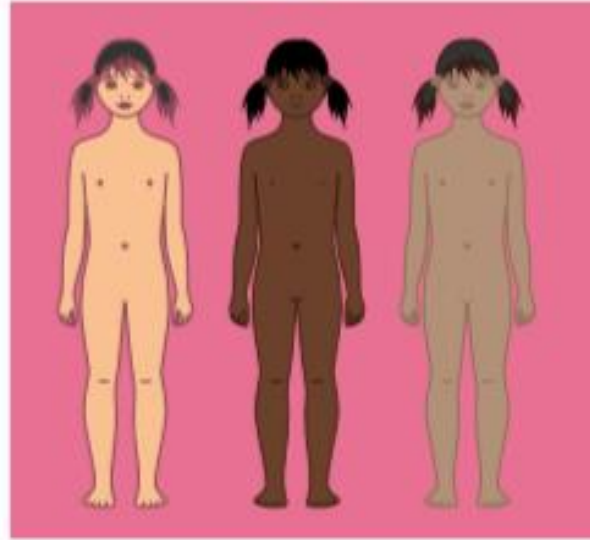


Jigsaw

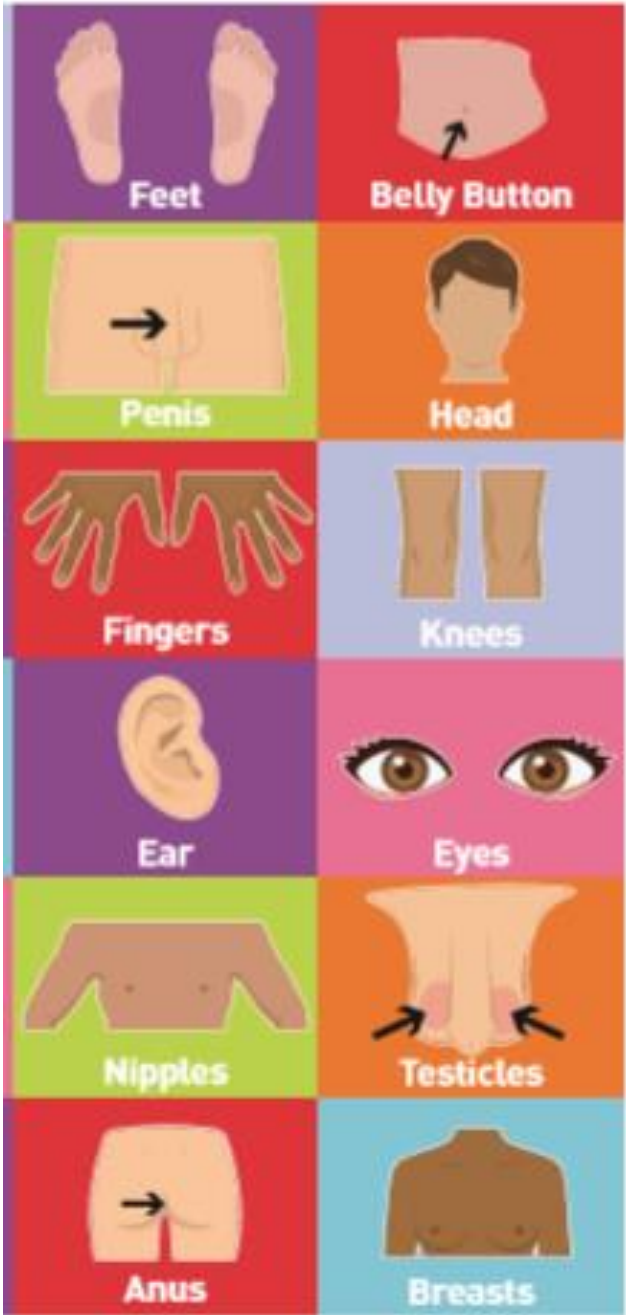


