

The aims of R.S.H.E at St Francis School are to:

Provide a framework in which sensitive discussions can take place so that pupils have confidence to ask questions to ensure that misconceptions are addressed so that pupils know more, remember more and understand more about RSE.

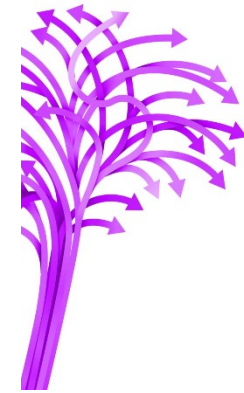
Prepare pupils for puberty and give them an understanding of sexual development and the importance of health and hygiene. Help pupils develop feelings of self-respect, confidence and empathy. Create a positive culture around issues of sexuality and relationships. Teach pupils the correct vocabulary to describe themselves and their bodies.

What are the RSHE requirements?

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

Your rights as a parent are:

That you **CANNOT** withdraw your child from any aspect of the relationship and health education (including the bit above) **HOWEVER** you do have the right to withdraw your child from some or all of the aspects of the sex education lessons by making a request to the Head.



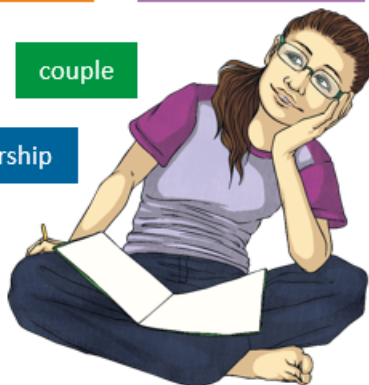
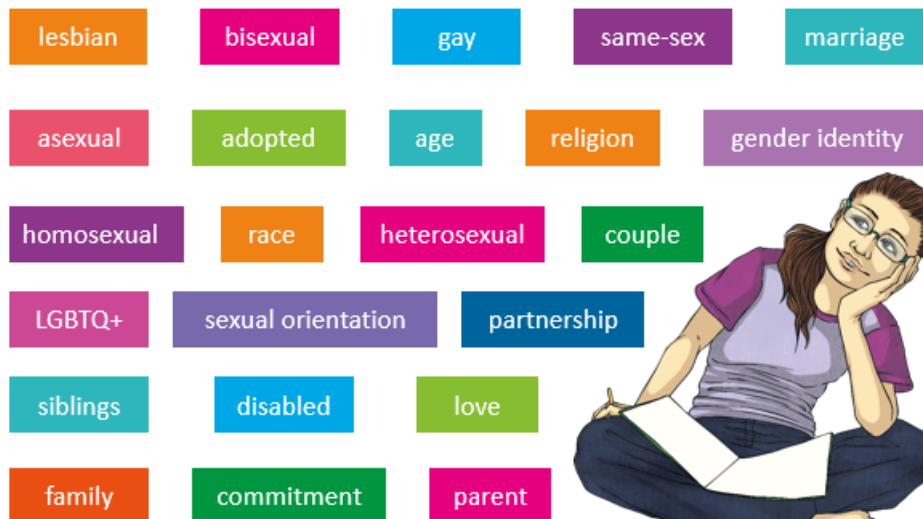
PSHE
Association

PSHE Education
Programme of Study
Key stages 1-5

We are *not required to provide sex education in primary*, however as part of a spiral curriculum programme, *as a school we feel that it is important to safeguard our children by giving them the knowledge to protect themselves*, so in KS1 they learn the biological differences between boys and girls and the scientific names of their genitalia, to year 4 and 5 where they learn all the key facts about puberty then in year 6 they learn about conception and pregnancy.

Relationships

Useful vocabulary for today's lesson...



Marriage and Commitment

Many couples in a loving relationship want to show their **commitment** to one another.

They may choose to get married or enter into a **civil partnership** –legally binding commitments, intended to be lifelong.



Civil partnerships are similar to **marriage**. They are available to same-sex couples and opposite-sex couples.

Some couples are committed to each other but just live together. Others live apart but are still committed to each other.

THE IMPORTANCE OF RELATIONSHIPS

UKS2

Relationships in other religions

	SIKHISM	HINDUISM	JUDAISM	ISLAM
Growing up	Once a Sikh young person reaches puberty, he or she will be instructed in the values of Sikhism and the Sikh way of life, and will undergo a coming-of-age ceremony called Amrit Pahul.	Between the ages of 8-12, many young Hindu boys will go through the "sacred thread" induction ceremony, which symbolizes a second birth.	A young person is considered to be an adult in Jewish law at thirteen years old. To mark the occasion, boys will become "Bar Mitzvah" which means son of the commandment.	In Islam, everyone becomes responsible for their behavior and actions once they reach the age of puberty. When a young person reaches puberty they will be expected to follow the laws of Islam and worship like an adult. Firstly age; a girl is considered to have reached puberty after nine lunar years, and for a boy it is fifteen lunar years. Secondly internal body change; a girl has reached puberty once she starts having periods and for a boy it is when he has involuntary ejaculations (wet dreams). Thirdly external physical changes; both sexes are considered to have reached puberty once their bodies start developing and they develop pubic hair.
Marriage	Marriage is seen as something sacred between a husband and wife, and everyone in the community is expected to marry at some point in their lives. Marriage is closely tied with family honour. In rare cases, men will practice polygamy if the first wife cannot bear children, although this is not legal in the UK.	Marriage is seen to fulfill three functions: building a family, fulfilling responsibilities, and companionship and mutual pleasure as lovers. Most marriages in Hindu communities are arranged by the older members of the community. These marriages are seen as a marriage between families, and a way to extend family connections. Traditionally, the bride will move in with the groom's family. In Hindu tradition it is unacceptable not to marry.	Marriage is seen as a mutual commitment blessed by G-d. It is a joining together that should not be separated. Marriage is ultimately for companionship and for building a family.	People looking to get married or who are having their marriage arranged can see each other, talk to each other and get to know each other for days, weeks or even months. However, there should be a chaperone nearby or they should meet in a public place. According to the Prophet (pbuh), no one can be forced to marry someone they don't want to.
Sexual intercourse	For Sikhs, sex is sacred and should be valued and protected. As a result, both sex before and outside of marriage are forbidden, because sex is strictly for creating a family.	Hindus see sex as one of the most beautiful and legitimate pleasures on earth, but only within marriage.	Sex is not only for creating children but is how two people can express their love for one another. Love is an important part of marriage. Sex before or outside marriage is not approved of.	According to Islam, sexuality is a natural part of our identity as human beings. For Muslims, sexual relations are only allowed within a marriage between a wife and husband.
Gay men	Sikh law does not explicitly mention homosexuality, but is generally considered unacceptable because of the high value placed on having children and raising a family.	The Hindu texts do not explicitly condone or condemn homosexuality; as a result, there are many opposing opinions about homosexuality within Hinduism.	There are many differing views on homosexuality within Judaism. In the Torah, sex between two males is seen as an "abomination".	Islam has clear and explicit rules regarding sex and sexuality. Sex is only allowed within a marriage, and an Islamic marriage can only take place between a man and a woman. Muslims who are attracted to members of the same sex are expected to resist their desires and struggle against them.

