


# St Pauls CE Academy

Helping your child  to stay safe and thrive in the modern world





# Secretary of State Foreword

"Today's children and young people are growing up in an increasingly complex world and living their lives seamlessly on and offline. This presents many positive and exciting opportunities, but also challenges and risks. In this environment children and young people need to know how to manage their academic, personal and social lives in a positive way".

Children and young people see...



LOVE ISLAND

*Men's Health*

**grand Theft Auto V**

*Paper Magazine*



Little Red Riding Hood?!

# Children and young people hear...



“Photograph with no T-shirt on.”

“I've been googling ways to keep you entertained.”

“I can't help imagining all the things we'd do, with no clothes on.”

“Cause me one, you there's a million and they all wanna huh my Brazilian.”

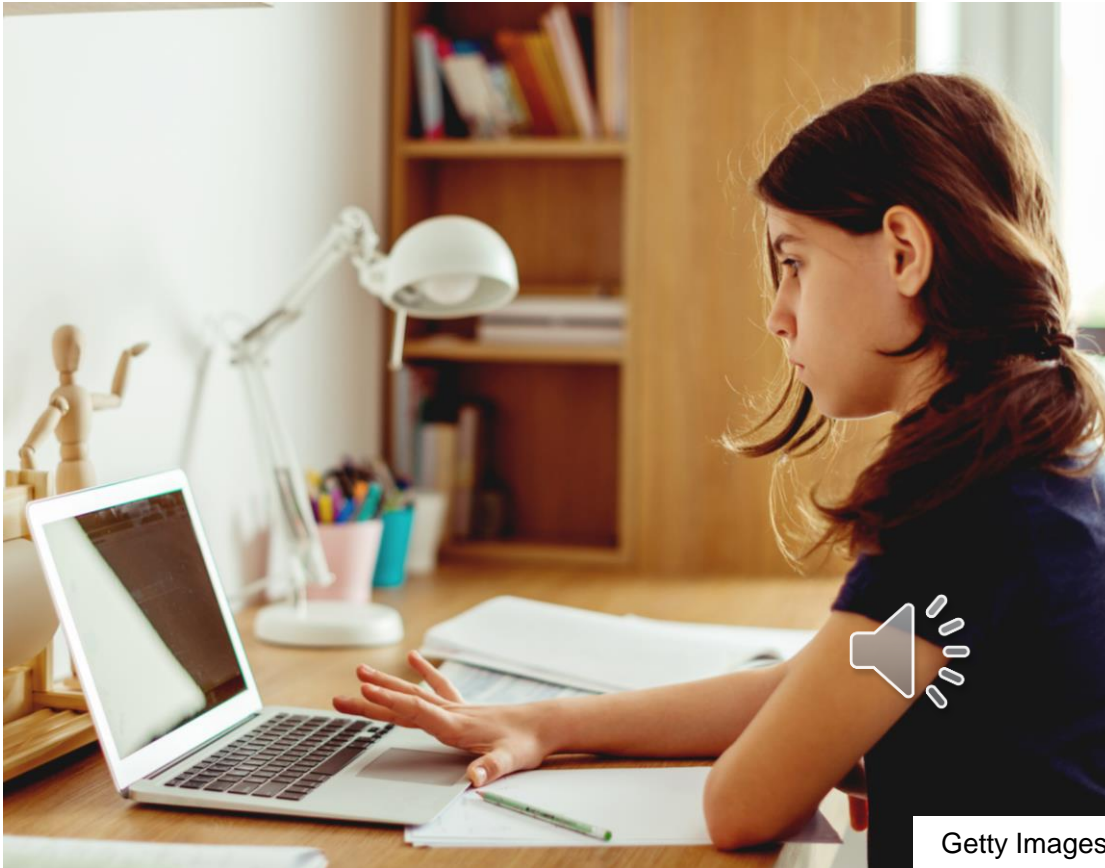


[Image: InfoGibraltar](#)



## Children and young people access...

- **Bullying**
- **Fake news**
- **Grooming**
- **Sexting**
- **Curious/purposeful seeking out of age inappropriate material**
- **Extremism**
- **Bedtime stories -**  
<https://www.youtube.com/watch?v=hrrhP68fYJ0>



Getty Images

Children and young people are affected by the sexualisation of society and media influences

Children are as likely to stumble across pornography by accident as to search for it deliberately

More boys view pornography through choice than girls

Young people report feeling disturbed by what they have seen.

