



**Appendix 3 - Guide to the Lessons that Relate to Sex Education within the RSHE Curriculum for Parents & Carers**

RSHE is statutory for all children and it is important that all children take part in the lessons. The table below shows topics that build up the knowledge children will need to access the Sex Education lessons in Year 6.

The Government have made RSHE content statutory and therefore parents cannot withdraw their child from these lessons. The only aspect parents have the right to withdraw their children from is sex education.

Within the Kapow Primary lessons, these would be:

**Year 6 > Safety and the changing body: Conception**

**Year 6 > Safety and the changing body: Pregnancy**

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<b>Same sex relationships</b>	<p><b>What is Family?</b> Families from pupils' own experiences. Same sex not specifically included if it is not raised by the children.</p>	<p><b>Families offer stability and love</b> Different types of families. Same sex not specifically included but may arise as part of the discussion.</p>	<p><b>Healthy families</b> Different types of families, including same sex parents.</p>	<p><b>Families in the wider world</b> Different types of family round the world. Same sex not specifically included but could be part of the discussion.</p>	<p><b>Marriage</b> Includes same sex marriage</p> <p><b>Family life</b> Different family set ups (same sex parents) and dealing with problems.</p>	<p><b>Pregnancy and birth</b> Touches on same sex couples having children.</p> <p><b>Emotional Changes in Puberty</b> Attraction- including to somebody of the same sex.</p>
<b>Alcohol and tobacco</b>	<p><b>Safety with substances</b> What is and is not safe to go in or on the body - including medicines.</p>	<p><b>Staying safe with medicines</b></p>	<p><b>Making Choices</b> Independent choices</p> <p><b>Influences</b> Making choices and recognising influences.</p>	<p><b>Tobacco</b> The risks of smoking</p>	<p><b>Making decisions</b> The influence others may have.</p>	<p><b>Alcohol</b> The risks of alcohol</p>

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<b>Body parts</b>	<b>Appropriate contact</b> Introducing acceptable and unacceptable touch	<b>My body private parts</b>	<b>Appropriate contact</b>	<b>Introducing puberty</b> Vocabulary introduced: Vagina, penis, testicles.breasts, genitals.	<b>Puberty</b>	<b>Physical and emotional changes in puberty</b>  Vocabulary introduced: Internal and external reproductive parts
<b>Menstruation</b>					<b>Menstruation</b> The menstrual cycle and dealing with periods	<b>Conception</b> Includes revision of menstruation from Y5
<b>Puberty</b>				<b>Growing up</b> Changes from birth to adulthood  <b>Introducing puberty</b> Physical changes during puberty.	<b>Puberty</b> Physical changes	<b>Physical and emotional changes in puberty</b> Changes that happen during puberty.  <b>Emotional Changes in puberty</b>
<b>Conception and pregnancy</b>						<b>Conception</b> Intercourse  <b>Pregnancy and birth</b> How a baby develops.

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Digital safety			<b>Be kind online</b> Responsible digital citizenship  Cyberbullying Recognising unkind behaviour online.  <b>Fake emails</b> Recognising when an email might be fake.	<b>Internet safety age restrictions</b> Age restriction related to social media and gaming.  <b>Share aware</b> Benefits and risks of sharing information online.  <b>Consuming information online</b> How information is ranked, selected and targeted.	<b>Online friendships</b> Issues related to online relationships.  <b>Staying safe online</b> How to stay safe online.	<b>Social media</b> Online relationships

In terms of RSHE, it is important that teaching meets the needs of all children in school and fosters good relationships between groups. The theme of equality is included throughout our content.

One area which has caused concern for some schools is the teaching about same sex relationships. This is covered as one of the protected characteristics of the Equality Act and should be included. At Primary level it is statutory to teach about different types of families and this would include those with same sex parents. In line with good practice these themes are included within our lessons and are not standalone units. For example, in the lesson about families, same sex parents are included alongside other types of family and in the lesson on marriage same sex marriage is covered.

### The Equality Act

Same sex relationships are also addressed within our puberty lessons, as children learn about the emotional changes they will go through.

In Year 6, includes information on how they may begin to feel attracted to other people of the same sex, or both the same sex and the opposite sex.