

Primary Parents and Carers Consultation Workshop

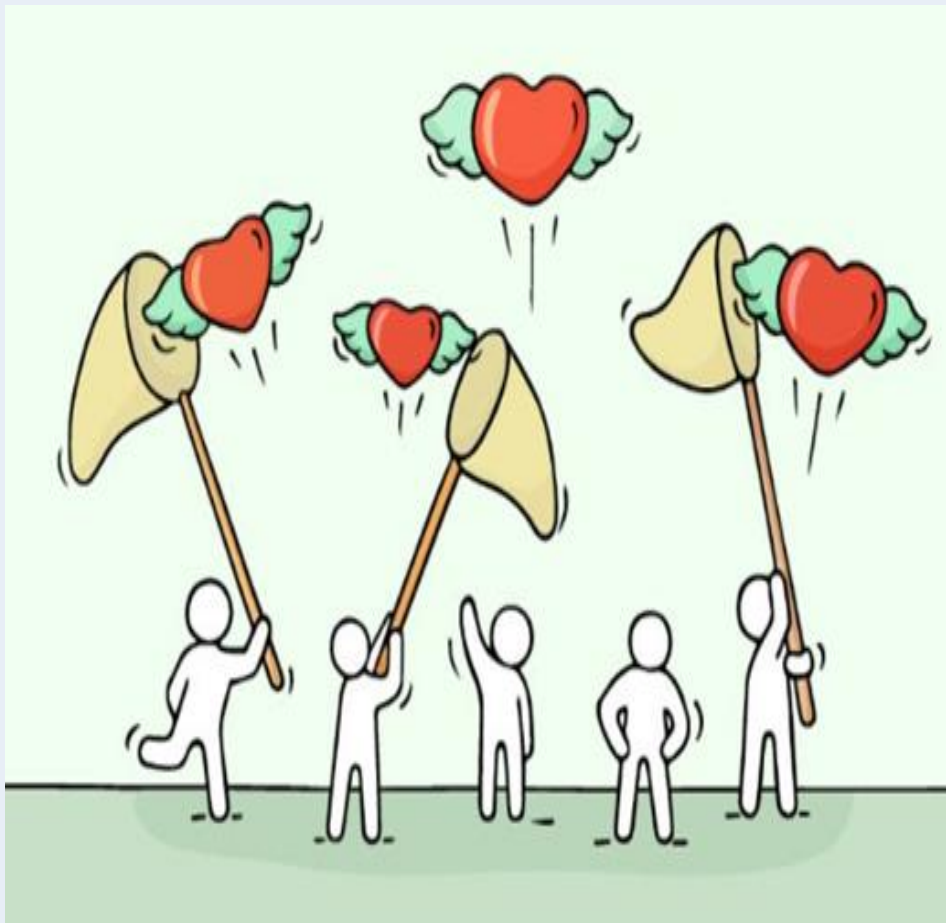


The following presentation is in place of the Parent forum meeting originally scheduled for March 31st 2020.

There has been a legal change and our school wants to use this to review and develop the PSHE curriculum and policy in partnership with parents and carers. We will use the following terms throughout this presentation:

