



# RSE at Northridge High School Chloe Flanagan - 2021

# Aims



- To understand the new statutory guidance around the delivery of RSE to pupils in all schools.
- To understand how the RSE curriculum is delivered at NRHS at a level that is appropriate for each individual child.
- To gain understanding of how to explain and assure young people of body changes through puberty that is consistent with schools approach.
- To know where to source resources to support the above.

# RSE - What the curriculum says



<https://youtu.be/2W4J7vdK0g0>

# RSE - What the curriculum says



- It is compulsory for all pupils in all primary and secondary settings to learn about relationships - this covers all different family structures including LGBT.
- Parental and religious views are taken into consideration when addressing all areas of the RSE curriculum
- Parents do have the right to withdraw their child from Sex Education lessons for content that falls outside of the science curriculum.
- This should be discussed with the school - parents will be invited to discuss their views with the RSE lead and/or head teacher.

# How do we deliver RSE at NRHS?



- Pupils access RSE lessons in school that are differentiated and tailored to individual pupil need. Lessons are usually delivered in the Summer term, though this year pupils also accessed them in the Autumn term. Parents will receive a letter outlining what your child will be learning in these sessions prior to work starting.
- These lessons are designed to help pupils understand the changes that are happening to their bodies, both physical and emotional on a level that is appropriate for them.
- Topics covered include puberty, private and public and relationships.
- School welcome requests from home to support with this - it is beneficial for our pupils to receive the same/consistent messages and use of resources in both home and school
- The school policy for RSE, DofE guidance and example resources can be found on the school website - <https://northridge.manchester.sch.uk/parents-page/phsce-and-rse/>

# Why do we teach in RSE at NRHS?



- To give pupils the right to know about their bodies
- To help keep pupils safe
- To enable our pupils to make choices
- To support pupils in understanding their emotions and feelings
- To support our pupils in having healthy relationships
- To help our pupils understand how to be healthy

# What are the key areas we cover in 'Relationships'?



- Friendships
- Family and people who care for me
- Caring friendships
- Respectful relationships
- Online relationships
- How to be safe

# Changes to our bodies/puberty - language we use



- Where appropriate we always use correct terminology with our pupils regarding their body and puberty.
- We have symbols that depict body parts, including both male and female genitalia.
- We believe this is important as it creates consistency and eliminates confusion for both them and us during conversations.



# PANTS Rule - NSPCC



- As part of supporting our pupils to keep safe and understanding public and private we teach our pupils the PANTS rule. There are a lot of resources and information on this online.
- <https://www.nspcc.org.uk/globalassets/documents/advice-and-info/underwear-rule-parents-learning-disabilities-english.pdf>



# Changing bodies - Resource Examples




- Experiential and ASD/Complex needs - use of objects of reference, symbol supported resources and worksheets, social stories and sequencing activities.
- KS3, 4 & 5 - Symbol supported resources, social stories, appropriate videos and books and single sex group and 1:1 discussions.

# Changing bodies - Resource Examples




Name: \_\_\_\_\_ Date: \_\_\_\_\_


**L/O— Label the different stages of our changing bodies and identify key changes that happen.**




Stage: \_\_\_\_\_  
What happens in this stage?  
\_\_\_\_\_  
\_\_\_\_\_



Stage: \_\_\_\_\_  
What happens in this stage?  
\_\_\_\_\_  
\_\_\_\_\_




Stage: \_\_\_\_\_  
What happens in this stage?  
\_\_\_\_\_  
\_\_\_\_\_




Stage: \_\_\_\_\_  
What happens in this stage?  
\_\_\_\_\_  
\_\_\_\_\_

Name: \_\_\_\_\_ Date: \_\_\_\_\_

**L/O— Label the different stages of our changing bodies and identify key changes that happen.**



Stage: \_\_\_\_\_  
What happens in this stage?  
\_\_\_\_\_  
\_\_\_\_\_



Stage: \_\_\_\_\_  
What happens in this stage?  
\_\_\_\_\_  
\_\_\_\_\_

**Word Bank**

**Stages**  
Baby/Toddler Child Teenager Young Adult Middle Aged Old Aged

**Changes key words**  
Crawl walk talk school grow spots sweat smell hair pubic hair  
periods menstruation leave school work family grey hair ache  
slow tired retire

