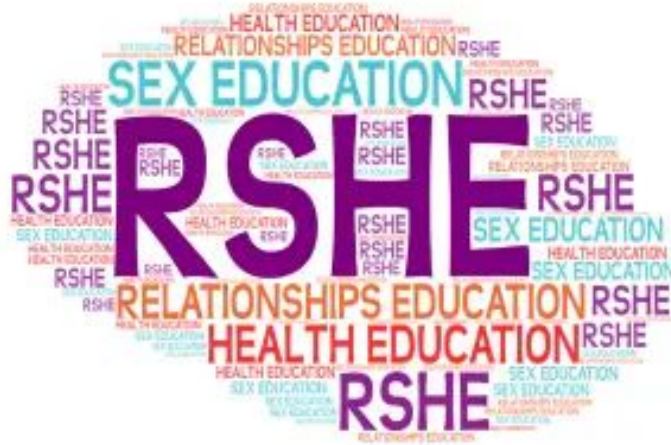


Highlees Primary School



Bringing out the Best

Parent information for the
RSHE curriculum



The mindful approach to PSHE

Highlees Primary School



Bringing out the Best

Understanding Relationships and Health Education in your child's primary school: a guide for parents

We want all children to grow up healthy, happy, safe, and able to manage the challenges and opportunities of modern Britain. That is why, from September 2020, all primary age children will be taught Relationships and Health Education.

These subjects are designed to equip your child with knowledge to make informed decisions about their wellbeing, health and relationships as well as preparing them for a successful adult life. The world for all young people looks very different from the way it did 20 years ago when this curriculum was last updated – these changes bring the content into the 21st century, so that it is relevant for your child.

Your child's school will have flexibility to deliver the content in a way that is age and developmentally appropriate and sensitive to the needs and religious background of its pupils.

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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. In an age-appropriate way, your child's school will cover how to treat each other with kindness, consideration and respect.

By the end of primary school, pupils will have been taught content on:

- families and people who care for me
- caring friendships
- respectful relationships
- online relationships
- being safe

You can find further detail by searching '**relationships and health education**' on GOV.UK.

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Health Education

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



By the end of primary school, pupils will have been taught content on:

- 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

You can find further detail by searching '**relationships and health education**' on GOV.UK.

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Your rights as a parent

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

Your child's school is required to consult with you when developing and renewing their policies on Relationships Education. These policies must be published online and be available to anybody free of charge.



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Right to withdraw your child

You cannot withdraw your child from Relationships Education because it is important that all children receive this content, covering topics such as friendships and how to stay safe.

Your child's primary school can choose to teach Sex Education. If you'd like to know more about this, we recommend speaking to the school to understand what will be taught and when. If you do not want your child to take part in some or all of the lessons on Sex Education, you can ask that they are withdrawn. At primary level, the head teacher must grant this request.

The science curriculum in all maintained schools also includes content on human development, including reproduction, which there is no right to withdraw from.



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2. What exactly is sex and relationship education?

The Government's definition is this:

"It is lifelong learning about physical, moral and emotional development. It is about the understanding of the importance of marriage for family life, stable and loving relationships, respect, love and care. It is also about the teaching of sex, sexuality, and sexual health. It is not about the promotion of sexual activity – this would be inappropriate teaching."

[Department for Education and Employment, SRE Guidance, 2000]

Whilst PSHE education remains a non-statutory subject, section 2.5 of the National Curriculum framework document states that:

'All schools should make provision for personal, social, health and economic education (PSHE), drawing on good practice.'

Along with the National Curriculum framework, the DfE also published a guidance document on PSHE education, which states that the subject is:

'An important and necessary part of all pupils' education.'

It goes on to note that:

'Schools should seek to use PSHE education to build, where appropriate, on the statutory content already outlined in the national curriculum, the basic school curriculum and in statutory guidance on: drug education, financial education, sex and relationship education (SRE) and the importance of physical activity and diet for a healthy lifestyle.'



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3. Why is SRE taught in schools?

There are many reasons why SRE is taught in schools:

- It is part of the National Science Curriculum.
- More than ever before, children are exposed to representations of sex and sexuality through the media and the social culture around them, so we need to present a balanced view of SRE.
- Rates of sexually-transmitted infections (STIs) and teenage pregnancy in the UK are relatively high – as is the regret felt by young people after early sexual experiences.
- Research shows that most parents say they want the support of schools in providing SRE for their children.
- Research consistently shows that effective SRE delays first sexual experience and reduces risk-taking.
- Surveys of children and young people have repeatedly told us that SRE tends to be “too little, too late and too biological”.

