



PSHE (Personal, Social, Health and Economic Education) Update September 2020.

This document is an overview of our draft PSHE, Relationships Education and Health Education policy and our Sex Education policy from September 2020. To find out more details, please read the full policies available on the school website.

Personal, Social, Health and Economic Education (PSHE) has been a non-statutory part of the school curriculum for many years. From September 2020, Relationships Education and Health Education become statutory in Primary schools.

As a school, we have already been teaching PSHE regularly as part of our curriculum. We follow the Programme of study set out by the PSHE Association. They have updated their comprehensive programme to ensure it integrates, but is not limited to, the statutory content. The PSHE Association programme of study includes 'Relationships education', 'Health and well-being education' and also 'Living in the wider world education'.

Over the year there are nine units taught in KS1 and KS2.

Autumn Term: Relationships			Spring Term: Living in the wider world			Summer Term: Health and well-being		
Families and friendships	Safe relationships	Respecting ourselves and others	Belonging to a community	Media literacy and digital resilience	Money and work	Physical health and well-being	Growing and changing (includes puberty in Yr 5) Additional Sex Education lessons for Yr 6 also happen at this time.	Keeping safe

Puberty

As part of the statutory Health Education content, from September 2020 we are required to teach:

- key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes
- about menstrual wellbeing including the key facts about the menstrual cycle

As part of the science curriculum, we are required to teach children to be able to:

- describe the changes as humans develop to old age (including puberty).

These lessons are part of the statutory curriculum and parents are not able to withdraw children from these lessons. It is important that parents are fully aware of the content of these lessons so they are able to follow up and support children at home. As such, we will invite parents to view lesson plans, video clips or worksheet materials that are going to be used in the sessions.

Government guidelines recommend that the teaching of puberty should happen before a child experiences it, and therefore we will teach about puberty in Year 5 and a recap in Year 6 from September 2020.

Sex Education

The government is not introducing compulsory Sex Education lessons for Primary school pupils, however they have said *'Many primary schools choose to teach sex education (which goes beyond the existing national curriculum for science), and we recommend that they do so, tailored to the age, physical and emotional maturity of their pupils.'*

By Year 6, it is likely that some pupils will have some idea about how babies are made. Although it is possible that they may have some misconceptions, very few pupils will still believe myths or make-believe stories. Having an understanding of what is meant by sex is an important foundation for the Relationships and Sex Education (RSE) they will receive at secondary school.

From September 2020, the additional Sex Education lessons we teach to our pupils in Year 6 will have the following aims:

- To extend their knowledge of the human life cycle to include how a baby is conceived*
- To understand what pregnancy is and how babies are born*
- To understand the importance of consent and respecting the views of others*
- To understand that sexual activity should be part of a committed, long-term and loving adult relationship*
- To know what to do if they are worried about any sexual matters*

These additional Sex Education lessons are not statutory. Therefore, parents are able to withdraw children from these lessons. It is important that parents are fully aware of the content of these lessons so they are able to follow up and support children at home. As such, we will invite parents to view lesson plans, video clips or worksheet materials that are going to be used in the sessions.

If you have any questions or comments, please email them to the school office. This will help us identify any further information needed, which can then be included in the final policies.

Mrs Maynard
PSHE Subject Leader