



Rusper Primary School, Rusper, Horsham, West Sussex, RH12 4PR

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[www.rusperprimary.eschools.co.uk](http://www.rusperprimary.eschools.co.uk)

Headteacher: Nick Avey (BEd Hons)

**Together we learn, together we succeed**

### Relationships and Sex Education at Rusper

Dear Parents and Carers,

A little later than promised, here is the detail about Relationships and Sex Education being taught at Rusper this half term. Our teaching 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 will give children and young people the information, skills and positive values to have safe, fulfilling relationships and help them take responsibility for their own well-being.

#### In terms of **Relationships** Education the key elements are

1. Families and people who care for me
2. Caring friendships
3. Respectful relationships
4. Online relationships
5. Being safe

All 'Relationships' elements of the subject are taught through our existing PSHE lessons and are compulsory.

#### In terms of **Sex** Education. There are two key elements to be covered

1. Preparing boys and girls for the changes that adolescence brings
2. How a baby is conceived and grows (Year 6)

Point 1 is a part of the Primary science curriculum and is also compulsory.

Point 2 is due to be taught later in June. This element is optional and parents still have the right to withdraw pupils from this.

We already have an established approach to teaching RSE at Rusper, and we are intending to teach these RSE units of work before we break up for the summer. For your information, below is our current curriculum map showing key content that will be covered.



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Year	Term	Objectives	Resources
Reception	Throughout the Year	<ul style="list-style-type: none"> <li>Understand some areas in which the children can look after themselves e.g. dressing and undressing</li> </ul>	<p>Typically these will be assembly and PSHE resources from a variety of sources. These are subject to variance. Parents should speak to a class teacher for more information.</p>
		<ul style="list-style-type: none"> <li>Explain why it is important to keep clean</li> </ul>	
		<ul style="list-style-type: none"> <li>Understand some basic hygiene routines</li> </ul>	
		<ul style="list-style-type: none"> <li>Identify different members of the family</li> </ul>	
		<ul style="list-style-type: none"> <li>Understand how members of a family can help each other</li> </ul>	

Year	Term	Objectives	Resources
1 & 2	Summer	1. Pupils learn to understand and respect the differences and similarities between people	<p>Typically RPS uses resources from Islington RSE Scheme. These units will also draw on resources from the West Sussex Education 4 Safeguarding online resource centre. The work on privacy and safe touches will be drawn from the NSPCC 'Pantosaurus' resources. Parents should speak to a class teacher for more information</p>
		2. Pupils learn about the biological differences between male and female animals and their role in the life cycle	
		3. Pupils learn the biological differences between male and female children. Naming body parts	
		4. The concept of privacy. Safe and unsafe touches – My Body Belongs To Me	
		5. Pupils learn about growing from young to old and that they are growing and changing	
		6. Pupils learn that everybody needs to be cared for and ways in which they care for others. Who they can ask for help.	
		7. Pupils learn about different types of family and how their home-life is special	



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Year	Term	Objectives	Resources
3 & 4	Summer	1. Pupils learn about the way we grow and change throughout the human lifecycle	Typically RPS uses resources from Islington RSE Scheme. These units will also draw on resources from the West Sussex Education 4 Safeguarding online resource centre. Parents should speak to a class teacher for more information
		2. Pupils learn the physical changes associated with puberty	
		3. Discuss male and female body parts using agreed words	
		4. Pupils review the concept of privacy. Safe and unsafe touches	
		5. Pupils review relationships within the family, and consider who they can ask for help.	
		6. Pupils learn strategies to deal with feelings in the context of relationships	
		7. Pupils learn to answer each other's questions about puberty with confidence, to seek support and advice when they need it	

Year	Term	Objectives	Resources
5	Throughout the Year	1. Pupils review the physical changes associated with puberty	Typically RPS uses resources from Islington RSE Scheme. These units will also draw on resources from the West Sussex Education 4 Safeguarding online resource centre. Parents should speak to a class teacher for more information.
		2. Pupils review male and female body parts using agreed words	
		3. Pupils learn about human reproduction in the context of the human lifecycle	
		4. Pupils learn about the impact of puberty on physical hygiene and strategies for managing this	
		5. Pupils learn how puberty affects emotions and behaviour and strategies for dealing with the changes associated with puberty	
		6. Pupils learn strategies to deal with feelings in the context of relationships, including online.	



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		7.Pupils learn to answer each other's questions about puberty and relationships with confidence, where to find support and advice when they need it	
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Year	Term	Objectives	Resources
6	Throughout the Year	1.Pupils learn about the changes that occur during puberty	<b>Typically RPS uses resources from Islington RSE Scheme. These units will also draw on resources from the West Sussex Education 4 Safeguarding online resource centre. Parents should speak to a class teacher for more information.</b>
		2. Pupils learn to consider different attitudes and values around gender stereotyping and sexuality and consider their origin and impact	
		3. Pupils learn what values are important to them in relationships and to appreciate the importance of friendship in intimate relationships	
		4. Pupils learn about human reproduction in the context of the human lifecycle	
		5. Pupils learn how a baby is made and grows (conception and pregnancy)	
		6. Pupils learn about roles and responsibilities of carers and Parents	
		7.Pupils learn to answer each other's questions about sex and relationships with confidence, where to find support and advice when they need it	

We are very keen for parents to know that they can ask their child's teacher for more information about any of the above content and for access to the resources, should they wish to view them.

Many thanks in advance for your support with all matters.

Kind regards



Nick Avey, Headteacher, Rusper Primary School



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