



Mundy CE Junior School Child Friendly Relationship and Sex Education Policy 2026.

In our school RSE teaches us how to be healthy and to be confident in our relationships.
We also learn about how we change and things we might do as we grow.

<u>What are some of the main things we learn in RSE?</u>	<u>How do we use what we have learnt in RSE?</u>	<u>Where can we go for more help with RSE?</u>
• How we grow up and develop and how our bodies change during puberty. • Who we can talk to for support and help. • We learn about pregnancy. • How babies are made and develop. • We learn about our emotions and how to deal with different emotions. • Safe and unsafe touch. • Our differences and what makes us unique. • Healthy and unhealthy relationships. • We have learnt about different groups and how they are supported. • We learn the correct scientific language. • How to keep ourselves safe online. • How to stay clean and stop the spread of germs.	• We can become ministers and incorporate new groups (friendship corner). • We can have an understanding to be able to find someone who can help us, in our time of need. • We can learn how to regulate our emotions. • We try to build new relationships and friendships with the people around us. • We can help and support each other. • We can learn how to cope in stressful situations and how to cheer other people up. • We can use the right language and actions to explain our thoughts and feelings. • We can understand how to keep ourselves safe online and how to access the CEOP button on the school website. • We know how to keep ourselves clean and how to not spread germs.	• Teachers / Trusted Adults. • Parents or guardians • An appropriate family member. • An appropriate friend, to help us speak to a trusted adult. • All Teaching Staff • Midday Supervisors • The police. • Drs / Nurses. • RSE Lead • Childline and other supportive groups. • CEOP Button • NSPCC • Outer School Leaders / Coaches.

Some of these bullet points are covered in year 3/4 and some are covered within year 5/6.