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Jigsaw

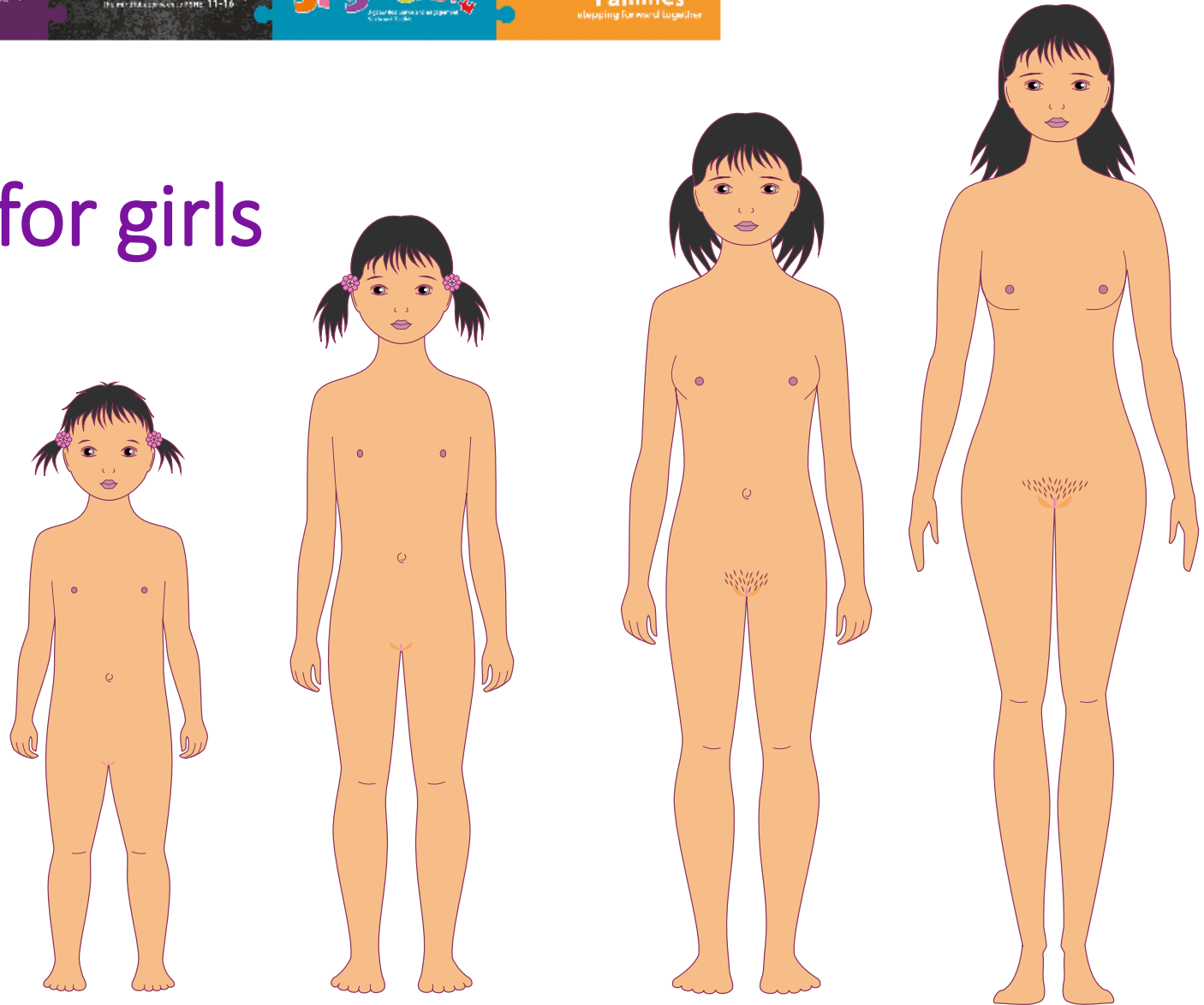


