

PSHE & RSHE

Parent Information Evening

Monday 19th May 2025

Overview

- What is RSHE, and why is it important?
- Our legal obligations and government recommendations
- RSHE at Monks
- Learning objectives and resources used in each year group
- How can I support my child at home?
- Q&A

RSHE: Relationships, Sex and Health Education

Learning about relationships, sex and health supports children to:

- enjoy positive relationships of all kinds, including online
- make informed decisions
- develop respect and tolerance
- learn about emotional and mental wellbeing
- avoid misconceptions
- **stay safe**
 - by being able to **identify negative relationships**
 - by being able to **recognise abuse**
 - by being able to **articulate themselves using specific vocabulary**

Legal obligations and government recommendations

- **Relationships and Health education is statutory**, meaning children may not be withdrawn from these lessons. This includes puberty.
- **Sex education is not statutory** but recommended to be taught in a way that meets the needs of the children in your school.
 - You have the right to withdraw children from these lessons. Please book a meeting with Miss Robinson if you wish to discuss.
 - New draft guidance (still open to consultation) states, “Sex education will not be taught before Year 5, and at that point from a purely scientific standpoint.”

<https://www.gov.uk/government/news/age-limits-introduced-to-protect-children-in-rshe>

- **Children may not be withdrawn from Science lessons** about reproduction.

RSHE at Monks

- Is taught in the Summer terms
- Is taught through the Jigsaw scheme of work and in line with our [PSHE](#) and [RSE](#) policies
- Relationships and Health Education is progressive from Reception
- **Sex education is taught in Year 6 only** - therefore these are the only two lessons children may be withdrawn from
- All pupils will attend all sessions as a whole class
- Is responsive to parent feedback

PSHE - Year 3

Changing Me - Summer 2



Overview of the learning for Year 3

Pieces	PSHE learning intention	Social and emotional development learning intention
1. How Babies Grow	I understand that in animals and humans lots of changes happen between birth and growing up, and that usually it is the female who has the baby	I can express how I feel when I see babies or baby animals
2. Babies	I understand how babies grow and develop in the mother's uterus I understand what a baby needs to live and grow	I can express how I might feel if I had a new baby in my family
5. Family Stereotypes	I can start to recognise stereotypical ideas I might have about parenting and family roles	I can express how I feel when my ideas are challenged and might be willing to change my ideas sometimes
6. Looking Ahead Assessment Opportunity ★ Puzzle Outcome: Ribbon Mobiles	identify what I am looking forward to when I move to my next class	start to think about changes I will make next year and know how to go about this

Lesson 1

How Babies Grow

To understand that everyone is unique and special

How Babies grow.

Success Criteria

- **I understand that in animals and humans lots of changes happen between birth and growing up.**
- **I understand that usually it is the female who has the baby**
- **I can express how I feel when I see babies or baby animals.**

Resources used



Lesson 2

Babies

To understand how babies grow and develop in the mothers uterus.

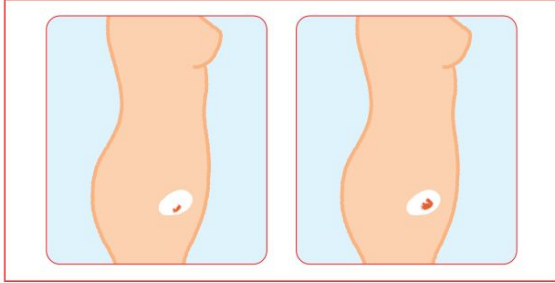
Babies

Success Criteria

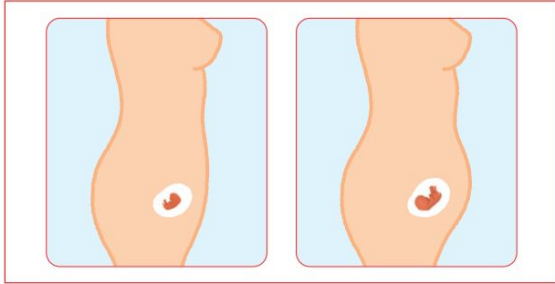
- **I understand how babies grow and develop in the mother's uterus.**
- **I understand what a baby needs to live and grow.**
- **I can express how I might feel if I had a new baby in the family.**

Resources used

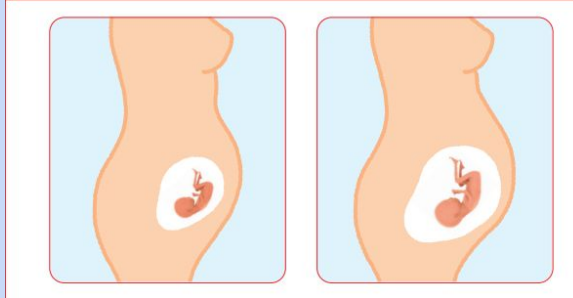
Slide 3



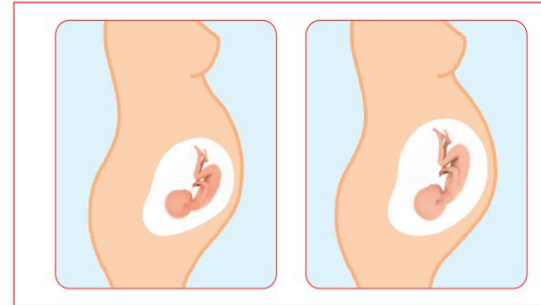
Slide 4



Slide 6



Slide 7



Lesson 3

Family stereotypes

To start to recognise stereotypical ideas I might have about parenting and family roles

Success Criteria

- **I can express how I feel when my ideas are challenged and be willing to change my ideas sometimes.**

Resources used

Charades Cards - Ages 7-8 - Piece 5

Washing the car

Decorating the house

Changing the bed

Mowing the lawn

Picking and arranging flowers

Cooking dinner

Bathing a child

Changing a baby's nappy

Washing up

Putting the bins out

Lesson 4

Looking ahead

To identify what I am looking forward to when I move to my next class

Success Criteria

- **Start to think about changes I will make next year and know how to go about this.**

