

Relationships & Sexuality Education (RSE)

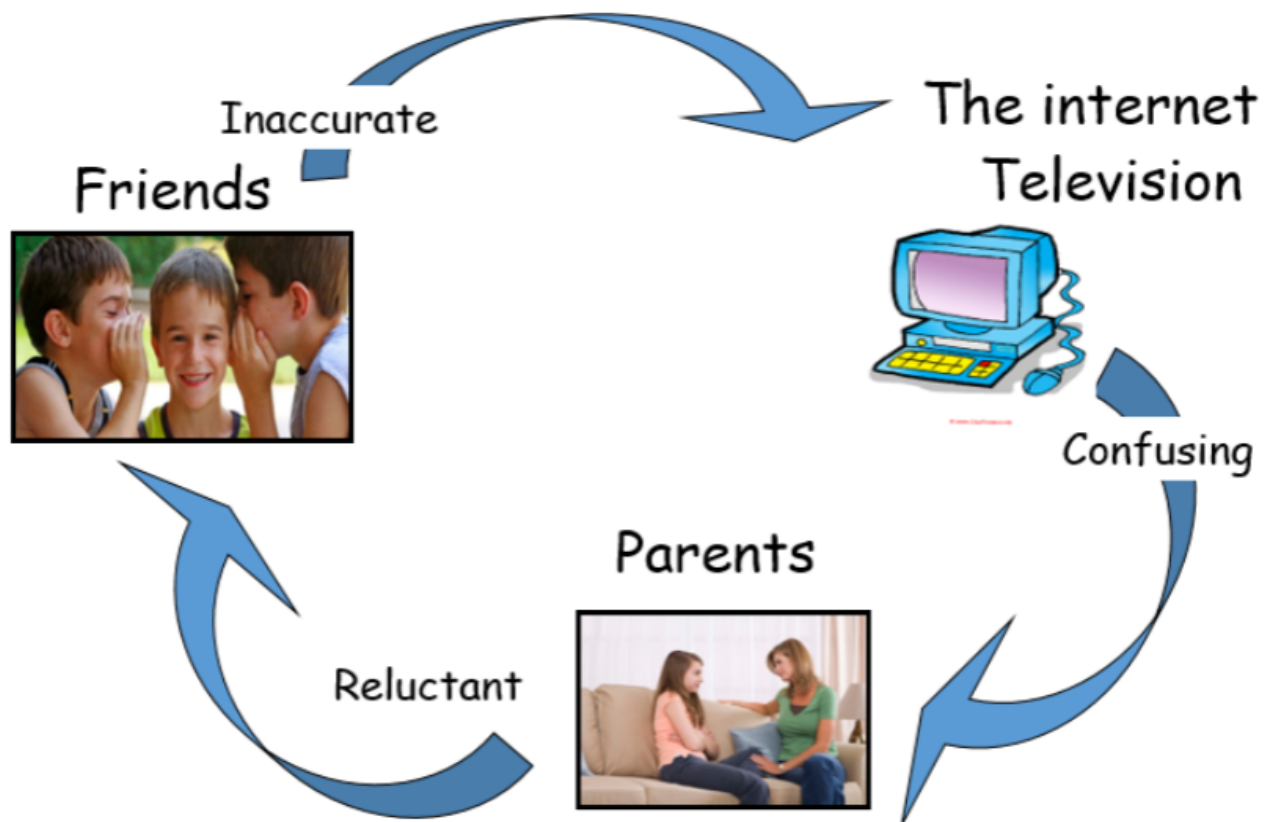
INFORMATION FOR PARENTS AND CARERS

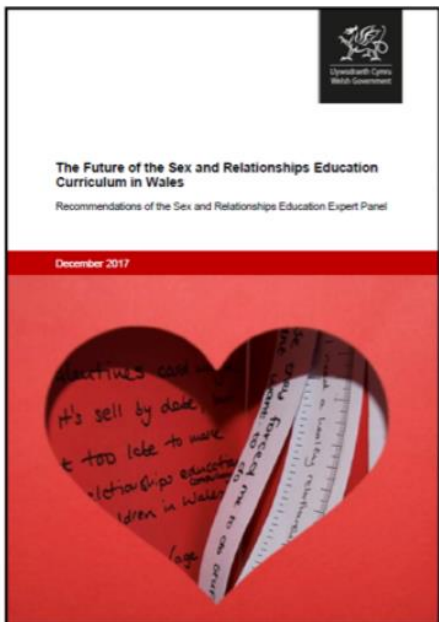
MARCH 2023



Why?

Who are willing sources of information?





