



*Sexual Education  
Guidance for Parents  
Year 5*

# Government Guidance

- ▶ Previously a Personal, Social, Health and Citizenship Education (PSHCE) had not been compulsory.
- ▶ From September 2020, the government implemented a COMPULSORY Relationship and Sex Education (RSE) and Health Education.
- ▶ From September 2020, Primary schools MUST teach Relationships Education and Health Education but Sex Education is at the school's discretion. However, they must still teach the Science curriculum which covers some of the topics discussed in Sex Education.



## **Relationships Education, Relationships and Sex Education (RSE) and Health Education**

**Statutory guidance for governing bodies, proprietors, head teachers, principals, senior leadership teams, teachers**

# Secretary of State Foreword – Key Points



Department  
for Education

What are the aims of Relationships Education, Sex Education and Health Education in the primary school?

The opening paragraph of the Department for Education guidance states:

“Today’s children and young people are growing up in an increasingly complex world and living their lives seamlessly on and offline. This presents many positive and exciting opportunities, but also challenges and risks. In this environment, children and young people need to know how to be safe and healthy, and how to manage their academic, personal and social lives in a positive way.”

(DfE, 2019, Relationships Education, Relationships and Sex Education and Health Education)

# Why is teaching Sexual Education important?

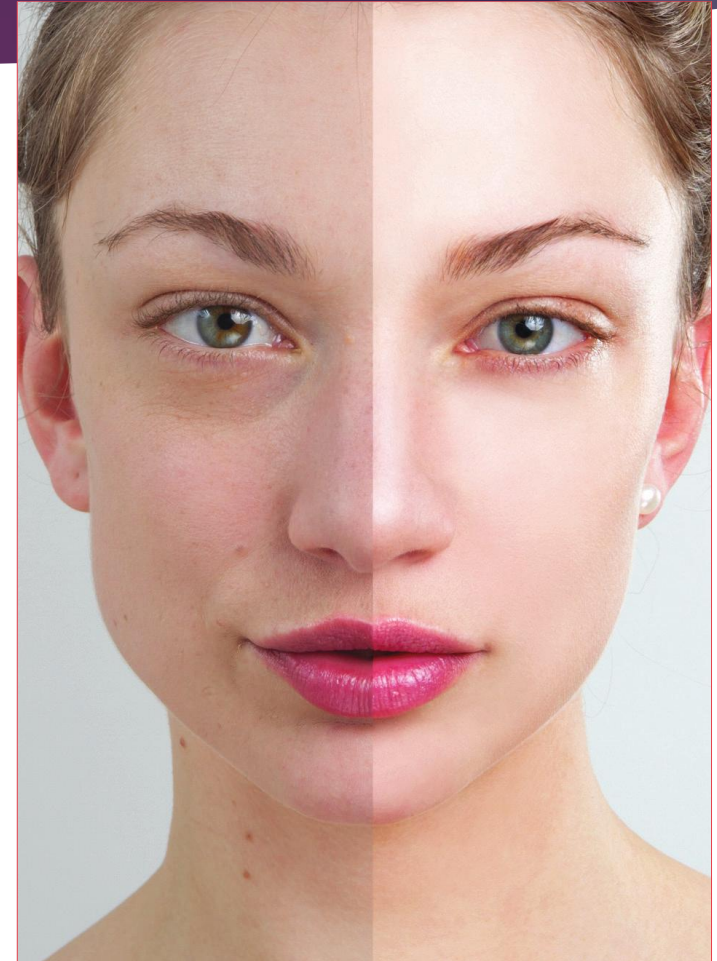


- ▶ Today children are exposed to so much through the internet, social media, music, You Tube, News, friends and older siblings or family members.
- ▶ PSHE aims to educate children in a uniformed and safe way so that children do not interpret information incorrectly or get the wrong information from sources.

