

PORTISHEAD PRIMARY SCHOOL

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Learning and achieving together

Wednesday 9th June 2022

Relationships and Sex Education at Portishead Primary School

As part of your child's educational experience at Portishead Primary School, we aim to promote personal wellbeing and development through a comprehensive taught programme of Personal, Social, Health and Economic (PSHE) education that gives our young people the knowledge, understanding, attitudes and practical skills to live healthy, safe, productive and fulfilled lives, both now and in the future. From September 2021 the Department for Education has made Relationships Sex Education and Health Education compulsory in all schools.

The new guidance focuses on healthy relationships and keeping children safe in the modern world. It also covers a wide range of topics relating to physical and mental health, wellbeing, safeguarding and healthy relationships. Learning about the emotional, social and physical aspects of growing up, it will give young people the information, skills and positive values to have safe, fulfilling relationships and will help them take responsibility for their own well-being. All of the sessions will be age-appropriate and meet the needs of all pupils in the class.

All teaching in PSHE will take place in a safe learning environment and be underpinned by our school ethos and values. A variety of opportunities will be provided for pupils to ask questions to further their understanding and to find out more about what affects them personally.

If you have any issues that the teacher needs to be aware of before these lessons take place, please email the year team ASAP. This is the content of the sessions this term. Most will be held on a Friday afternoon in our 'Friendship Fridays' sessions

EYFS	Year 1	Year 2	Year 3
Children learn about family life; making friends; falling out and making up; being a good friend; dealing with bullying; growing up -how have I changed from baby to now; bodies (NOT including names of sexual parts); respecting my body and looking after it e.g. personal hygiene.	<p>Life Cycles: Understand changes happen and this is ok</p> <p>Changing me I know some things that have changed about me since I was a baby</p> <p>My Changing body physical changes to my body since I was born</p> <p>Boys' and Girls' bodies: Recognise the physical differences between boys and girls, use the correct names for parts of the body (penis, testicles, vagina, vulva, anus) and appreciate that some parts of my body are private</p>	<p>Life Cycles: Understand there are some changes out of our control.</p> <p>Growing young to old: Identify the natural process of aging and people we respect who are older.</p> <p>The Changing me: Recognise how our bodies have changed since babies and where we are on the continuum from young to old.</p> <p>Boys' and Girls' bodies: Recognise the physical differences between boys and girls, use the correct names for parts of the body (penis, testicles, vagina, vulva, anus) and appreciate that some parts of my body are private</p> <p>Assertiveness: understand there are different types of touch. Have the confidence to say what we like and don't like and can ask for help.</p> <p>Looking ahead: Identify what we are looking forward to in Year 3.</p>	<p>How babies grow: how babies grow and develop in the mother's uterus. What a baby needs to live and grow</p> <p>Outside body changes understand that boys' and girls' bodies need to change so that they could have babies. Identify some of these physical changes</p> <p>Inside body changes: changes inside the body during puberty</p> <p>Family stereotypes start to recognise stereotypical ideas I might have about parent and family roles</p> <p>Looking ahead: Identify what we are looking forward to in Year 4</p>

<p>Year 4 Unique me understanding some of my personal characteristics come from my birth parents Having a baby Labelling internal and external parts of male and female bodies Girls and puberty menstruation, physical and emotional changes Accepting change expressing fear or concern about changes that are out of my control and how to manage these Looking ahead reflect on changes to make next year in Y5</p>	<p>Year 5 My self image- self esteem Puberty for girls and boys Physical and emotional changes including periods Conception Understand that sexual intercourse can lead to conception. The year ahead preparing for the changes in Y6</p>	<p>Year 6 My self image- self esteem and body confidence Puberty Changes to boys and girls bodies. Expressing feelings about changes that will happen. Conception to birth learning how a baby develops from conception through pregnancy and how it is born Boyfriends and girlfriends Physical attraction; respect The year ahead preparing emotionally for the changes to secondary school</p>
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Children in Y4/5/6 will watch the following **Channel 4 Living and Growing videos:**

Year 4	Year 5	Year 6
Unit 1 5-7yrs Differences / How did I get Here? / Growing up	Unit 2 7-9 yrs Changes / How babies are made	Unit 2- How babies are born Unit 3 9-11yrs Girl talk / Boy talk / Let's talk about Sex

If you would like to come and watch these videos, they will be running on the following dates: **It is essential that you email the year group email address to say if you will be attending the viewing (Please can you do this by Friday 10th June?)**

Year 4 videos: Monday 13th 9:00

Year 5 videos: Tuesday 14th 9:00

Year 6 videos: Thursday 16th 9:00