PSHE - Year 4

Overview of the learning for Year 4

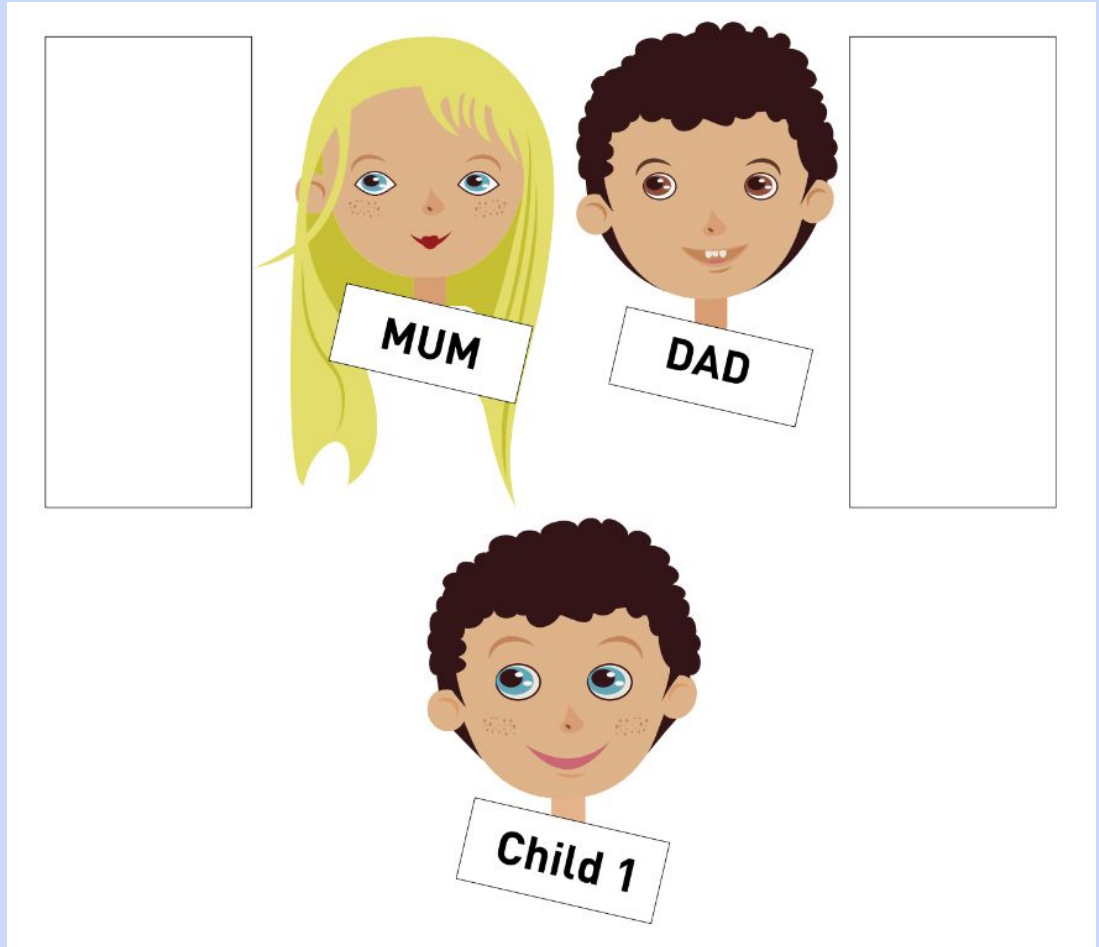
3. Outside Body Changes	I understand that boys' and girls' bodies need to change so that when they grow up their bodies can make babies I can identify how boys' and girls' bodies change on the outside during this growing up process	I recognise how I feel about these changes happening to me and know how to cope with those feelings
4. Inside Body Changes	I can identify how boys' and girls' bodies change on the inside during the growing up process and can tell you why these changes are necessary so that their bodies can make babies when they grow up	I recognise how I feel about these changes happening to me and know how to cope with these feelings

Pieces	PSHE learning intention	Social and emotional development learning intention
1. Unique Me	I understand that some of my personal characteristics have come from my birth parents ~~and that this happens because I am made from the joining of their egg and sperm~~	I appreciate that I am a truly unique human being
3. Girls and Puberty	I can describe how a girl's body changes in order for her to be able to have babies when she is an adult, and that menstruation (having periods) is a natural part of this	I have strategies to help me cope with the physical and emotional changes I will experience during puberty
4. Circles of Change Puzzle Outcome: Circles of Change	I know how the circle of change works and can apply it to changes I want to make in my life	I am confident enough to try to make changes when I think they will benefit me
5. Accepting Change	I can identify changes that have been and may continue to be outside of my control that I learnt to accept	I can express my fears and concerns about changes that are outside of my control and know how to manage these feelings positively
6. Looking Ahead Assessment Opportunity ★	I can identify what I am looking forward to when I move to a new class	I can reflect on the changes I would like to make next year and can describe how to go about this

Lesson 1- Unique Me!

- To understand that some of my personal characteristics have come from my birth parents
- To appreciate that I am a truly unique human being.

Resources used



Lesson 2 - Body changes

- To understand that boys' and girls' bodies need to change so that when they grow up their bodies can make babies.

Resources used

I will grow taller

I will develop pubic hair
between my legs

Hair will grow under my arms

Hair will grow on my legs

I will grow hair on my face

My hips will widen

My chest and shoulders will get
broader

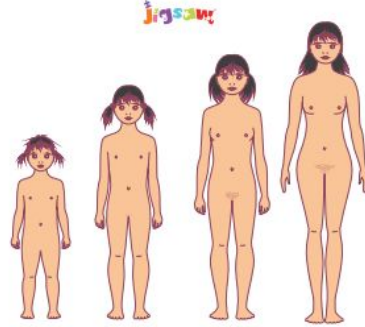
My voice will get deeper

My breasts will grow

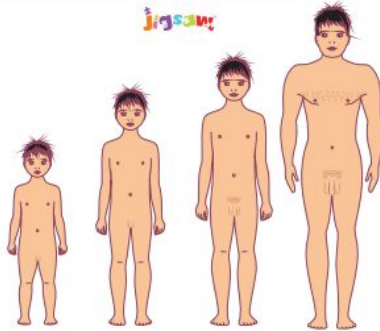
My penis and testicles
will grow larger

My feet will get bigger

My skin will get less smooth



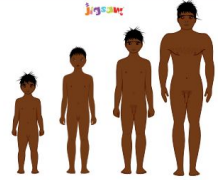
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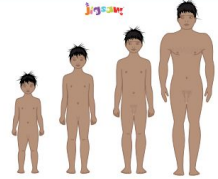
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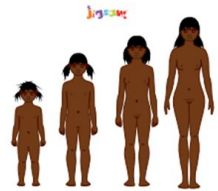
Changing Me
Body Changes PowerPoint Slides 5-6 - Ages 7-8 - Piece 4



