

Personal Development & Relationships and Sexuality Education

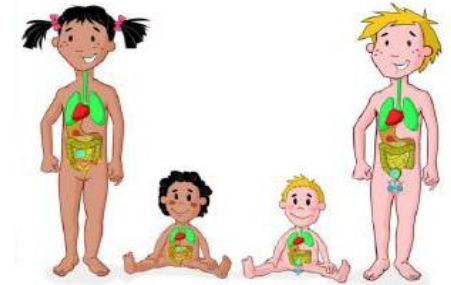
Information for Parents

The Governors at Ysgol Y Faenol are aware that Personal Development & Relationships and Sexuality Education is to be taught as a statutory part of the curriculum. We need to help all of our young people to excel in all aspects of life, so they grow into adults who are healthy, confident individuals. Education should encourage and support young people to respect themselves and others, to value diversity, and give them the ability to build healthy, respectful relationships. The new curriculum starting in September 2022 will include developmentally appropriate Relationships and Sexuality Education (RSE). The RSE programme will be in line with the RSE mandatory code as introduced by the Welsh Government. It covers areas such as relationships and identity; sexual health and wellbeing; empowerment, safety and respect. All content will be developmentally appropriate. Any questions asked by a pupil will be discussed sensitively and as openly as is considered appropriate to the context, the circumstances and the age and maturity of the pupil.

Representatives from outside agencies, such as the school nursing service may support the delivery of our work. The purpose of this leaflet is to provide you with information on what will be introduced to the children.

Personal Development & Sexual and Relationships Education will be introduced to pupils through:

- Circle time activities
- 'Growing Up' resources developed by Gwynedd Healthy Schools
- Sense CD 'Growing Up and Keeping Safe'
- Story books
- Curriculum Areas of Learning and Experience
- Personal and Social Education programmes
- Informally as opportunities arise in the classroom



Learning Outcomes by the end of year 2 - Pupils will be able to:

- Differentiate between appropriate and inappropriate touching
- Use the correct words to name parts of the body in order to differentiate between male and female.

Learning Outcomes Years 3/4. Following a series of lessons pupils will:

- Understand the importance of their personal safety
- Understand what to do or to whom to go when feeling unsafe
- Take increasing responsibility for keeping the mind and body safe and healthy
- Value families and friends as a source of mutual support
- Develop respect for themselves and others
- Understand how cultural and religious beliefs can affect the way people think
- Respect differences and acknowledge the importance of equal opportunities



Learning Outcomes Years 5/6. Following a series of lessons pupils will:

- Understand the reasons for the physical and emotional changes which take place during puberty, including conception, pregnancy and birth
- Understand the range of their own and others' feelings and emotions
- Know what to do or who to turn to when they are not feeling safe

Please see below for more details regarding when pupils are introduced to different elements of Personal and Relationships Education. If you have any queries please contact school.
If there are changes to the policy or the curriculum content parents will be informed.



Personal Development & Relationships and Sexuality Education Programme

Nursery – Year 2

Personal and Social Development, Well-Being and Cultural Diversity

Well-being:

- Value and contribute to their own well-being and to the well-being of others
- Be aware of their own feelings and develop the ability to express them in an appropriate way
- Understand the relationship between feelings and actions and that other people have feelings
- Demonstrate care, respect and affection for other children, adults and their environment
- Ask for assistance when needed

Personal development:

- Become independent in their personal hygiene needs and to be more aware of personal safety
- Express and communicate different feelings and emotions – their own and those of others

Social development:

- Be aware of and respect the needs of others
- Take responsibility for their own actions
- Value friends and families and show care and consideration
- Appreciate what makes a good friend

Knowledge and understanding of the world

Myself and other living things:

- Learn the names and uses of the main external parts of the human body and plants
- Observe differences between animals and plants, different animals, and different plants in order to group them
- Identify the similarities and differences between themselves and other children

