

RSE language we use at Brookfields

Body parts	Anatomically correct names, but we highlight that families use different names and that's ok We would discuss all names for all body parts before agreeing to use anatomically correct names so pupils are clear on what we are talking about
Public place	Lots of people Reminder that a 'public toilet' is private in the cubicle with the door shut
Private place	On your own/with a person who can help you (personal care, medical staff) "On your own with the door shut/locked" Reminder that a changing room is an appropriate place to change but if in a communal changing room instead of a cubicle to be use a towel to be discrete
Private body parts	Anything that would be covered by a swimsuit or underwear
Public body parts	Everything else
If a young person is touching a private body part in an inappropriate place	"That's private, you can do that in your bedroom at home" <i>Symbol support</i> <i>'Private touching' story from Talking Together...about growing up</i>
Relationships	How you know a person
Circles of relationships	<i>Circles of relationships resource</i>
Family	Members of your family – we would describe all different types of family
Friends	People you are close to
Acquaintance	Someone you know but isn't a friend e.g. teacher, school transport escort, sports coach or youth club leader
Stranger	Someone you don't know
Safer stranger	Someone you don't know but can help you – can be identified by uniform and lanyard e.g. emergency services, shop assistant, bus driver
Puberty	Growing up from a child to a teenager
Puberty – physical	Describe physical changes of puberty e.g. getting more hair, body odour, periods and erections <i>Symbol support</i>
Puberty – emotional	Describe how a person might feel different things as they go through puberty and how this is related to hormones
Periods	Blood coming out of the vagina every month <i>Talking together...about growing up</i> <i>Symbol support</i>
Periods	We have examples of different sanitary products for students to explore

Masturbation	We describe what it is and that it is normal, but private <i>Symbol support</i> <i>'Private touching' story from Talking Together...about growing up</i>
Erections	When a penis becomes hard when someone is aroused <i>Use anatomical dolls to support</i> <i>Talking together...about growing up</i>
Wet dreams	When a young man has an orgasm in the night They might wake up feeling wet and sticky around their penis. They will need to use tissues to clean and then wash (hands and shower) and put their pyjamas in the wash. <i>Talking together...about growing up</i>
Consent	Saying YES to something
Age of consent	The age where a young person can legally have sex. We emphasise that although this is the law, sex should be between two consenting adults who trust each other.
Saying no	Different ways of saying no and practicing
Saying no	What to do if something has happened that makes you feel uncomfortable
Sex	Describe the act of sexual intercourse using correct body parts and dolls – this is part of statutory guidance for teaching RSE to secondary students, but commensurate to their needs Highlight that this is something that happens between two people who are old enough, love and trust each other, who both want to do it and feel safe. We emphasise that either party can say no at any point and this should be respected. We discuss that people of all sexualities can have a loving, intimate relationship.
Conception	Scientific description of conception. Will be linked to growth of a baby in the womb and birth
Contraception	Different methods of contraception – we have anatomically correct models for students to practice putting condoms on, but also models of different methods of contraception
STI's/STD's	A disease or infection that can be passed on through sexual intercourse. Describe some of the potential symptoms of different STIs but highlight that they do not all have symptoms and that using barrier contraception and getting checked regularly is the only way to be sure if someone does/does not have an STI. This lesson will be linked with contraception and emphasise healthy relationships – anyone who is entering an intimate relationship should be able to ask their partner to use contraception and get tested.