

Information sheet for PSHE Champions (Term 6- SRE)

Why are the SRE lessons organised in this way?

The SRE lessons include some of the more challenging objectives in RSE. The lessons focus on keeping children safe, changing adolescent bodies (puberty) and sex education. Schools like to approach these objectives in different ways, which is why I have not included these sessions in the main curriculum or the journal.

There are three lessons for each year group. For EYFS and Year 1, the lessons follow the same story format (Percy and Sharday) as the rest of PSHE programme. The rest of the lessons (Y2-Y6) contain activities, stories and discussion questions, but **do not** include an opportunity to journal. Lessons are therefore shorter in length (25-30 mins) than the rest of the programme.

What are the specific documents available for PSHE Champions?

The following documents ensure that coverage is in line with statutory expectations. I have also followed the guidance from May 2024 and will adapt the content for 2025/26 if there are any changes.

1. PSHE objective sheet – including health, wellbeing and sex education
2. Overview of extra three sessions (SRE) and learning intentions
3. Withdrawal information for parents
4. FAQs Sheet about RSHE

I heard that consulting with parents/carers is important. How do we do this?

Schools do this in different ways. Some send out a letter with the overview while others invite parents to see and discuss the content. It is vital that parents/carers recognise that these extra three sessions are taking place and have the opportunity to ask questions about any of the content. If there are any parents/carers who want to withdraw their pupils then it is worth recording this along with the reason.

What are the issues most discussed in these SRE lessons?

Sex Education:

A sex education programme in primary schools is not mandatory but is recommended. There are two lessons in the curriculum that reference reproduction (Y5 L2 and Y6 L1) – it is worth looking closely at these lessons to ensure that you are prepared for any questions from staff members or parents. Both lessons are factual and closely linked with the objectives in science.

Menstruation:

The guidance states that it is important to introduce all pupils to the idea of puberty before they actually experience the physical changes. Puberty typically begins between the ages of 8 – 14, which is why the first menstruation lesson is in Year 4.

Other elements of puberty:

All of the content taught about puberty is in line with the health element of 'changing adolescent bodies'. Content has been carefully planned so that pupils have the awareness and tools to manage age-related changes. For example – menstruation is taught in Year 4 and wet dreams is referenced in Year 5.

Vocabulary:

In Year 1, pupils are introduced to the accurate names for private body parts, including "penis" and "vulva". This practice enables pupils to communicate about their bodies with confidence and to feel comfortable discussing them with trusted adults.

Lessons that could be triggering for individual pupils:

Although all content is in line with guidance, there are some lessons that could be challenging for individual pupils. Some schools create a document to ensure that those pupils are recognised and withdrawn from lessons if past trauma has been experienced.

Below is a list and description of lessons that might require intervention:

- In EYFS (lesson two) Percy is asked to take down his underpants by other boys. This leads to Miss Willis explaining the Let's Talk Privates poster. Lesson three involves inappropriate touch and leads to pupils discussing what is OK and what is not OK.
- Year 1 lesson 1 includes Nurse Leo talking about body parts (penis and vulva) and why they should be kept private.
- Year 2 lesson 2 introduces the idea that types of touch are acceptable (or unacceptable) depending on who it is. Pupils complete an activity where they are given the type of touch and person and decide whether it is acceptable or not.
- Year 3 lesson 2 includes a story where a child (David) is the victim of inappropriate touching.
- Year 4 lesson 1 introduces menstruation. Sanitary towels and tampons are referenced in year 4 lesson 3.
- Year 5 lesson 1 includes vocabulary like scrotum, testicles and pubic hair as part of the lesson on puberty.
- Year 5 lesson 2 – sex education lesson (puberty and reproduction)
- Year 5 lesson 3 – raises how discrimination is harmful and includes a story about a boy raised in a same-sex family.
- Year 6 lesson 1 – sex education lesson (sexual intercourse leads to reproduction)
- Year 6 lesson 2 – reference to sexual harassment and influential influencers who are pushing misogyny
- Year 6 lesson 3 – body image and self-esteem