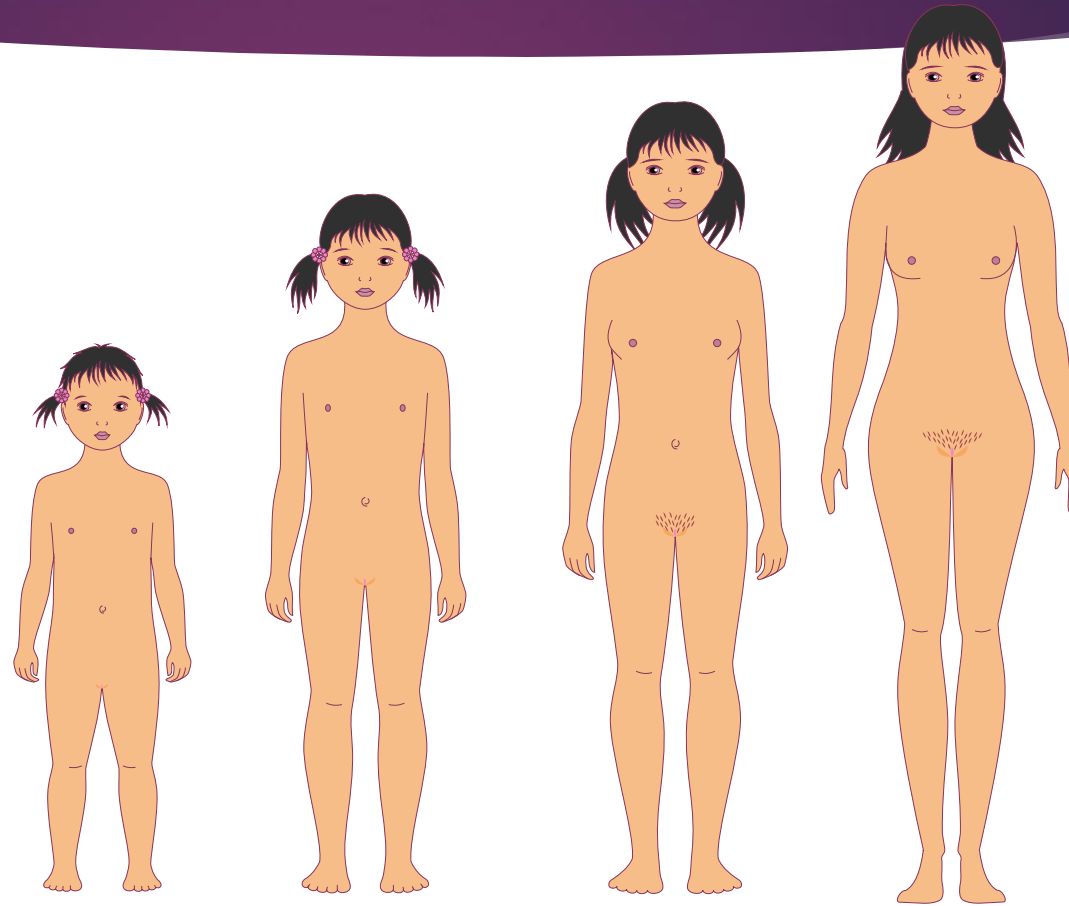
# Puberty and Human Reproduction in PSHE 3-11

Y4	Having a baby	The choice to have a baby, the parts of men and women that make babies and - in simple terms - <i>how this happens</i> (animations used - the Female Reproductive System)
	Girls and puberty	How a girl's body changes so that she can have a baby when she's an adult - including menstruation (animations used - the Female Reproductive System)
Y5	Puberty for girls	Physical changes and feelings about them - importance of looking after yourself (animations used s. the Female Reproductive System)
	Puberty for boys	Developing understanding of changes for both sexes - reassurance and exploring feelings (animations used - the Male Reproductive System)
	Conception	<i>Understanding the place of sexual intercourse in a relationship and how it can lead to conception and the wonder of a new life</i> (animations used - the Female and Male Reproductive Systems)

