

Relationship and Sex Education (RSE) at Charlton Kings Junior School

At CKJS, teaching about healthy relationships and sex education is embedded in our PSHE curriculum. Our planning for PSHE is based on the [SCARF](#) scheme, which is also used by Charlton Kings Infant school, and adapted to suit the learning needs of the pupils at our school, building on their learning at Key Stage 1 and preparing them for their future secondary education.

The teaching of RSE is statutory in school and the requirements are detailed in our RSE policy. Elements of RSE that fall under National Curriculum Science are compulsory, but parents have a right to withdraw their children from any RSE teaching taught outside of the Science curriculum.

As a school we are happy to speak to parents about the content of any RSE lessons and share any resources we intend to use so they can make informed decisions on whether their child should take part. We also have regard to pupils' well-being and may adapt how lessons are delivered according to the needs of the cohort, specific groups of children or individuals.

Year Group	Term	SCARF unit	RSE objectives
Year 3	2	Valuing Difference	<p>Key Learning Point: I can identify similarities and differences between a diverse range of people.</p> <ul style="list-style-type: none"> • I recognise that there are many different types of family. • I understand what is meant by 'adoption', 'fostering' and 'same-sex relationships'.
	6	Growing and Changing	<p>Key Learning Point: I have strategies to use when someone is inappropriately in my personal space.</p> <ul style="list-style-type: none"> • I know about different types of relationships, including who I have positive healthy relationships with. • I know what is meant by personal space. • I know when it is appropriate or inappropriate to let someone into my body space. • I know about secrets, surprises and unsafe secrets. • I know how surprises and secrets make me feel. • I know who to ask for help if a secret makes me uncomfortable or unsafe.
Year 4	6	Growing and Changing	<p>Key Learning Points: I can identify parts of the body that males and females have in common and those that are different. I can discuss the reasons why a person would want to be married, live together with a partner or have a civil ceremony.</p> <ul style="list-style-type: none"> • I know of some changes that happen to people during their lives. • I have techniques to manage change more easily. • I know of some people who may be able to help me deal with change. • I know the correct terminology for my genitalia. • I understand and can explain why puberty happens. • I understand that marriage is a commitment to be entered into freely and not against someone's will. • I recognise that marriage includes same sex and opposite sex partners. • I know the legal age for marriage in England.
Year 5	2	Valuing Difference	<p>Key Learning Points: I am able to empathise with people who have been, and currently are, subjected to injustice, including through racism. I can identify some products I might need during puberty and why.</p> <ul style="list-style-type: none"> • I understand and can describe discrimination and injustice. • I know how discriminatory behaviour can be challenged. • I understand that the information I see online isn't always true or accurate. • I understand that people sometimes post untruthful things about themselves online so that others will like them. • I know the difference between sex, gender identity, gender expression and sexual orientation. • I know what menstruation is and why it happens. • I know the correct words for the external sexual organs.

	6	Growing and Changing	<p>Key Learning Points:</p> <p>I can identify the changes that happen through puberty to allow sexual reproduction to occur.</p> <p>I can identify situations in which someone might need to break a confidence in order to keep someone safe.</p> <ul style="list-style-type: none"> • I know the correct words for the external sexual organs. • I recognise there may be some myths associated with puberty. • I know a variety of ways in which the sperm can fertilise the egg to create a baby. • I know the legal age of consent and what it means. • I know the difference between a safe and an unsafe secret.
Year 6	1	Me and My Relationships	<p>Key Learning Points:</p> <p>I can suggest some strategies for dealing with challenges that arise from friendships, demonstrating the need for a respectful and assertive approach.</p> <p>I can demonstrate assertive behaviours, particularly in situations where there is pressure to do something I feel uncomfortable about.</p> <p>I can explain how humans' basic emotional needs can be met.</p> <ul style="list-style-type: none"> • I know some of the challenges that arise from friendships. • I know some examples of assertive behaviours. • I understand peer influence and pressure. • I understand patterns of behaviour in peer-group dynamics. • I know that emotional needs change according to circumstance. • I understand how people show their commitment to each other. • I know the ages at which a person can marry. • I understand that everyone has a right to be free to choose who and whether to marry. • I understand that all humans have basic emotional needs.
	3	Keeping Safe	<p>Key Learning Points:</p> <p>I can keep my information private online.</p> <ul style="list-style-type: none"> • I know that it is illegal to create and share sexual images of children under 18 years old. • I know the risks of sharing photos and films of myself with other people, either directly or online. • I understand the risks of sharing images online and how these are hard to control once shared.
	6	Growing and Changing	<p>Key Learning Points:</p> <p>I can challenge stereotypical gender portrayals of people.</p> <p>I can suggest strategies that would help someone who felt challenged by the changes in puberty.</p> <ul style="list-style-type: none"> • I understand that photos can be changed to match a society's view of 'perfect'. • I understand that some people are bullied because of the way they express their gender. • I know that some inappropriate touch is illegal. • I understand that some types of physical contact can produce strong negative feelings. • I know what is meant by the term 'stereotype'. • I understand how the media can reinforce gender stereotypes. • I understand that people fall into a wide range of what is seen as 'normal'. • I understand that people can feel pressured to behave in a certain way because of the influence of a peer group. • I understand the norms of risk-taking behaviour. • I know what is meant by the word 'puberty', including the physical and emotional changes associated with it. • I know where to seek support if I'm worried about my own or another person's safety.