



Rachel Savage, Mel Wall, Laura White, Emily Birch  
and Melanie Pallister

## Aims

To provide the context, principles and practice for teaching high quality Relationship and Sex Education

*To become familiar with the Jigsaw 'Changing Me' Puzzle, the materials and approach*

# Group Charter

What will make this a safe and positive learning environment for us today?

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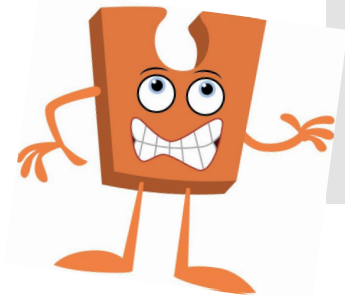
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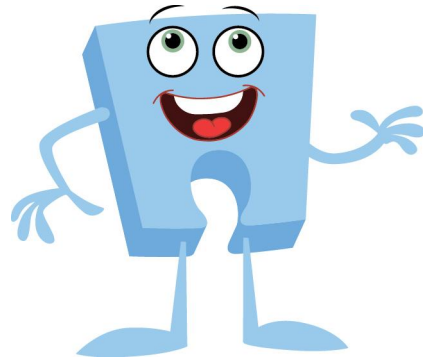
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Why is this vitally important in RSE lessons?



# What was your experience of RSE?

Discuss in pairs or small groups





Do you think today's  
children and young  
people require a  
different approach to  
your experiences?

Discuss in pairs or small groups



# Today's considerations

- The internet
- Television
- Social media
- Other media
- Friends
- Family
- School





What do you think  
high quality RSE  
looks like?

Discuss in pairs or small groups

Jigsaw!®






## RSE Guidelines

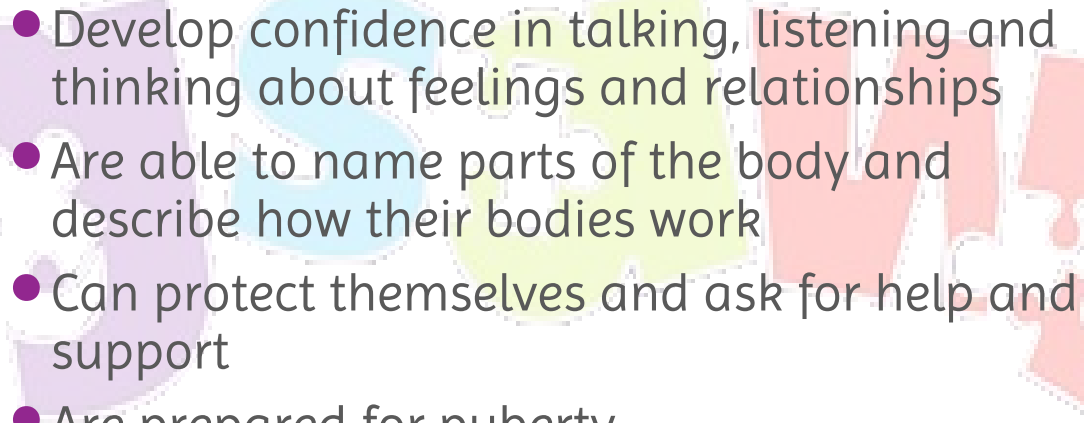
The government has been clear that high quality PSHE and age-appropriate RSE teaching are essential to keeping pupils safe and healthy, inside and outside the school gates. (Government Response: Life lessons: PSHE and RSE in schools, March 2015).





