

RSE OBJECTIVES:

It is the aim of St Michael's Middle School, the Initio Trust, the Local Authority and the Government to ensure that children are well versed with this area of their education. It is felt, through evidence, that the children who have a greater understanding can make positive choices in the future. The purpose of Relationship and Sex Education (RSE) is to provide knowledge and understanding of how the human body changes during puberty and the processes of human reproduction, within the context of relationships based on love and respect. It should develop understanding and attitudes which will help pupils to form relationships in a responsible and healthy manner and to appreciate the value of stable family life, including the responsibilities of parenthood and marriage.

The RSE programme has been developed through collaboration across the Initio Trust (formerly the Wimborne Academy Trust), using guidance from the National Curriculum, Ofsted and the PSHE Association. All teaching materials are appropriate to the age and emotional maturity of the pupils and the teachers will aim to present the programme in an objective, balanced and sensitive manner.

KS2 RSE Objectives.

Year 5

Year 5 - Friendships. AUTUMN 1

- Recognise when a friendship is unhealthy.
- Understand that most friendships have ups and downs.
- Understand that problems with friends can often be worked through so that the friendship is repaired or even strengthened.
- Recognise that roles people take in different groups change eg leader, follower.
- Understand the roles they take on in different situations.
- Use negotiation to resolve disputes and conflict.
- Use compromise and alternatives to resolve disputes and conflict.
- Give helpful feedback and support to others.

Year 5 - Relationships and puberty. SUMMER 1

- Know that puberty occurs at different times for different people and explain why.
- Know about the menstrual cycle.
- Know the emotional changes that take place at puberty.
- Know that during puberty certain parts of the body need to be kept clean.

- Know which products to buy to keep clean.
- Know about different types of relationships (friends, families, couples, marriage, civil partnerships, same sex).
- Know age restrictions for marriage and civil partnership.
- Use terms vulva, vagina, penis and testicles accurately.
- Know about wet dreams (boys only).
- Know about different feelings and emotions during puberty e.g crushes.
- Understanding relationships are personal and there is no need to feel pressured to have a boyfriend/girlfriend.
- Label male and female body parts including reproductive organs.
- Understanding feelings will include highs and low.
- Know about the correct use of the terms sex, gender identity and sexual orientation.

Year 6

Year 6 - Respect. AUTUMN 1

- Know about times when it is appropriate and necessary to break a confidence
- know what makes a positive, healthy relationship (eg as in friendships)
- know that mutual respect is important in all relationships
- Know self-respect is important and links to happiness
- Know principles of respect apply online as well as face-to-face
- Know practical steps they can take in a range of different contexts to improve or support respectful relationships.

Year 6 - Relationships. SUMMER 1

- Know age restrictions for sexual intercourse
- Know that a baby depends on an adult to meet its basic needs
- Know that a baby's needs include the emotional and financial
- Know about committed loving relationships (including marriage and civil partnership)
- Know that marriage, arranged marriage and civil partnership is between two people who willingly agree
- Make the link between changes at puberty, sexual intercourse and the start of a baby
- Know that marriage and civil partnership are intended to be lifelong

KS3 RSE Objectives

Year 7

Year 7 - Building Relationships. AUTUMN 1

- Qualities and behaviours relating to different types of positive relationships.
- Consent and how to seek and assertively communicate consent.
- Recognise unhealthy relationships.
- How to recognise and challenge media stereotypes.
- How to evaluate expectations for romantic relationships.
- Explain how to develop self-worth and self-efficacy.

Year 7 - Health and Puberty. SUMMER 1

- How to manage physical and emotional changes during puberty
- To learn how to make independent, informed decisions about maintaining physical health
- The importance of period positivity (to combat period shaming).
- How to manage and maintain, good oral hygiene and dental health
- Know strategies for, maintaining a balance between school and home activities
- To learn about different influences on someone's diet and exercise choices

Year 8

Year 8 - Identity and Relationships. SUMMER 1

- Know that harmful practices (such as FGM and forced marriage) are in contradiction with human rights.
- Know that harmful practices (such as FGM and forced marriage) are against British law (illegal).
- The risks of 'sexting' and how to manage requests or pressure to send an image.
- How to recognise, respond to and seek help for grooming in different forms.
- I can recognise that there are multiple gender identities and sexual orientations.
- That the legal and moral duty is with the seeker of consent.
- Know that to force anyone into marriage (forced marriage) is illegal.
- Basic forms of contraception, e.g. condom and pill.