



**Relationships
and Health
Education -
A guide for
Parents.**

CHANGES TO THE RELATIONSHIPS AND HEALTH EDUCATION CURRICULM.

The world for all young people looks very different from the way it did 20 years ago when guidance for the teaching of PSHCe (Personal, Social, Health and Citizenship) and Relationships was updated.

In response to this, the Department for Education has produced statutory guidelines for Relationships and Health Education, which came into effect from September 2020. The programme has been designed to equip your child with the knowledge to make informed decisions about their wellbeing, health and relationships, as well as preparing them for a successful adult life.

We have always taught the fundamental content of Relationships and Health Education in our PSHCe lessons and through the very ethos of our school values. The new document has meant that we have reviewed, changed and implemented any new content into our existing programme of study.

We have attended training with our Local Authority, worked as a staff and with governors and have consulted with a parent working party. Our curriculum will be taught **progressively** from Early Years up to Y6. This guide summarises the key points of the updated curriculum.

RELATIONSHIPS EDUCATION.

Relationships education will put in place the building blocks needed for positive and safe relationships, including with family, friends and online. Your child will be taught what a relationship is, what friendship is, what family means and who can support them.

By the end of Primary School, children will have been taught about:

- Families and people who care for me (this will include being mindful of different family structures – foster families, children living with grandparents, LGBT - lesbian, gay, bisexual and transgender -families).
- Caring friendships.
- Respectful relationships, including stereotypes and how these can be unfair and the importance of giving permission in relationships (we will use the NSPCC PANTS poster to support this).
- Online relationships.
- Being safe.

HEALTH EDUCATION.

Health Education aims to give your child the information they need to make good decisions about their own health and well-being, to recognise issues in themselves and others, and to seek support when issues arise.

By the end of Primary School, children will be taught about:

- Mental wellbeing.
- Internet safety and harms
- Physical health and fitness.
- Healthy eating.
- Facts and risks associated with drugs, alcohol and tobacco.
- Health and prevention.
- Basic First Aid.
- Changing adolescent body - children will be taught the correct name for all their body parts, in a nurturing environment from Early Years, through to puberty, menstruation and reproduction in plants and animals in Y4, 5 and 6. (this will be built upon progressively through the Science curriculum and through stand alone RSE lessons).

YOUR RIGHTS AS A PARENT.

The important lessons you teach your child about healthy relationships, looking after themselves and staying safe are respected under the new curriculum. Teaching at school will complement the lessons you teach at home as your child grows up.

Right to withdraw your child.

You **cannot** withdraw your child from Relationships Education as this is compulsory and because it is important that all children receive this content, covering topics such as friendship and how to stay safe, or from the Science Curriculum which includes content on human development.

However, you **can** withdraw your child from all or part of the lessons on Sex Education – you will receive a letter when your child will be having these lessons (Y5 and Y6), and it is at that point you can make that decision.

If you want to read the RSHE document in full you can visit <https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education>

It is also available on our school website.