## RSE Guidance (2000)

**At primary school, a graduated, age-appropriate programme of RSE should ensure that all children:**

- Develop confidence in talking, listening and thinking about feelings and relationships
  - Are able to name parts of the body and describe how their bodies work
  - Can protect themselves and ask for help and support
  - Are prepared for puberty
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## RSE Guidance (2000)

At primary school, a graduated, age-appropriate programme of RSE should be provided that all children

- Develop self-esteem
- Are able to work with others
- Can make choices
- Are prepared for puberty

**However, parents/carers can  
withdraw their children from RSE  
taught in PSHE but not from  
Science**

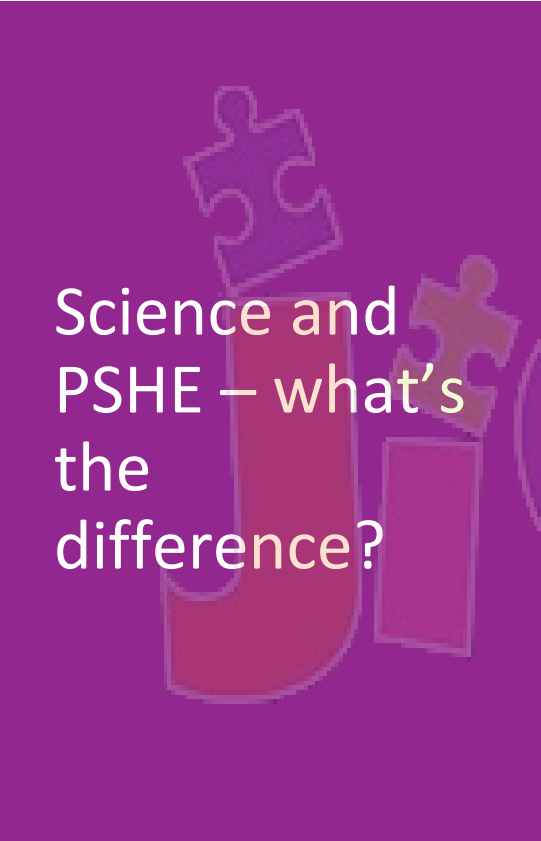


Jigsaw



SEN Provision





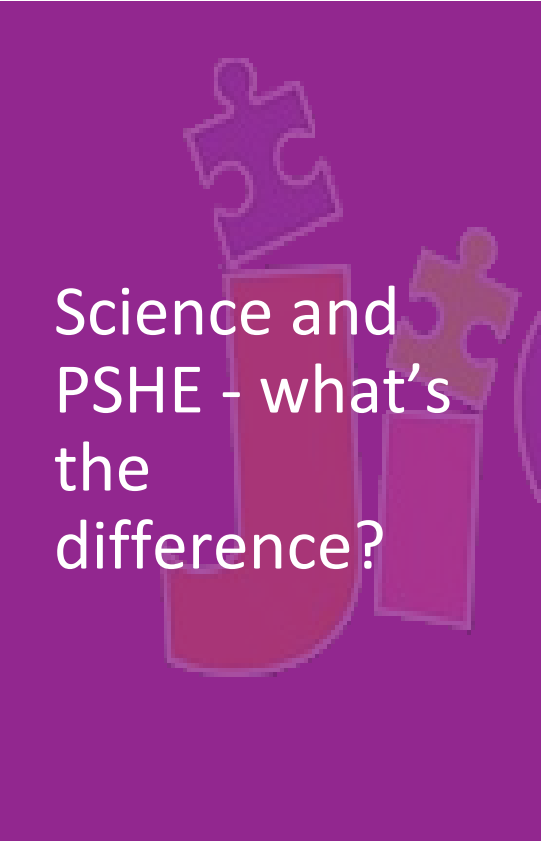
## Science and PSHE – what's the difference?

### Science Key Stage 1

- identify, name, draw and label the basic parts of the human body and say which part of the body is associated with each sense
- notice that animals, including humans, have offspring which grow into adults

### PSHE Key Stage 1

- the names for the main parts of the body (including external genitalia) the similarities and difference between boys and girls
- how to maintain physical, mental and emotional health and well-being
- how to manage risks to physical and emotional health and well-being
- ways of keeping physically and emotionally safe
- about managing change, such as puberty, transition and loss
- how to make informed choices about health and well-being and to recognise sources of help with this



## Science and PSHE - what's the difference?

### Science Key Stage 2

- describe the differences in the life cycles of a mammal, an amphibian, an insect and a bird
- describe the life process of reproduction in some plants and animals
- describe the changes as humans develop to old age
- learn about the changes experienced in puberty