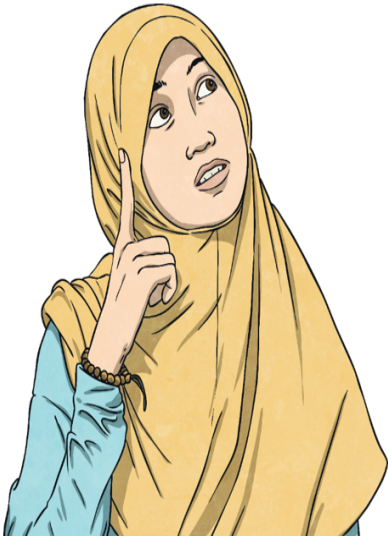
CONSENT & SUPPORT

<https://www.childline.org.uk/info-advice/you-your-body/puberty/puberty-facts/>

ADVICE ABOUT PUBERTY? CHILDLINE WEBPAGE

Advice and Support

There might be times, as your body changes, when you have questions you'd like to ask. You might want to talk about the physical or emotional changes you are going through and you might want some advice and support.



Who might you
be able to speak
to for advice and
support if you
need it?

**What is the essential factor
That makes an adult relationship
Different from a friendship?**

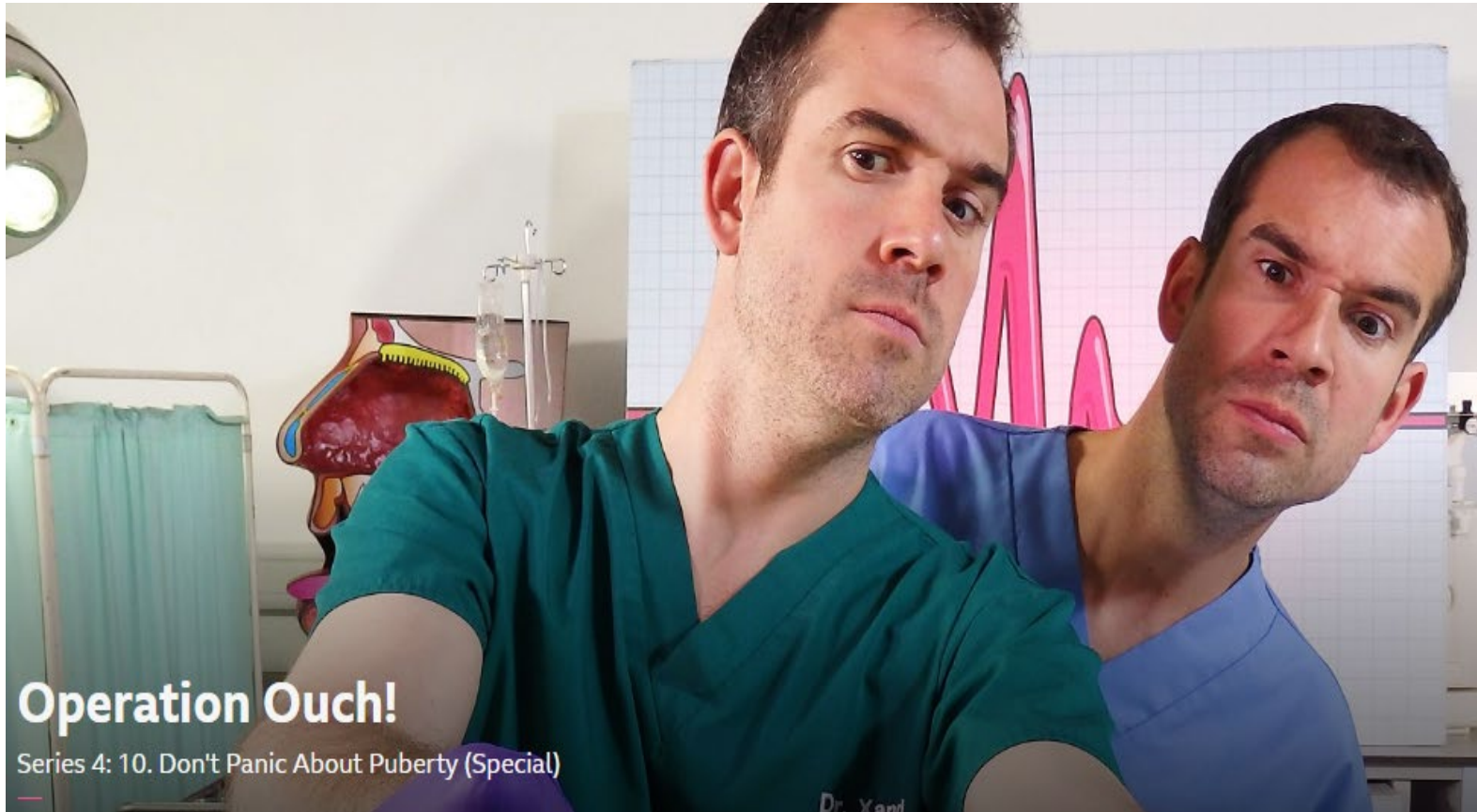
Only an adult relationship can be a sexual relationship

The age of consent to any form of sexual activity is **16** for both men and women. The age of consent is the same regardless of the gender or sexual orientation of a person and whether the sexual activity is between people of the same or different gender.

Body parts that are considered private apart e.g. the genitals, bottom, breasts, lips and discuss whether this also constitutes 'sexual touching' and is therefore only appropriate in a sexual relationship between two adults.

