

RELATIONSHIPS, HEALTH, SEX EDUCATION

Next half term, we will be teaching Relationships, Health, Sex Education through our Changing Me unit in our Jigsaw lessons. Children will be taught at an age appropriate level.

WHY Teach Relationships, Health, Sex Education?

- To enable young people to **understand and respect their bodies**, and be able to cope with the **changes puberty** brings, without fear or confusion
- To help young people **develop positive and healthy relationships** appropriate to their age, development etc. (respect for self and others)
- To support young people to have **positive self-esteem and body image**, and to understand the influences and pressures around them
- To empower them to **be safe** and safeguarded

The **Changing Me Puzzle** is all about coping positively with change and includes:

Ages 3-5 Growing up: how we have changed since we were babies.

Ages 5-6 Boys' and girls' bodies; correct names for body parts.

Ages 6-7 Boys' and girls' bodies; body parts and respecting privacy (which parts of the body are private and why this is).

Ages 7-8 How babies grow and how boys' and girls' bodies change as they grow older. Introduction to puberty and menstruation.

Ages 8-9 Internal and external reproductive body parts. Recap about puberty and menstruation. Conception explained in simple terms.

Ages 9-10 Puberty for boys and girls in more detail including the social and emotional aspects of becoming an adolescent. Conception explained in simple biological terms.

Ages 10-11 Puberty for boys and girls revisited. Understanding conception to the birth of a baby. Becoming a teenager.

OUR RSE POLICY

<https://jigsawliverstcmsuk.blob.core.windows.net/umbraco-media/atgbleek/rshe-a-guide-for-parents-and-carers-leaflet-2020.pdf>

THE JIGSAW PARENT LEAFLET

<https://www.jigsawpshe.com/wp-content/uploads/2019/06/RSE-Guide-for-Parents-and-Carers-leaflet-2019-2020.pdf>

If you would like further information and the opportunity to chat to your child's class teacher about the content they will be teaching you can pop in at 3.30pm on 25th May.