In 2017, Welsh Government commissioned a panel led by Professor Emma Renold of Cardiff University, to review the teaching of Sex and Relationships Education (SRE) in Welsh schools. The panel found that the teaching of SRE was not consistent across Wales. There were pockets of good practice, however, there were also "significant gaps".



Welsh Government decided to standardise the teaching of RSE to make it more equitable for everyone.

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Relationships and sexuality education (RSE): statutory guidance
Human rights
Diversity
Careers and work-related experiences
Local, national and international contexts

Relationships and sexuality education (RSE): statutory guidance

Legal status of this guidance

This section sets out statutory guidance in relation to RSE and is published under section 71 of the Curriculum and Assessment (Wales) Act 2021 (the Act); it is designed to assist those responsible under the Act to design RSE as part of the curriculum.

Introduction

1 Mandatory

Relationships and sexuality education (RSE) is a statutory requirement in the Curriculum for Wales framework and is mandatory for all learners from ages 3 to 16.

RSE is mandatory for all learners aged 3 - 16

Parents and carers no longer entitled to withdraw their child/young person from RSE



[Cross-cutting themes for designing your curriculum - Hwb \(gov.wales\)](https://www.gov.wales/cross-cutting-themes-for-designing-your-curriculum-hwb)

Curriculum for Wales

- ▶ Education in Wales is changing. Teachers and education experts from across Wales have been working together to develop the Curriculum for Wales. We need to help all of our young people to excel in all aspects of life, so they grow into adults who are healthy, confident individuals.
- ▶ Education should encourage and support young people to respect themselves and others, to value diversity, and give them the ability to build healthy, respectful relationships.
- ▶ The new curriculum starting in September 2022 includes developmentally appropriate Relationships and Sexuality Education (RSE).

What is Relationships & Sexuality Education (RSE)?

- ▶ Relationships and Sexuality Education (RSE) is a statutory requirement in the new Curriculum for Wales framework and is mandatory for all learners.
- ▶ Young people should have the right to access information that keeps them safe from harm. This includes learning about healthy relationships, keeping safe, online and offline, and being confident to raise issues with responsible adults.
- ▶ RSE is designed to safeguard all our children and young people, supporting them to develop knowledge, skills and behaviours that will assist in protecting them throughout their lives.
- ▶ It helps children to treat others with understanding and empathy, whatever their ethnicity, social economic background, disability, sex, gender or sexuality.

What is RSE and why is it important?

RSE:

- ✓ Provides learners with factual information about growing up; this includes puberty, conception, pregnancy and birth.
- ✓ Encourages learners to use the correct terminology for body parts, e.g. breasts, vagina, penis, testicles.
- ✓ Teaches learners how to make friends and maintain healthy relationships.
- ✓ Encourages learners to treat each other with kindness, respect and compassion (even if they do not agree with the other person's opinions, feelings or beliefs).
- ✓ Embraces differences and diversity (including different families).

- ✓ Provides learners with information about how to keep safe (online and offline).
- ✓ Promotes children's rights and develop an awareness of the laws in place to protect them from discrimination, abuse, neglect and harm.
- ✓ Develops a sense of identity and self-confidence.
- ✓ Promotes positive body image and recognise that everyone's body is unique and special to them.
- ✓ Teaches learners about the importance of privacy and personal boundaries.
- ✓ Promotes gender equality.
- ✓ Promotes the importance of personal self care and good hygiene.

Relationships & Sexuality Education (RSE) Code 2022

- ▶ In 2022, Welsh Government published The Curriculum for Wales – Relationships and Sexuality Code.
 - ▶ The Code contains the mandatory requirements for teaching RSE and contains 3 broad Strands:
 - ▶ **Relationships and identity**
 - ▶ **Empowerment, safety and respect**
 - ▶ **Sexual health and well-being**
 - ▶ It provides detail for schools and settings on what must be taught and when, from years 3 to 16 years old.
 - ▶ Each strand of learning is divided into 3 broad developmental phases:
 - ▶ Phase 1 – From age 3
 - ▶ Phase 2 - From age 7
 - ▶ Phase 3 – From age 11
- *RSE is a spiral approach which allows children to build on their prior knowledge.

Strand 1: Relationships and identity

Phase 1 - From age 3	Phase 2 - From age 7
Developing a sense of themselves, in the context of families, friends and communities.	Recognising how people's relationships with others shape who they are and their happiness.
Recognising how people value different things and have different families, friends and communities.	An awareness of how identity can be expressed in different ways.