PUBERTY

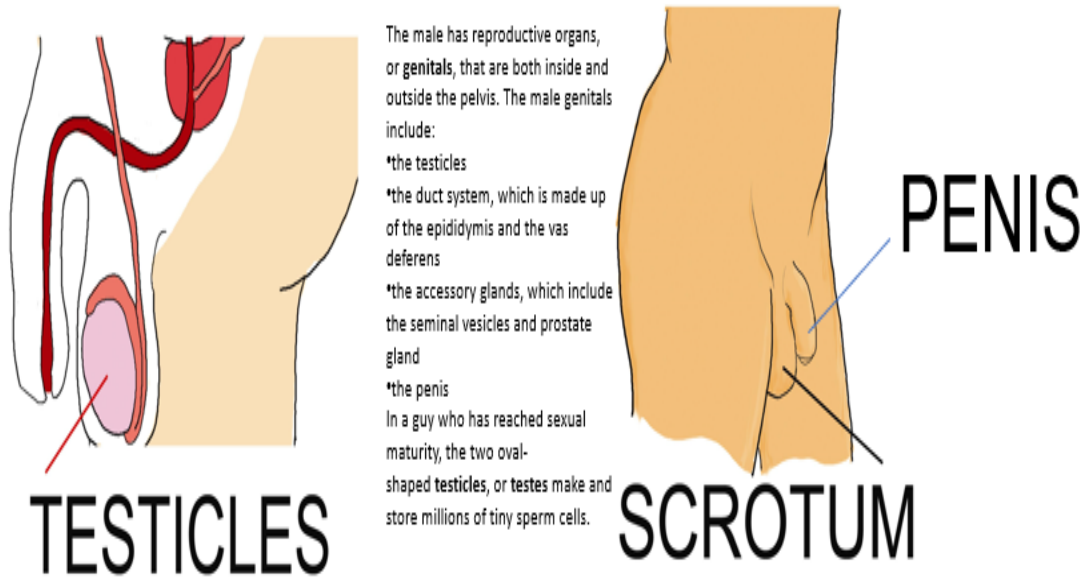
OPERATION OUCH: Series 4 Episode 10
Don't panic about puberty – 28 minutes



1. 0-5.37 (Sweat)
2. 5.37-10.41 (Growth spurts – Hormones – demonstrating what the pituitary gland does with a sheep's brain and a pig's larynx to show how voice changes)
3. 10.41-14.15 (Hair growth and excess grease)
4. 14.15-18.02 (Questions children want to know about puberty: Stretch marks – Height – testicles dropping)
5. 18.02 – 21.15 (Spots and acne)
6. 21.15-23.40 (Mood swings)
7. 23.40-24.37 (Menstruation)
8. 24.27-28.10 (Sleep)

<https://www.bbc.co.uk/iplayer/episode/b0759l4k/operation-ouch-series-4-10-dont-panic-about-puberty-special>

BOYS AND PUBERTY



The male reproductive system:

- *makes semen releases semen into the reproductive system of the female during sexual intercourse

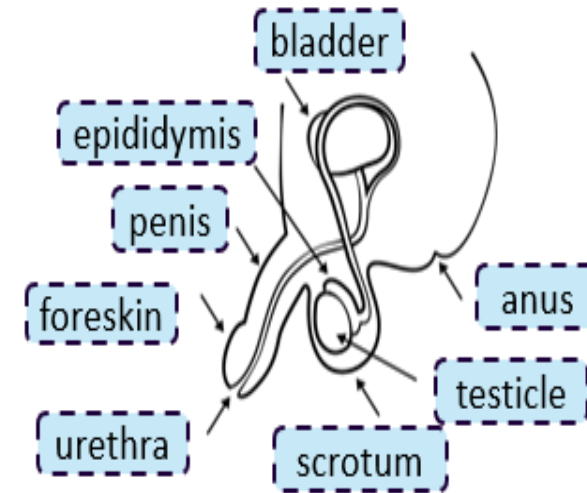
- *produces sex hormones, which help a boy develop into a sexually mature man during puberty

When a baby boy is born, he has all the parts of his reproductive system in place, but it isn't until puberty that he is able to reproduce. When puberty begins, usually between the ages of 9 and 15, the **pituitary gland** — located near the brain — secretes hormones that stimulate the testicles to produce testosterone. The production of testosterone brings about many physical changes.

What Do Sperm Do?

A male who has reached puberty will produce millions of sperm cells every day. Each sperm is extremely small: only 1/600 of an inch (0.05 millimeters long). Sperm develop in the testicles within a system of tiny tubes called the **seminiferous tubules**. At birth, these tubules contain simple round cells. During puberty, testosterone and other hormones cause these cells to transform into sperm cells. The cells divide and change until they have a head and short tail, like tadpoles. The head contains genetic material (genes). The sperm move into the epididymis, where they complete their development.

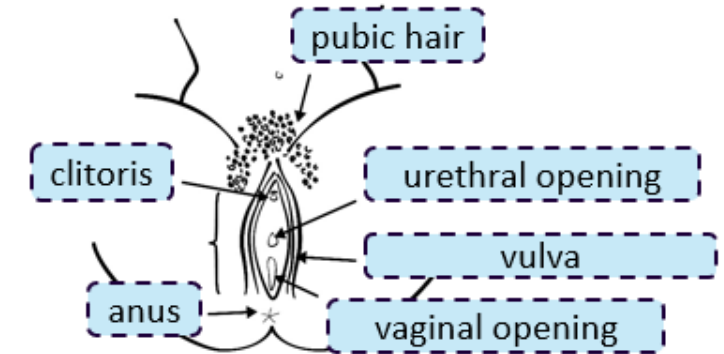
Male body parts and wet dreams



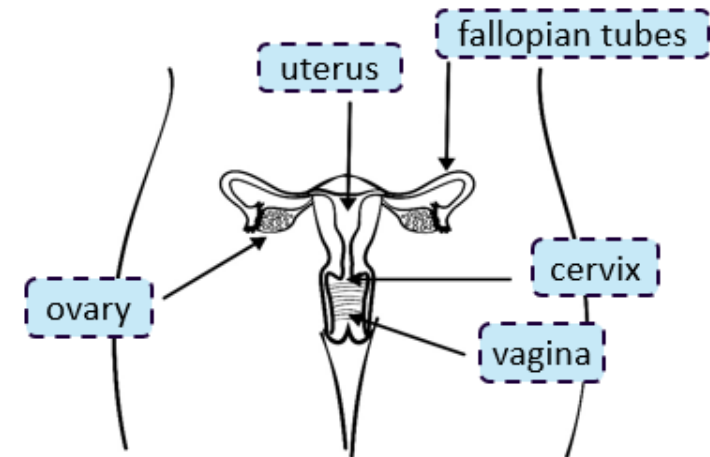
<https://www.youtube.com/watch?v=6cYeFQvoPtY>

GIRLS AND PUBERTY

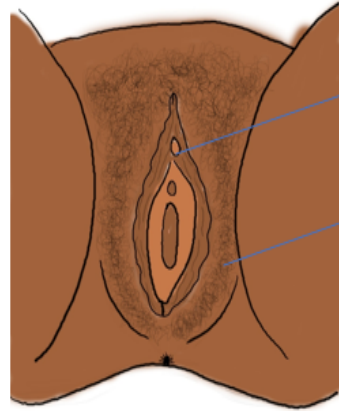
Female genitalia



Female reproductive organs



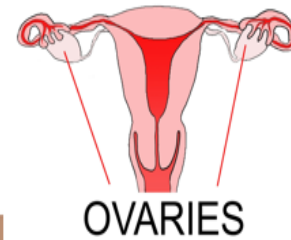
The external genitals of the female are collectively known as the vulva. The term *vagina* is often used to refer to the female genitals, even though the vagina is internal.