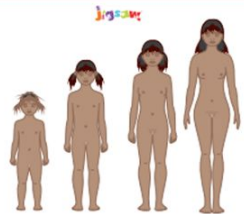
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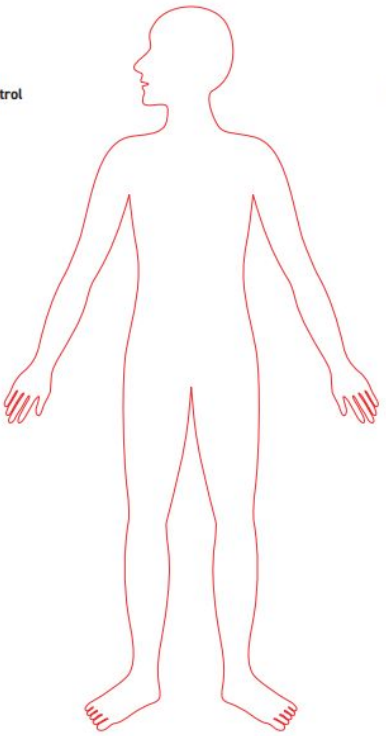


Resources used

Changing Me
My Life. My Changes - Ages 7-8 - Piece 3

Changes I can't control

Changes I can control



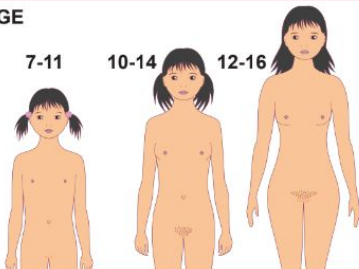
Growing pubic hair	Making new friends	Getting a deeper voice	Hips getting wider
Deciding when to go to bed	Growing facial hair	Choosing what to eat	Earning money
Choosing what clothes to buy	Growing taller	Growing underarm hair	Penis growing larger
Developing breasts	Starting new hobbies	Getting a boyfriend or girlfriend	

Lesson 3- Girls and puberty

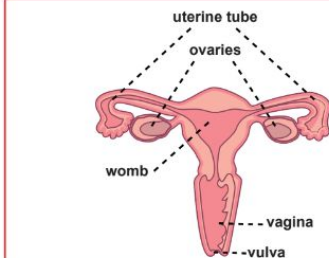
- To describe how a girl's body changes in order for her to be able to have babies when she is an adult, and that menstruation (having periods) is a natural part of this.

Resources used

AGE

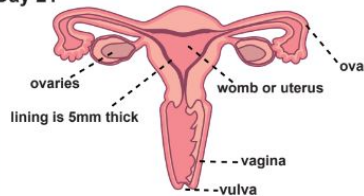


A girl reaches puberty usually between the ages of 10 and 14, though it can be earlier or later than this. At this time she starts to produce one egg every month from her ovaries.

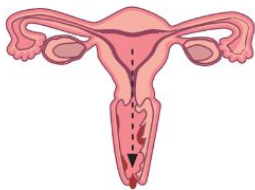


Many thousands of eggs are stored in the ovaries. A woman will release one each month for most of her adult life. Most will not be fertilised, so they pass down the tube into the womb and out of the body through the vagina.

Day 21



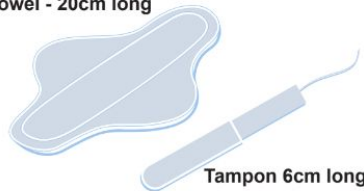
Menstrual Flow



However, every month the womb has to get ready in case the egg is fertilised. It makes a thick, soft, spongy lining with an extra supply of blood to provide the food and oxygen that a baby would need.

If the egg is not fertilised the extra lining isn't needed so it breaks up. For a few days the womb lining and the spare blood it contained will come out of the body through the vagina. This is what is called 'having a period'.

Towel - 20cm long



Girls and women need to soak up the menstrual flow as it comes out of the vagina. They use either an absorbent towel which they wear in their pants or a tampon which they insert into the vagina. Both need to be changed regularly.

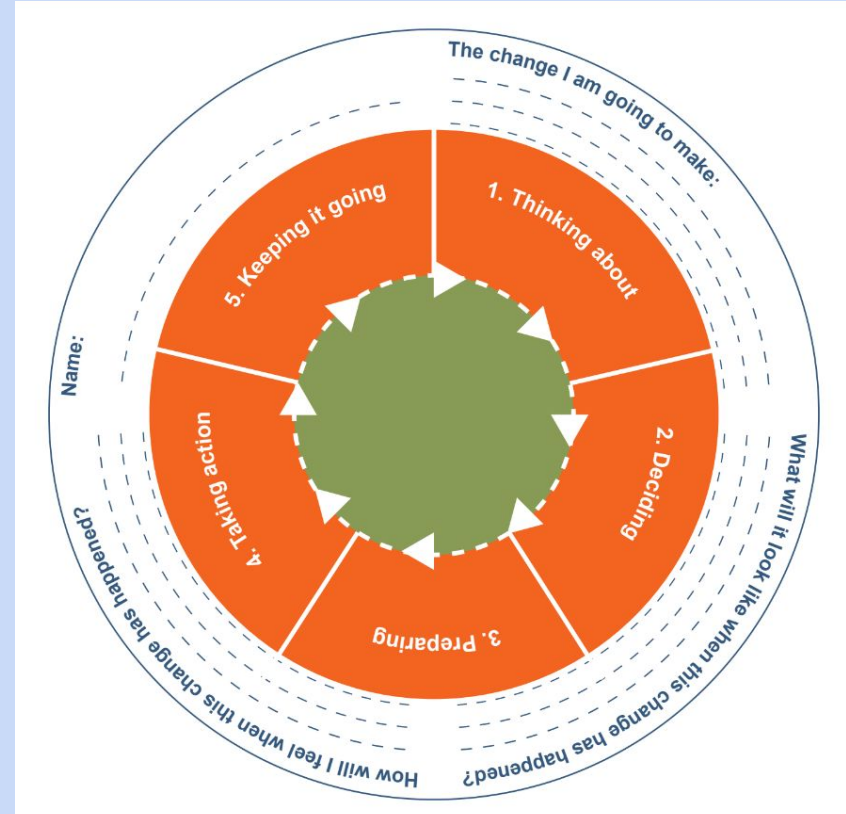


The amount of blood leaving the body varies from person to person but on average it's about two tablespoonfuls or an eggcup full. Most women have periods until they are in their fifties, when they gradually stop.

Lesson 4, 5 and 6 - Changes

- To know how the circle of change works and can apply it to changes I want to make in my life.
- To identify changes that have been and may continue to be outside of my control that I learnt to accept.
- To identify what I am looking forward to when I move to a new class.

