

# Relationships and Sexuality Education (RSE) at Danescourt Primary School

Phase 2: Years 3, 4, 5 and 6 (From Age 7)



# 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

Knowing the characteristics and diversity of different families, friendships & peer relationships.

Understanding positive behaviours in relationships & what can happen when they break down.

Recognising and knowing how to safely respond to and challenge gender and sexual stereotypes and unfair behaviour.

Ability to form and maintain a range of equitable, respectful and kind relationships.

Recognising how people's relationships with others shape who they are and their happiness.

Understanding that effective communication, decision making, managing conflict and refusal skills are part of enduring your own and others rights in friendships and relationships.

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

Gender equality—recognising & valuing everyone's contributions.

An awareness of how identity can be expressed in different ways.

An awareness of how families, relationships & parenting are shaped by social & cultural norms & laws that have changed over time.

An awareness of how relationships & behaviours can be influenced by positive & negative social and cultural norms.

The Danescourt Tree is central to teaching our learners about respect: respect for each other, respect for their environment, respect for their teachers and, most importantly, respect for themselves. Through this they will learn about how to manage conflict and how to take responsibility for putting things right. We will explore the diversity of different families and celebrate our differences, with a growing understanding of what makes a relationship healthy or unhealthy. We will learn about gender equality and explore gender stereotypes. We will encourage our learners to be themselves and to be proud of who they are.



# Sexual Health and Wellbeing

Knowledge and understanding of how reproductive organs develop in the human body (fertility, process of reproduction including menstrual health and well-being.)

Recognising the process of pregnancy and birth.

The knowledge and skills needed to manage personal self-care and hygiene including the importance of menstrual well-being.

Awareness of how people can feel attracted to others as they mature and how this can lead to emotional and physical responses

An awareness that there are many different sources of information offline and online that help us learn about our bodies and affect how we feel about our body and other people's bodies.

The knowledge and understanding of how people experience significant physical, emotional, social and cognitive changes during puberty.

Be able to identify trustworthy sources of information and able to raise issues and questions with trusted adults.

Learners will be taught about changes that happen around puberty and how to deal with these changes, emotional and physical. They will learn how to navigate issues that may arise with the use of technology and social media and how what we see online can have a negative impact on how we feel about our bodies and other people's bodies. Learners will have opportunities to interrogate and evaluate online information for its validity. They will continue their learning about the diversity within relationships. At Year 6, learners will use appropriate language to learn about pregnancy and birth in a scientific context. All resources are carefully selected and are age appropriate.



# Empowerment, Safety and Respect



Understanding of the importance of fair treatment for all and of respect in all interpersonal interactions offline and online.

Recognising the value of non-discriminatory behaviours and when and how to take safe action to respond to and challenge discriminatory behaviours.

Understanding of the right for everyone to be free from harm or abuse.

How to seek support for oneself, and offer support to others by being a good friend and advocate.

An awareness and understanding of different kinds of harmful or abusive behaviours and how they may be perceived by others both offline and online.

An awareness of the benefits and dangers of the internet and social media in forming friendships online.

Exploring the motives behind fabricated and digitally altered media.

Understanding of the right to bodily privacy, personal boundaries including online.

Empowerment, safety and respect continued overleaf...

# Empowerment, Safety and Respect

Developing the skills to build consensual behaviours and relationships and how to safely respond, challenge and report non-consensual behaviours and relationships offline and online.

Understanding the social and emotional norms and pressures that lead to non-consensual behaviours, friendships and relationships, for example, gender norms.

Know how and when digital media can be shared safely, with permission and when it can be a source of harm.

Awareness of laws in place to protect from different forms of discrimination, violence, abuse, neglect and harassment.

Exploring the motives behind fabricated and digitally altered media.



Understanding the need to keep safe both offline and online, by recognising steps to protect themselves and the importance of sharing with trusted adults where something is seen that shouldn't have been, or is upsetting or uncomfortable.

We will continue to teach strategies to resolve conflict when disagreements arise and through this learners will gain an insight into the feelings and opinions of others, including those who may face discrimination. Learners will be taught to safely challenge such discrimination and know that everyone has the right to be free from harm. As a Gold Rights Respecting School, the Rights of the Child are explicitly taught and referenced throughout every aspect of our learning at Danescourt. The Danescourt Tree seeks to enable learners to understand the importance of taking responsibility for their mistakes and to empower them to restore any relationships that have been harmed during conflict. Digital Safety lessons will enable learners to make the right choices when using the internet so that they can stay safe. 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, and that some parts of the body are especially private.

# 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.