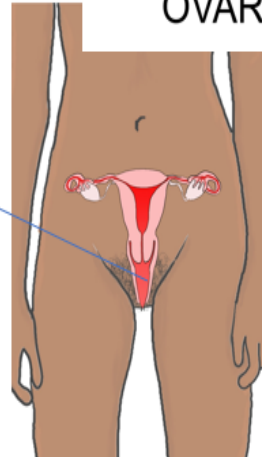
CLITORIS

VULVA

VAGINA



OVARIES



The external part of the female reproductive organs is called the vulva, which means covering. Located between the legs, the vulva covers the opening to the vagina and other reproductive organs inside the body.

The fleshy area located just above the top of the vaginal opening is called the mons pubis. Two pairs of skin flaps called the labia (which means lips) surround the vaginal opening. The clitoris, a small sensory organ, is located toward the front of the vulva where the folds of the labia join.

Between the labia are openings to the urethra (the canal that carries pee from the bladder to the outside of the body) and vagina. When girls become sexually mature, the outer labia and the mons pubis are covered by pubic hair.

A female's internal reproductive organs are the vagina, uterus, fallopian tubes, and ovaries.

The vagina is a muscular, hollow tube that extends from the vaginal opening to the uterus. Because it has muscular walls, the vagina can expand and contract. This ability to become wider or narrower allows the vagina to accommodate something as slim as a tampon and as wide as a baby. The vagina's muscular walls are lined with mucous membranes, which keep it protected and moist.

The vagina serves three purposes:

- 1.It's where the penis is inserted during sexual intercourse.
- 2.It's the pathway (the birth canal) through which a baby leaves a woman's body during childbirth.
- 3.It's the route through which menstrual blood leaves the body during [periods](#).

https://www.youtube.com/watch?app=desktop&v=vXrQ_FhZmos

During Your Period: Feminine Protection

There are **many different** types of protection you can use during your period to absorb the blood and to stop it getting on to your clothes/underwear.

Some of the same products can also be used for vaginal discharge.

It is a personal choice and different for each girl. The most common type of protection are:



**Sanitary
towels**

Tampons

Pantyliners



How Bodies (And Emotions) Can Change During Puberty

If you have a penis, you might ejaculate semen (the fluid containing sperm) from your penis in the night.



If you have a vulva, you might notice it becomes wet in the night from some discharge. You might be dreaming about something of a sexual nature or you might not remember what you were dreaming about at all.



Either way, wet dreams are nothing at all to worry about. They are completely normal but not everyone experiences them.

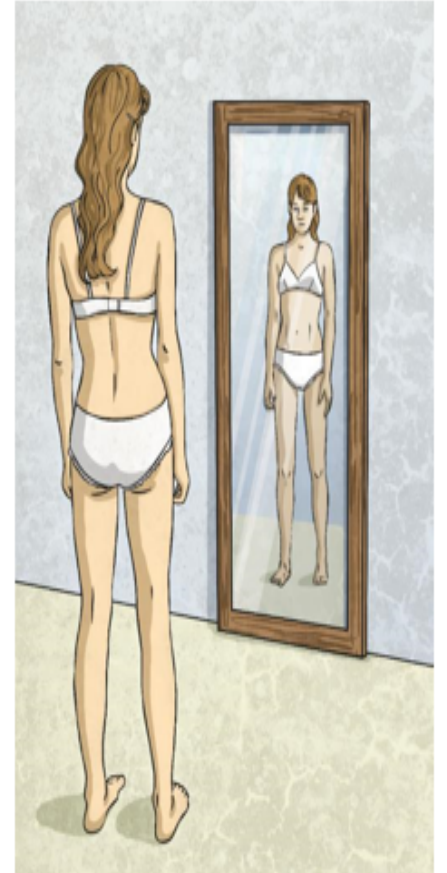
How Bodies (And Emotions) Can Change During Puberty

Getting to Know Your Own Body

It's important that you find out about your own body and feel comfortable with it. It's **your body**, so it's OK to look at it and touch it.

As young people develop, they sometimes like to touch themselves. This is called masturbation. Masturbation can be a way of exploring your body and any new feelings you may have.

Masturbation is a private thing but it is completely normal and safe.



<https://www.bbc.co.uk/teach/class-clips-video/pshe-ks2-operation-ouch-how-are-babies-made-full-programme/zhtnydm>

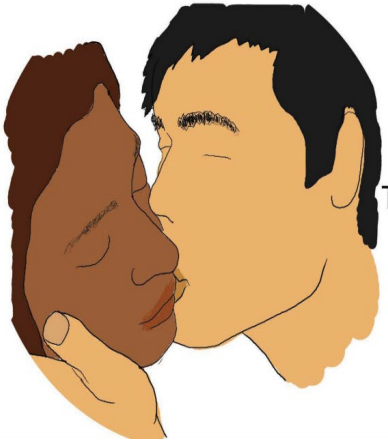
BBC Teach > Primary Resources > PSHE KS2 > Operation Ouch! How are babies made?



1. 0-3.31 (Families)
2. 3.31-6.44 (Ultra sound scan)
3. 6.44-8.43 (The human reproductive system)
4. 8.43-10.42 (Puberty)
5. 10.42 -18.30 (Attraction / relationships and sexual intercourse)
6. 18.30-23.40 (I.V.F)
7. 23.40-27.51 (How cells develop into a baby and how a baby is born)

Year 6

1.