Resources used



Resources used

Move house

Best friend moves away

Start a new school

Have a baby brother

**My body starts to change
in puberty**

My pet dies

**Go on a plane for the
first time on holiday**

**Your best friend says they don't
want to be friends any more**

PSHE - Year 5

Science - Life Cycles

- This unit runs alongside our science topic of life cycles in plants and animals
- We will discuss how male and female gametes are usually required to reproduce

Overview of the learning for Year 5

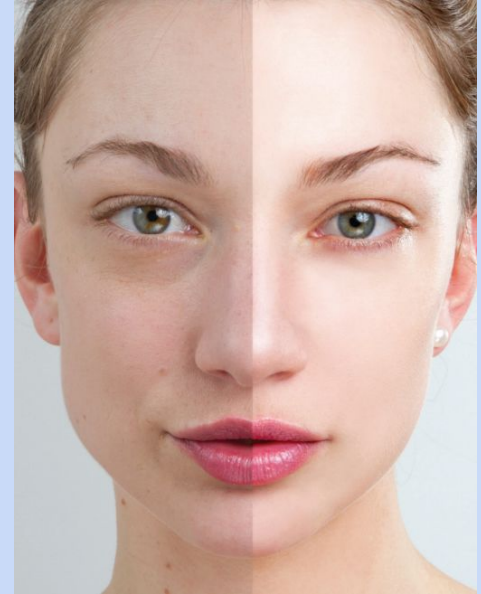
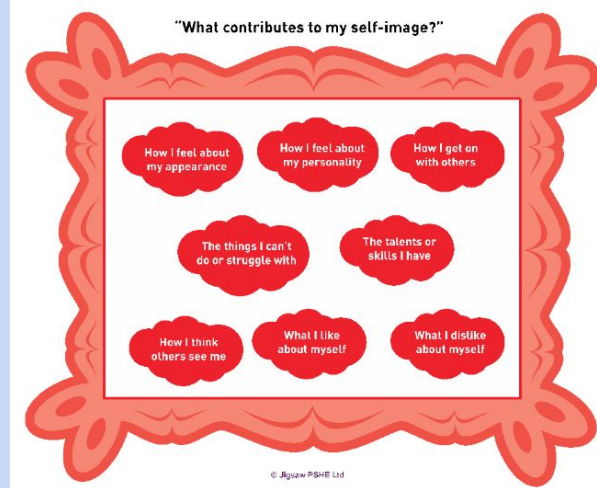
Pieces	PSHE learning intention	Social and emotional development learning intention
1. Self and Body Image	I am aware of my own self-image and how my body image fits into that	I know how to develop my own self esteem
2. Puberty for Girls	I can explain how a girl's body changes during puberty and understand the importance of looking after yourself physically and emotionally	I understand that puberty is a natural process that happens to everybody and that it will be ok for me
3. Puberty for boys	I can describe how boys' and girls' bodies change during puberty	I can express how I feel about the changes that will happen to me during puberty
2. Having a Baby	I can correctly label the internal and external parts of male and female bodies that are necessary for making a baby	I understand that having a baby is a personal choice and can express how I feel about having children when I am an adult
5. Looking Ahead 1 Puzzle Outcome: Change Cards	I can identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities (age of consent)	I am confident that I can cope with the changes that growing up will bring
6. Looking Ahead 2	I can identify what I am looking forward to when I move to my next class.	I can start to think about changes I will make next year and know how to go about this.

Lesson 1- Self and Body Image

- I am aware of my own self-image and how my body image fits into that
- I know how to develop my own self-esteem

Resources used

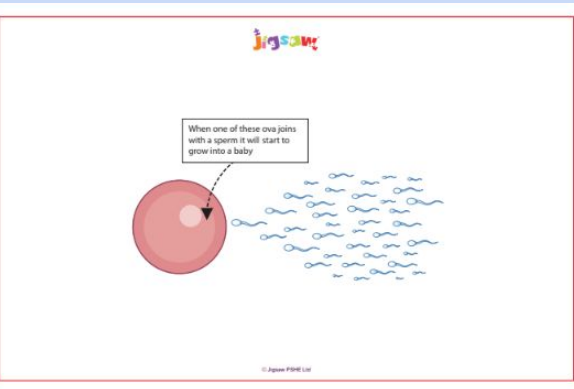
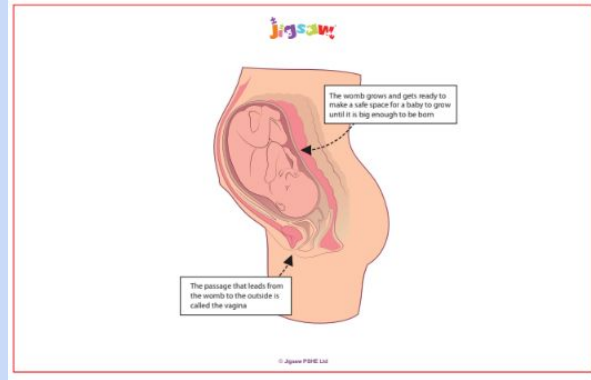
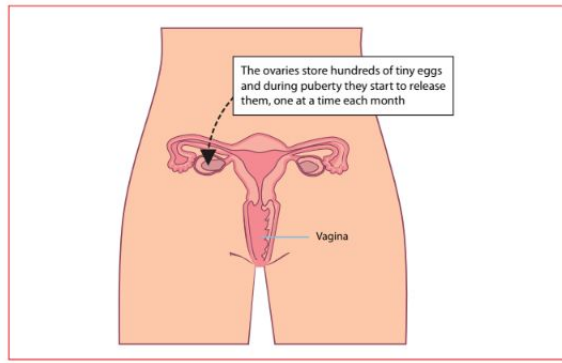
Thin	Fat
Tall	Short
Blue eyes	Sporty
Kind	Humorous
Wear glasses	Popular
Gets lots of 'likes' on social media	Caring
Generous	Friendly



Lesson 2 - Puberty for girls

- I can explain how a girl's body changes during puberty and understand the importance of looking after yourself physically and emotionally
- I understand that puberty is a natural process that happens to everybody and that it will be OK for me

Resources used



AGE 7-11 10-14 12-16	
A girl reaches puberty usually between the ages of 10 and 14, though it can be earlier or later than this. At this time she starts to produce one egg every month from her ovaries.	Many thousands of eggs are stored in the ovaries. A woman will release one each month for most of her adult life. Most will not be fertilised, so they pass down the tube into the womb and out of the body through the vagina.
Day 21 ovaries womb or uterus ova lining is 5mm thick vagina vulva	Menstrual Flow
However, every month the womb has to get ready in case the egg is fertilised. It makes a thick, soft, spongy lining with an extra supply of blood to provide the food and oxygen that a baby would need.	If the egg is not fertilised the extra lining isn't needed so it breaks up. For a few days the womb lining and the spare blood it contained will come out of the body through the vagina. This is what is called 'having a period'.
Towel - 20cm long Tampon 6cm long	
Girls and women need to soak up the menstrual flow as it comes out of the vagina. They use either an absorbent towel which they wear in their pants or a tampon which they insert into the vagina. Both need to be changed regularly.	The amount of blood leaving the body varies from person to person but on average it's about two tablespoonfuls or an eggcup full. Most women have periods until they are in their fifties, when they gradually stop.