PSHE - Personal, Social and Health education

RSHE- Relationships, Sex and Health education



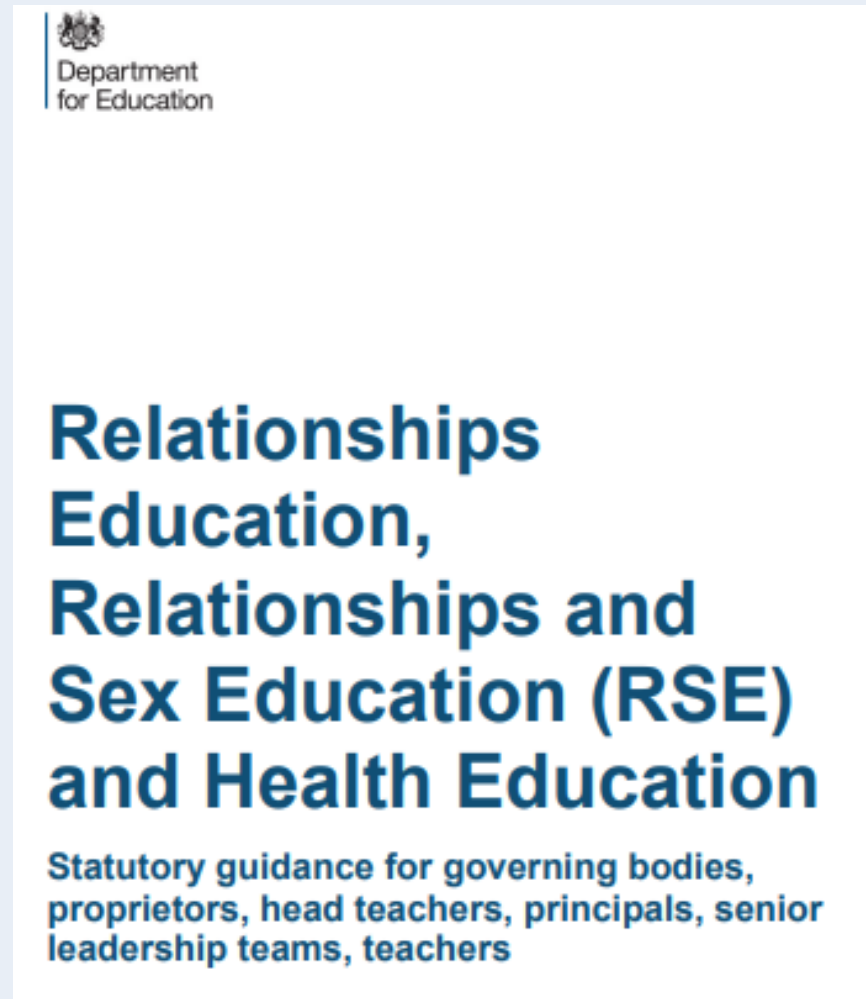
Aims and Objectives

- For parents and carers to find out about more about the statutory guidance regarding PSHE / RSHE here at Balfour
- An opportunity to share your views, ask questions and share any concerns via email.

Preparing for statutory PSHE/RSHE



We have received new government guidance on RSHE education which means schools will be required to teach this subject by law from September 2020. We teach RSHE through our PSHE lessons. We are currently reviewing this policy and will consult with parents to enable their views to be taken into account.



What does PSHE contribute?

Personal, Social, Health and Economic (PSHE) education is a school subject through which pupils develop the knowledge, skills and attributes they need to manage their lives, now and in the future. These skills and attributes help pupils to stay healthy, safe and prepare them for life and work in modern Britain. When taught well, PSHE education helps pupils to achieve their academic potential, and leave school equipped with skills they will need throughout later life.

The PSHE Association definition of PSHE education

Importance of PSHE / RSHE

Here are some quotes from children which explain why PSHE is important to them:

- In case you need to talk to someone about your private/personal parts and you don't know the real names
- You might think you're the only one going through this [if you didn't have these lessons]
- It keeps you safe so you don't get scared and you are ready to go through puberty



Relationship and Sex Education



...happier,
healthier, and
safer lives,
now and in the
future.

PSHE curriculum

Relationships Education (KS1 & 2)

- Families and people who care for me
- Caring friendships
- Respectful relationships
- Online relationships
- Being safe

The UK Government has now made aspects of this subject **statutory** such as the changing adolescent body.

Health Education (KS1 - 4)

- Mental wellbeing
- Internet safety and harms
- Physical health and fitness
- Healthy eating
- Drugs, alcohol and tobacco
- Health and prevention
- Basic first aid
- **Changing adolescent body**



2010 Equality Act : Public duty on schools:

All sections of our community must feel included and able to join in

RSE will put in place the building blocks needed for positive and safe relationships, including with family, friends and online. Your child will learn what a relationship is, what friendship is, what family means and who can support them. In an age-appropriate way, we will cover how to treat each other with kindness, consideration and respect.



National Curriculum Science

Key Stage 1	Key Stage 2
<p>Pupils should be taught to:</p> <ul style="list-style-type: none">• identify, name, draw and label the basic parts of the human body.• notice that animals, including humans, have offspring which grow into adults.• describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene.	<p>Pupils should be taught to:</p> <ul style="list-style-type: none">• describe the differences in the life cycles of a mammal, an amphibian, an insect and a bird• describe the life process of reproduction in some plants and animals• describe the changes as humans develop to old age.• recognise the impact of diet, exercise, drugs and lifestyle on the way their bodies function...• recognise that living things produce offspring of the same kind...

The science curriculum in all maintained schools also includes content on human development, including reproduction, which there is no right to withdraw from.

In Brighton and Hove schools our current PSHE curriculum meets much of the guidance already with strengths in Relationships Education

- Relationship and Sex Education
- Family diversity
- Gender equality
- LGBT inclusivity
- Caring and respectful friendships both face to face and online



Face to face and online friendships



Read the online friendship cards. Sort them into three piles.