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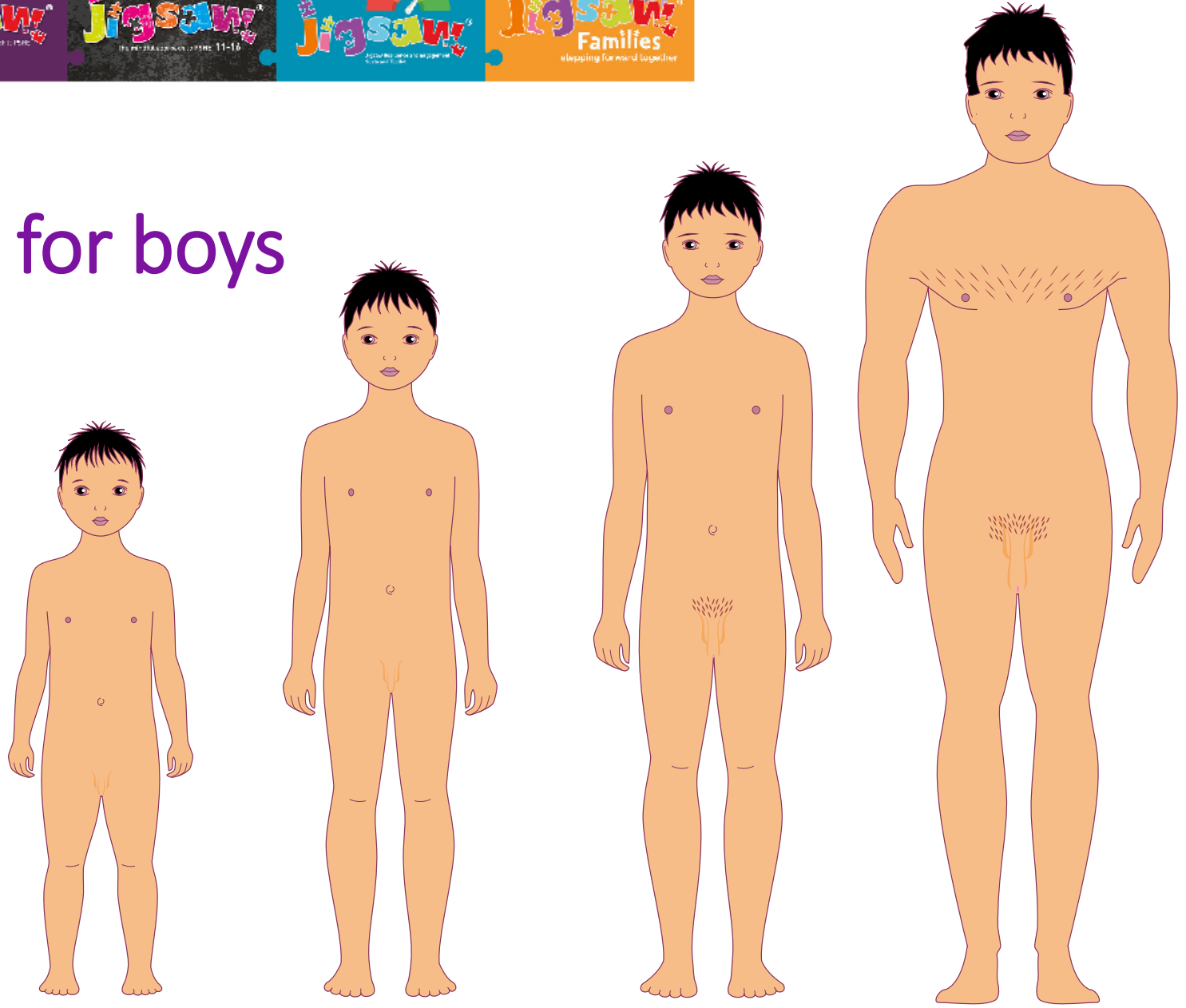
KS2 resource