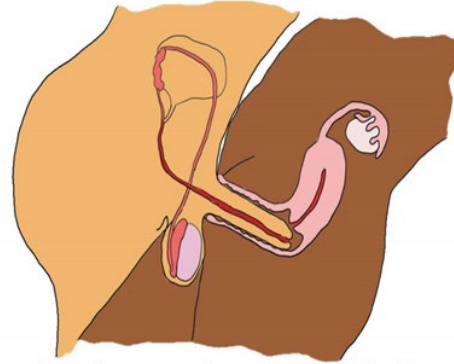
When an adult couple are in a relationship they may make love. This is when they take pleasure in touching each other in sexual ways.

2.



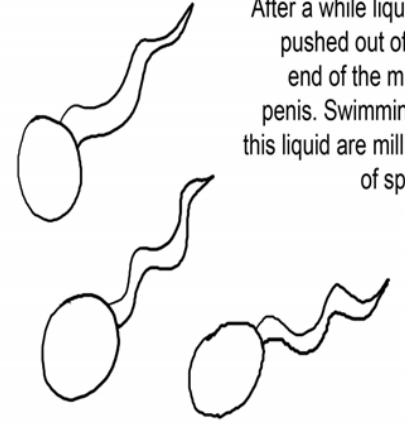
Sometimes when a man and a woman are making love the man's penis gets stiff and the woman's vagina gets slippery.

3.



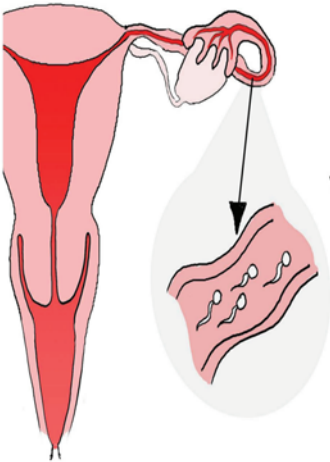
Now the woman's vagina can take the man's penis inside it. This is called sexual intercourse. It should feel nice.

4.



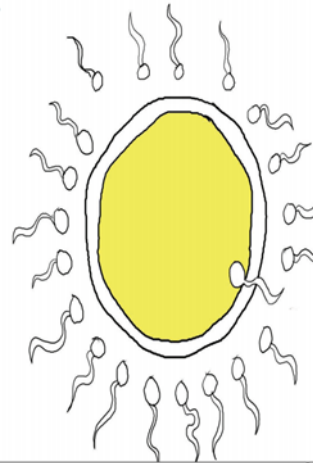
After a while liquid is pushed out of the end of the man's penis. Swimming in this liquid are millions of sperm.

5.



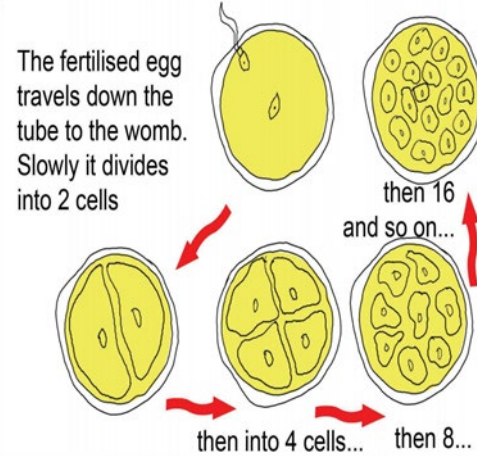
The sperm swim into the woman's womb and then into the fallopian tubes.

6.

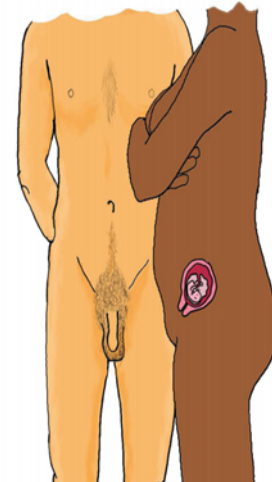


If there is an egg in one of the tubes it may join up with one of the sperm. The egg is now fertilised.

7.



8.

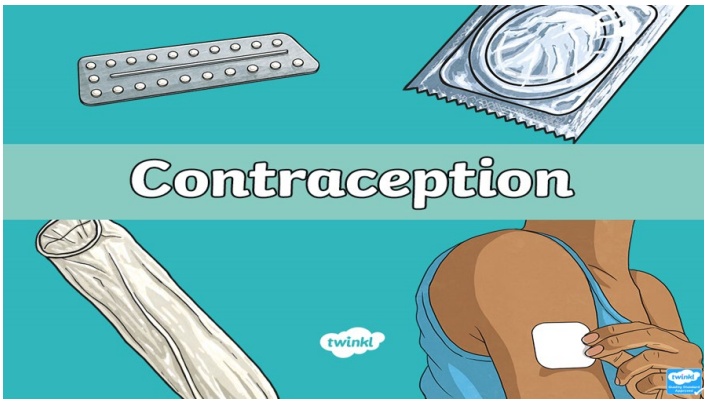


When the cells reach the womb they must attach themselves to the side so that they can continue to grow.

It usually takes about nine months for these cells to become a fully grown baby that is ready to be born.

This is called pregnancy.

Year 6



Condoms for Males

A condom is a latex sheath that a man can wear on his penis during sexual intercourse.

If he ejaculates sperm, the sperm will be caught in the condom and cannot travel into the female's vagina and cannot fertilise her egg.

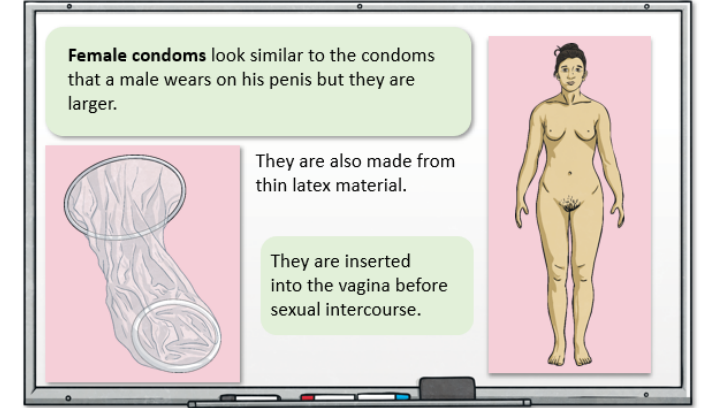


Condoms for Females

Female condoms look similar to the condoms that a male wears on his penis but they are larger.

They are also made from thin latex material.