NSPCC, 2016

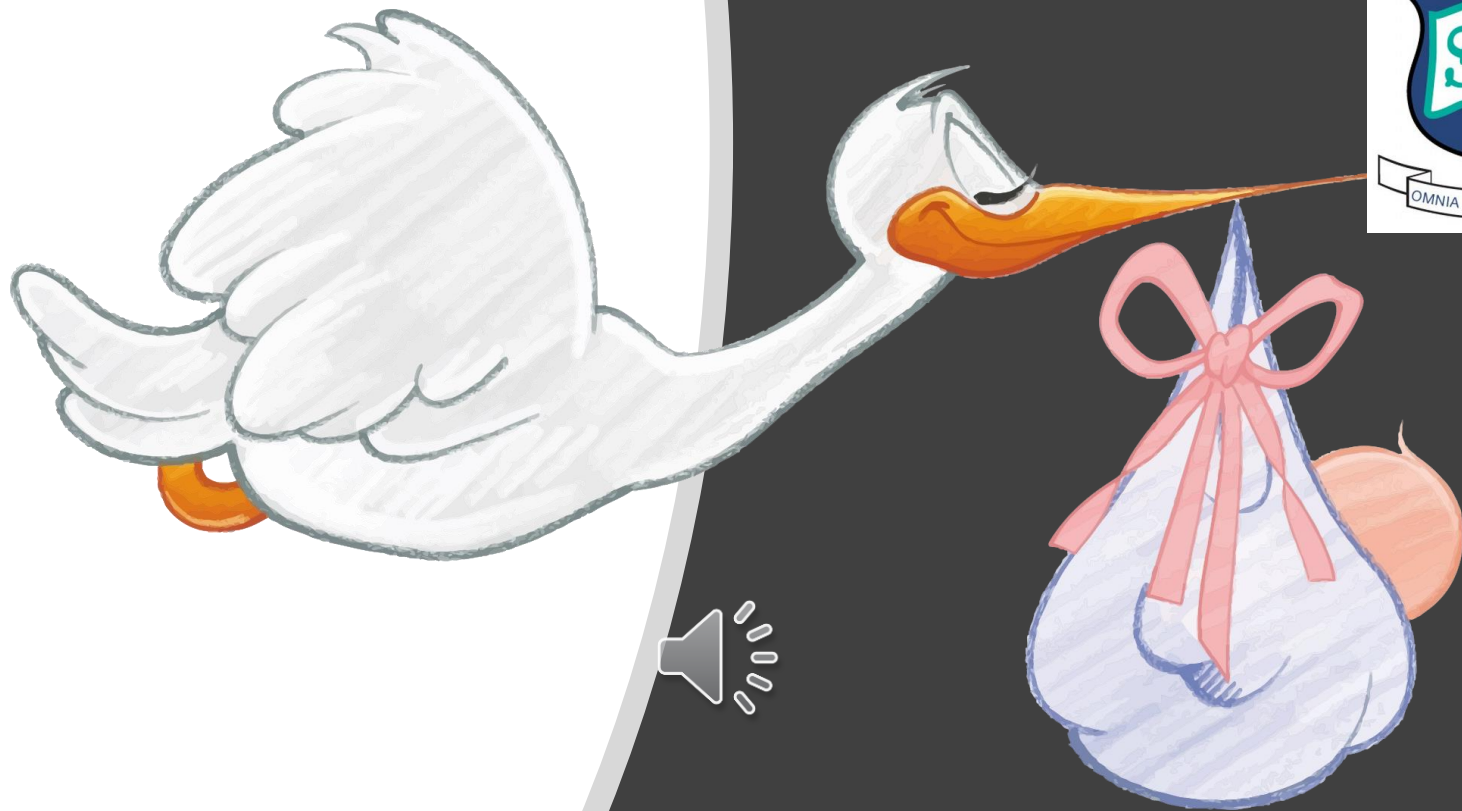
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Your children  
want to learn...