Resources Used

On our journey to be adults, our bodies will change shape and grow bigger on the outside.

At the same time wonderful things are happening on the inside.

Boys have a bag of skin between their legs which holds the

These grow bigger and start to make, tiny seeds which are needed to start a baby.

When they are needed these seeds are released through the

Inside a girl, low down between her hips, are two

Stored inside these are lots of tiny

They start to be released, one at a time, into a tube that leads to the

This is a warm, safe space where a baby will grow if the egg joins with a sperm.

The womb is connected to an opening between the girl's legs by a passage called the

Ovaries	Sperm	Vagina	Testicles	Eggs	Womb	Penis
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My Mum has told me what to expect when my periods start, but I'm worried what will happen if they start while I am at school. I won't know who to talk to or how to get the stuff I need, and it could be really embarrassing.

I am a really keen swimmer and I also do a lot of dancing and other sports. It bothers me that when my periods start they'll interfere with all my activities and I won't be able to do what I want when I want.

Help! I've been told that when your periods start they go on until you are in your fifties. Am I really going to be bleeding for all that time?

Some of my friends say they would rather use tampons than pads or towels when their periods start. But I don't like the idea of putting something inside myself - and doesn't it mean that you're not a virgin any more?

I'm scared about my period starting because my big sister gets bad period pains and they make her really grumpy. Is there anything I can do to make sure I don't have the same kind of problems?

I hate the idea of my periods starting because it all sounds so yucky and messy. I think it'll be embarrassing because everyone will know I've got my period.

I think I could cope with having a period at home, but at school... where would I put the used tampons as I don't see any bins in the girls toilets for our year group?

What if I need to change my period pants during a lesson?

Lesson 3 - Puberty for boys

- I can describe how boys and girls' bodies change during puberty
- I can express how I feel about the changes that will happen to me during puberty

Resources used

When it comes to puberty, boys have less to worry about than girls

It's better to be an early starter on puberty than a late starter

If you have a worry about how your body is changing, it's easier to talk to your friends than your parents or carers

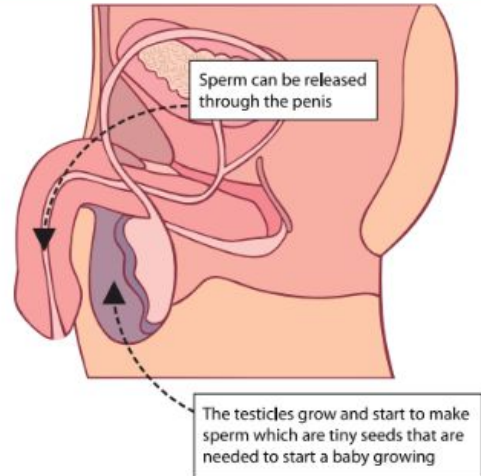
Age 10 is too young for boys and girls to start going out together

The thought of having babies when I'm older is very scary

If there's something you want to know but are embarrassed to ask about, you can always get reliable information on the internet

It's normal to start fancying people as you get older

When boys grow up they have to learn to be less emotional than girls



Lesson 4 - Having a baby (reproduction only)

- I can correctly label the internal and external parts of the male and female body that are necessary for making a baby
- I understand that having a baby is a personal choice

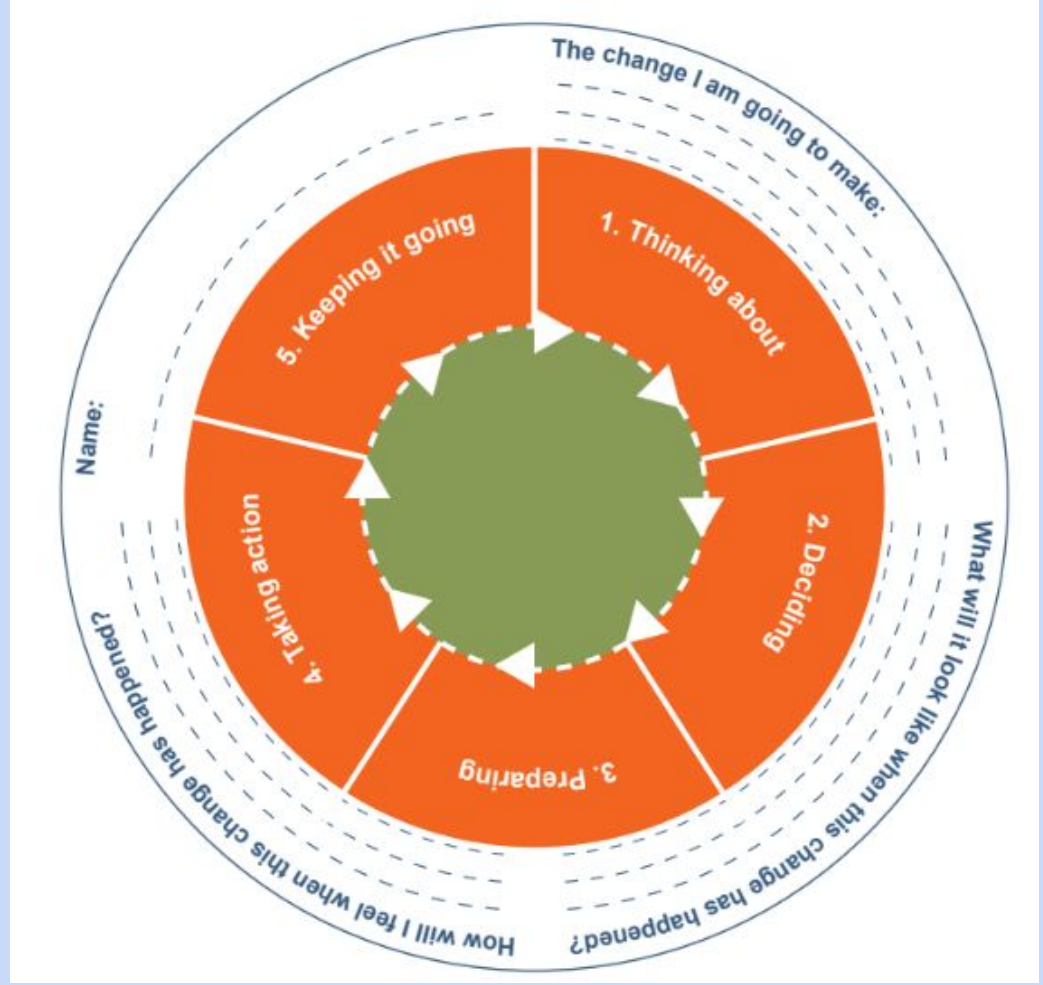
Resources used

A cake	An oak tree	A new car	A baby
Flour, eggs, sugar, butter and other ingredients	An acorn	Wheels, an engine and a metal body	A sperm
A baking tin	Rich soil full of nutrients and water	A factory full of machinery	An egg
A hot oven	Space to grow and spread its branches	Workers to make the parts and put them together	A mother's womb to grow in
A cook with a recipe	Warmth and light from the sun	A driver to buy it	A family to provide love and care

Lesson 5 and 6 - Changes

- I can identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities
- I can identify what I am looking forward to when I move to my next class

Resources used



PSHE - Year 6

PSHE - Transition

- Year 6 will get 2 PSHE lessons a week
- One will be on 'Changing Me' and the other will be looking at transition to secondary school.

