

# Relationship and Health Education (RHE)

Parental Consultation





# Aims and Objectives:

- To inform parents about the new statutory RHE curriculum requirements.
- To gain views and opinions to inform school's Relationship and Health Education Policy.
- To review age appropriate resources and unit plans

# RHE in Primary Schools



- ▶ The aim of RHE is to give young people the information they need to help them develop healthy, nurturing relationships of all kinds, not just intimate relationships. It should enable them to know what a healthy relationship looks like and what makes a good friend, a good colleague and a successful marriage or other type of committed relationship.
- ▶ It should teach what is acceptable and unacceptable behaviours in relationships.
- ▶ Pupils will understand the positive effects that good relationships have on their mental wellbeing, identify when relationships are not right and understand how such situations can be managed.
- ▶ It is taught through a spiral curriculum which offers rich opportunities for learning about the application of British Values and the enhancement of pupil's Spiritual, Moral, Social and Cultural Education.



# RHE in Primary Schools

- ▶ Primary Schools are not required to teach sex education, it is for them to determine whether they need to cover any additional content to meet the needs of their pupils which many schools do already:
- ▶ The Department for Education recommends that all primary schools have a sex education programme tailored to the age and the physical and emotional maturity of the pupils. It should ensure that both boys and girls are prepared for the changes that adolescence brings and - drawing on knowledge of the human life cycle set out in the national curriculum for science.

# RHE in Primary Schools



- ▶ Parents have the right to request that their child be withdrawn from some or all of the sex education delivered as part of the statutory RHE following discussions with the head teacher.
- ▶ There is **NO** right to withdraw from relationships Education or Health Education or any content from the statutory science curriculum. This means that pupils cannot be withdrawn from lessons on the Changing Adolescent Body.

# RHE in Primary Schools



- ▶ Areas covered alongside Personal, Health, Social, Citizenship Education include :
- ▶ Families and People Who Care For Me
- ▶ Caring Friendships
- ▶ Respectful Relationships
- ▶ Online Relationships
- ▶ Being Safe - including the concept of personal privacy and FGM (Female Genital Mutilation)
- ▶ Stereotypes



# RHE in Primary Schools

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	
Year 1	Introducing Yasmine and Tom. My body parts: External body parts	My body: Keeping Clean	Life cycles: Different ages	Lifecycles: Looking after babies	Keeping safe: In the house Keeping safe: Out and about Keeping safe: People who can help me.	Keeping safe: Good and bad touch	
Year 2	Feelings: Different emotions	Feelings: What to do when we feel sad	Relationships: Different families/friends	Online technology safety: Taking care online Online technology safety: Who can help us?	Gender stereotypes: Similar and different Gender stereotypes: Toys	Keeping safe: Good and bad touch	
Year 3	My body: Sexual body parts - Male My body: Sexual body parts - Female	My body: Keeping Clean and not spreading germs	Life cycles: Growing up and getting older Life cycles: Me myself and I	Keeping safe: Identifying Risk	Keeping safe: Personal space Keeping safe: People who could help me.	Keeping safe: Good and bad touch	
Year 4	Feelings: Expressing our feelings	Feelings: Managing our feelings	Relationships: What makes a good friend?	Relationships: Getting on with your family	Online technology safety: Photos of myself online Online technology safety: Taking care online - who can help us?	Stereotypes: Jobs we can do Stereotypes: Mothers and fathers	Keeping safe: Good and bad touch
Year 5	My body	Lifecycles	Lifecycles	Lifecycles	Online technology safety: Social networking and sending pictures	Online technology safety: Cyberbullying	Keeping safe: Good and bad touch
Year 6	Keeping safe: Assertiveness saying no Keeping safe: Good and bad touch Keeping safe: Who can help me?		Feelings: How easy is it to talk about...? Feelings: Talking to people about how we feel Relationships: Trust Relationships: Peer pressure		Keeping safe: FGM Stereotypes		

# RHE in Primary Schools



- ▶ Any Questions and discussion points :