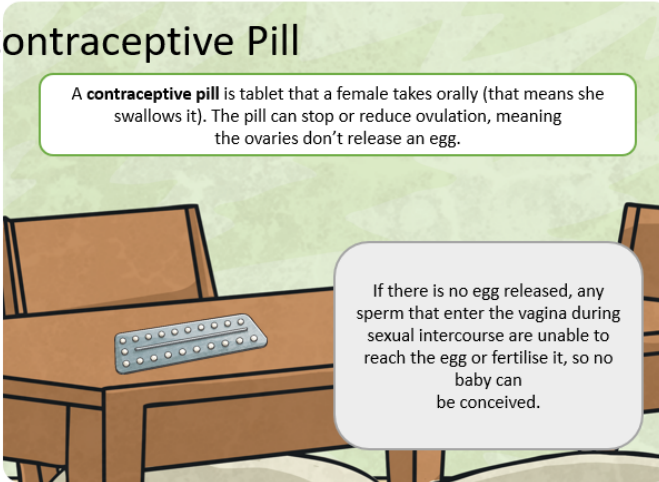
They are inserted into the vagina before sexual intercourse.



The Contraceptive Pill

A **contraceptive pill** is tablet that a female takes orally (that means she swallows it). The pill can stop or reduce ovulation, meaning the ovaries don't release an egg.

If there is no egg released, any sperm that enter the vagina during sexual intercourse are unable to reach the egg or fertilise it, so no baby can be conceived.

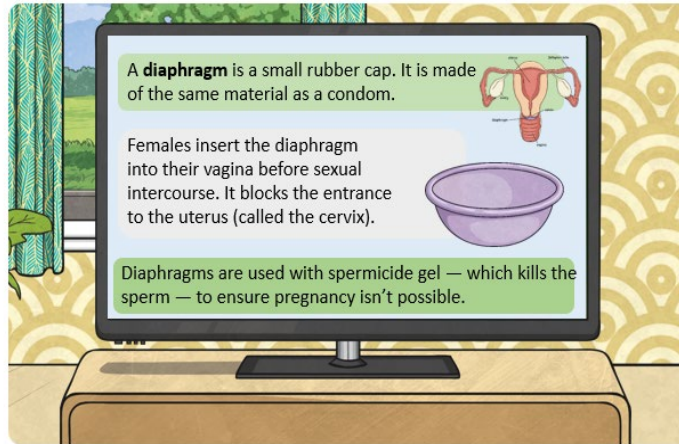


The Diaphragm

A **diaphragm** is a small rubber cap. It is made of the same material as a condom.

Females insert the diaphragm into their vagina before sexual intercourse. It blocks the entrance to the uterus (called the cervix).

Diaphragms are used with spermicide gel — which kills the sperm — to ensure pregnancy isn't possible.



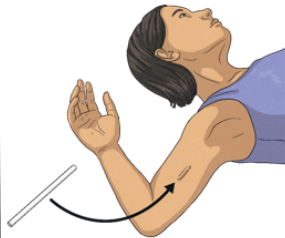
The Contraception Implant

Another form of contraception that some females use is called an implant.

This is a small, bendy plastic rod that is inserted into the arm, just under the skin, by a doctor or nurse.

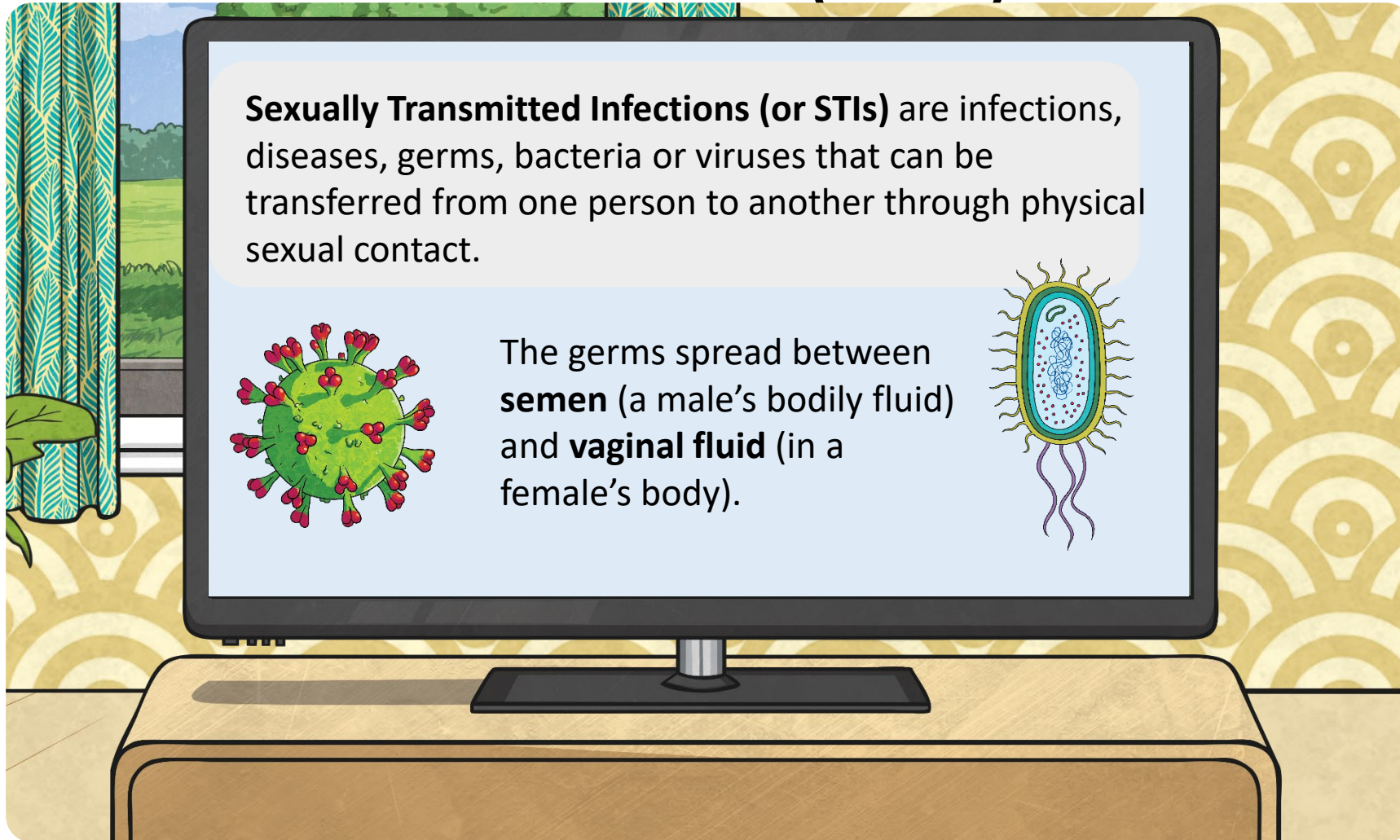
Once in place, it releases the hormone called progestogen into the body which prevents pregnancy.

