



*'Let your light shine'*



## **Relationships and Sex Education (RSE) as part of the broader PSHE curriculum**

Personal, social, health and economic (PSHE) education is an important and necessary part of all pupils' education. Today's children and young people are growing up in an increasingly complex world and living their lives seamlessly on and offline. This presents many positive and exciting opportunities, but also challenges and risks. In this environment, children and young people need to know how to be safe and healthy, and how to manage their academic, personal and social lives in a positive way. As a result of this, the government have made **Relationships Education compulsory** in all primary schools in England from September 2020.

At St. Stephen's C.E. Primary School, PSHE has always been firmly embedded into provision, providing the key building blocks of healthy, respectful relationships, focusing on family and friendships, in all contexts, including online. The embracing of LGBT relationships are explored, in an age appropriate way, across all year groups to develop tolerance and respect.

### **Relationship and Sex Education is delivered in two distinct ways at St. Stephen's C.E. Primary**

#### **1. 'Lucinda and Godfrey' RSE programme**

In a discrete way, 'Lucinda and Godfrey' lead our RSE programme brilliantly in school, with children 'growing up' with the two characters as they develop and mature, tackling all of life's challenges. The scheme is based on two characters, Lucinda and Godfrey, who begin Nursery school together and it follows them through their primary school years, growing and changing with them as they grow and mature - please see the Lucinda and Godfrey overview, (Appendix 4) for more information.

#### **2. Twinkl Life PSHE programme**

In addition to this discrete RSE programme, we are keen to enrich and broaden our PSHE provision further with Twinkl Life: Twinkl Life provides a

rigorous programme for all three components of the PSHE framework - living in the wider world, relationships and health and wellbeing - please see the overview, (Appendix 5) of Twinkl Life for more detailed information. Please note, we have moved the Y4 Relationships unit on 'Growing Up' to Year 5, as we felt it was more age appropriate. The Year 5 unit on 'Be yourself' is now covered in Year 4. Please see Appendix 6 for an overview of the units covered in school.

Relationships Education puts in place the building blocks needed for positive and safe relationships, including with family, friends and online. Your child will be taught what a relationship is, what friendship is, what family means and who can support them. In an age-appropriate way, your child's school will cover how to treat each other with kindness, consideration and respect.