Strand 2: Sexual health and well-being

Phase 1 - From age 3	Phase 2 - From age 7
The use of accurate terminology for all body parts.	Knowledge and understanding of how reproductive organs develop in the human body. This includes understanding fertility and the process of reproduction, including what supports menstrual health and well-being.
An awareness of the human life cycle and that reproduction is a part of life.	Recognising the process of pregnancy and birth.

Strand 3: Empowerment, safety and respect

Phase 1 - From age 3	Phase 2 - From age 7
Recognise the right to be free from harm, abusive and bullying behaviour.	Understanding the right for everyone to be free from harm or abuse.
An awareness of how to recognise positive and harmful behaviours, including bullying.	An awareness of different kinds of harmful or abusive behaviour including physical, sexual, and emotional abuse and neglect, including peer on peer harassment and bullying and the role technology can play.
Ability to share with a trusted adult when faced with harmful behaviours.	How to seek support for oneself, and offer support to others. How to be a good friend and advocate for others.

What does this look like in Henllys Church in Wales School?

- ▶ At Henllys Church in Wales School we recognise that the world around us is evolving rapidly and significantly.
- ▶ At Henllys Church in Wales School we believe all learners have the right to receive high-quality, holistic, and *inclusive* education about relationships and sexuality.
- ▶ Our RSE curriculum enables learners to form and maintain a range of relationships, all based on mutual trust and respect.
- ▶ Our RSE curriculum empowers learners to make responsible, well-informed decisions and to be able to understand themselves and others.
- ▶ We prepare children for their future.



Resources used in Henllys Church in Wales School

Relationships & Identity

Best friends talk about their friendship

Part of PSHE and Citizenship | Friendship

Duration 02:45

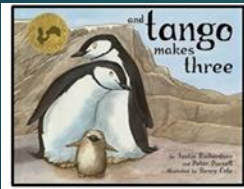
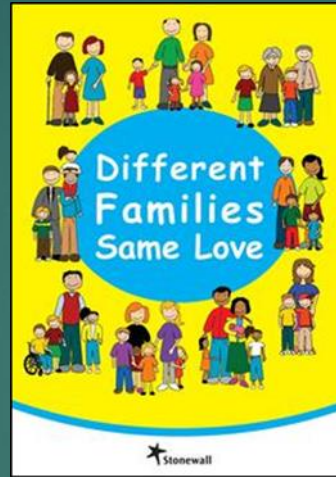


More Clips

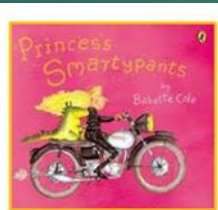
- Communicating with sign language
- Explanation - Growing needs
- Feeling good - family and friends

All KS1 Friendship videos

Description Classroom Ideas



The videos



Showing respect
 7-year-old Eden and her younger sister Ava show the importance of understanding boundaries and having respect for other members of the family.



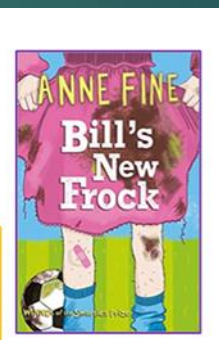
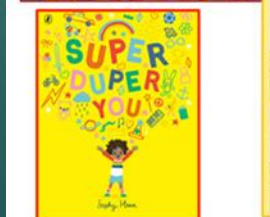
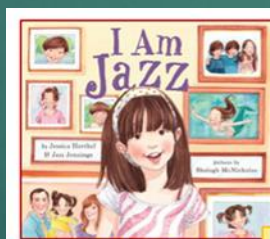
When families change and grow
 8-year-old Alexa and younger brother Archie's family changed when their mum died. But things changed again and now they have a step-mum and a half-sister.



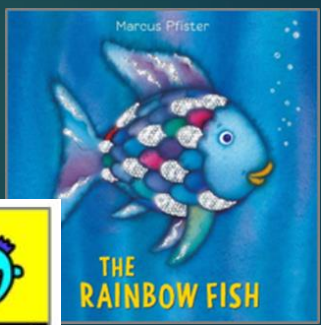
Supporting and helping one another
 8-year-old Josh, twin brother Zac and older brother Nathan show us how they support and care for each other and where they seek help when they need it.



Phase 1



Phases 1 & 2



Empowerment, Safety & Respect

LEARN PANTOSAURUS' FIVE EASY RULES FOR STAYING SAFE

P RIVATES ARE PRIVATE
Your underwear covers up your privates and no one else should see them or touch them. Sometimes a doctor, nurse or family member might have to look at them, but always remember why, and who you're in a C&A. Remember what your privates belong to only you.

A LWAYS REMEMBER YOUR BODY BELONGS TO YOU
No one should ever make you do things that make you feel uncomfortable or embarrassed. If someone asks to see or touch you, remember your underwear says "NO" - and tell someone you trust what to do.