Year 3 – Year 6

Health and emotional well-being:

- The reasons for the physical and emotional changes which take place at puberty, to include conception, pregnancy and birth
- The range of their own and others' feelings and emotions
- The importance of personal safety
- Taking increasing responsibility for keeping the mind and body safe and healthy
- How to distinguish between appropriate and inappropriate touching
- What to do or to whom to go when feeling unsafe

Active Citizenship:

- Develop respect for themselves and others
- Value families and friends as a source of mutual support
- Value cultural diversity and recognise the importance of equality of opportunity
- Understand the benefits of families and friends and the issues that can arise
- Understand situations which produce conflict and the nature of bullying
- Develop respect for themselves and others
- Understand their rights

How things work:

- The names, positions, functions and relative sizes of a human's main organs

Year group	Topic / Subject	When	Lesson
Reception			Personal hygiene - hand washing
1 & 2			- Establish ground rules - Recognise and name the main external parts of the human body. To include penis, testicles, vagina and breasts. The circle time will include pupils using the family names for these parts. - Recognise differences between themselves and others males and females - Public and private - Appropriate and inappropriate touching - Appropriate and inappropriate behaviour - exposure of themselves - Discussion about personal space - Strangers - Personal safety - Who to go to for help or advice
1 & 2			- Revisit ground rules - Personal hygiene - Hand washing lesson - Preventing the spread of infection / germs
1 & 2			- Revisit ground rules - Understand that animals including humans, grow and reproduce - That humans and animals can produce offspring and these grow in to adults - Understand life cycles
1 & 2			- Revisit ground rules - Understand how much they have changed since they were a baby - Understand the needs of babies and young people - Understand the development of babies and caring for them
			- Revisit ground rules - Relationships and friendships - Value the importance of family life and committed relationships/marriage - Value diversity and understand the range of relationships including the importance of family for the care and support of children - Peer pressure

Year	Topic / Subject	When	Lesson
3 & 4			▪ Establish ground rules ▪ Revisit body parts lesson, inappropriate /appropriate touching and similarities and differences between male and female ▪ Re-visit human life cycles ▪ Revisit personal hygiene lesson ▪ Revisit personal safety, stranger danger ▪ Introduce the main organs of the body and their relative sizes and functions (to include the penis, testicles, vagina, uterus, ovaries)
3 & 4			▪ Revisit ground rules ▪ Relationships - what makes a good friend or relationship ▪ Importance of friends and family ▪ What makes a family ▪ Family differences - wide range of family arrangements, second marriages, fostering, extended families, same sex parents etc
3 & 4			▪ Revisit ground rules ▪ Internet safety

Key Stage 2 - years 5 and 6

Year	Topic / Subject	When	Lesson
5 & 6			▪ Establish ground rules ▪ Revisit lesson from foundation phase naming of body parts ▪ Revisit lesson from year 3/4 names and functions of the bodies main organs ▪ Physical and emotional changes at puberty ▪ Extension activity to create a puberty booklet
5 & 6			▪ Revisit ground rules ▪ Looking after my body ▪ Personal hygiene - importance of physical hygiene ▪ Hand washing
5 & 6			▪ Revisit ground rules ▪ Relationships and friendships ▪ What kinds of things do you like doing on your own or with a friend? ▪ What makes a really good friend ▪ How to make and keep friends ▪ Friendship - What kinds of things do you like doing on your own or with a friend? ▪ Diversity ▪ Link to anti-bullying work
5 & 6			▪ Revisit ground rules ▪ What is love? ▪ Sex ▪ Conception ▪ Pregnancy ▪ Birth ▪ Care and responsibility ▪ Questions and answers (myths)
5 & 6			▪ Child line sessions on personal safety and recognising abuse
5 & 6			▪ Internet safety
5 & 6			▪ Growing up talk ▪ Knowing who can help ▪ Resisting peer pressure ▪ Personal hygiene ▪ Healthy lifestyles