



Relationship & Sex Education (RSE) Emmanuel

Church of England Primary School

Information for parents and carers

April 2021

What is RSE?



- RSE stands for Relationships and Sex Education.
- Children will learn about making and maintaining relationships; about growing up; changes and reproduction.
- RSE aims to help children feel good about themselves and the choices they make.
- RSE allows children to gain knowledge, develop skills and form positive beliefs and attitudes about themselves and others.

Why teach RSE?



- 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.

Emmanuel approach



RSE promotes the values at Emmanuel eg respect for self and others, commitment, trust and love within relationships, acceptance of difference and diversity, promoting gender equality, challenge gender stereotypes and inequality and promotes equality in relationships, working to reduce intolerance and discrimination based on sexual orientation, disability, ethnicity, religion, and gender, valuing family life and stable, loving and committed relationships, including marriage (both heterosexual and gay) and civil partnerships, for bringing up children.

RSE Week: 10th - 15th May 2021



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 6?

Describe the physical and emotional changes that happen to males and females during puberty. Explain the link between puberty and reproduction. Produce solutions to teenage problems.

Describe what menstruation and wet dreams are. Describe ways to manage menstruation and wet dreams.

Describe what affects our attitudes to gender. Describe what gender stereotyping is and its impact. Describe how the media affects attitudes to gender.

Identify the qualities of a good friend. Explain the difference between friendship and an intimate relationship. Describe what love is.

Label male and female reproductive parts. Explain how a baby starts.

Describe some of the decisions adults need to make before having a baby. Explain some basic facts about conception and pregnancy.

Describe the qualities needed to be a parent. Describe some of the needs of babies and how parents meet those needs.

What is taught in Year 6?



Lesson 1

Dispel any myths about puberty.

Discuss physical, emotional and social changes that take place during puberty.

Lesson 2

To name the male and female reproductive parts.

To know that sexual intercourse is how a baby is made.

Discuss positive relationships and the difference between friendship and intimate relationships.

Lesson 3

Describe what menstruation and wet dreams are.

Describe ways to manage menstruation and wet dreams.

Explain how puberty affects body hygiene. Explain ways to keep clean during puberty.

Lesson 4

Describe feelings and behaviours during puberty. Explain how changes during puberty can affect relationships. Describe strategies for managing changes at puberty.

Lesson 5

To know about pregnancy and how a foetus develops.

To understand the responsibilities of being a parent.

Lesson 6

To understand the difference between a healthy and unhealthy relationship.

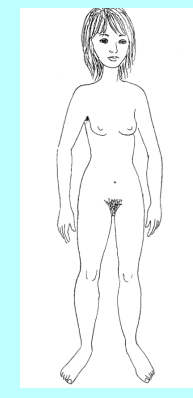
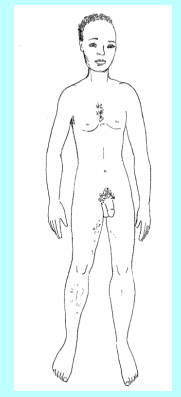
Concept conversation: how babies are made
 A group of children, about your age, from a school not far from here, were having a conversation about how babies are made. This is what they said ...

Pupil A: I thought that babies were delivered to their parents by a special bird—like the one you see printed on 'Congratulations on your new baby' cards.

Pupil B: I was told that babies are collected from the chip shop!

Pupil C: That's so silly! I know how babies are made. They start as a tiny seed, and when it is time they grow into a baby inside their mum's tummy—it takes years and years for a baby to grow.

Do you agree with any of the pupils? How do you think babies are made?



Some resources we will be using

How does pregnancy begin?

The sperm swim into the woman's womb and then into the fallopian tubes.

How does pregnancy begin?

If there is an egg in one of the tubes it may join up with one of the sperm. The egg is now fertilized.

How does pregnancy begin?

The fertilized egg travels down the tube to the womb. As it travels it grows. The 2 cells, one from the egg and one from the sperm, divide into 4 cells, then 8, then 16 and so on...

How does pregnancy begin?

About 8 days later the fertilized egg reaches the womb and attaches itself to the side. The woman is now pregnant. The baby should grow in the womb for 9 months until it is born.

How a baby is made sequencing cards

An adult couple who are in a relationship might kiss and cuddle, get very close, and touch each other in romantic and sexual ways. They should both feel happy and comfortable doing this together.

Sometimes when a man and woman are making love together, the man's penis grows hard, and a woman's vagina may get slippery. The couple may decide they want to have sexual intercourse.

This means the man's penis slides into the woman's vagina.

The penis squirts a sticky liquid called semen into the woman's vagina.

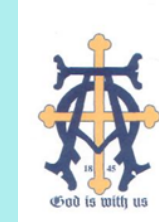
Millions of tiny sperm in the liquid quickly swim up inside the woman to the fallopian tubes.

If there is an egg (ovum) in one of the tubes, one of the sperm might meet it, stick on to it, and enter the egg. This means the egg is fertilised.

The fertilised egg travels down the tubes to the uterus or womb. It divides into lots of different cells and settles in the womb.

The cluster of eggs gradually grows inside the mother's uterus or womb and is called a foetus. It takes nine months until the baby is ready to be born.

How can parents and carers help?



Ask your child about their RSE lessons

Explain your own views and values about RSE

Provide books for your child about RSE

Answer your child's questions

The Emmanuel RSE Policy is on our website