Agree, Disagree and Not sure



It is easier to talk to people online about things that you might find harder to say to people face-to-face. It's easier to stay in touch online. If you need information or advice, there are a lot more people online who might be able to help you. Some people get upset if you haven't liked their photo.

Relationship and Sex Education

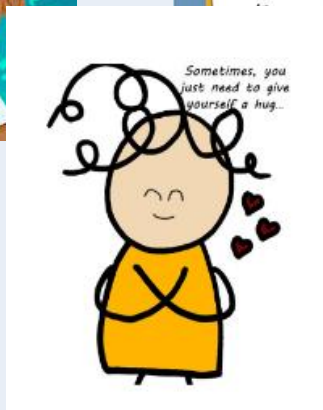
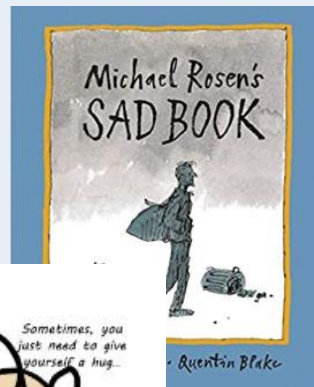


...happier, healthier, and safer lives, now and in the future.



#ANTIBULLYINGWEEK

Strengths in physical health & mental wellbeing:

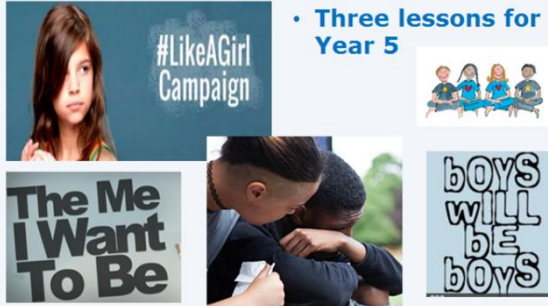


Other key aspects of PSHE education:

Drugs, alcohol and tobacco lessons, positive healthy choices, importance of mental health, resilience (via SEAL), asking for help, Loss & Bereavement, critical thinking (body image and media awareness)

PSHE and the Equality Act

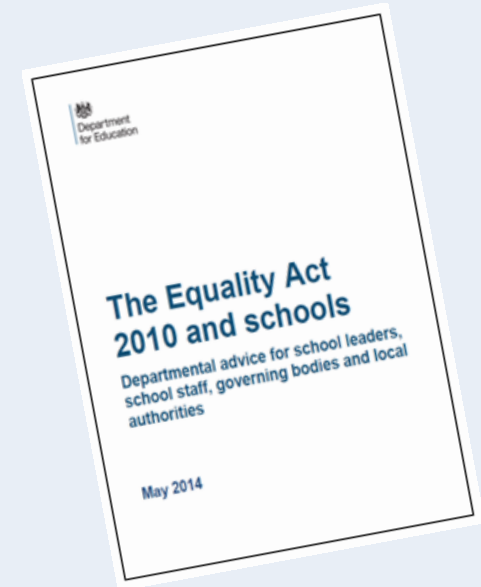
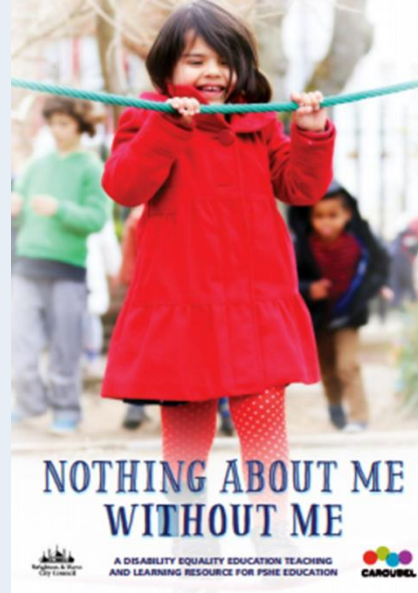
Like a child



• Three lessons for Year 5



BOYS
WILL
BE
BOYS



Gypsy Roma Traveller Equality Education



Lesson 1

PSHE
Kushti
Atchin Tan
Good Stopping
place:
Gypsy Roma



The Equality Act 2010



Good practice in PSHE

- Here at Balfour we provide one hour per week as part of a planned programme that is continually reviewed and developed. This may be a weekly lesson or blocked and linked to a topic.
- We have an ongoing commitment to Teacher training and receive support from the local authority
- There is a focus on keeping children safe now and in the future and building healthy relationships
- We seek to develop safe learning environments where all children feel that their opinions are valued and respected. We use 'working agreements' in class
- We aim to engage and consult with pupils and parents and carers so that our curriculum meets needs
- We are inclusive of diversity (disability, sexual orientation, gender identity, faith and culture for example) and ensure lessons are accessible to all.

