

Relationships and Sexuality Education (RSE) at Danescourt Primary School

Phase 1: Nursery, Reception, Year 1, 2 and 3 (From Age 3)



Themes within RSE:

Violence,
safety and
support

Rights and
equity

Sexual health and
wellbeing

Bodies and body
image

Sex, gender and
sexuality

Relationships

These themes will be interwoven
into three learning strands:

Relationships
& Identity

Empowerment,
Safety &
Respect

Sexual Health
& Wellbeing



Relationships and Identity

Having an awareness of the diversity of families and relationships

The ability to act with kindness, empathy and compassion

An awareness of how to communicate wants and needs in relationships

Recognising their rights to be treated fairly, kindly and with respect

Recognising how people value different things and have different families, friends and communities

Developing a sense of themselves

Experiencing inclusive behaviours, languages and role modelling that shows respect for others, whatever their gender

In order to develop these skills, learners will take part in structured activities, circle times, Philosophy for Children and discussion. The Danescourt Tree is central to teaching children about fairness and respect in relationships. We will celebrate the diversity of the families in our school. We will begin to discuss gender equality by challenging misconceptions about the types of jobs our learners may have in the future. We will develop the ability to share, use respectful language and to be inclusive of others. We hope to develop an understanding of why healthy, strong and fair relationships are important to everyone's mental health and wellbeing.



Sexual Health and Wellbeing

Recognition that everyone's body is unique and special to them

An awareness of how human bodies change as they grow

An awareness of the human lifecycle

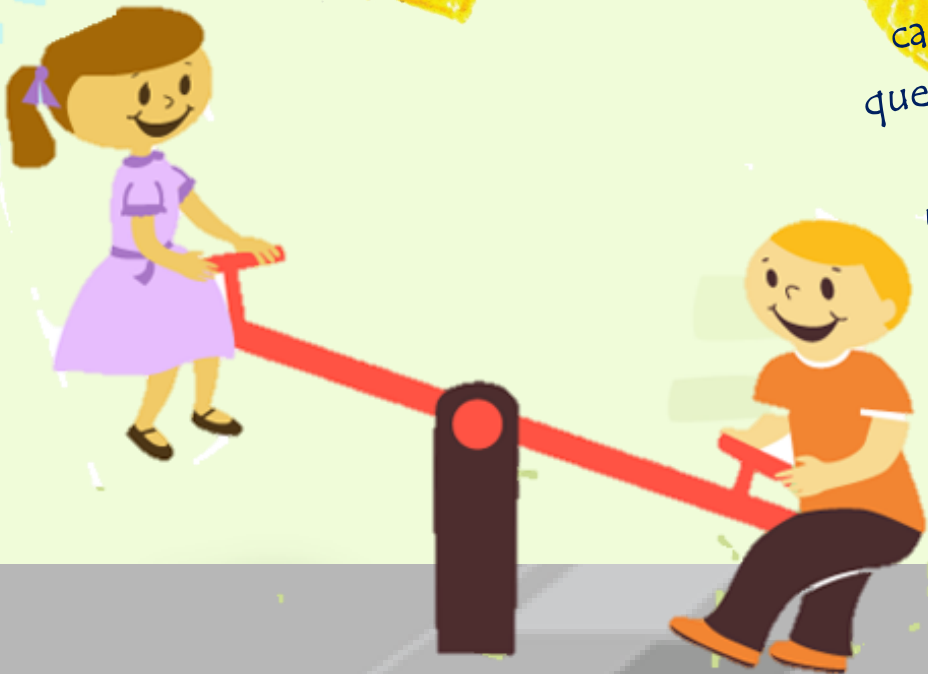
Recognising trusted adults who can help them and whom they can talk to and ask questions of, especially when they feel unhappy or unsafe

The use of accurate terminology for body parts

An awareness of the importance of personal self-care and hygiene

Awareness of the different feelings one can have, recognising other people's feelings and how these may differ to your own

We will talk about some of the changes that take place as we grow and pupils will gain an awareness of the human lifecycle. Learning will involve discussions about the human body using accurate and scientific terminology for the body parts. We will promote self-care through teaching about keeping clean e.g. washing, brushing teeth, getting dressed, and through Wellbeing Matters sessions, where we talk about strategies for mental, physical, social, emotional and spiritual wellbeing. We will ensure children know who their 'trusted adults' are, people they can talk to if they have worries, feel upset or unsafe in school and out.



Empowerment, Safety and Respect



An awareness of the need to seek agreement in order to share, for example toys

An awareness of everyone's right to privacy, personal boundaries and which parts of the body are private

Beginning to recognise that other people have thoughts, feelings and opinions that are different

Ability to interact with others in a way that is fair

Developing an understanding that everyone has a right to be safe and no one has the right to hurt someone else and learning that we should speak up for each other

Developing the ability to communicate if someone is touching them in a way that makes them feel uncomfortable

Laying the foundations of how to keep safe when using digital media, including sharing with a trusted adult when they feel uncomfortable or scared

Learners will be taught strategies to resolve conflict when disagreements arise and through this they will gain an insight into the feelings, thoughts and opinions of others and know that it is okay for these to be different from their own. The Danescourt Tree will enable learners to understand the importance of taking responsibility for our mistakes and empower them to restore any relationships that have been harmed. Digital Safety lessons will enable learners to make the right choices when using the internet so that they can stay safe. As a Gold Rights Respecting School, the Rights of the Child are explicitly taught and referenced throughout every aspect of our learning at Danescourt. We will talk about the right to feel safe, and aim to equip and empower children with the knowledge of how to do so. We will ensure that children understand that they have a right to privacy and personal boundaries. They will learn that some parts of the body are especially private in an appropriate way.

Resources

Discovery Education: Health and Relationships



We use the Discovery Education Health and Relationships Programme to support us in meeting these outcomes through dedicated lesson time, in addition to cross-curricular learning through assemblies, P4C sessions (Philosophy for Children), Rights Respecting Schools and through restorative practices (Tree Tops).

The programme lessons progress from year 1 to year 6 with activities and videos to make learning engaging and enjoyable for our pupils, as well as developing their learning and understanding in an age-appropriate way.