N O MEANS NO
You always have the right to say "no" - even to a family member or someone you love. You're in control of your body and the most important thing to know "NO" is your choice.

T A LK ABOUT SECRETS THAT UPSET YOU
There are great secrets and bad secrets. If someone makes you feel bad or worried, it's bad - and you should tell an adult you trust about it straight away.

S P EAK UP, SOMEONE CAN HELP
It's always good to talk about what makes you upset. If you're worried, you can talk to a grown-up you trust - like a family member, teacher or one of your friends' parents. They'll help you sort things out and help you make your choice. You can also call Childline on 0800 1111 and someone will always be there to listen.

Remember all of these rules and they'll help you stay safe, just like Pantosaurus.

Phase 1 Differentiate between appropriate and inappropriate touching

Traffic Lights

Stop
I don't want anybody to touch me here.

Caution
It's ok for some people to touch me here.

Go
It's ok for anyone to touch me here.

Tyfu i Ffyn Growing Up

Phase 2 Body outline, labels and traffic lights

Traffic Lights

Stop
I don't want anybody to touch me here.

Caution
It's ok for some people to touch me here.

Go
It's ok for anyone to touch me here.

hair, breasts, bottom, finger, leg, penis, knee, vagina, arm, foot, head, testicles

Be smart on the internet

S **SAFE** Keep safe by being careful not to give out personal information - such as your full name, school address, phone number, home address, photos or school name - to people you are chatting with online.

M **MEETING** Meeting someone you have only known in chat is risky unless you have only known them in person. They may not be who they say they are.

A **ACCEPTING** Accepting emails, text messages, or instant messages from people you don't know or trust can lead to problems. Don't give out your details or accept messages.

R **RELIABLE** Information you find on the internet may not be true, or someone online may be lying about who they are.

T **TELL** Tell your parent, carer or a teacher what if someone or something makes you feel uncomfortable or worried, or if you're someone you know is being bullied online. You can report online abuse to the police at www.bullying.co.uk

www.kidSMART.org.uk

KidSMART



Phase 1 Age appropriate activities and resources

Reception Class - Watch Pantosaurus video, sing song and complete body puzzle

Year 1 - Watch Pantosaurus video and design their own pants

Year 2 - Watch Pantosaurus video and complete acrostic poem

PANTS fill in the gaps

P
A
N
T
S

Sexual Health & Wellbeing

Phase 1 & 2 Body mat and labels

Labels for male figure: hair, leg, penis, foot, head, vagina.

Labels for female figure: arm, breasts, bottom, finger, testicles, knee.

Tyfu i Fyny Growing Up

Phase 2 - Year 5 Puberty changes and personal hygiene

Grid of 9 illustrations with captions:

- The body sweats more.
- Testicles and penis grow bigger.
- Hormones tell the body it's time to change.
- Hair grows on the face.
- Periods start.
- Pubic hair starts to grow.
- Hair grows thicker on the arms and legs.
- The body grows taller.
- Hips grow wider.

Tyfu i Fyny Growing Up

Correct terms for parts of the body to differentiate between male and female

Outside Inside

- Heart
- Lungs
- Stomach
- Bowel
- Penis
- Testicles
- Vagina
- Uterus
- Ovaries
- Bladder

Phase 2

Phase 2 - Year 6

Reproductive organs

testicles
ovaries
uterus
penis
vagina
fallopian tubes

Conception

Healthy Not healthy

The banner shows various items categorized as 'Healthy' (green background) and 'Not healthy' (red background). Healthy items include fruits, vegetables, water, and exercise. Unhealthy items include sugary drinks, fast food, alcohol, and smoking.

Age and Stage appropriate

Phase 1 (from age 3)

- ▶ Growing up- how have we changed since babies?
- ▶ My body is changing- Understanding that change is natural. Where am I on the journey from young to old?
- ▶ Exploring life cycles (eg The Hungry Caterpillar)
- ▶ Boys and girls bodies- Appreciating the parts of our body that makes us different using the correct terminology. Which parts of me are private?
- ▶ Keeping our bodies safe.

Age and Stage appropriate

Phase 2 (from age 7)

- ▶ Recognising and respecting other people's identity and relationships.
- ▶ Understanding our bodies and how to keep them safe.
- ▶ Knowledge of how our organs develop as we grow up.
- ▶ Understanding the right for everyone to be free of harm.

Case Study School

Relationship and Sexuality Education with Y1 at Blaenymaes Primary, Swansea.

▶ <https://www.youtube.com/watch?v=wozJBEBphGs>