- outside changes for girls



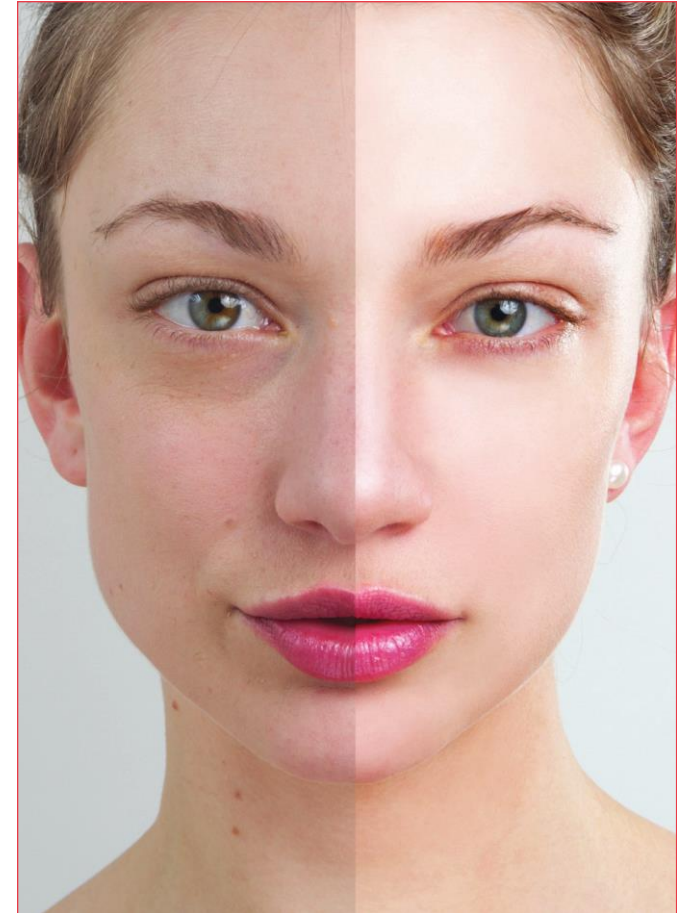
KS2 resource

- outside changes for boys





Example of a KS 2 resource - body image and self esteem/exploring the impact of social media on mental health





Example of a relationships resource for KS1





How Jigsaw teaches about different families in Y1





How Jigsaw teaches about different families in Y1

Celebrating Difference

'Family' Pictures PowerPoint Slides 1-12 - Ages 7-8 - Piece 1



Celebrating Difference

'Family' Pictures PowerPoint Slides 1-12 - Ages 7-8 - Piece 1





How Jigsaw teaches about inappropriate contact in Y2

Relationships
Different Types of Contact PowerPoint Slides 1-8 - Ages 6-7 - Piece 2



Lesson starts with a Connect Us tracing game - where pupils trace letters on each other's hands with their finger

Then paired work - how touch is used as a form of communication - good and bad ways

Children are shown the PowerPoint and discuss how kind and bad touches make us feel. Teacher also asks for strategies if someone is experiencing a touch they don't like.

Individual work, children draw around their hand and write on the handshape what touches they like/ don't like and why.

Teacher notes stress to follow safeguarding procedures if disclosures are made.



Relationships

Jealousy PowerPoint Slides 1-3 - Ages 8-9 - Piece 1

Marcus is popular and has a big friendship group. Ahmed wishes he could be the same.

Grace is going to Disney World for her holiday. Jamie isn't going on holiday this year.



Amy usually plays with Becky, but today she wants to play with a different friend.

Olivia always looks good in her selfies. Emily hates taking selfies of herself because she thinks she looks fat.





Boyfriends and girlfriends Y6

As part of this lesson on boyfriends and girlfriends children sort these cards into Should/Shouldn't piles

