

Relationships and Sexuality Education Information for Parents/Carers



Relationships and Sexuality Education (RSE) is mandatory within the Curriculum for Wales 2022. Our comprehensive whole school programme is based on the requirements of the RSE Code 2021, Welsh Government. The school acknowledges that parents/carers are essential to the success of our RSE programme. This leaflet outlines some of the broad mandatory content that will be taught within our whole school RSE programme.

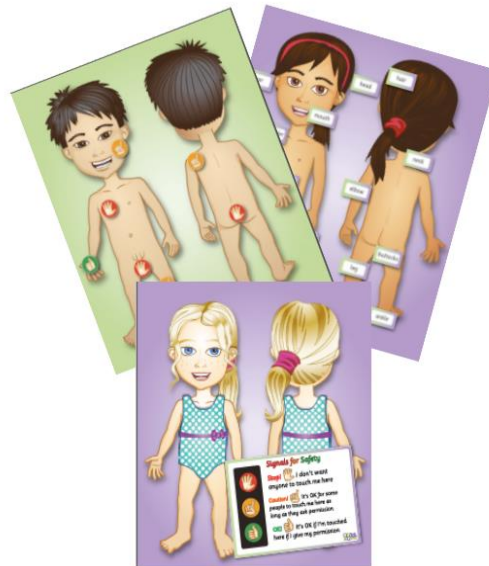
Evidence emphasises that children and young people who have received effective early RSE are more likely to keep themselves safe and make informed choices in respect of their health and wellbeing.

Images from Teach Health 4 Kids resources

In Progression Step 1/2 (Nursery – Year 2)

Learners will:

- Understand diversity of families and relationships and why these are important.
- Use accurate terminology for all body parts.
- Be aware of how human bodies change as they grow.
- Understand the importance of personal self-care and hygiene.
- Recognise that everyone's body is unique and special to them.
- Understand everyone's right to privacy, personal boundaries and which parts of the body are private.
- Be able to communicate if someone is touching them in a way that makes them feel uncomfortable.
- Be able to recognise positive and harmful behaviours, including bullying.



In Progression Step 3 (Years 3-6)

Learners will:

- Be aware of the characteristics of different families and friendships and their diversity.
- Understand the importance of sex and gender equality.
- Understand different kinds of harmful or abusive behaviour and the role technology can play.
- Develop skills to build consensual relationships and know how to safely respond and report harmful behaviours and relationships offline and online.
- Understand how to keep safe online.
- Understand how children and young people experience changes during puberty.
- Know how to manage personal self-care and hygiene, including the importance of menstrual well-being.
- Understand how reproductive organs develop in the human body.

Years 5 & 6

- Understanding fertility and the processes of reproduction.
- Recognise the process of pregnancy and birth.

Resources

In the delivery of the RSE programme at Ysgol Bryn Coch, we utilise a range of resources e.g. Jigsaw PSHE, No Outsiders, Growing Up/Tyfu i Fynu, Sense DVD and other resources that facilitate the teaching of RSE through a holistic approach.

Open Door Policy

Ysgol Bryn Coch has an open door policy and there will be opportunities to view and discuss resources used in the delivery of RSE. The RSE Policy and the Child Protection/Safeguarding Policy are available upon request. Should any parents/carers wish to discuss aspects of the programme with any member of staff, please contact the school office.



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