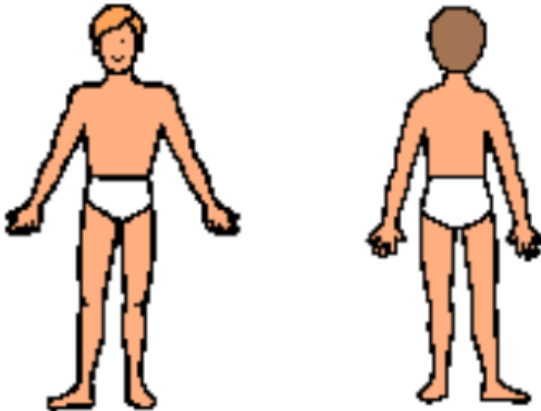
# Changing bodies - Resource Examples



Name: \_\_\_\_\_ Date: \_\_\_\_\_

L/O— To learn and understand the difference between private and public

Find and label the body parts that are private. Draw arrows and label. Use the correct names for your body parts.



Comments: \_\_\_\_\_

Self-assessment

like	don't like	easy	hard
------	------------	------	------

Name: \_\_\_\_\_ Date: \_\_\_\_\_

L/O— To learn and understand the difference between private and public

Create a list of private and public spaces.

Private	Why?	Public	Why?

Comments: \_\_\_\_\_

Self-assessment

like	don't like	easy	hard
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# Changing bodies - Resource Examples

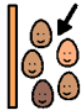


## Social Story

### Touching My Body

My body is special and it is okay for me to touch my body.

#### Public Places

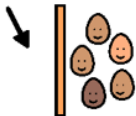


It is okay to touch my hands, legs, arms, head, face, back and feet in public places when people are watching.

It is not okay to touch my private areas when people are watching.

My private areas are my penis, my testicles, and my bottom

#### Private Places



It is okay to touch my private areas when I am alone in my bedroom or in the bathroom with the door shut. Sometimes it will feel good to touch myself and that is ok because it means I am growing up and becoming a man.

I will not touch or rub my private areas or put my hands inside my trousers or underwear when I am in public places.



It is not okay to touch my private areas in the classroom, in the canteen or where there are other people.

Touching my private area is something I do alone and in private.

# Changing bodies - Resource Examples



## Social Story

I am growing up into a young lady.



Once a month I will have a period.  
This is normal for girls of my age.



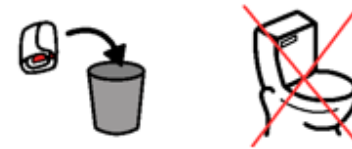
When I have a period it is important that I change my towel regularly.

In the morning	At breakfast	At lunchtime	When I get home	At bedtime
✓	✓	✓	✓	✓

I must use a new sanitary pad every time I change. I must wear it all the time I have my period.



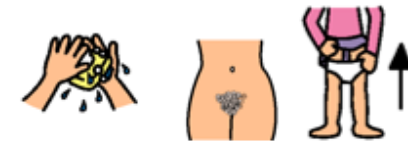
I will put my dirty pad into a bin and not down the toilet.



It is important that when I am on my period I have a shower or a bath every day.



I need to wash my private areas thoroughly; this will stop me smelling during my period.