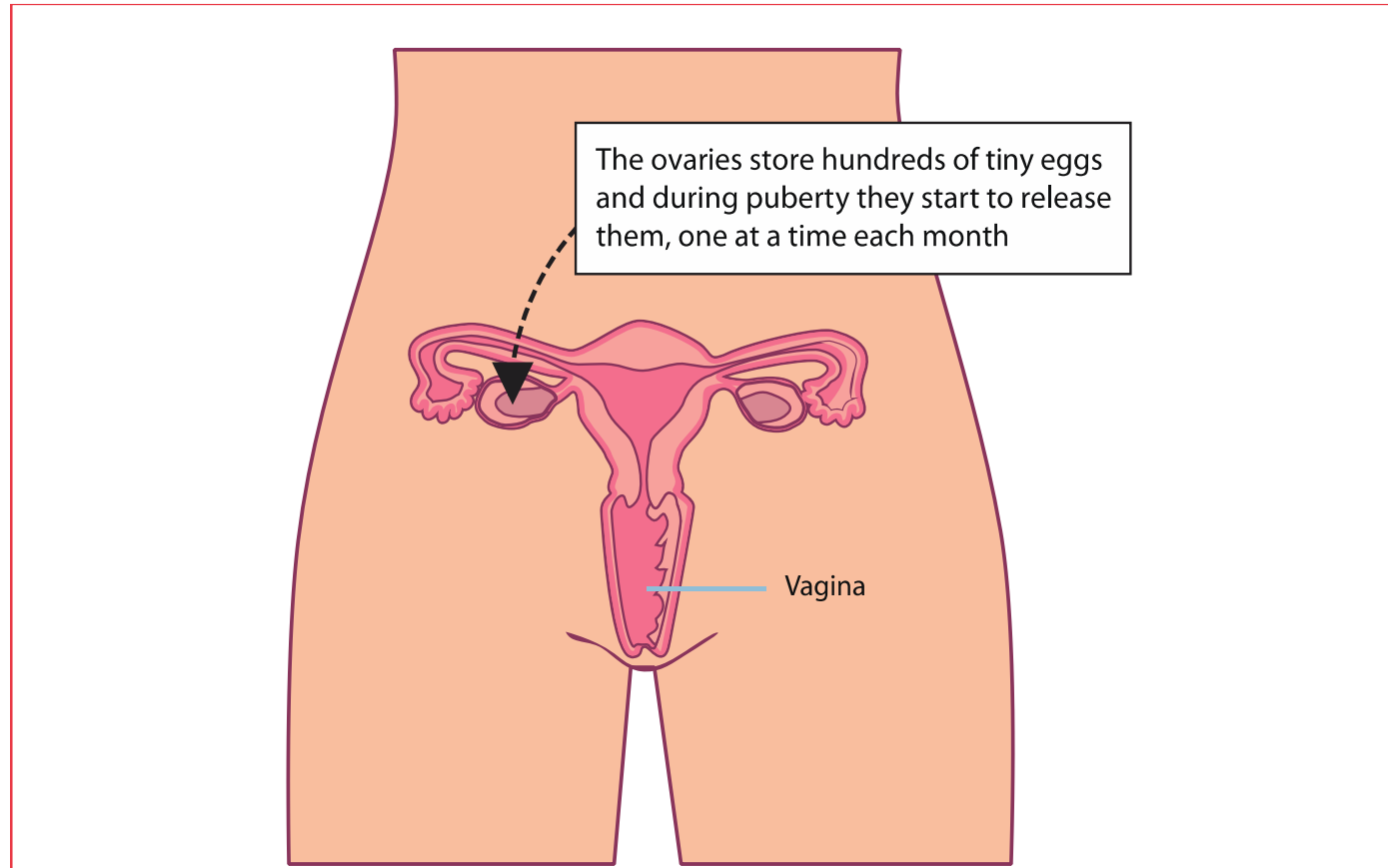
Example of a KS 2 resource – body image and self esteem/ exploring the impact of social media on mental health



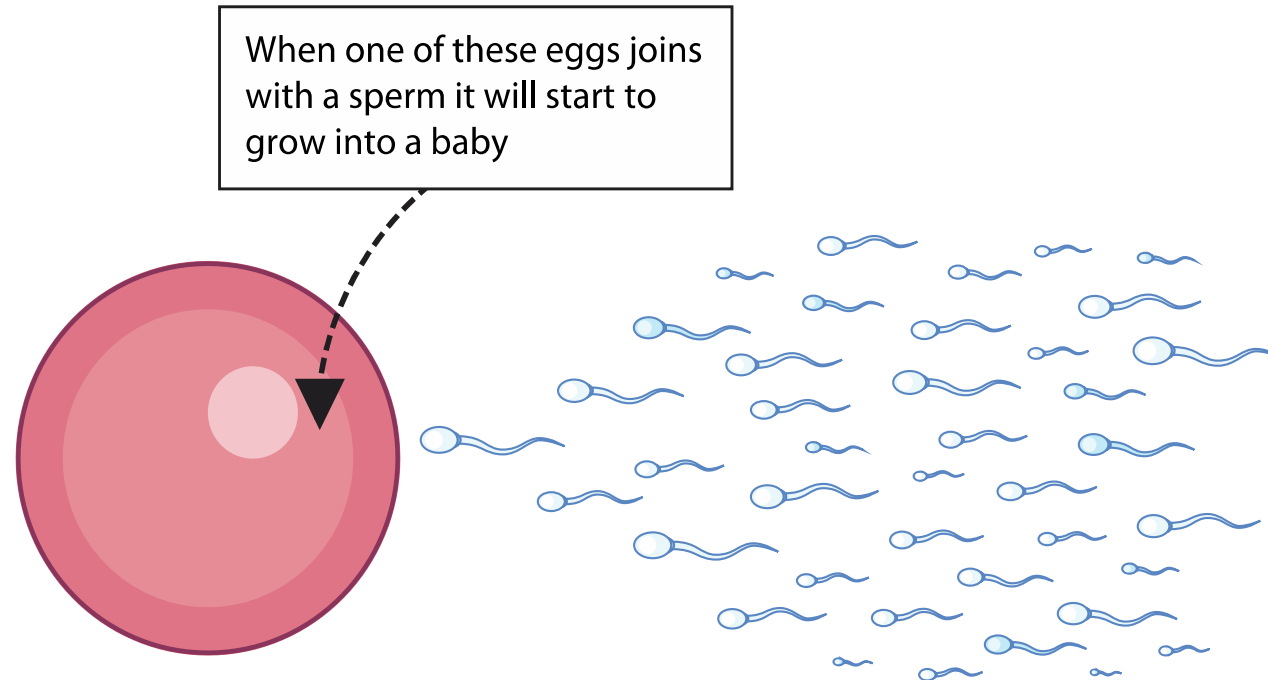
# KS2 resource -outside changes for girls