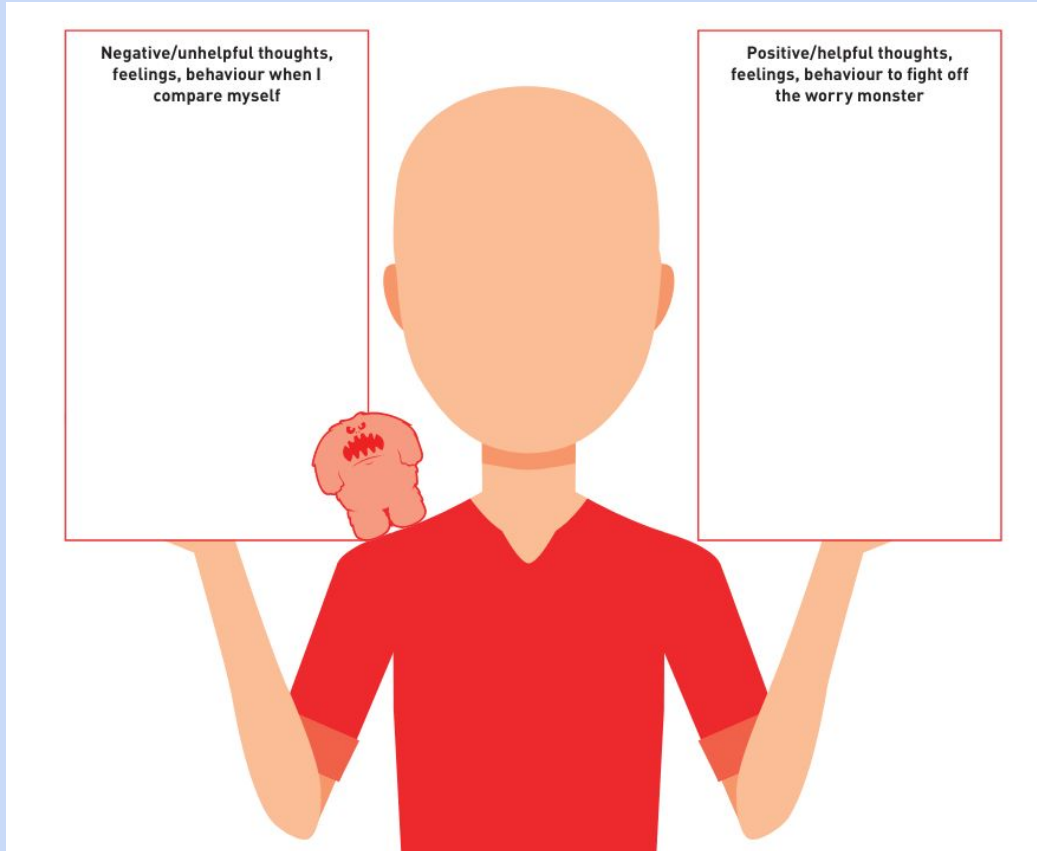
Overview of the learning for Year 6

Pieces	PSHE learning intention	Social and emotional development learning intention
1. My Self Image	I am aware of my own self-image and how my body image fits into that	I know how to develop my own self esteem
2. Puberty	I can explain how girls' and boys' bodies change during puberty and understand the importance of looking after yourself physically and emotionally	I can express how I feel about the changes that will happen to me during puberty
4. Conception	I understand that sexual intercourse can lead to conception and that is how babies are usually made I also understand that sometimes people need IVF to help them have a baby	I appreciate how amazing it is that human bodies can reproduce in these ways
3. Babies: Conception to Birth Assessment Opportunity 📝	I can describe how a baby develops from conception through the nine months of pregnancy, and how it is born	I can recognise how I feel when I reflect on the development and birth of a baby
4. Boyfriends and Girlfriends	I understand how being physically attracted to someone changes the nature of the relationship and what that might mean about having a girlfriend/boyfriend	I understand that respect for one another is essential in a boyfriend/girlfriend relationship, and that I should not feel pressured into doing something I don't want to
5. Real self and ideal self	I am aware of the importance of a positive self-esteem and what I can do to develop it	I can express how I feel about my self-image and know how to challenge negative 'body-talk'

Lesson 1 - My self-image

- I am aware of my own self-image and how my body image fits into this
- I know how to develop my own self-esteem

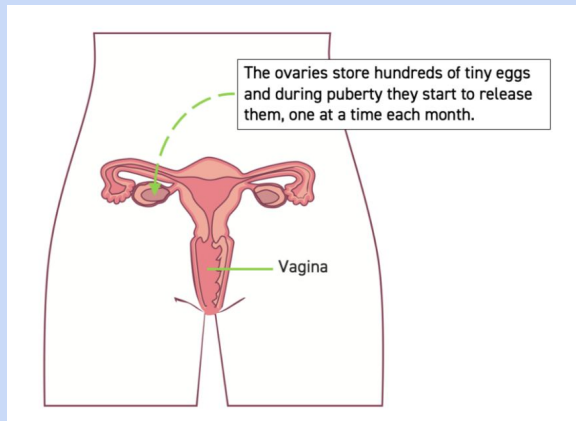
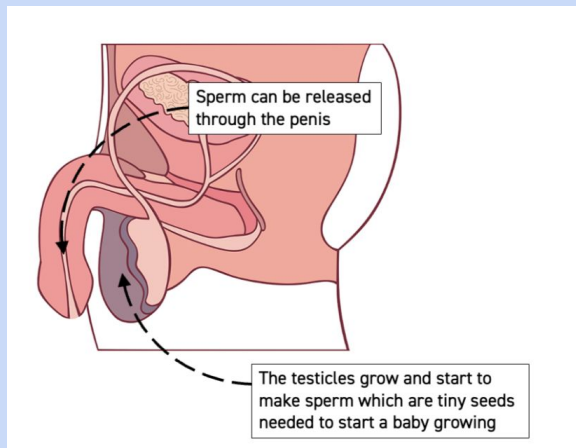
Resources used



Lesson 2 - Puberty

- I can explain how girls' and boys' bodies change during puberty and understand the importance of looking after yourself physically and emotionally

Resources used



My penis doesn't look as big as other boys in my year.
Does this mean that I'm not normal?

