

Relationship, Health and Sex Education

Information for Parents

This series of slides will cover

- The key aspects of the new government legal requirement
- Our plans

Relationship and Health Education and our School Values

- As a school we **value diversity** and **foster mutual respect**, modelling and inspiring values in pupils such as **respect, empathy and honesty**. These **underpin and inform the relationships we have**, between pupils and between adults and pupils
- The belief in the **unique dignity of the human person** made in the image and likeness of God underpins the approach to all education in a Christian school. The school's approach to RHSE therefore is **rooted in the Church's teaching of the human person and presented in a positive framework of Christian ideals**.
- The Equality Act (2010) provides a framework to support our commitment to valuing diversity, tackling discrimination, promoting equality and fostering good relationships between people. It also ensures that we continue to tackle issues of disadvantage and underachievement of different groups.

What has become a legal requirement?

- **Health Education in all schools**
- **Relationship Education in primary schools**
- **Relationship and Sex Education (RSE) in secondary schools**

- In our schools, we have taught Relationship, Health and Sex Education for many years.
- This is not new for us.

Why has the government made these changes?

- Department for Education guidance on Relationship and Sex Education was written 20 years ago and does not reflect the lives of children and young people now
- The internet is part of every child's life and schools need to equip pupils with the necessary knowledge and skills to keep them safe.
- To ensure that every school teaches these subjects to help keep our children healthy, happy and safe.

What is Health Education?

- Mental wellbeing
- Internet safety and harms
- Physical health and fitness
- Healthy eating
- Drugs, alcohol and tobacco
- Health and prevention
- Basic first aid
- Changing adolescent body

What is Relationships Education?

- Families and people who care for me
- Caring friendships
- Respectful relationships
- Online relationships
- Being safe

What is Sex Education?

- The government has **NOT** made sex education statutory in primary schools.
- Aspects of the Science National Curriculum that cover the biological aspects of sex education continue to be a legal requirement.
- Puberty is part of statutory Health Education
- A primary school can decide to teach sex education **in addition** to what is taught in statutory science and health education.
- The Government recommends primary schools teach sex education in order to keep children safe.
- In our school we need to teach sex education in Year 6.

Why are we teaching sex education, even though it is not statutory for primary schools?

“school-based education...was effective at increasing protective behaviours and knowledge of sexual abuse prevention concepts. The review also found that participation in programmes may lead to greater odds of disclosure of past or present sexual abuse”

Relationships and Sex Education Impact Assessment

Department for Education

February 2019

RHSE Curriculum Map – Summer term

| | Week 1 - 6 | Week 7 | Week 8 | Week 9 | Week 10 | Week 11 | Week 12 |
|--------|--|---------------------------|--|---|---|---|--|
| Year 1 | RHSE is taught in the 2 nd half of the term | Whole School Project Week | <p>KS1, Module 1, Unit 3, Session 1 Feelings, likes and dislikes (TT) Learning Objectives: Children will learn: That it is natural for us to relate to and trust one another; That we all have different 'tastes' (likes and dislikes), but also similar needs (to be loved and respected, to be safe etc); A language to describe our feelings</p> | <p>KS1, Module 1, Unit 3, Session 3 Super Susie gets angry (TT) Learning Objectives: Children will learn: Simple strategies for managing feelings and for good behaviour; That choices have consequences; that when we make mistakes we are called to receive forgiveness and to forgive others when they do; That Jesus died on the cross so that we would be forgiven.</p> | <p>KS1, Module 1, Unit 2, Session 3 & 4 Clean and Healthy (Slides 9-12 only) (TT) Learning Objectives Children will know: How to maintain personal hygiene.</p> | <p>KS1, Module 2, Unit 2, Session 1 Special People (TT) Learning Objectives: Children will learn: To identify 'special people' (their parents, carers, friends, parish priest) and what makes them special; The importance of nuclear and wider family; The importance of being close to and trusting special people and telling them if something is troubling them.</p> | <p>KS1, Module 1, Unit 4, Session 1 The Cycle of Life (TT) Learning Objectives: • Children will know and appreciate that there are natural life stages from birth to death, and what these are</p> |
| Year 2 | | | <p>KS1, Module 2, Unit 2, Session 2 Treat others well... (TT) Learning Objectives: Children will learn: How their behaviour affects other people, and that there is appropriate and inappropriate behaviour; The characteristics of positive and negative relationships; Different types of teasing and that all bullying is wrong and unacceptable.</p> | <p>KS1, Module 2, Unit 2, Session 3 ...and say sorry (TT) Learning Objectives: Children will learn: To recognise when they have been unkind and say sorry; To recognise when people are being unkind to them and others and how to respond; To know that when we are unkind to others, we hurt God also and should say sorry to him as well; To know that we should forgive like Jesus forgives.</p> | <p>KS1, Module 1, Unit 2, Session 2 Girls and Boys (TT) Learning Objectives: Children will know: Our bodies are good; The names of the parts of our bodies. That girls and boys have been created by God to be both similar and different and together make up the richness of the human family.</p> | <p>KS1, Module 2, Unit 3, Session 2 Good secrets and bad secrets (TT) Learning Objectives: Children will know: The difference between 'good' and 'bad' secrets and that they can and should be open with 'special people' they trust if anything troubles them; How to resist pressure when feeling unsafe.</p> | <p>KS1, Module 2, Unit 3, Session 3 Physical Contact (TT) Learning Objectives: Children will learn: To know that they are entitled to bodily privacy; That there are different people we can trust for help, especially those closest to us who care for us, including our parents or carers, teachers and our parish priest.</p> |

