

Family Planning Association : RSE Letter from Primary Schools to Parents

Dear parents/carers/guardians

As you may already be aware, Relationship and Sex Education (RSE) forms part of the National Curriculum at primary school.

Below, we cover the statutory requirements that schools have as we teach RSE - including providing you with the lesson plans.

However - we also provide further information on how RSE is taught in an age-appropriate way and helps children.

What's Being Taught? Core Lesson Themes in Primary School

Three themes run through the curriculum.

- Positive relations with friends, families and other adults and children
- Respecting people who are sometimes different from your own family
- Development of skills to stay safe on and offline

Schools Legally Required to Teach Relationships Education

Since September 2020 primary schools have been [legally required to teach Relationships Education](#).

Sex Education Opt-Out

Parents, carers and guardians **cannot** withdraw their child from 'relationships' education as this is a legal requirement.

Likewise, you **cannot** withdraw your child from sex education that is part of the science curriculum e.g. 'external body parts' and 'the human body as it grows from birth to old age (including puberty)'.

You **can** choose to withdraw your child from any additional sex education.. These lessons are clearly marked on the lesson plan below.

If opting your child out then the Family Planning Association strongly suggests that parents teach sex education at home.

Teaching high quality and age appropriate RSE

We know that teaching RSE is a big responsibility and so to help we use the Family Planning Association's "Growing up with Yasmine and Tom" lesson plans and resources. These are:

- Interactive and practical sets of RSE lessons that we use to ensure children are helped, appropriately educated and protected
- A set of lesson plans and modules that meet the statutory Department for Education guidance (national curriculum)

As well as any updated lesson plans, parents, carers and guardians can:

1. Watch a short introduction Yasmine and Tom video that's shown to 5-6 year olds

2. Interact with two of the Yasmine and Tom lessons
3. See the latest lesson plans - these are broken down by age & year group
4. Read the FAQs on important questions e.g.

Q) Are children shown pornographic material?

A) No, never, they are children. Through Yasmine and Tom lesson plans and materials, the Family Planning Association takes a responsible approach.

Children should be helped, protected and only taught age-appropriate lessons.

Sad Truth: A core part of relationships education is designed to help children develop skills to stay safe, online and offline.

Therefore, lessons cover:

- How to recognise and report feelings of being unsafe or feeling bad about any adult
- That each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical contact
- How to respond safely and appropriately to adults they do not know (including online)
- How information is shared online and the rules for keeping safe online
- How to recognise online risks, harmful content and harmful contact, and how/where to report it
- How to report concerns or abuse, and the words and confidence they need to do so
- How to ask for advice or help, and to keep trying until they are heard
- Where to get advice, for example family, school or other sources

Yasmine and Tom: Primary School Relationships and Sex Education Lesson Plan

The following provides an outline of what is taught in Modules one to three, covering ages, 5 to 11 years.

Module One Lessons: Year One and Two (ages 5 to 7)

Year One

- **Lesson 1: Introducing Yasmine and Tom**
 - Pupils can describe some ways that boys and girls are similar or the same
 - Pupils know that there is more than one way to be a boy and more than one way to be a girl
- **Lesson 2: Friendships and feelings**
 - Pupils can describe what makes a good friend
 - Pupils can identify when friendship feels good
 - Pupils can describe how to solve a problem when a friendship goes wrong
- **Lesson 3: Different families**
 - Pupils can identify different types of families
 - Pupils can describe a similarity and difference between different types of families
- **Lesson 4: My brilliant body**
 - Pupils can explain that all bodies are different
 - Pupils can say what is brilliant about their body
 - Pupils can explain what to do if someone says mean things about someone's body
 - Pupils can describe how to get help

Year Two

- **Lesson 5: Keeping clean and taking care of myself**
 - Pupils can name the objects that are used to help keep someone clean and healthy
 - Pupils can explain why it is important to keep clean
 - Pupils can describe which things they can do for themselves to look after their body and which things they are learning to do.
- **Lesson 6: Naming body parts**
 - Pupils can name all the different parts of their body including the private and personal body parts
 - Pupils can explain what private and personal parts are and how they are identified
- **Lesson 7: Keeping safe**
 - Pupils can recognise when a situation is safe or unsafe
 - Pupils can describe some ways that they can keep safe
 - Pupils can describe how to get help.

NB Lesson 7 "Keeping Safe" can be taught to both year groups.

