

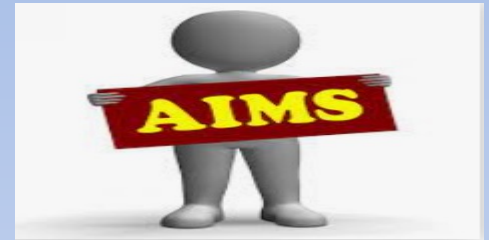


Effective delivery of HRSE at Merrylands Primary School





Aims of presentation



- To understand what 'HRSE' means.
- To understand the importance of HRSE and the current statutory guidance for relationship and health education.
- Look at the HRSE overview at Merrylands for years 5 and 6 and resources used to support the teaching of HRSE.





What does HRSE stand for?



Healthy Relationship & Sex Education



Why do we need to teach HRSE at Merrylands Primary School?

- Children will get information about sex and relationships from their peers and from sources such as television, the internet, adverts, newspapers and magazines. A lot of this is unreliable and misleading and can be frightening.
- Children need to get reliable information from both their school and family about their bodies, growing up, having babies and staying safe. National and international research shows that when delivered well, HRSE has a protective function. For example, children who are taught about safe and unsafe touch, are more likely to tell an adult if they experience abuse.



Past HRSE

Back when I was a student, the girls and boys in my class were separated. The girls all gathered in one classroom to watch a video about periods. And that was it. Oh, and we might have been given a leaflet to take home...

I was lucky. I had an open family and a close relationship with my mum, so I was able to ask my mum questions about puberty and periods.

But what about all those children that didn't have that support network?



HRSE Today

Things have changed...

The Department for Education (DfE) introduced compulsory relationship and health education in all primary schools from September 2020.

This means that all year groups will be taught about **RELATIONSHIPS** and **HEALTH**. These areas and lessons are age appropriate to the child in that year group.



Curriculum Content for Relationship Education (Statutory)

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





Curriculum Content for Relationship Education (Statutory)

- 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





Sex Education

- As a school we also have a sex education program tailored to the age and the physical and emotional maturity of the children.
- It ensures that both boys and girls know about puberty and how a baby is born.
- In key stages 1 and 2 of the National Science Curriculum children are already taught some of these areas (see next slide).





National Curriculum for Science

Key Stage 1 (age 5-7 years)

Year 1 pupils should be taught to:

- Identify, name, draw and label the basic parts of the human body and say which part of the body is associated with each sense

Year 2 pupils should be taught to:

- Notice that animals, including humans, have offspring which grow into adults
- Describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene

Key Stage 2 (age 7-11 years)

Year 3, 4 and 5 pupils should be taught to:

- Describe the life process of reproduction in some plants and animals
- Describe the changes as humans develop to old age

Year 6 pupils should be taught to:

- Recognise that living things produce offspring of the same kind, but normally offspring vary and are not identical to their parents



What will your child will cover

In Year 5 children will:

- Explore the emotional and physical changes occurring in puberty.
- Understand male and female puberty changes in more detail.
- Explore the impact of puberty on the body & the importance of hygiene and to explore ways to get support during puberty.



What will your child will cover

In Year 6 your child will:

- Revisit prior sessions on puberty from Year 5.
- Discuss physical & emotional behaviour in relationships.
- Explore the process of conception and pregnancy.
- Explore positive and negative ways of communicating in a relationship.



What resources do we use in school?

Busy Bodies clips to use for discussion

[Busy Bodies on Vimeo](#)

Teachers are also encouraged to use a variety of resources such as:

- Christopher Winter Project
- Cambridge Scheme



Establishing effective ground rules in class

No personal questions

Written questions only

Use correct terms

Classroom discussions are confidential

Children are encouraged to submit written questions rather than ask questions. All children will be given a piece of paper to write down any questions during each session. All children will be encouraged to put their paper in the question box whether they have written a question or not, so no pupil feels embarrassed.

Answers to the questions submitted can be discussed at the start of each new session; therefore, giving the teacher time to think about how you might answer the question in a clear and concise way.





What's next?

A message will be sent via parent mail and an announcement made on SeeSaw when your child's HRSE sessions will start.





Any Questions?

Thank you for listening!

