

2023

# Relationships and Sex Education

RSE

Streetwise works nationally with Jewish schools and Community organisation, enhancing the personal safety and personal development of young Jewish people to support their physical and emotional wellbeing. We are a partnership project between Maccabi GB and CST. Streetwise delivers Personal Development, Personal Safety and Relationships and Sex Education to Primary and Secondary schools, Community Organisations and Youth Movements. Streetwise have written this guide for parents to understand the work we do, how we deliver our carefully crafted curriculum and how parents can support their children with the education they will receive from Streetwise in KS1 and 2.

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# Aims

Streetwise aims to deliver quality Relationships and Sex Education in accordance with the statutory guidance as set out by the government, and amended to fit the needs of the Jewish schools we work with. By the end of school, participants should:

- Be able to name parts of their body and understand their function
- Know the people/organisations they can go to for support
- Be confident in understanding and communicating their feelings about friendships and relationships
- Understand and respect different types of relationships, including friendships and family relationships
- Understand the characteristics of healthy relationships
- Develop positive values and a moral framework that will guide their decisions and judgements
- Be able to develop a positive body image and know how to raise their self-esteem
- Be prepared for the emotional and physical changes during puberty

# Statutory Requirements

Relationships and Sex Education was made compulsory in 2020 and schools were required to deliver this topic from the summer of 2021. Streetwise have worked closely with schools and members of the Jewish Aids Trust (JAT) to tailor Relationships and Sex Education to each year group to support the participants' continuous physical and emotional maturity. Parents should read and understand the RSE policy of their child's school, so they know how best to support their learning.

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# Curriculum

Streetwise’s curriculum may be adapted to fit the needs of the school. If participants ask questions or raise issues that are outside the scope of this curriculum, we will adhere to this in accordance with the safeguarding policy of the school and Maccabi GB.

## RELATIONSHIPS AND SEX EDUCATION (RSE) LEARNING OBJECTIVES

RECEPTION	<ul style="list-style-type: none"> <li>• Recognizing all families are different</li> <li>• A chance for young people to begin recognizing the safe people in their lives and the different roles they take</li> <li>• Explore Pantosaurus</li> </ul>
YEAR 1	<ul style="list-style-type: none"> <li>• Recognizing everyone is different</li> <li>• How children grow and change</li> <li>• Explore different types of families</li> <li>• Know who to ask for help</li> <li>• How they interact with others</li> </ul>
YEAR 2	<ul style="list-style-type: none"> <li>• Begin to understand the physical differences between boys and girls</li> <li>• Introduce stereotypes</li> </ul>
YEAR 3	<ul style="list-style-type: none"> <li>• To learn that our relationships with people will have different boundaries and doing certain things is only okay with certain people (e.g. having a play date at home is okay but not with your teacher)</li> <li>• Keeping your body safe</li> <li>• Knowing who to go to for help</li> <li>• Exploring family types</li> <li>• Accepting that people are unique</li> </ul>
YEAR 4	<ul style="list-style-type: none"> <li>• Basic facts about puberty (including emotional and physical changes)</li> <li>• Human lifecycle</li> </ul>
YEAR 5	<ul style="list-style-type: none"> <li>• To explore the theme of change at puberty with focus on the life cycle including physical maturation, and emotional changes during adolescence</li> <li>• To understand about menstruation and how to manage it</li> <li>• To explore emotional changes in more detail focusing on managing mood swings</li> </ul>

## YEAR 6

- To understand that some things need to be shared for both themselves and on behalf of their peers
- To identify safe sources of information and support networks
- To explore the theme of change at puberty with focus on the life cycle including reproduction; physical maturation; and emotional changes during adolescence
- To understand about menstruation and how to manage it
- To explore emotional changes in more detail focusing on managing mood swings, expressing feelings and building self-esteem
- To understand the process of reproduction
- To explore pressure, they may face and begin to understand the tools needed to deal with these assertively
- To understand that some things need to be shared for both themselves and on behalf of their peers
- To identify safe sources of information and support networks
- To understand how the media effects body image and self-esteem

## RSE DELIVERY

Streetwise has continued working with JAT facilitators to deliver these topics and have used their work as the basis for our training and programming. Streetwise professionally train all facilitators so they can meet the needs of the participants and schools. Schools can choose whether they would like Streetwise to deliver puberty with boys and girls separately or together. This is so they can decide what is most effective and appropriate for the children in their school. A separate parent's session is delivered before children start learning about puberty so parents can learn and ask questions about their children's education.

# Parents

Streetwise have developed some guidance for parents who want to start conversations with their children about growing up.

- Offer information in small chunks. This gives children a chance to digest the information being given.
- If your child asks questions, don't panic. If you don't know the best way to answer there are websites that provide age appropriate, factual information. We will signpost at the end of this document.
- Take advantage of the everyday opportunities presented on TV, the radio etc. to start conversations, on relationships, body image and sex.
- Read books with your children to introduce topics on the body and world around them.
- If you have family names for genitals, ensure your children also know the correct names so they can report abuse if it ever happened.
- Show your children you are comfortable discussing these topics so they can feel comfortable and open coming to you for advice and support now and in the future.