Why do some boys have a penis where you can see the end,
and others don't?

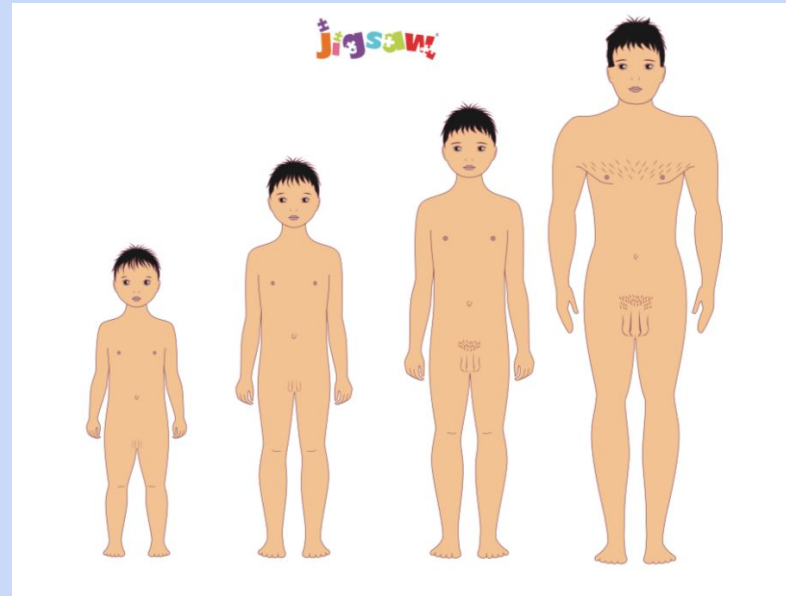
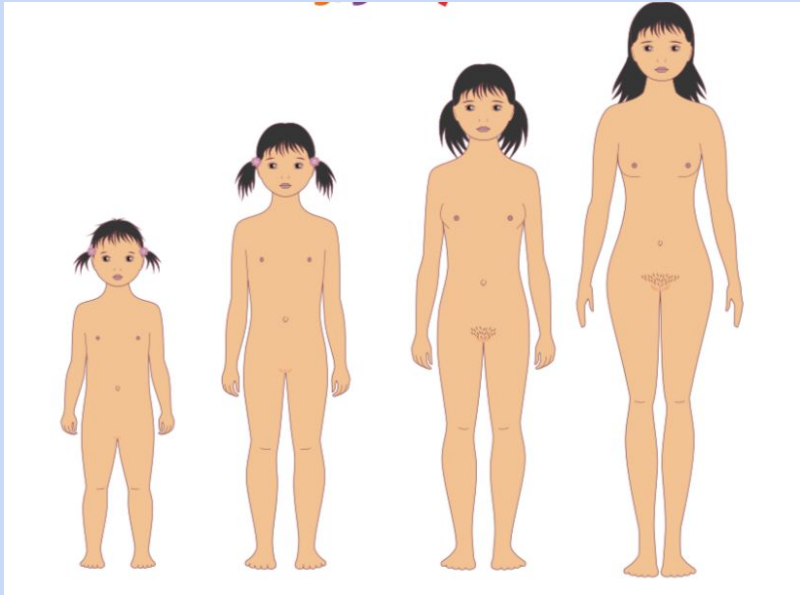
I heard someone say that masturbation can make you gay?

I heard a girl say she would only ever go out with a boy who has a six-pack.
I don't have a six-pack. Will I never get a girlfriend?

I am getting spots on my face. Under my arms I am sweating
a lot more than I used to. It's a bit smelly. Should I be doing more
to keep myself clean?

I'm having more wet dreams than I should and I'm worried that
I'm not normal. It's way too embarrassing to talk to my parents about it.
Shall I try to check if I'm normal on the internet?

Resources used



If you get spots during puberty it's because you have a bad diet.

Myth! The changes in hormone levels in your blood mean you're more liable to spots - but you can help by eating well and washing and cleansing your skin thoroughly.

Girls get hairy legs, just like boys do.

Truth! Girls and women do grow hair on their legs, though probably not so much as boys. You might not realise it, since some women choose to shave their legs.

Lesson 3 - Conception

- To understand that sexual intercourse can lead to conception and that is how babies are usually made
- To understand that sometimes people need IVF to help them have a baby

Resources used



If a couple makes love, it doesn't necessarily mean they will have a baby.

True

If people want to make love but not start a baby they can use various forms of contraception to stop the sperm and the egg meeting. Also, there are many days each month when there is no egg in the fallopian tube for the sperm to fertilise, and even when fertilised the egg might not successfully implant itself in the womb.

Fertilisation happens when the sperm meet the egg in the vagina.

False

Fertilisation normally happens in the fallopian tube, which carries the egg from the ovary towards the womb. If the egg is not fertilised when it reaches the womb it dies and passes out through the vagina, along with the extra womb lining that is not needed.

One of the first signs to tell a woman she is pregnant is that her periods stop.

True

The extra womb lining needs to stay in place as the embryo (the tiny growing baby) is implanted in it, so a woman does not have periods when she is pregnant. She may notice other changes, like starting to feel a bit sick at certain times of day. A doctor can test her urine to show whether she is pregnant, or she can buy a kit to do this for herself at home.

If two sperm fertilise one egg, it will form identical twins.

False

Only one sperm can fertilise an egg, then the egg seals itself to keep other sperm out. Identical twins are formed when one fertilised egg splits into two completely separate cells and each one grows into a baby - they are identical because they come from the same sperm and the same egg. If there are two eggs and each is fertilised by a different sperm they will form non-identical twins.

The baby is attached in the womb by a cord through which it gets oxygen and food from the mother.

True

A baby in the womb can't eat or breathe in the way we do, so the umbilical cord lets it collect the oxygen and nutrients that it needs from the mother's blood - so she is eating and breathing for the baby as well. Your belly button is where the cord was attached to you when you were in your mother's womb.

A woman can't have a baby unless she has sexual intercourse with a man.

False

If there are medical reasons that prevent a couple from having a baby in the usual way, there are things that doctors nowadays can do to help. Sperm can be artificially placed in the woman's vagina, or an egg can be taken and fertilised with sperm outside the body and then implanted in the womb. This is called IVF.