At Jigsaw, we believe that knowledge empowers children to make informed decisions that help keep them safe, healthy and happy.



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4. What is the purpose of SRE?

There are four main aims for teaching SRE within the context of Primary School PSHE (Personal, Social, Health and Economic) Education:

- To enable young people to understand and respect their bodies, and be able to cope with the changes puberty brings, without fear or confusion
- To help young people develop positive and healthy relationships appropriate to their age, development, etc. (respect for self and others)
- To support young people to have positive self-esteem and body image, and to understand the influences and pressures around them
- To empower them to be safe and safeguarded



5. Won't telling my child about human reproduction take away his/her innocence?

No. The evidence suggests that high quality SRE does the opposite: it actually delays young people's first sexual experience, and it helps them become much more confident and comfortable about making informed choices. Good SRE takes away children's ignorance, not their innocence.



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6. I've heard that I can take my child out of PSHE lessons on SRE. Is this true?

Yes, it is. Parents/carers have the legal right to withdraw their children from the SRE included in the PSHE Education curriculum (as that is a non-statutory subject). But they are not permitted to withdraw their child from the Sex Education included in the National Curriculum Science Orders, as Science is a statutory subject.

If you are considering taking your child out of SRE lessons within PSHE Education, please consider the following:

- All the other children in your child's class will have been taught this information and may well talk to your child about it, perhaps in the playground... and potentially mislead them or confuse them as a result. It may prove far better to allow experienced and sensitive teaching staff to teach your child in a progressive, developmental way that is grounded in research.
- They will be learning about reproduction in Science lessons. The SRE in PSHE Education will echo this and will concentrate on building self-esteem and teaching children how to enjoy healthy, appropriate relationships, improve self-esteem and self-confidence, and make healthy, informed choices. When viewed this way, it is hoped that SRE won't be seen as contentious or a cause for concern, but rather as helpful.
- Attend an information session at the school to fully understand the rationale behind and the content of this work.



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8. What will my child actually be taught?

The 'Changing Me' unit is taught over a period of 6 weeks in the second half of the summer term. Each year group will be taught **appropriate to their age and development stage**. Please note: at no point will a child be taught something that is inappropriate; and if a question from a child arises and the teacher feels it would be inappropriate to answer, (for example, because of its mature or explicit nature), the child will be encouraged to ask his/her parents or carers at home, and the question will not be answered to the child or class if it is outside the remit of that year group's programme.

Foundation Growing up: how we have changed since we were babies

Year 1 Boys' and girls' bodies; body parts

Year 2 Boys' and girls' bodies; body parts and respecting privacy (which parts of the body are private and why this is)

Year 3 How babies grow and how boys' and girls' bodies change as they grow older

Year 4 Internal and external reproductive body parts, body changes in girls and menstruation

Year 5 Puberty for boys and girls, and conception

Year 6 Puberty for boys and girls and understanding conception to birth of a baby

All lessons are taught using simple, child-friendly language and pictures, which help children understand changes more effectively.

What is covered in Relationships Education?



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Relationships Education in primary schools will protect children.

The new Government guidance sets out the content under the following headings: ***'Families and people who care for me', 'Caring friendships', 'Respectful relationships', 'Online relationships', 'Being safe'***.

There is widespread agreement that children need to be able to recognise abusive behaviour and to know how to seek help if they are worried about abuse or experience it. The new guidance states that by the end of primary school all children should know: ***'how to report concerns or abuse, and the vocabulary and confidence needed to do so'***.

RSHE at Highlees aims to put in place the building blocks needed for positive and safe relationships of all kinds. This will start with family and friends, how to treat each other with kindness, and recognising the difference between online and offline friendships.

The new Government guidance is compatible with the Equalities Act 2010 – ***"Relationships Education should promote equal, safe and enjoyable relationships and be taught in a way which fosters LGBT and gender equality"***
– The Sex Education Forum.

What is covered in RSHE in EYFS?

In our Early Years Classes the children will be taught;

I can name parts of the body.

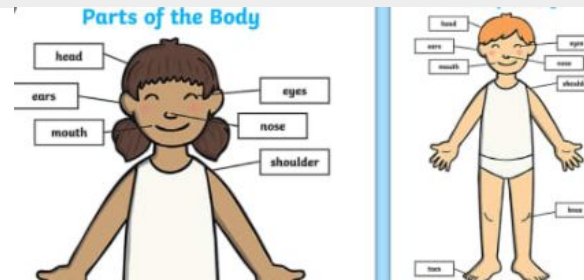
I can tell you some things I can do and foods I can eat to be healthy.