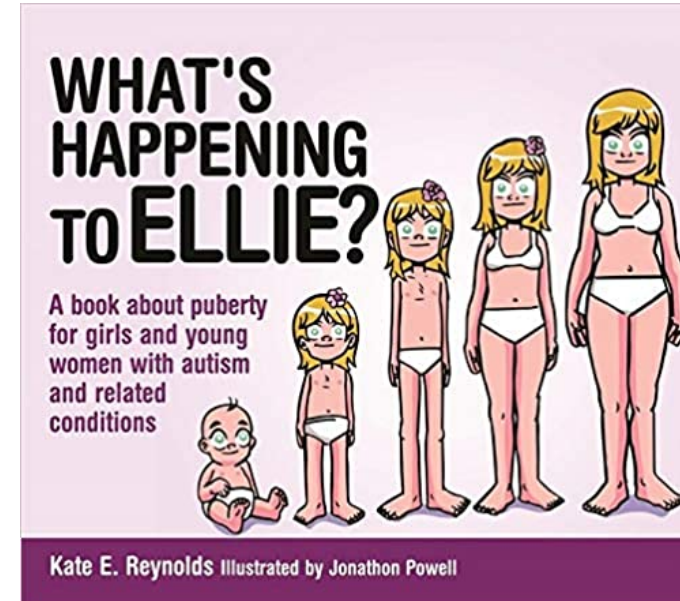
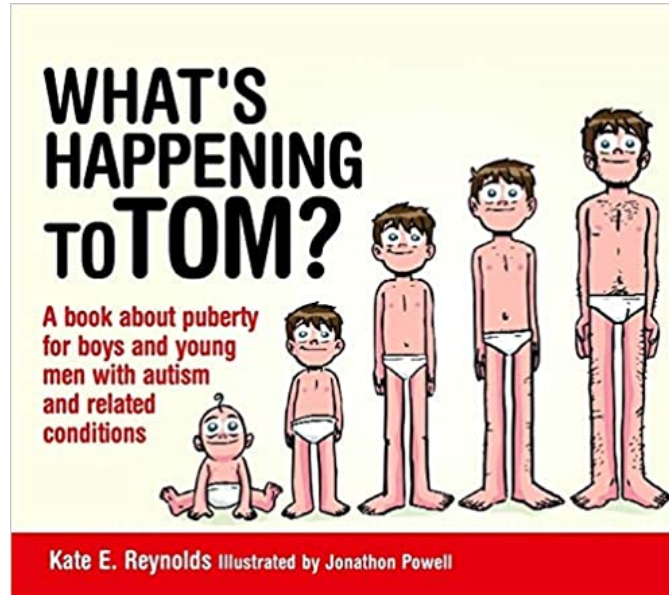
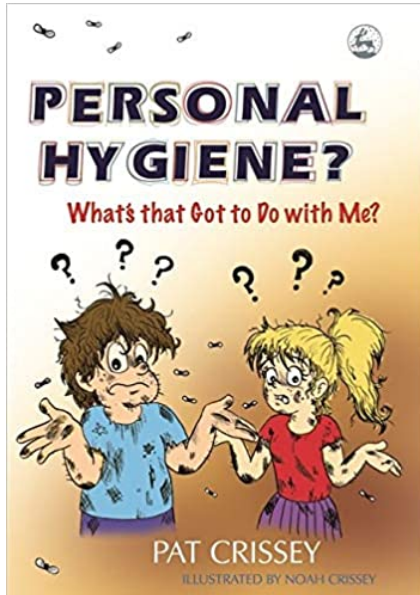


After my shower or bath, I will put a clean sanitary pad into my knickers.





# Resources - Books



# Resources - Other



Where possible we will use physical resources to teach pupils - e.g. real hygiene products and models, sanitary products, body models ect.





# Resources - Online



- <https://www.brook.org.uk>
- <https://www.bbc.com/bitesize>
- <https://www.nspcc.org.uk/globalassets/documents/advice-and-info/underwear-rule-parents-learning-disabilities-english.pdf>
- <https://www.nspcc.org.uk/globalassets/documents/advice-and-info/underwear-rule-parents-learning-disabilities-english.pdf>
- <https://www.thinkuknow.co.uk/>
- <https://s3-eu-west-1.amazonaws.com/leedssexualhealth.com/downloads/Puberty-Sexuality-Pack.pdf>

# Resources - From School



Please do ask the school for support in creating resources, we can ensure that the learning and information content is consistent with that we use in school.

<https://northridge.manchester.sch.uk/parents-page/phsce-and-rse/>

There are a number of resources around changing bodies, emotions, relationships and hygiene in the PHSCE/RSE area of our website.

# Summary



- All pupils are taught RSE at NRHS, parents may withdraw from some content of Sex education after discussion with the school. All teaching is appropriate for the learning needs of our individual pupils.
- Where appropriate, correct language/terminology should be used for body parts.
- Parents are encouraged to ask school for resources to support you with implementing consistent hygiene routines at home.

# Any questions?



Please use the chat facility to ask any questions.

Alternatively, if you have any questions at a later date please don't hesitate to contact school via email

[parentcarergroup@northridge.manchester.sch.uk](mailto:parentcarergroup@northridge.manchester.sch.uk)