The implant has to be changed every three years.



Year 6

Contraception and Sexually Transmitted Infections (STIs)



Year 6

KS1

YEAR 1

Learning Intention

To understand some basic hygiene principles

Learning Outcomes

Know how to keep clean and look after oneself

Learning Intention

To introduce the concept of growing and changing

Learning Outcomes

Understand that babies become children and then adults

Know the differences between boy and girl babies

Learning Intention

To explore different types of families and who to ask for help

Learning Outcomes

Know there are different types of families

Know which people we can ask for help

YEAR 2

Learning Intention

To introduce the concept of male and female and gender stereotypes

To identify differences between males and females

Learning Outcomes

Understand that some people have fixed ideas about what boys and girls can do

Describe the difference between male and female babies

Learning Intention

To focus on biological differences and name body parts

Learning Outcomes

Describe the physical differences between males and females

Name the male and female body parts

Learning Intention

To explore some of the differences between males and females and to understand how this is part of the lifecycle

Learning Outcomes

Describe some differences between male and female animals

Understand that making a new life needs a male and a female

Spot the difference



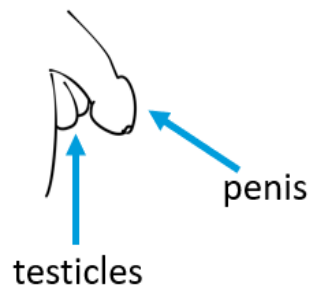
The baby's genitals are different.

Do you know any scientific names for male and female genitals?

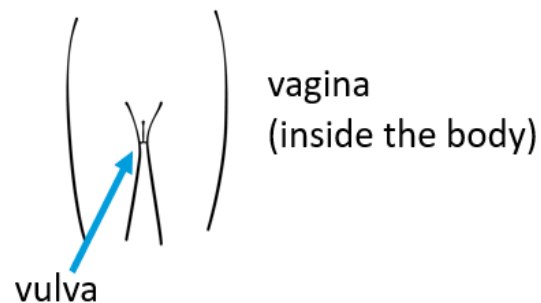
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Naming the genitals

male genitals



female genitals



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Body Parts sheet



Arms

Feet

Vagina

Nipples

Penis

Testicles

Hand

Eyes

Ear

Knees

Nose

LKS2

YEAR 3

Learning Intention

To explore the differences between males and females and to name the body parts

Learning Outcomes

Know some differences and similarities between males and females
Name male and female body parts using agreed words

Learning Intention

To consider touch and to know that a person has the right to say what they like and dislike

Learning Outcomes

Identify different types of touch that people like and do not like
Understand personal space
Talk about ways of dealing with unwanted touch

Learning Intention

To explore different types of families and who to go to for help and support

Learning Outcomes

Understand that all families are different and have different family Members

YEAR 4

Learning Intention

To explore the human lifecycle

Learning Outcomes

Describe the main stages of the human lifecycle
Describe the body changes that happen when a child grows up

Learning Intention

To explore how puberty is linked to reproduction

Learning Outcomes

Know about the physical and emotional changes that happen in puberty
Understand that children change into adults so that they are able to reproduce

Learning Intention

To identify some basic facts about puberty

Learning Outcomes

Discuss male and female body parts using agreed words
Know some of the changes which happen to the body during puberty
Identify who to go to for help and support

Our Bodies

Name _____

Fill in the missing word from the word box

puberty vagina hair penis womb testicles pubic

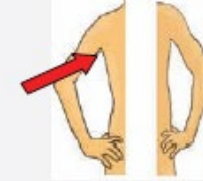
1. As we grow up we get taller and grow more on our bodies.
2. is the time when a child grows and changes to become an adult.
3. The hair around the private parts is called hair.
4. Males have a and females have a
5. Behind the penis a male has two
6. The vagina leads up to the woman's which is where the baby grows.

Body Parts Bingo Cards

Penis



Armpits



Womb



Fingers



Vagina



Nipples



Face



Testicles



Ears



UKS2

YEAR 5

Learning Intention

To explore the emotional and physical changes occurring in puberty

Learning Outcomes

Explain the main physical and emotional changes that happen during puberty

Ask questions about puberty with confidence

Learning Intention

To understand male and female puberty changes in more detail

Learning Outcomes

Understand how puberty affects the reproductive organs

Describe how to manage physical and emotional changes

Learning Intention

To explore the impact of puberty on the body & the importance of hygiene

To explore ways to get support during puberty

Learning Outcomes

Explain how to keep clean during puberty

Explain how emotions change during puberty

Know how to get support and help during puberty

YEAR 6

Learning Intention

To consider puberty and reproduction

Learning Outcomes

Describe how and why the body changes during puberty in preparation for reproduction

Talk about puberty and reproduction with confidence

Learning Intention

Consider physical & emotional behaviour in relationships

Learning Outcomes

Discuss different types of adult relationships with confidence

Know what form of touching is appropriate

Learning Intention

To explore the process of conception and pregnancy

Learning Outcomes

Describe the decisions that have to be made before having a baby

Know some basic facts about pregnancy and conception

Learning Intention

To explore positive and negative ways of communicating in a relationship

Learning Outcomes

To have considered when it is appropriate to share personal/private information in a relationship

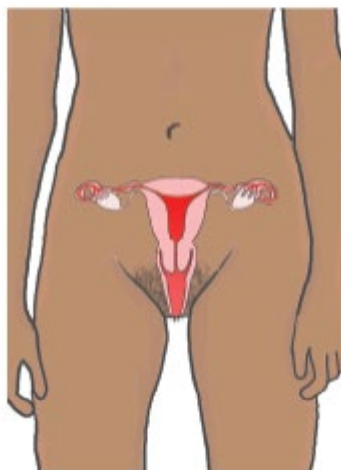
To know how and where to get support if an online relationship goes wrong



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YEAR 5 Puberty Problem Page

A problem shared . . .

Hold The Phone

Dear Problem Page,

All of my friends have a mobile phone and I don't. They all text each other and I feel really left out. My mum says I can't have one because they are expensive and dangerous. I don't understand what she means. Why is she being like this? How can I make her change her mind?

R, age 11

A spot of bother

Dear Problem Page,

I used to think I was nice looking, but now I have huge spots everywhere. They are on my face and on my shoulders and I hate them. I don't like going to school anymore because I feel so ugly. Why is this happening to me and what can I do about it?

