

Relationships + Sex Education

What is RSE?

Relationships and Sex Education (RSE) is taught in schools to give our children and young people a better understanding of healthy relationships, sex and diversity – as well as the knowledge of how to keep themselves safe and the confidence to seek help when needed.

Schools teach RSE throughout a child's primary and secondary school life.

The content will vary to ensure it is age appropriate.

Why do we need RSE?

Schools have a legal duty to teach RSE, set out in national guidance, good practice and legislation. It is something schools have done in one form or another for many years.

We know that young people who have had good teaching of RSE are more likely to:

- + **wait before having sex for the first time**
- + **use contraception when they do**
- + **have the knowledge of what is right and wrong, and the confidence to seek help**

We also know that RSE raises awareness of the risks and dangers of child sexual exploitation, cyber-bullying and abuse in relationships.

Who is involved in RSE?

The City Council supports the legislation and guidance for delivering RSE in schools in Nottingham. We ensure all teaching is of a high quality by working with children and young people, head teachers and principals, teachers, governors and national advisers on RSE.

How is RSE inclusive for all?

RSE in school is taught in a balanced way in line with the legal context for relationships and equality in the UK. Schools have a duty to ensure that all pupils and families are included. In practice, this means schools will explore a range of family and relationship types, including same-sex parents, single parents and adoptive parents – as well as different religious and cultural perspectives.

Good RSE teaching and an inclusive school environment should meet the needs of all pupils regardless of their gender identity, disability, sexual orientation, race and faith. It reflects life in modern Britain and supports pupils to develop tolerance and respect difference.

**Nottingham is a diverse
city that celebrates
Respect and Inclusivity**



**Nottingham
City Council**

What is in the RSE lessons?

The exact RSE content varies from school to school. To check the exact content you should speak to your school, but it currently broadly covers:

Age	Examples of lesson content
<p>Primary Key Stage 1 (age 5-7)</p> 	<ul style="list-style-type: none"> • keeping children safe • families and people who care for me • keeping clean and daily hygiene routines • scientific names for body parts and safety rules • differences and similarities between male and female animals • stages of human growth.
<p>Primary Key Stage 2 (age 8-10)</p> 	<ul style="list-style-type: none"> • life cycles of mammals, amphibians, insects and birds • personal space and body safety • different types of families • emotional and physical changes of puberty • puberty hygiene • healthy relationships • human reproduction • abuse in relationships • online safety.
<p>Secondary Key Stage 3/4 (age 11-16)</p> 	<ul style="list-style-type: none"> • puberty • respectful relationships • marriage, civil partnerships and committed relationships • consent • safety online • intimate and sexual relationships, including sexual health • abuse in relationships, including sexual exploitation • laws around viewing and sharing sexually explicit materials • pregnancy and birth • gender identity and stereotypes.

Who should I speak to if I have further questions?

If you are a parent, you should speak to your child's teacher or head teacher.