What do children learn in PSHE?



Pupils should know:

That families come in all shapes and sizes including LGBT families; families are important because they can give care, security and love; that marriage (or civil partnership) represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong.

Pupils should know:

Friendships & relationships are important for making feel happy, trusting and secure; understand what positive friendships look like; most friendships have ups and downs, and these need to be worked through peacefully

Pupils should know:

the importance of self-respect and how this links to your wellbeing; The importance of equality and respecting others even when different from them physically, in personality, in preferences or beliefs;

Pupils should know:

To recognise bullying behaviour; to understand that bullying behaviour has a negative and lasting effect on mental wellbeing; and know how to get help for yourself or others

Pupils should know:

What a stereotype is, and how these can be unfair negative or destructive; learn about discrimination and prejudice including gender stereotyping, misogyny, racism, homophobia and how to safely challenge this

Pupils should know:

understand the same principles of respect for others apply online; critically consider their online friendships and sources of information; how to recognise risk, harmful content and how to get help

Pupils should know:

Understand their body belongs to them (consent) and the difference between safe and unsafe contact including abuse; to understand safe and unsafe secrets (including online); to understand when and

Pupils should know:

Mental wellbeing is a normal part of daily life in the same way as physical health; there is a normal range and scale of emotions in response to everyday life; to recognise and talk about their

Pupils should know:

Some simple self-care techniques including physical exercise, a balanced diet, time outdoors, rest, connecting with friends, family and community; benefits of hobbies and interests

Pupils should know about safe and unsafe touch



Pupils should know about Talking about feelings



Pupils should know about Looking after your body and mind



Pupils should know about About getting help when you are feeling down



Pupils should know about Limiting screen time



Pupils should know about Drugs and alcohol safety



Pupils should know about Keeping clean and healthy



Pupils should know about Puberty changes



Pupils should know about Naming body parts and how babies are made (Nat. Curr. Science)



- Sex education is not compulsory at primary schools but many primary schools may choose to teach some aspects of age-appropriate sex education
- However, the Department continues to recommend that all primary schools should have a sex education programme tailored to the age and the physical and emotional maturity of the pupils
- Where schools choose to teach sex education at primary, schools must consult parents about policy and content in this area
- Parents have a right to withdraw their child from sex education at primary (but not from the national curriculum for science)
- The content set out in the statutory guidance for Relationships Education is compulsory and does not carry any right to withdraw

Opportunities to teach safeguarding

85. Governing bodies and proprietors should ensure that children are taught about safeguarding, including online safety. Schools should consider this as part of providing a broad and balanced curriculum.

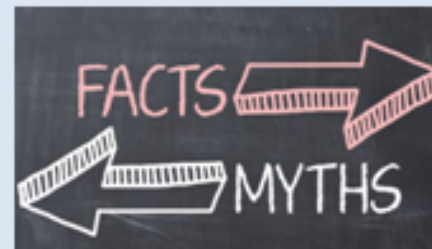
86. This may include covering relevant issues through Relationships Education and Relationships and Sex Education (formerly known as Sex and Relationship Education), tutorials (in colleges) and/or where delivered, through Personal, Social, Health and Economic (PSHE) education.

Taken from
DfE 'Keeping
children safe
in Education'
& National
Curriculum
Science

Key Stage 1	Key Stage 2
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Rationale for including Sex Education

- Children's right to understand their bodies
- Confusing to learn about puberty or reproduction without explaining sexual intercourse
- Safety- robust research to show the importance of children's understanding of their bodies and what sex is to help protect them
- They know much already which may include myths and misconceptions



B&H RSE- Sex Ed bits

• Y2 Lesson 1 slide 26

Why do all animals including humans, have male and female body parts?



- These male and female parts are needed to make babies.
- Some people when, they are grown up, may choose to have a baby.



- In humans, to make a baby you need a sperm from a grown up male body and an egg from a grown up female body.

• Y4 Lesson 4



How do babies begin?



- With a partner visit the different pictures in the room.
- What do you think?
- Why are there these stories about how babies are made?
- Why do you think it is important to know how babies really start?



• Y6 Lesson 2



Relationship and Sex Education



Year 6 Learning journey

- What do you know about the changes at puberty for most girls and most boys?
- What is body image?
- When do friendships feel positive online and face to face?
- What is safe to share online?
- How do human babies start and how are they born?