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|--------|--|---------------------------|--|--|---|---|---|
| Year 3 | RHSE is taught in the 2 nd half of the term | Whole School Project Week | <p>LKS2, Module 1, Unit 2, Session 1 We don't have to be the same (TT)</p> <p>Learning Objectives: Children will learn that: Similarities and differences between people arise as they grow and make choices, and that by living and working together ('teamwork') we create community; Self-confidence arises from being loved by God (not status, etc).</p> | <p>LKS2, Module 1, Unit 3, Session 1 What am I feeling? (TT)</p> <p>Learning Objectives: Children will learn: That emotions change as they grow up (including hormonal effects); To deepen their understanding of the range and intensity of their feelings; that 'feelings' are not good guides for action; What emotional well-being means; Positive actions help emotional well-being (beauty, art, etc. lift the spirit); Talking to trusted people help emotional well-being (eg parents/carer/teacher/parish priest).</p> | <p>LKS2, Module 1, Unit 3, Session 2 What am I looking at? (TT)</p> <p>Learning Objectives: Children will learn: To recognise that images in the media do not always reflect reality and can affect how people feel about themselves.</p> | <p>LKS2, Module 1, Unit 3, Session 3 I am thankful (TT)</p> <p>Learning Objectives: Children will learn that: Some behaviour is wrong, unacceptable, unhealthy and risky; Thankfulness builds resilience against feelings of envy, inadequacy and insecurity, and against pressure from peers and the media.</p> | <p>LKS2, Module 2, Unit 2, Session 1 Friends, family and others (TT)</p> <p>Learning Objectives: Children will learn: Ways to maintain and develop good, positive, trusting relationships; strategies to use when relationships go wrong; That there are different types of relationships including those between acquaintances, friends, relatives and family; That good friendship is when both persons enjoy each other's company and also want what is truly best for the other; The difference between a group of friends and a 'clique'.</p> |
| Year 4 | | | <p>LKS2, Module 1, Unit 2, Session 3 What is puberty? (TT)</p> <p>Learning Objectives: Children will: Learn what the term puberty means; Learn when they can expect puberty to take place; Understand that puberty is part of God's plan for our bodies.</p> | <p>LKS2, Module 1, Unit 2, Session 4 Changing bodies (TT)</p> <p>Learning Objectives: Children will: Learn correct naming of genitalia; Learn what changes will happen to boys during puberty; Learn what changes will happen to girls during puberty.</p> | <p>LKS2, Module 2, Unit 2, Session 2 When things feel bad (TT)</p> <p>Learning Objectives: Children will: Develop a greater awareness of bullying (including cyber-bullying), that all bullying is wrong, and how to respond to bullying; Learn about harassment and exploitation in relationships, including physical and emotional abuse and how to respond.</p> | <p>LKS2, Module 2, Unit 3, Session 3 Physical contact (TT)</p> <p>Learning Objectives: Children will learn: To judge well what kind of physical contact is acceptable or unacceptable and how to respond; That there are different people we can trust for help, especially those closest to us who care for us, including our teachers and parish priest.</p> | <p>LKS2, Module 1, Unit 4, Session 1 Life Cycles (TT)</p> <p>Learning Objectives: Children will learn: That they were handmade by God with the help of their parents; How a baby grows and develops in its mother's womb including, scientifically, the uniqueness of the moment of conception; How conception and life in the womb fits into the cycle of life;</p> |