*What do you want  
them to learn in RSHE?*





What do you remember about your sex education from school/home?

# Conception misconceptions!



<https://www.youtube.com/watch?v=a3MyLt6l5n0>



# Our Academy vision for RSHE

- At St Pauls CE Academy, we believe that relationship, sex and health education (RSHE) enables our children to become healthy, safe, independent and responsible members of society.
- We aim to help our pupils understand how they are developing personally and socially, and tackles many of the moral, social and cultural issues that are part of growing up.
- We are dedicated to ensuring that St Pauls CE Academy is a happy, stimulating and caring place and we expect high standards of behaviour and good manners throughout the school. Behaviour and attitude to learning is underpinned by values and learning dispositions, making these integral to the success of the whole school. RSHE is at the heart of our school ethos.



# Our Academy vision for RSHE

- We encourage our pupils to take part in a range of practical roles and activities that promote active citizenship: school councillor, library assistants, whole school and house team fundraising plus engagement in school and local events.
- Pupils have opportunities to meet and work with members of the community, such as: health workers, firefighters, police officers, librarians, sports coaches, secondary school pupils, artists, authors, community groups, representatives from the local church and wider community.
- We participate in, and promote national events such as Comic Relief, Anti-Bullying Week and Children in Need.



# Our Academy vision for RSHE

- We are committed to supporting the mental health and wellbeing of all pupils and use various strategies such as, outdoor learning and Forest School provision, pastoral small group support and a pupil listening service, alongside quality teaching and learning about awareness and management of mental health through the RSHE curriculum.





# RELATIONSHIPS EDUCATION: Schools/Academies will be required to teach...

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- Families and people who care for me
- Caring friendships
- Respectful relationships
- Online relationships
- Being safe



# RSHE Curriculum



- RSHE is taught as both explicit lessons, using the Educator Solutions RSE scheme and Jigsaw PSHE scheme of work and is also embedded in other areas of the curriculum.
- Our academy prides itself on delivering effective, age-appropriate relationships and sex education (RSE) that meets the needs of all our pupils within an inclusive and supportive learning environment; using non-biased resources. RSE is taught by experienced and skilled teaching staff who are committed to preparing your child to live and learn safely in the modern world, negotiating the transition into increasing independence with the development of knowledge, values and skills to make positive, healthy and safe choices.
- RSE is delivered as a spiral curriculum that enables pupils to build on their prior learning by revisiting some themes to further develop knowledge, values and skills in an age and stage-appropriate manner. As such, some themes are repeated to enable a deeper exploration of the related issues.





# RSHE curriculum

- We can reassure you that none of the teaching materials or strategies should shock pupils. All lessons will be taught in a strictly non-judgemental and non-biased manner, to allow your child the opportunity to consider the information and develop their own values, attitudes and opinions about the topic. We would encourage you to discuss your child's relationships and sex education with them at home.
- If you would like to know more information about our programme of relationships and sex education, please feel free to email Miss Wilson, PSHE/RSHE Lead.



# HEALTH EDUCATION

Schools/  
Academies  
will be  
required to  
teach...