### PSHE Key Stage 2

- how their body will change as they approach and move through puberty
- about human reproduction
- how to develop and maintain a variety of healthy relationships, within a range of social/cultural contexts
- how to recognise and manage emotions within a range of relationships
- how to recognise risky or negative relationships including all forms of bullying and abuse
- how to respond to risky or negative relationships and ask for help
- how to respect equality and diversity in relationships

# RSE in Jigsaw



## Relationships

Families  
Friendships  
Love and Loss  
Memories  
Grief cycle  
Safeguarding and keeping safe  
Attraction  
Assertiveness  
Conflict  
Own strengths and self-esteem  
Cyber safety and social networking  
Roles and responsibilities in families  
Stereotypes  
Communities

## Changing Me

Life cycles  
How babies are made / How they grow  
My changing body  
Puberty  
Growing from young to old / Becoming a teenager  
Assertiveness  
Self-respect  
Safeguarding  
Family stereotypes  
Self and body image  
Attraction  
Change / Accepting change  
Looking ahead / Moving/transition to secondary





RSE content  
by year group

**Foundation** Growing up: how we have changed since we were babies

**Year 1** Boys' and girls' bodies; body parts

**Year 2** Boys' and girls' bodies; body parts and respecting privacy

**Year 3** How babies grow and how boys' and girls' bodies change as they grow older

**Year 4** Internal and external reproductive body parts, body changes in girls and menstruation

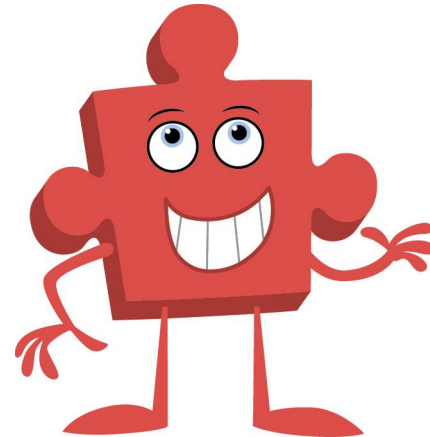
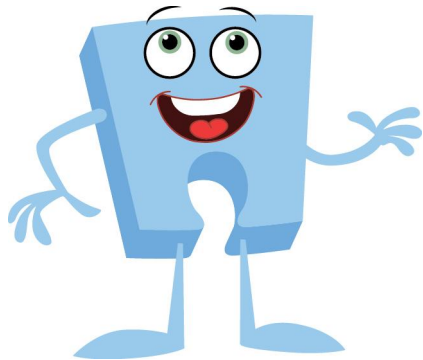
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**Year 5** Puberty for boys and girls, and conception

**Year 6** Puberty for boys and girls and understanding conception to birth of a baby



# Question Time





# How We Teach RSE...

Jigsaw

What is my role?

Don't forget...

We are educating children and young people to live in the real world, with all its contradictions

*When it comes to sex, children's heads are probably not empty – but they may be full of myths and half-truths*

We mustn't let our adult knowledge of sex prevent us seeing things from the child's perspective

*Our focus should be on building healthy attitudes and positive relationships, not just fighting off perceived threats*



All Music and Lyrics  
Composed by Karen Gillis

## Changing as I Grow

Seasons come and go  
Sunshine, rain or snow,  
Our lives ebb and flow  
Constantly

Changing as I grow  
Yet deep inside I know  
I'm becoming what I'm meant to be.

Sometimes feeling strange  
As minds and bodies change  
Friendships re-arrange  
Suddenly

Changing as I grow  
Yet deep inside I know  
I'm becoming what I'm meant to be.

Life is flying fast  
I can do at last  
Things that in the past  
Challenged me.  
Changing as I grow  
Yet deep inside I know  
I'm becoming what I'm meant to be.

I won't be afraid  
Of future plans displayed  
Cheerful, not dismayed  
Hopefully  
Changing as I grow  
Yet deep inside I know  
I'm becoming what I'm meant to be.