Module Two Lessons: Years Three and Four (ages 7 to 9)

Year Three

- **Lesson 1: Introducing Yasmine and Tom**
 - Pupils can work in a group
 - Pupils can contribute to small group discussions
 - Pupils can identify one person they can talk with about growing up
 - Pupils can identify something that will make them feel safe to discuss their bodies and relationships
- **Lesson 2: Gender stereotypes and aspirations**
 - Pupils can take part in a discussion and respond respectfully to someone they don't agree with
 - Pupils can describe what a stereotype is
- **Lesson 3: Me, myself and I**
 - Pupils can show respect to others who are different to themselves
 - Pupils can tell you at least one thing they are good at
 - Pupils can tell you one thing they can do to make themselves feel better if they are feeling down.
- **Lesson 4: What makes a good friend?**
 - Pupils can tell you two or more things that make a good friend
 - Pupils can tell you two things that would make them think someone is not a good friend
 - Pupils can explain what they need to do to be a good friend
- **Lesson 5: Families and getting on with our families**
 - Pupils can tell you one thing that most families have in common and one way in which families can be different
 - Pupils can explain how they would respond to unkind, mean or bullying behaviour about their family or someone else's
 - Pupils can identify who they talk to if they are worried about anyone or anything in their family

Year Four

- **Lesson : My personal and private body parts and keeping safe**
 - Pupils can label the personal and private parts of bodies
 - Pupils can explain the difference between safe and unsafe touches
 - Pupils know that no one has the right to touch them in a way that feels unsafe - not even someone in their family
- **Lesson : Body care**
 - Pupils say at least one brilliant thing about their body.
 - Pupils can explain which parts of the body they particularly need to keep clean as they get older.
- **Lesson : Is it risky?**
 - Pupils know what risky means and that some risks are good and others need to be thought about carefully
 - Pupils begin to understand how to take steps to assess risk and keep themselves safe
 - Pupils can say no to things they don't want to do
 - Pupils can use 'Stop Think Go' to help them know what options there are if they start to feel unsafe.
- **Lesson : People who can help us on and offline**
 - Pupils can identify someone they can ask for help if they need it
 - Pupils can explain what the CEOP reporting symbol means

NB Module Two: lessons 6 and 9 can be taught to both year groups.

Module Three: Years Five and Six (ages 9 to 11)

Year Five

- **Lesson Introducing Yasmine and Tom**
 - Pupils can tell you two things that change as they get older.
 - Pupils can explain what ground rules are and why they are important.
- **Lesson On and offline friendships**
 - Pupils can explain how healthy friendships and relationships make them feel
 - Pupils can explain what online bullying is
 - Pupils can tell someone what to do if they see something that is upsetting or shocking online.
- **Lesson Friendships and secrets**
 - Pupils can explain the difference between a safe and unsafe secret
 - Pupils can describe some qualities of a good friendship.
 - Pupils can ask for help if they need it
- **Lesson Friendships and pressure**
 - Pupils can say no to something they don't want to do
 - Pupils can explain what peer pressure is
- **Lesson Keeping safe - safe and unsafe touch**
 - Pupils can explain the need to ask and receive permission (consent) for some types of touch
 - Pupils can identify when physical contact feels unsafe and describe how to ask for help
 - Pupils can evaluate the importance of choice, control and time limit in making safer choices
- **Lesson Keeping safe - online images**

- Pupils can explain why posting pictures online could be risky
- Pupils can explain the law about sharing pictures of a child's personal and private body parts
- Pupils can describe how to help a friend who has made a 'mistake' online

Year Six

- **Lesson Changes at puberty**

- Pupils can identify some of the changes that will happen in their body and other bodies during puberty
- Pupils can describe who to talk to when they need help dealing with the changes at puberty
- Pupils can ask for support for any changes that are difficult to manage

- **Lesson8 Periods (menstruation)**

- Pupils can explain what a period (menstruation) is
- Pupils can suggest ways to overcome possible problems from periods
- Pupils understand menstruation

- **Lesson Wet dreams**

- Pupils can explain what wet dreams are
- Pupils can explain that some boys have wet dreams, and some don't
- Pupils can suggest ways to manage wet dreams

- **Lesson Equality and the law**

- Pupils can describe discrimination
- Pupils can explain that groups of people are protected by the Equality Act
- Pupils can describe ways to challenge prejudice and discriminatory behaviour

- **Lesson Getting help**

- Pupils can describe what Childline is and how to access it
- Using their helping hand, pupils can identify who they can go to for help
- Pupils understand that they can talk about their problems and nothing is too awful or small to discuss