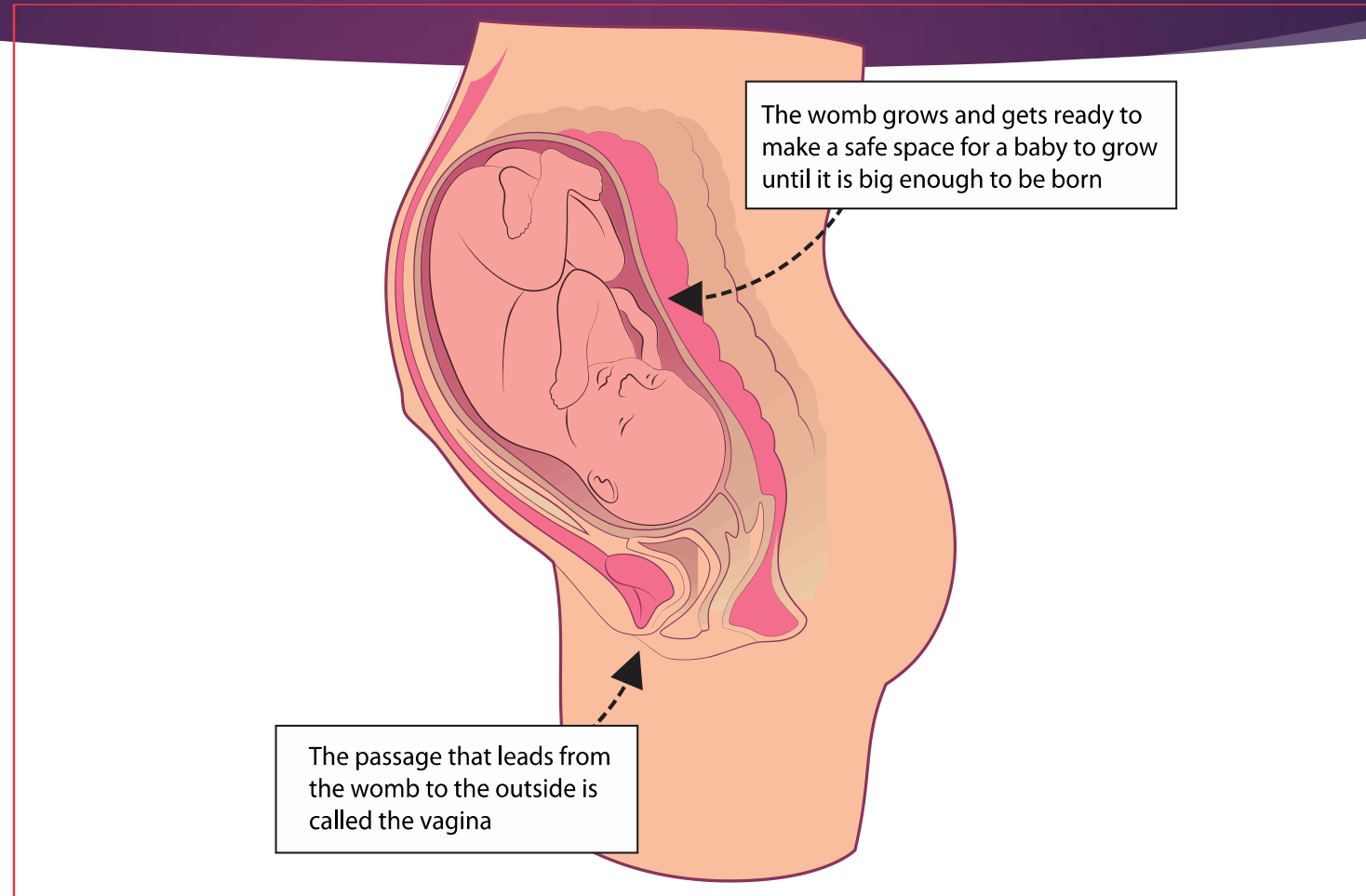
# Example of one of the KS2 resources – inside changes for girls



