



Dear Parents and Carers,

Our PSHE & RSE Programme

We believe that promoting the health and well-being of our pupils is an important part of their overall education. We do this through our Personal, Social and Health Education (PSHE) curriculum. This looks at many topics including all kinds of relationships, physical and emotional health and living in the wider world. The aim of the PSHE curriculum is to help our pupils make safe and informed decisions during their school years and beyond.

Relationship and Sex Education (RSE) is an important part of the PSHE curriculum. We teach SRE through our PSHE Jigsaw scheme, which includes topics such as the importance of respecting others, trust, positive friendships, types of families, puberty and physical and emotional changes. During lessons, pupils are able to ask questions, which are answered factually and in an age appropriate manner.

Attached is a Jigsaw RSE mapping document, which outlines the topics covered in each year group.

If you would like further information, please see our school website or alternatively, visit the Jigsaw website. Links can be found below.

<https://www.tgschool.co.uk/page/?title=PSHE+Jigsaw&pid=266>

<https://www.jigsawpshe.com/>

Best wishes,

Mary Gray
Head of School

Relationships and Sex Education – Frequently Asked Questions

What are the aims of RSE in our school?

Depending on the age of the children and the lessons in their particular year group, we want RSE to:

- *Develop the confidence to talk, listen and think about their feelings and relationships*
- *Develop friendship/relationship skills*
- *Develop positive attitudes, values and self esteem*
- *Provide knowledge and understanding about puberty and the changes that will take place*
- *Provide knowledge and understanding about reproduction and sexuality*
- *Address concerns and correct misunderstanding that children may have gained from the media and peers*
- *Develop skills to help children protect themselves against unwanted sexual experience*
- *Know where and how to seek help*

Can you explain the school's RSE Morals and Values Framework?

RSE follows the school's agreed aims, values and moral framework which is sensitive to the needs and beliefs of pupils, parents / carers and other members of the school community. RSE will be delivered within the school's agreed equal opportunities framework.

RSE will support the importance of marriage or stable relationships, for family life and bringing up children. Care is taken to ensure there is no stigmatisation of children based on their different home circumstances.

Pupils will be encouraged to understand that thinking about morals and values also includes:

- *Respect for self and others*
- *Commitment, trust and love within relationships*
- *Understanding diversity regarding religion, culture and sexual orientation*
- *Honesty with self and others*
- *Self-awareness*
- *Exploration of rights, duties and responsibilities*

Misunderstandings about RSE

There is sometimes concern that RSE in school might promote sexual activity or cause confusion about an individual's sexuality. The research on quality RSE points to a more positive outlook: 87 programmes from many countries were examined by UNESCO in 2009. This led to the conclusion that if RSE has an effect it is a positive one: *"sexuality education can lead to later and more responsible sexual behaviour or may have no discernible impact on sexual behaviour"*.

In the UK the research is even more positive. Analysis by the National Survey of Sexual Attitudes and Lifestyles team over several years consistently shows that men and women who said that lessons at school were their main source of information about sex were more likely to have started having sex at a later age than those for whom parents or other sources were their main source. Schools have an important role to play in RSE.