



RSE Curriculum Statement

At St Matthew's C of E Primary School, the aims of our relationship and sex education (RSE) curriculum are to:

- Provide a framework in which sensitive discussions can take place
- Prepare pupils for puberty, and give them an understanding of sexual development and the importance of health and hygiene
- Help pupils develop feelings of self-respect, confidence and empathy
- Create a positive culture around issues of sexuality and relationships
- Teach pupils the correct vocabulary to describe themselves and their bodies

We aim to provide a Relationships and Sex Education (RSE) programme that enables children to become healthy, independent and responsible members of their community, and the wider society.

We aim to provide opportunities for children and young people to reflect on and clarify their own values and attitudes, and explore the complex and sometimes conflicting range of values and attitudes they may encounter now and in the future. Our RSE education contributes to personal development, by helping pupils to:

- Build their confidence, resilience and self-esteem,
- Identify and manage risk,
- Make informed choices
- Understand what influences their decisions.
- Recognise, accept and shape their identities,
- Understand and accommodate difference and change
- Manage emotions and to communicate constructively in a variety of settings