# Example of a KS2 resource - conception

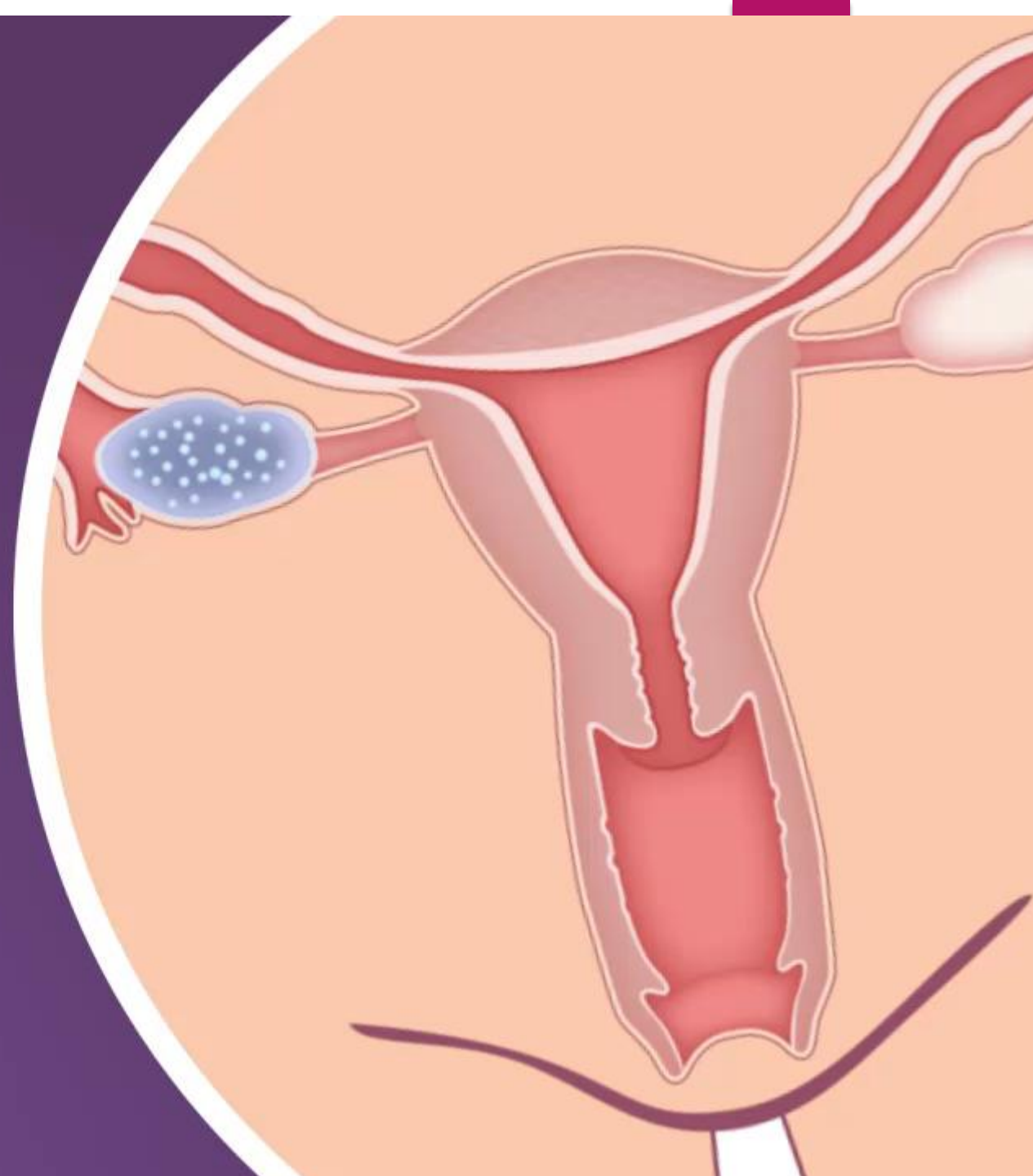


# Example of a KS2 resource conception and childbirth

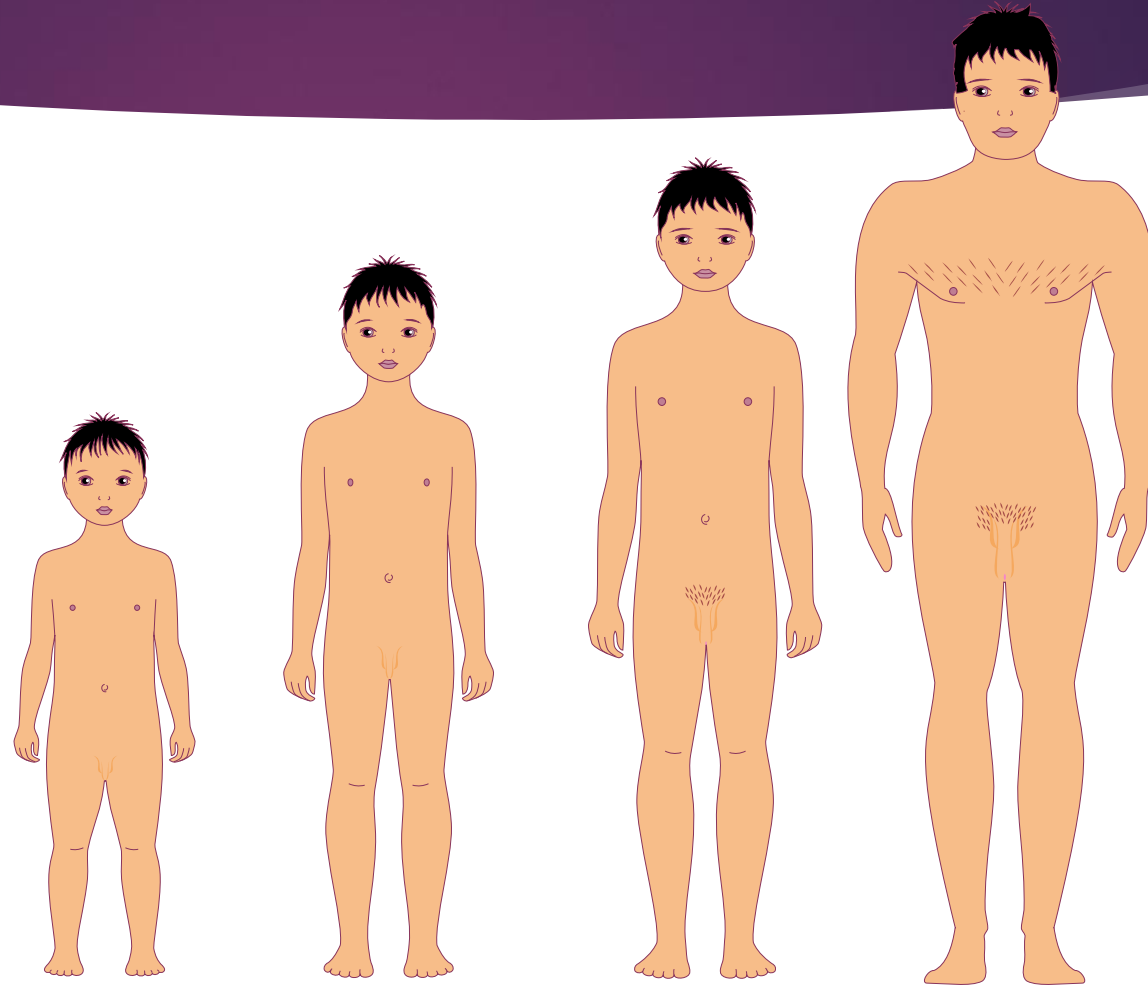


Introducing

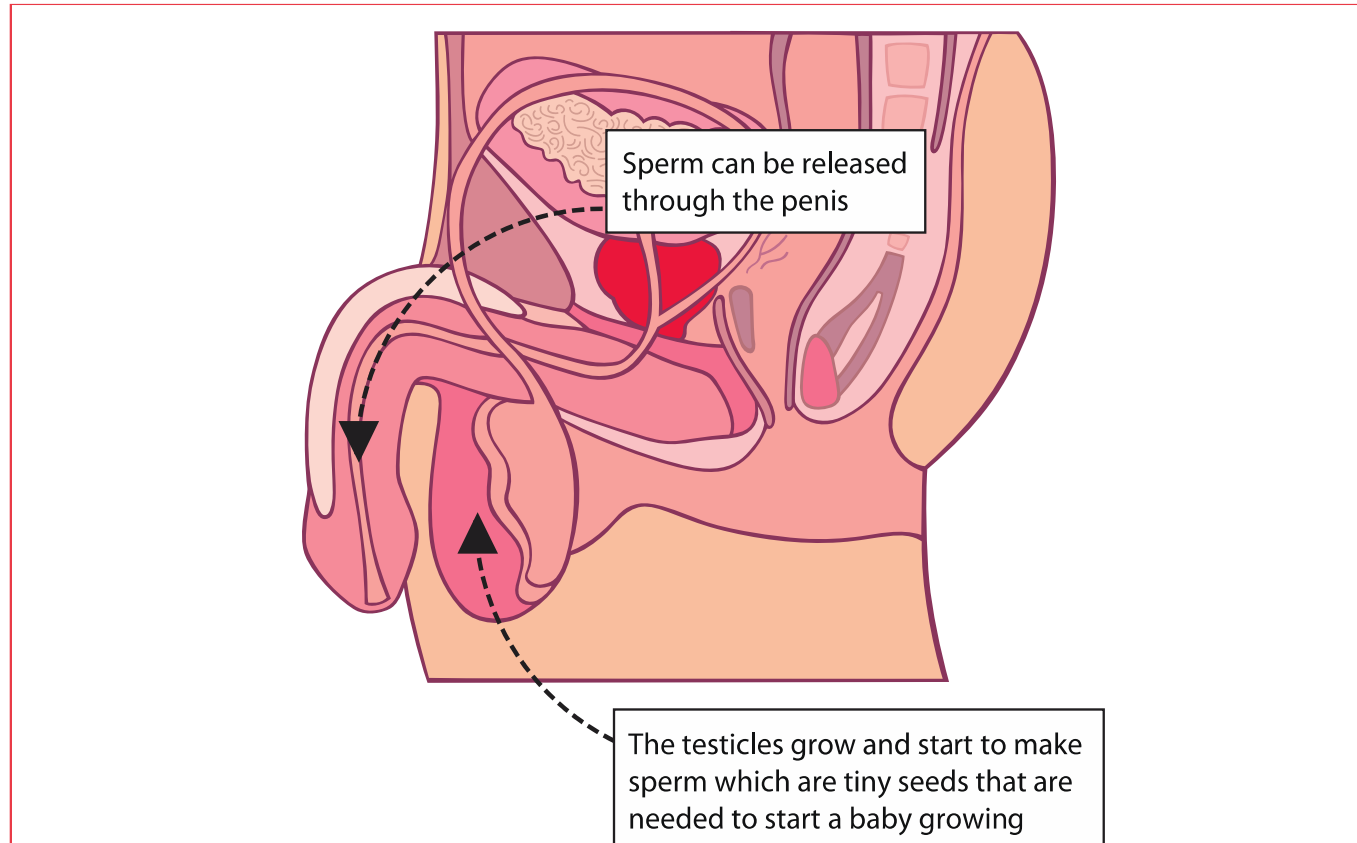
# The Female Reproductive System



# KS2 resource – outside changes for boys

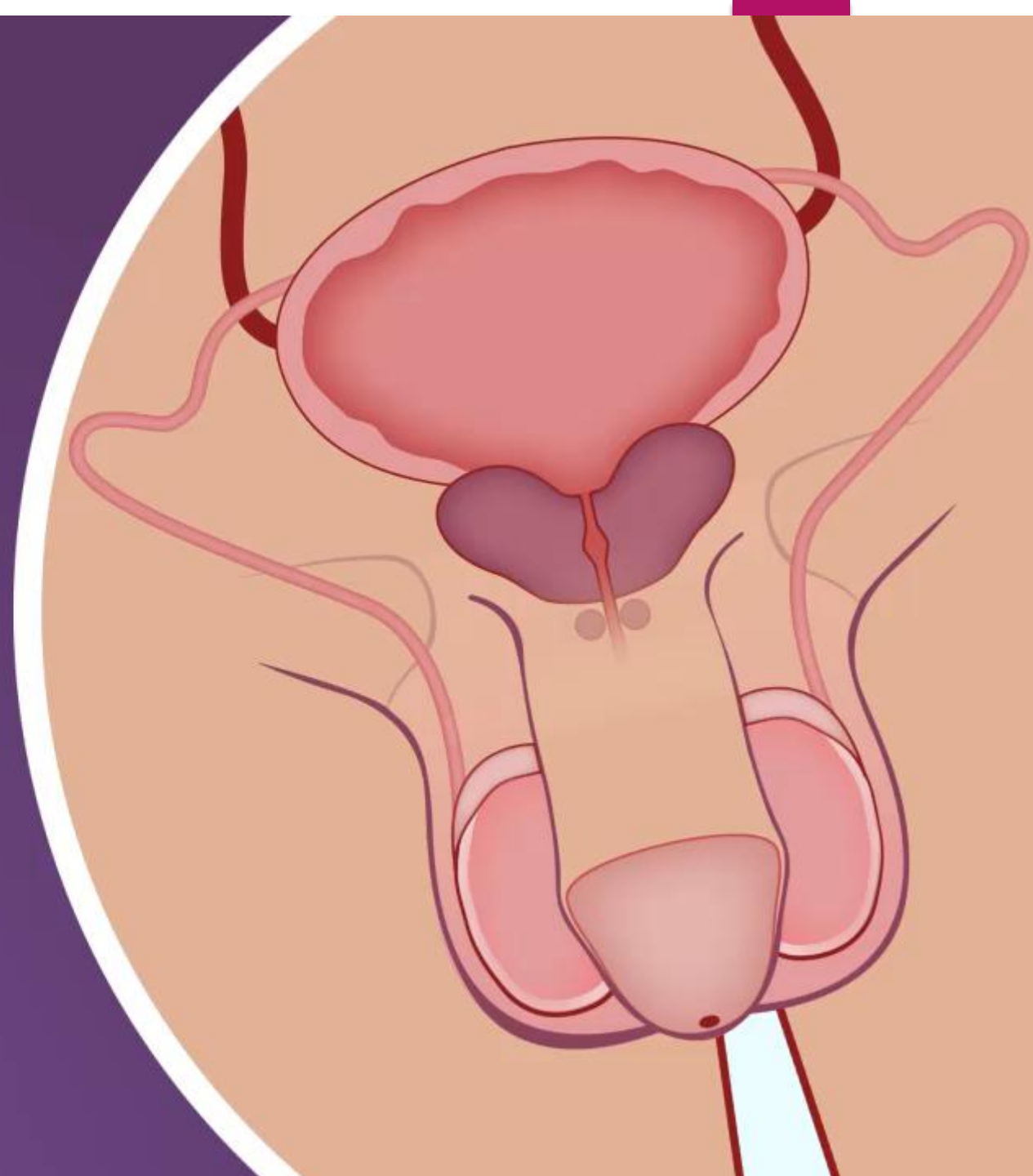


# Example of one of the KS2 resources – inside body changes for boys



Introducing

# The Male Reproductive System



# New for boys

## **Action for schools: Access Relationships, Sex and Health Education (RSHE) resources to raise awareness of testicular torsion**

Testicular torsion is a time-critical emergency where a testicle twists, cutting off the blood supply and causing sudden scrotal pain. The testicle can die within six hours without emergency surgery.

With torsion occurring in 1 in 1,000 boys aged 10-20 NHS England, through the Getting It Right First Time (GIRFT) programme, is working to raise awareness and improve education among young people, parents/carers and teachers to ensure boys experiencing severe testicular pain and other symptoms of torsion can recognise the signs and understand to act quickly.

# Does my child have to take part?

- ▶ Children have to participate in the science element \* of the sexual education curriculum but you are allowed to opt out of the other parts.
- ▶ If you wish to do this please notify your child's class teacher in writing with your reasons for choosing to do so.
- ▶ You may get a phone call from the school to discuss this further.

**We believe that PSHE allows us to share this vital information in a safe and unthreatening way with your child. We feel that it is key that children get the correct information from a safe and trusted source.**

\* Describe the changes as humans develop to old age.

\*They should learn about the changes experienced in puberty.

