



The mindful approach to PSHE



Henbury View First School
Relationships & Sex Education (RSE) 2025

Personal, Social, Health and Economic education

PSHE is defined as:

...a planned programme of learning through which children and young people acquire the knowledge, understanding and skills they need to manage their lives, now and in the future.



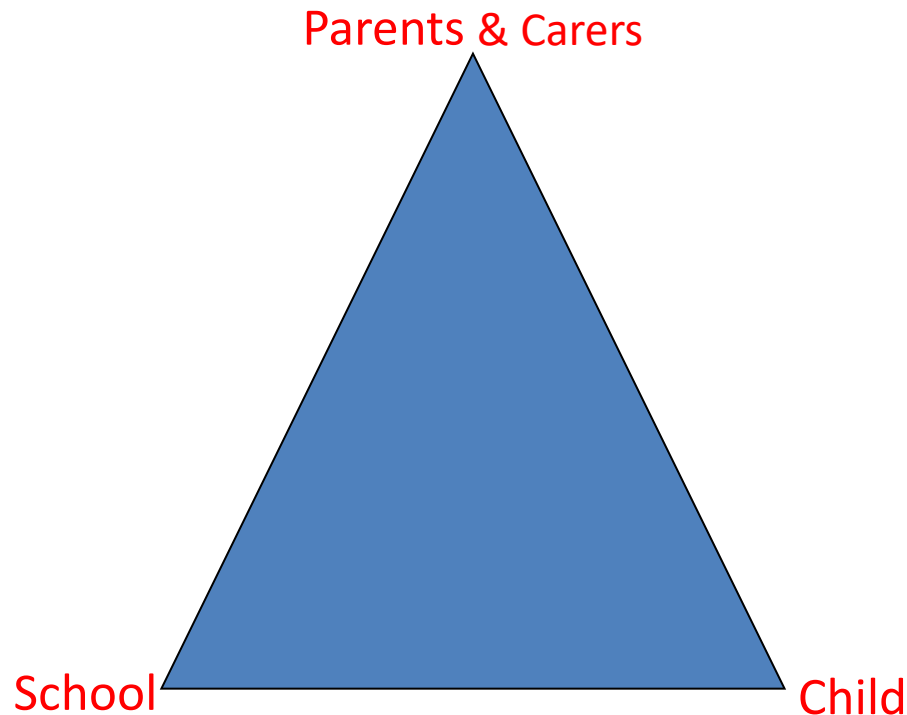
Starting point:

Most parents want the best for their children.

Most parents want to protect their children and to keep them safe.

Most parents want their children to be healthy and happy.

Schools do too..... Relationships & Sex Education (RSE) is part of this.





What is Relationships & Sex Education?

It is lifelong learning about physical, moral and emotional development. It is about the understanding of the importance of family life, stable and loving relationships, respect, love and care. It is also about the teaching of sex, sexuality, and sexual health. It is not about the promotion of sexual activity – this would be inappropriate teaching.

The 4 main aims for RSE in Primary Schools:

1. To enable young people to understand and respect their bodies, and be able to cope with the changes puberty brings (without fear)
2. To understand where babies come from
3. To help young people develop positive and healthy relationships appropriate to their age, development etc (respect for self and others)
4. To support young people to have positive self and body-image, and to understand the influences and pressures around them (to be themselves)



Relationships Education

- The focus at Henbury is on teaching the fundamental building blocks and characteristics of positive relationships with particular reference to friendships, family relationships and relationships with other children and adults.
- This will create opportunities to ensure children are taught about positive emotional and mental wellbeing and how friendships can impact on this.
- Children will also be taught to recognise and report different types of abuse, including emotional, physical and sexual. This will include focusing on boundaries and privacy so that children understand that they have rights over their own bodies and know how to seek advice when they suspect or know something is wrong.

Sex Education

- At Henbury we tailor our teaching to take in account the age, physical maturity and SEND requirements of all our pupils.
- From 2020, Relationships Education is compulsory in all primary schools in England. However, parents have the right to request their child be withdrawn from some or all of the Sex Education that is being delivered. If you decide to withdraw your child from the Sex Education lessons then this must be in writing via email to your child's class teacher office@henburyview.dorset.sch.uk
- At Henbury, we strongly recommend that all pupils are involved with Sex Education lessons.



Where do children now learn about Relationships & Sex Education?

- Parents/Carers
- Friends
- School Lessons
- Playground
- Magazines
- Television
- Internet
- Mobile Phones

What would be your preferred options?



Ground Rules for RSE

- G** Giggling is okay!
- R** Respect what others say; no put-downs.
- O** Okay to pass on a question or activity if something feels too private.
- U** Understand others' feelings, be sensitive, listen and respect their differences.
- N** No personal questions or stories from pupils or teachers.
- D** Discuss puberty topics responsibly outside the classroom.
- R** Remember to ask questions if you are unsure about anything.
- U** Use the correct names for body parts - ask if you can't remember.
- L** Let the teacher know if you want to speak to them privately.
- E** Encourage others to participate and get involved.
- S** Speak for yourself; use 'I' statements and don't refer to others by name or by pointing.





Summary

Foundation – growing up – how we have changed since we were babies

Year 1 – Boys' and Girls' bodies; body parts

Year 2 – Boys' and Girls' bodies; body parts and respecting privacy

Year 3 – How babies grow and how boys' and girls' bodies change as we grow older

Year 4 – Reproductive body parts, body changes in girls and menstruation





The full Jigsaw Picture – Year 1

Piece (lesson)	RSHE guidance reference	PSHE Learning Intentions	Social and Emotional Skills Learning Intentions
1. Life cycles	R1, R6	I can recognise cycles of life in nature	I understand that changes happen as we grow and that this is OK
2. Changing Me	R12	I can tell you some things about me that have changed and some things about me that have stayed the same	I know that changes are OK and that sometimes they will happen whether I want them to or not
3. My Changing Body		I can tell you how my body has changed since I was a baby	I understand that growing up is natural and that everybody grows at different rates
4. Boys' and Girls' Bodies	R19, R25, R26, R27, R29, H34	I can identify the parts of the body that make boys different to girls and can use the correct names for these: penis, testicles, vagina, vulva, anus	I respect my body and understand which parts are private
5. Learning and Growing Puzzle Outcome: Piece 5 Flowers	R15	I understand that every time I learn something new I change a little bit	I enjoy learning new things
6. Coping with Changes Assessment Opportunity	R32, H2, H3	I can tell you about changes that have happened in my life	I know some ways to cope with changes





If you have further questions please do not hesitate to get in contact.