Mental wellbeing



Internet safety and harms



Physical health and fitness



Healthy eating



Drugs, alcohol and tobacco



Health and prevention



Basic first aid



Changing adolescent body

# Being a Healthy School and PE at St Pauls CE Academy.



- Continuation of the Daily Mile started by reception in June 2020.
- We have now signed up as a school for the Daily Mile.
- P.E. sessions are planned to focus on the physical stamina and resilience of the children.
- **New initiative for 2021** - children will be set a fortnightly activity at home and be equipped by the school to complete this. Thus developing physical well-being as well as getting the family bubble exercising.

# Mental wellbeing – what do we intend to provide for our pupils.



- For all children in Year 5 and 6 to have access to a wellbeing drop in. A safe place where they can discuss issues that are affecting them, once a week.
- For children to be aware of how they are feeling and select from a range of coloured statements, daily. The aim of this initiative is for children to understand different emotions and work out strategies to help them to deal with them.
- Blurt project to be run in 2020-2021, raising the profile of resilience and how to keep mentally healthy.
- Raising the profile of mental wellbeing, across the whole school, to allow children to explore and understand different emotions and feelings and how to deal with them in a positive way.



# Naming body parts

Anus: The private part of the body where poo comes out.

Penis: The private part of a boy where wee comes out.

Vulva: The private part of a girl that she wipes when she has had a wee.



# Puberty as part of Health Education

Key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes.



About menstrual wellbeing including the key facts about the menstrual cycle.

Puberty should be covered in Health Education and should be addressed before onset so, as far as possible, pupils are prepared in advance for changes they will experience.



# Sex Education

Ensure boys and girls are prepared for changes of adolescence

Draw on knowledge of human life cycle in the NC for science - how a baby is conceived and born

The Department continues to recommend that all primary schools have a sex education programme tailored to the age and the physical and emotional maturity of the pupils.



# Statutory requirements



Schools have to teach biological aspects of human growth and reproduction within National Curriculum Science.



From September 2020, all schools will have to teach Relationships Education, Relationships and Sex Education and Health Education.



Equalities Act, 2010



Safeguarding



British Values



Spiritual, Moral, Social and Cultural



# Teaching about LGBT



The needs of all pupils must be appropriately met, and that all pupils understand the importance of equality and respect.



LGBT content is fully integrated into the curriculum

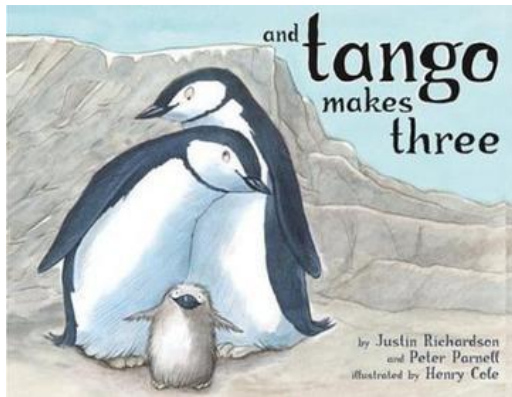


All pupils to have been taught LGBT content at a timely point as part of this area of the curriculum



Build a culture through positive action, where homophobia and gender stereotypes are not tolerated.