Lesson 4 - Babies

- I can describe how a baby develops from conception through the nine months of pregnancy and how it is born

Resources used

Find the right words in the box below to fill in the gaps in the story

1. Life begins when a sperm joins with an egg in the fallopian tube and _____ it so that it starts to grow into a baby.
2. The fertilised egg starts to divide from one cell to two, then four, then eight and so on, and the growing cluster of cells travels down the tube towards the mother's _____.
3. The ball of cells settles into the soft lining of the womb, which has thickened with an extra supply of _____ to provide oxygen and food for the baby.
4. As the cells continue to divide some of them form into the tiny beginnings of the baby, and some form a fleshy plate called the _____ which attaches the baby to the wall of the womb.
5. The placenta collects oxygen and food from the mother's blood and passes them to the growing baby through the _____.
6. After a month the baby is about the size of a grain of rice; while it is very tiny the baby is called an _____.
7. For the first 12 weeks the baby grows slowly but it gradually forms all its body parts: after only 6 weeks it already has a tiny _____ which is beating.
8. While it grows the baby is kept safe and protected from bumps and knocks by floating in a bag of _____.
9. After 12 weeks the baby is fully formed and has all its essential _____ but it is still very small, about the length of your thumb.

Lesson 5- Boyfriends and Girlfriends

- I understand how being physically attracted to someone changes the nature of the relationship and what this might mean about having a girlfriend or boyfriend
- I understand that respect for one another is essential in a relationship and that I should not feel pressured into doing something I don't want to

Resources used

Have a
boyfriend/
girlfriend at the
age of 10

Text 'I love
you' to your
boyfriend/
girlfriend

Sulk until you
get what you
want from your
boyfriend/
girlfriend

Make fun of
somebody's
looks and say
they'll never
get a boyfriend/
girlfriend

Chat to your
parents about
a boyfriend/
girlfriend worry

Criticise yourself
for not having
a boyfriend/
girlfriend

Send a 'sexy'
photo or text to
prove you love
somebody

Have a
boyfriend/
girlfriend at the
age of 15

Tell someone
that you'll only
go out with
them if they do
something you
want

Chat to a
friend about
a boyfriend/
girlfriend worry

Accept other
people's
compliments
about you

Look online for
advice about
boyfriend/
girlfriend
problems

Send a horrible
message back if
your girlfriend/
boyfriend sends
you a horrible
message

Be assertive if
you don't want
to do something
that could hurt
you or someone
else

Try to be a
grown up before
you are ready

Not wanting
to have a
boyfriend/
girlfriend

**You are physically
attracted to them**

**You are the only
one in your group
without one**

**You want to be
treated like a
grown-up**

**You like the
attention they give
you**

**You enjoy their
company**

**You can have a laugh
together**

**You don't want to
look like a loser**

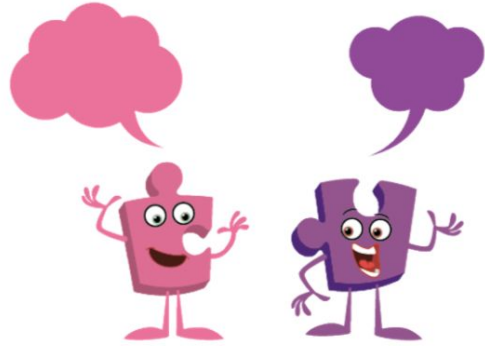
**You like doing things
together**

**You want to make
your friends envious**

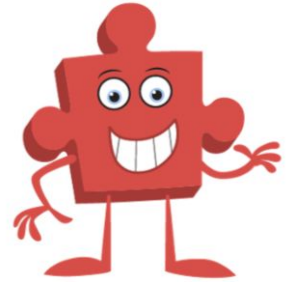
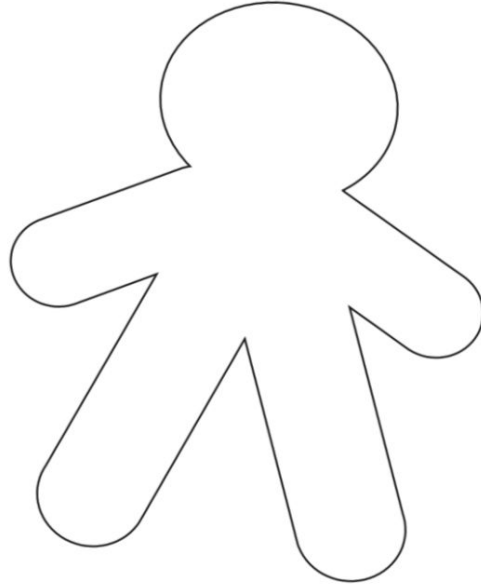
Lesson 6 - Real self and Ideal self

- I am aware of the importance of a positive self-esteem and what I can do to develop it
- I can express how I feel about my self-image and know how to challenge negative body talk

Resources used



Choose 5 words to write on your ideal self about your personality and character



Choose 5 words to write on your real self to describe your self-image.

Additional resource - Animations

- To be shown to where appropriate
- <https://jigsawpshe.online/community/pshe-primary/resources/rshe-animations/>

Vocabulary by the end of Year 6

Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
• Self-image • Self-esteem • Real self • Celebrity • Peer pressure • Self-talk	• Pubic hair • Voice breaks • Menstruation • Semen • Facial hair • Erection • Breasts • Hormones • Wet dream • Ovulation • Masturbation • Clitoris • Testicles • Sperm • Penis • Vagina • Womb • Fallopian tube • Vulva	• Relationships • Conception • Making love • Sexual intercourse • Fallopian tube • Fertilisation • Pregnancy • Embryo • Umbilical cord • Contraception • Fertility treatment (IVF) • Consent	• Pregnancy • Embryo • Foetus • Placenta • Umbilical cord • Labour • Caesarean section • Contractions • Cervix • Midwife	• Girlfriend • Bodyfriend • Attraction • Relationship • Pressure • Love • Sexing • Consent	• Self-esteem • Negative body-talk • Choice • Feelings / emotions • Challenge • Mental health

Supporting at home

- Be open and honest
- Teachers
- Books - <https://www.twinkl.co.uk/blog/the-30-best-sex-education-books-for-parents-and-carers>
- [Activities about mental health, dealing with change, and forming positive relationships.](#)

Links

- [Statutory guidance for Relationships Education in Primary Schools](#)
- [Age limits on sex education](#)
- [Parents' guide to RSE in Primary Schools](#)
- [Monks PSHE Policy](#)
- [Monks RSE Policy](#)

Q&A

Q: Do you teach about consent?

A: Yes. Consent is woven throughout our PSHE teaching and learning from Reception up to Year 6. Children are given the vocabulary they need to express their feelings and to ask another for their consent, and are encouraged to use it. It is made clear how crucial it is that we listen and respect others' wishes. Whilst taught directly in PSHE lessons, consent also links to our school values of respect, friendship, and responsibility and as such can often be a topic of discussion during the school day.