Some examples of Sex Education lessons in Key stages 1 and 2



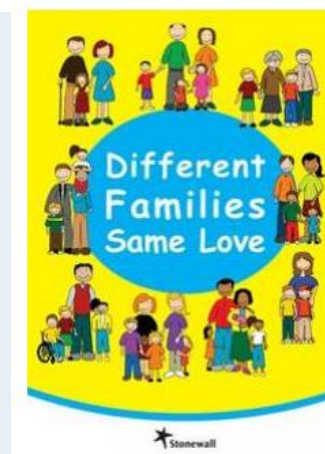
Parental right to withdraw

From September 2020

- Parents can request withdrawal from sex education at primary and secondary (other than those aspects which are part of the science curriculum), up to and until three terms before the age of 16.
- Where pupils are withdrawn from sex education, schools should document the process and will have to '*ensure that the pupil receives appropriate, purposeful education during the period of withdrawal.*'
- **No right to withdraw from Relationships Education or Health Education**
- **No right to withdraw from any aspect of National Curriculum for Science (maintained schools)**

- Pupils should be taught about the society in which they are growing up and the law on relationships
- All pupils will be taught to understand, value and respect the diversity they will encounter
- Pupils should receive teaching on LGBT relationships during their school years – secondary schools should include LGBT content
- Primary schools are enabled and strongly encouraged to cover LGBT content. This would be delivered, for example, through teaching about different types of family. *(For example see para 59 and page 20 of the statutory guidance)*

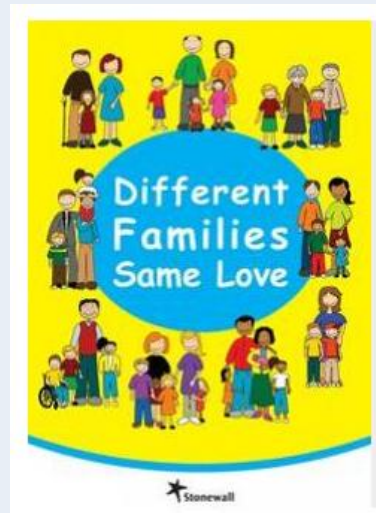
The right moment to teach this, seems on entry to school, in order to ensure ALL our families feel welcome, including and a sense of belonging.





The DfE makes it clear that school should be teaching inclusivity through looking at family diversity at a primary level. This will be done through picture books , discussion and includes all type of families, including marriage and civil partnerships. This is part of **statutory** relationships education.

Different Families



Diversity and equality are a matter of fact and a matter of law and learning about equality and diversity is not optional

Source: Paul Whiteman, general secretary of the NAHT, quoted in press statement, Department for Education, 25th June 2019

Any questions?



We hope you have found this information helpful. Please get in touch with any questions you may have around our RSHE and PSHE curriculum.

Opportunities to find out more



Further questions can be emailed to the Deputy Headteacher:

dawnloader@balfour.brighton-hove.sch.uk

and PSHE Coordinators

juliestingone@balfour.brighton-hove.sch.uk

Parent/carers will be offered the opportunity to join a meeting to read through and comment on the PSHE Policy.

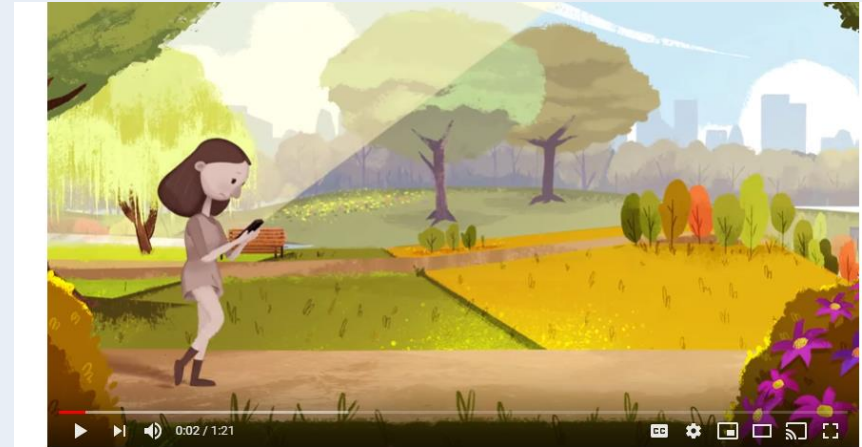
Resources will be added to the school website according to year groups.



Film clips



<https://lovehasnolabels.com/about/skeletons>



What are the 5 Ways to Wellbeing?

<https://www.bing.com/videos/search?q=youtube+5+ways+to+wellbeing&docid=607993727478795485&mid=9B96A75AB0CACEBB56669B96A75AB0CACEBB5666&view=detail&FORM=VIRE>