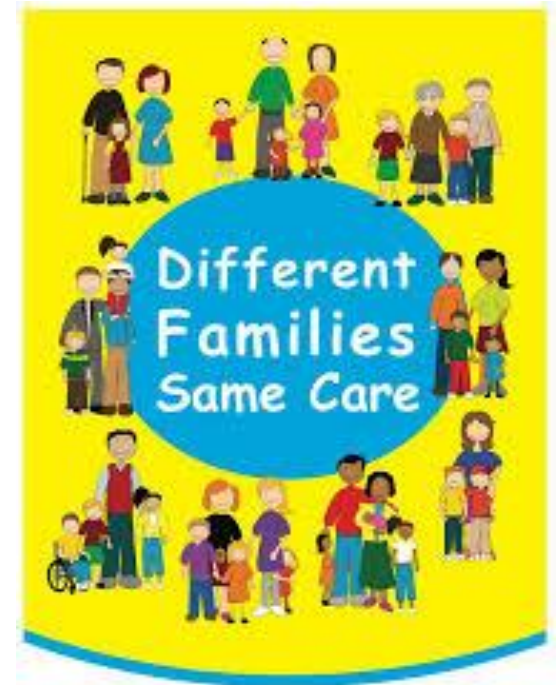




<https://www.amazon.co.uk/Tango-Makes-Three-Justin-Richardson/dp/1847381480>



<https://www.outfourchildren.org.uk/resources/>



**All families are welcome,  
safe and included in our Academy.**





# How our Academy will teach RSHE...

- Each class will create a working agreement so pupils feel comfortable to join in the lessons;
- All teachers will use correct scientific language when talking about parts of the body;
- No pupil will be forced to join in an activity, or answer a question;
- All genders taught together;
- Teachers have been trained to teach these lessons;
- Teachers are unlikely to, and pupils not be asked to share personal experiences;
- All causes for concern raised as a result of the lessons will be dealt with according to the school safeguarding policy.



**Resources**  
Please see  
the  
resources  
that we will  
be using on  
our Website.



How questions  
will be  
answered...

How do the sperm  
move?  
can your eggs  
Brake?



Sexual Intercourse  
oo euh ooo



- What is a 'twink'?
- How does the sperm crack the egg?
- How do two men have sex?
- What is rape?
- Can I get condoms without my parents finding out?

What happens  
of somebody  
starts the  
period in S





Talking  
about  
puberty  
and sex

Use everyday  
opportunities

 Be calm and relaxed

Really listen



- Top tips for talking to your child...

Talking to your child about their feelings, relationships and changing body is important. Building good channels of communication throughout childhood can help your child to communicate with you as future issues of increasing seriousness arise.

Your child needs to know that it's OK to talk, and that you're happy to talk. They will learn this through your body language, tone and manner when you talk so try to behave as you would in any other topic of conversation.




- ✓ Start by talking about something that you both find comfortable, such as feelings and emotions.
- ✓ Ask your child what they think their friends know/think about the topic, as this provides a way to talk about your child's views indirectly.
- ✓ Avoid 'The Chat'. Talk about these topics little and often over everyday events like playing, drawing, whilst driving in the car or watching TV. This can help to normalise the conversation, easing uncomfortable feelings.
- ✓ Reading a story book containing relevant content is a helpful way to stimulate discussion with your child.
- ✓ Don't leave it too late. Start talking about relevant topics before you feel your child is approaching a level of curiosity about it, so you establish strong channels of communication in readiness.



✓ Be prepared to listen. Your child will want to have their voice heard without feeling judged.

Feeling listened to will encourage your child to talk about issues in the future.

✓ If your child asks you a question you are not sure how to answer, don't panic! Let them know that you will answer it at another time, making sure you remember to. Sometimes a  simple answer can provide a sufficient response.

✓ Try to listen calmly, even if what they say surprises or concerns you. Remember that it is good that they are comfortable to discuss issues with you. They need to trust that you will not respond negatively.

