



What is RSE?

- ▶ RSE is Relationship and Sex Education.
- ▶ The curriculum helps all children grow up healthy, happy and safe.
- ▶ Give all children the knowledge to make informed decisions about their wellbeing, health and relationships.
- ▶ Support all children to manage the challenges and opportunities of modern Britain.
- ▶ Prepare all children for a successful adult life.

Why was there a new RSE Curriculum introduced in 2020?

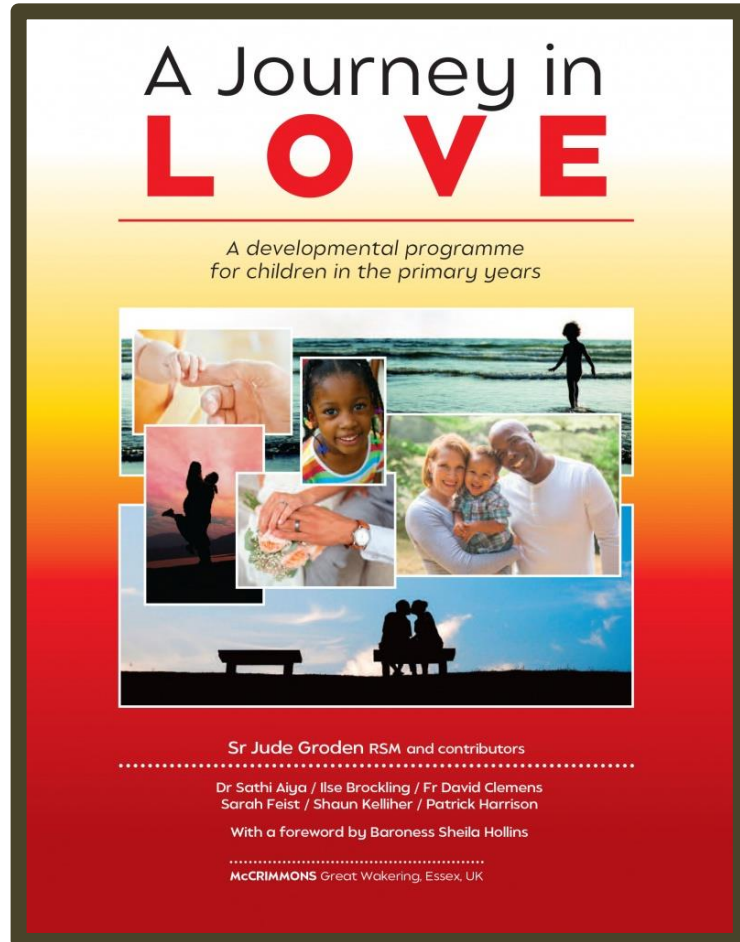
- ▶ The previous curriculum had not been updated for 20 years. So much change has happened since then. Children need to learn what is relevant to them and the world they are growing up in.





	Families and People Who Care For Me	Caring Friendships	Respectful Relationships	Online Relationships/Internet Safety and Harms	Being Safe	Mental Well being	Physical Health and Fitness/Healthy Eating	Basic First Aid/Changing Adolescent Body
LEARNING OBJECTIVES	That families are important for children growing up because they can give love, security and stability.	That healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded.	Practical steps they can take in a range of different contexts to improve or support respectful relationships.	That the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online including when we are anonymous.	What sorts of boundaries are appropriate in friendships with peers and others (including in a digital context).	That mental wellbeing is a normal part of daily life, in the same way as physical health.	How and when to seek support including which adults to speak to in school if they are worried about their health.	The facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking.
	The characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives.	The characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties.	The importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs.	The rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them.	That each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact.	How to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings.	What constitutes a healthy diet (including understanding calories and other nutritional content).	The facts and science relating to allergies, immunisation and vaccination.
			That in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority.	Why social media, some computer games and online gaming, for example, are age restricted. That the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health.	How to ask for advice or help for themselves or others, and to keep trying until they are heard.	Isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support.	The risks associated with an inactive lifestyle (including obesity).	How to make a clear and efficient call to emergency services if necessary. About menstrual wellbeing including the key facts about the menstrual cycle.
	How to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed.	That most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right.	The importance of permission-seeking and giving in relationships with friends, peers and adults.	How to be a discerning consumer of information online including understanding that information, including that from search engines, is ranked, selected and targeted.	How to report concerns or abuse, and the vocabulary and confidence needed to do so.	Where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online).		Concepts of basic first-aid, for example dealing with common injuries, including head injuries.
BRITISH VALUES	DEMOCRACY	THE RULE OF LAW	MUTUAL RESPECT	INDIVIDUAL LIBERTY	TOLERANCE		THEMED WEEK OR DAY	

RSE at St Williams



At St William's we follow the 'Journey in Love' scheme for SRE. Knowledge and understanding of what it means to love and be loved, is woven through our curriculum and everyday language at St William's. We feel this scheme of work compliments our ethos and our work in PSHE and science.

Aims and Ethos of PSHE/RSE at our school.



At St. William of York Catholic Primary School we believe that children should be provided with age appropriate information to enable them to develop the skills, knowledge and understanding, attitudes and values relating to growth and change, personal safety and relationships within the context of family life. Through our “Journey in Love” programme, we aim to equip pupils for their lives now, through puberty, adolescence and adult life, with an emphasis on their physical and emotional health and well-being

Aims and Ethos of PSHE/RSE at our school.



Objectives



- To provide the knowledge and information to which all pupils are entitled at an age appropriate level, enabling them to have an understanding of themselves, their bodies and their emotional development as they prepare for puberty and adulthood;
- To raise pupils' self esteem and confidence and help them to reflect and recognise the qualities that help them to grow, develop and sustain positive and effective relationships with others;
- To help pupils understand their feelings and behaviour, so they can lead fulfilling and enjoyable lives and recognise that love, trust and faith are central to building these relationships.

Our RSE policy

► [Link to RSE Policy](#)

Intent

Objectives

Implementation

Monitoring

Sensitive issues and disclosures

Provision 2020-2021



RSE information leaflets

- ▶ [RSE leaflets for each year group](#)
- ▶ Our Overview