I understand that we all grow from babies to adults.

I can express how I feel about moving to Year 1.

I can talk about my worries and/or the things I am looking forward to about being in Year 1.

I can share my memories of the best bits of this year in Reception.



What is covered in RSHE in Year 1?

In our Year 1 Classes the children will be taught;

I am starting to understand the life cycles of animals and humans.

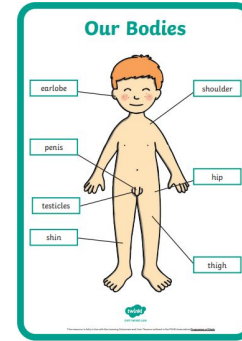
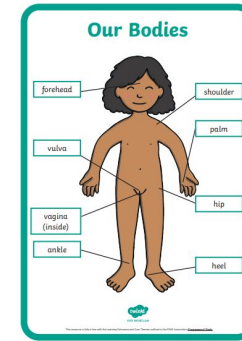
I can tell you some things about me that have changed and some things about me that have stayed the same.

I can tell you how my body has changed since I was a baby.

I can identify the parts of the body that make boys different to girls and can use the correct names for these: penis, testicles, vagina, vulva, and anus.

I understand that every time I learn something new I change a little bit.

I can tell you about changes that have happened in my life.



What is covered in RSHE in Year 2?

In our Year 2 Classes the children will be taught;

I can recognise cycles of life in nature.

I can tell you about the natural process of growing from young to old and understand that this is not in my control.

I can recognise how my body has changed since I was a baby and where I am on the continuum from young to old.

I can recognise the physical differences between boys and girls, use the correct names for parts of the body (penis, anus, testicles, vagina, vulva) and appreciate that some parts of my body are private.

I understand there are different types of touch and can tell you which ones I like and don't like.

I can identify what I am looking forward to when I move to my next class.



What is covered in RSHE in Year 3?

In our Year 3 Classes the children will be taught;

I understand that in animals and humans lots of changes happen between conception and growing up, and that usually it is the female who has the baby.

I understand how babies grow and develop in the mother's uterus. I understand what a baby needs to live and grow.

I understand that boys' and girls' bodies need to change so that when they grow up their bodies can make babies I can identify how boys' and girls' bodies change on the outside during this growing up process.

I can identify how boys' and girls' bodies change on the inside during the growing up process and can tell you why these changes are necessary so that their bodies can make babies when they grow up.

I can start to recognise stereotypical ideas I might have about parenting and family roles.

I can identify what I am looking forward to when I move to my next class.



What is covered in RSHE in Year 4 ?

In our Year 4 Classes the children will be taught;

I understand that some of my personal characteristics have come from my birth parents and that this happens because I am made from the joining of their egg and sperm.

I can correctly label the internal and external parts of male and female bodies that are necessary for making a baby.

I can correctly label the internal and external parts of male and female bodies that are necessary for making a baby.

I know how the circle of change works and can apply it to changes I want to make in my life.

I can identify changes that have been and may continue to be outside of my control that I learnt to accept.

I can identify what I am looking forward to when I move to a new class

What is covered in RSHE in Year 5?

In our Classes the children will be taught;

I am aware of my own self-image and how my body image fits into that.

I can explain how a girl's body changes during puberty and understand the importance of looking after yourself physically and emotionally.

I can describe how boys' and girls' bodies change during puberty.

I understand that sexual intercourse can lead to conception and that is how babies are usually made. I also understand that sometimes people need IVF to help them have a baby.

I can identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities (age of consent).

I can identify what I am looking forward to when I move to my next class.

What is covered in RSHE in Year 6 ?



In our Year 6 Classes the children will be taught;

I am aware of my own self-image and how my body image fits into that.

I can explain how girls' and boys' bodies change during puberty and understand the importance of looking after yourself physically and emotionally.

I can describe how a baby develops from conception through the nine months of pregnancy, and how it is born.

I understand how being physically attracted to someone changes the nature of the relationship and what that might mean about having a girlfriend/boyfriend.

I am aware of the importance of a positive self-esteem and what I can do to develop it.

I can identify what I am looking forward to and what worries me about the transition to secondary school /or moving to my next class.

<https://www.bbc.co.uk/teach/class-clips-video/pshe-ks2-operation-ouch-how-are-babies-made-full-programme/zhtnydm>