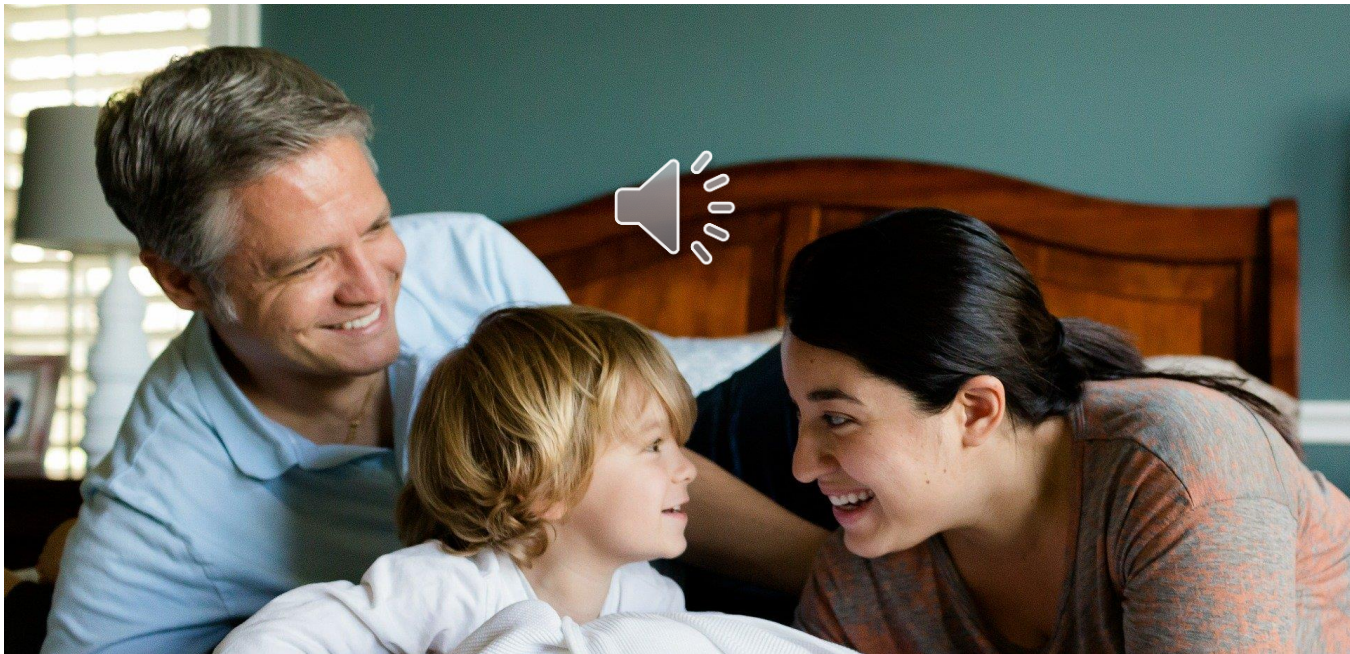




**Make sure your child knows  
they can always talk to you  
anytime, about anything.**

# Talk about body image and self-esteem

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[Dove Self-Esteem Project](https://www.dove.com/uk/dove-self-esteem-project.html) <https://www.dove.com/uk/dove-self-esteem-project.html>

# Talk about staying safe online

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Getty Images

<https://www.net-aware.org.uk/> <https://www.vodafone.co.uk/mobile/digital-parenting>

# Online Safety at St Pauls CE Academy



- At St Paul's we have established and embedded a progressive Online Safety curriculum which follows the 'Education for a Connected World' framework to raise awareness and promote safe and responsible internet use amongst learners.
- Alongside our stand alone Online Safety curriculum where necessary we have reinforced our messages in PSHE (using the Jigsaw framework), RSE and the computing programmes of study.
- Each term the children have a dedicated Worship to discuss Online Safety and raise further awareness created by our Online Safety Curriculum Lead and Safeguarding Governor.
- Every fortnight on our school newsletters there are Online Safety updates to ensure both parents and pupils are up to date with the latest Online Safety concerns.
- If you require any help or advice, please email the Online Safety Lead [office@stpaulsceaacademy.org](mailto:office@stpaulsceaacademy.org)

These subjects represent a huge opportunity to help our children and young people develop. The knowledge and attributes gained will support their own, and others', wellbeing and attainment to help young people to become successful and happy adults who make a meaningful contribution to society.



If you would like to  
discuss the RSHE  
provision further,  
please:

*email/phone*

[lwilson@stpaulsceaacademy.org](mailto:lwilson@stpaulsceaacademy.org)

*or*

*01424424530*