P, age 13

Bed Bug

Dear Problem Page,

Sometimes when I wake up in the morning there is a wet patch in my bed, but it isn't wee. It makes a stain so I've tried washing the sheets in the sink but there is nowhere to dry them without my dad seeing. Why is this happening and what should I do?

S, age 14

Sleepover Stress

Dear Problem Page,

I started my periods last summer. I told my carer and she helped me to deal with it and it was ok. Now I've been invited to a sleep-over. I really want to go but I'm worried I'll have my period when I'm there. I don't know if my friends have started yet and I'm too embarrassed to talk to them about it. What can I do?

R, age 11

Dear Problem Page,

I learnt about puberty in primary school but now I'm 12 and I feel really confused about things and have lots of questions. I haven't got my period but I get this white stuff in my knickers. I don't wear a bra but my nipples hurt. I don't know if these things are normal. I'm really worried. What should I do?

C, age 12

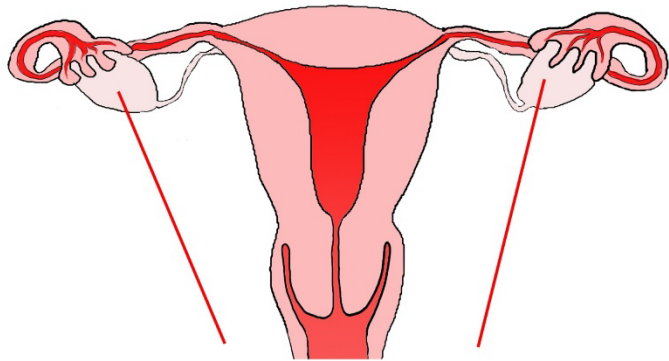
"Are my bodily changes normal?"

Mood Swings

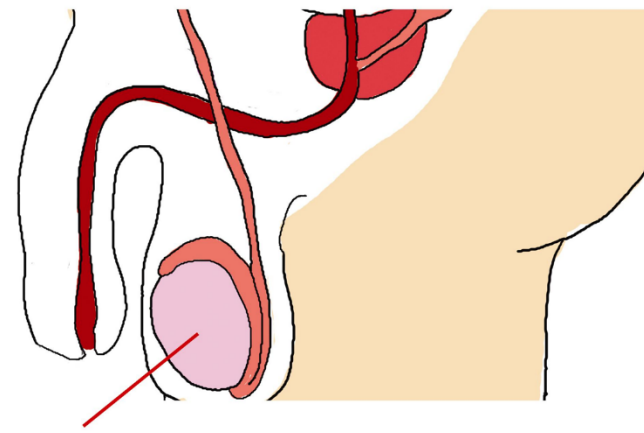
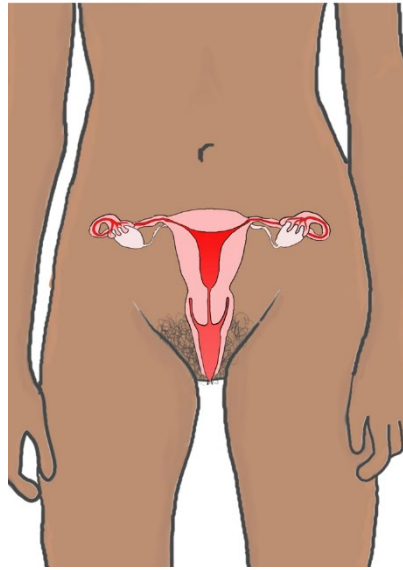
Dear Problem Page,

I used to be a really happy person. Now I'm 13 and I sometimes feel really miserable. I go up and down and people are beginning to notice. At home they keep calling me moody and tell me to snap out of it. Is this normal and how can I stop it happening?

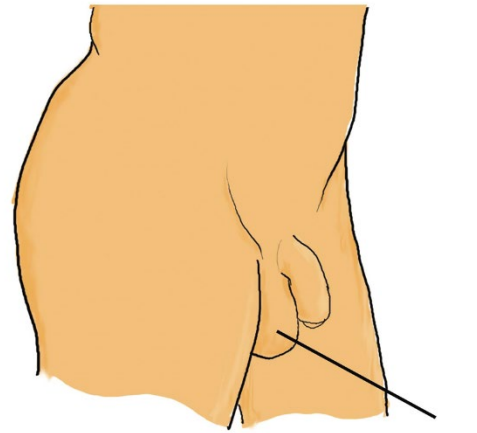
L, age 13



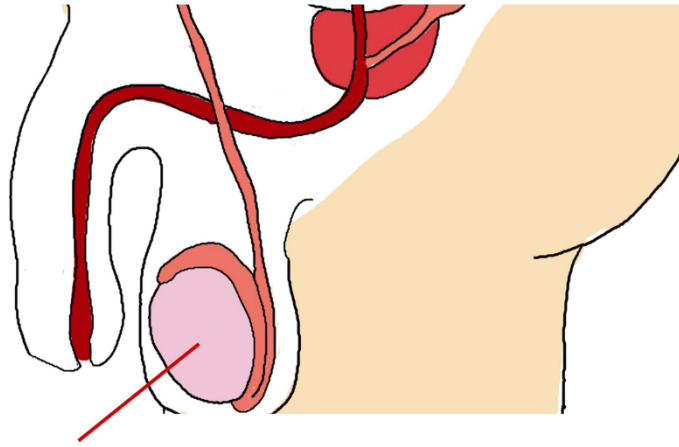
OVARIES



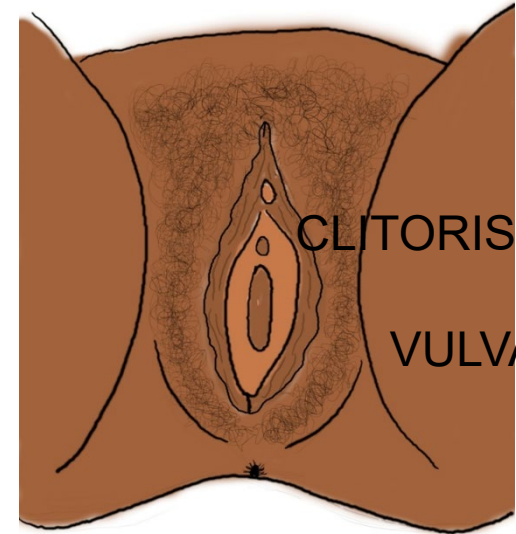
TESTICLES



SCROTUM



TESTICLES



CLITORIS

VULVA

Thank you for your time and interest
In your child/ren's R.S.H.E lessons
Any questions?