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|--------|--|---------------------------|---|--|---|---|--|
| Year 5 | RHSE is taught in the 2 nd half of the term | Whole School Project Week | <p>UKS2, Module 1, Unit 3, Session 1 Body image (TT) Learning Objectives: Children will learn: To recognise that images in the media do not always reflect reality and can affect how people feel about themselves That thankfulness builds resilience against feelings of envy, inadequacy, etc. and against pressure from peers or media</p> | <p>UKS2, Module 1, Unit 3, Session 3 Emotional changes (TT) Learning Objectives: Pupils will learn: Emotions change as they grow up (including hormonal effects); To deepen their understanding of the range and intensity of their feelings; that 'feelings' are not good guides for action; About emotional well-being: that beauty, art, etc. can lift the spirit; and that also openness with trusted parents/carers/teachers when worried ensures healthy well-being.</p> | <p>UKS2, Module 1, Unit 3, Session 4 Seeing stuff online (TT) Learning Objectives: Pupils will learn: The difference between harmful and harmless videos and images; The impact that harmful videos and images can have on young minds; Ways to combat and deal with viewing harmful videos and images.</p> | <p>UKS2, Module 2, Unit 2, Session 1 Under pressure (TT) Learning Objectives: Pupils will know that: Pressure comes in different forms, and what those different forms are; There are strategies that they can adopt to resist pressure.</p> | <p>UKS2, Module 1, Unit 4, Session 3 Menstruation (TT) Learning Objectives: Children will learn: About the nature and role of menstruation in the fertility cycle, and that fertility is involved in the start of life; Some practical help on how to manage the onset of menstruation.</p> |
| Year 6 | | | <p>UKS2, Module 2, Unit 2, Session 2 Do you want a piece of cake (TT) Learning Objectives: Pupils will: Understand what consent and bodily autonomy means; Discuss and reflect on different scenarios in which it is right to say 'no'.</p> | <p>UKS2, Module 1, Unit 2, Session 2 Girls' bodies (TT) Learning Objectives: Pupils will learn: That human beings are different to other animals; About the unique growth and development of humans, and the changes that girls will experience during puberty; About the need to respect their bodies as a gift from God to be looked after well, and treated appropriately; The need for modesty and appropriate boundaries.</p> | <p>UKS2, Module 1, Unit 2, Session 3 Boys' bodies (TT) Learning Objectives: Pupils will learn: That human beings are different in kind to other animals; About the unique growth and development of humans, and the changes that boys will experience during puberty; About the need to respect their bodies as a gift from God to be looked after well, and treated appropriately; The need for modesty and appropriate boundaries.</p> | <p>UKS2, Module 1, Unit 4, Session 1 Making babies (part 1) (TT) Learning Objectives: Pupils will learn: How a baby grows and develops in its mother's womb.</p> | <p>UKS2, Module 1, Unit 4, Session 2 Making babies (part 2) (TT) Learning Objectives: Pupils will learn: Basic scientific facts about sexual intercourse between a man and woman; The physical, emotional, moral and spiritual implications of sexual intercourse; The Christian viewpoint that sexual intercourse should be saved for marriage.</p> |

Do parents have the right to withdraw children?

Parents cannot withdraw from statutory

- Science
- Relationships Education
- Health Education

Parents can only withdraw from sex education that is **in addition** to statutory Science or Health Education.

In Year 6...

Parents receive a letter in advance telling them when the Relationships, Health and Sex Education lessons are being taught. Boys and girls are taught together for all of these lessons.

This gives parents the opportunity to talk about these issues at home in advance or in addition to what the children are learning at school. It also enables them to arrange a meeting with the Head of School if they have questions or worries.

We teach Relationships, Health and Sex Education in the second half of the summer term.

So what has changed?

Nothing.

For many years we have taught Relationships and Sex Education with great success.

To find out more about what we teach and our rationale, please visit the 'Policies' page of this website and click on "Relationship, Health and Sex Education Policy"