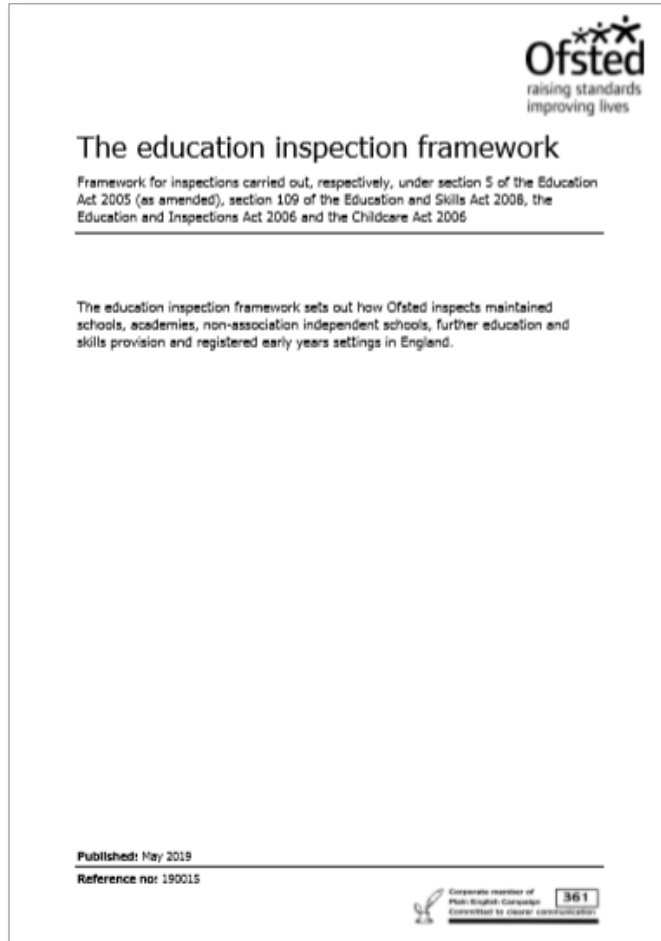
They also discuss reasons why people choose to have a romantic relationship when older

Changing Me Should I/Shouldn't I? Cards - Ages 10-11 - Piece 4

Have a boyfriend/girlfriend at the age of 10	Text 'I love you' to your boyfriend/girlfriend	Sulk until you get what you want from your boyfriend/girlfriend	Make fun of somebody's looks and say they'll never get a boyfriend/girlfriend
Chat to your parents about a boyfriend/girlfriend worry	Criticise yourself for not having a boyfriend/girlfriend	Send a 'sexy' photo or text to prove you love somebody	Have a boyfriend/girlfriend at the age of 15
Tell someone that you'll only go out with them if they do something you want	Chat to a friend about a boyfriend/girlfriend worry	Accept other people's compliments about you	Look online for advice about boyfriend/girlfriend problems
Send a horrible message back if your girlfriend/boyfriend sends you a horrible message	Be assertive if you don't want to do something that could hurt you or someone else	Try to be a grown up before you are ready	Not wanting to have a boyfriend/girlfriend



And the new Ofsted framework (May 2019)

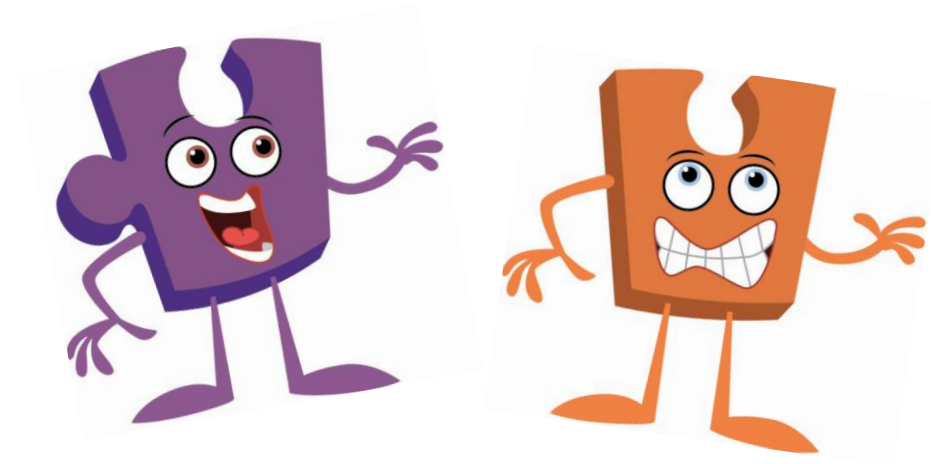


Judgements:

- Overall effectiveness and
- x4 key judgements ...
 1. Quality of education
 2. Behaviour and attitude
 3. Personal development
 4. Leadership and management

Safeguarding





Any questions?



Thank you!

www.jigsawpshe.com