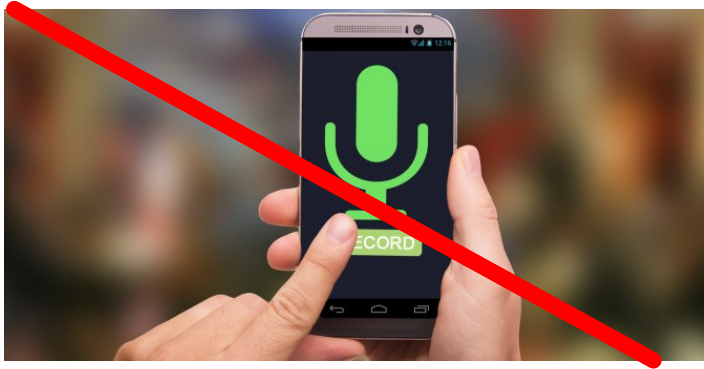


Relationships and Health Education

Parent workshop – May 2023



Housekeeping



Ground Rules

R - Respect

O - Openness

C - Confidential

K - Kind



Aims of the Meeting

- ▶ To give you an overview of what the Department of Education
- ▶ requires us to teach to all children (there is no parental opt out from the statutory requirements)
- ▶ To share how we deliver our Relationships and Health Education lessons and how they sit within our wider PSHE (Personal, Social, Health and Economic) Curriculum
- ▶ To enable you to (virtually) look at some schemes of work and ask us any questions



Class Agreement

- ▶ RRS whole school behaviour management agreement
- ▶ Respect each other
- ▶ Promote tolerance and inclusion
- ▶ No personal questions/information
- ▶ We know the appropriate people to talk to after the lesson
- ▶ It's ok to pass
- ▶ All questions are valid but not all questions will be answered



RSE at Wool primary

- ▶ Today's meeting is for information sharing purposes, to answer any questions you may have and acts as consultation.

“Schools are also required to publish a Relationships and Sex Education (RSE) policy and to consult parents on this. In all teaching, we expect schools to comply with relevant legislation. We are aware however that for many schools, development of a fully comprehensive relationships education/RSE policy and RSHE curriculum will be an iterative process, which will need to continue into next year.” (DfE)



School and Home Working Together

“The role of families in the development of their children’s understanding about relationships is vital. Parents/carers are the first teachers of their children. They have the most significant influence in enabling their children to grow and mature and to form healthy relationships.”

Relationships Education, Relationships and Sex Education (RSE) and Health Education Draft statutory guidance for governing bodies, proprietors, head teachers, principals, senior leadership teams, teachers - Department for Education, June 2019



Growing up in 21st Century Britain

PSHE lessons in schools; including lessons that focus on relationships and sex education, are taught very differently to the lessons you may have had (or not had) in school. We are also living in a different society and preparing children to be active citizens in a very different world.



What is Relationships Education?



What is Relationships Education?

- ▶ Forms part of the PSHE (personal, social, health and economic) curriculum.
- ▶ Lessons on puberty and body changes (year 4, 5 and 6 only) are usually taught in Summer Term.
- ▶ Human reproduction (year 6 only) usually taught in Summer term
- ▶ However relationships education also takes place throughout the year. Lessons about keeping safe, good and bad touch, people who help us, good friendships and peer pressure are taught consistently in all year groups.



DfE statutory guidance for primary schools



Relationships Education

From 2020 all schools are expected to cover the following;

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



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



Current RSE Legislation and Guidance

- ▶ All schools must provide a curriculum which ‘promotes the spiritual, moral, cultural, mental and physical development of pupils at the school and of society, and prepares pupils at the school for the opportunities, responsibilities and experiences of later life.’ (Education Act 2002 and Academies Act 2010)
- ▶ Under the Children Act 2004 maintained schools also have a statutory duty to promote children and young people’s well-being - RSE can contribute to this duty
- ▶ Under the Equality Act 2010 schools are expected to ensure that those with protected characteristics are not discriminated against and are given equality of opportunity.
- ▶ ‘Keeping children safe in education’ 2022 - RSE contributes to safeguarding through the curriculum



New Department for Education Guidance - September 2020

- ▶ The DfE introduced statutory guidance on Relationships and Sex Education, Relationships Education and Health Education. This new guidance replaced the DfE Sex and Relationships Education Guidance from 2000. The guidance became mandatory in September 2020 - The expectations on schools are as follows:
- ▶ Relationships Education is compulsory in all Primary Schools (or those pupils receiving Primary Education) - this includes academies, free schools and independent schools
- ▶ Relationships and Sex Education is compulsory in all Secondary Schools (or those pupils receiving Secondary Education) - this includes academies, free schools and independent schools
- ▶ Health Education is compulsory in all Primary and Secondary Schools (or those pupils receiving Primary or Secondary Education) - this includes all academies and free schools but not independent schools as PSHE is already statutory in these schools



The Bigger Picture

- ▶ Relationships, Health and Sex Education are an integral part of our Personal, Social, Health and Economic (PSHE) education curriculum throughout the school. We have a responsibility to prepare our pupils for life in 21st Century Britain including recognising and being able to form healthy relationships and having the skills to keep themselves safe. Some of the key messages on online safety are also taught through our computing curriculum. These lessons will continue to reflect our school values and link with our statutory duties to actively promote British Values, comply with the Equality Act, keep our children safe and meet the changing needs of all children and adults in our school community. For some parents these lessons will be a continuation of a conversation that will have started at home and for others they will help to start the discussion.
- ▶ Our policy is saved on the Wool Primary website under Key Information/Policies / PSHE



Being an inclusive school

These lessons help to support the following:

- An acceptance that different faiths and beliefs should be recognised and not be the cause for prejudicial or discriminatory behaviour. Equally, personal faith and beliefs cannot be used as a basis for intolerance towards other people or ideas
- The school has duties under the Equalities Act, British Values, and the Ofsted framework and must reflect British Law
- Children are growing up in a diverse world and will need to be able to work, live and play with people from all backgrounds even if they may disagree with others.
- Some pupils and staff may identify as LGBT+
- Families can include single parent families, LGBT parents, families headed by grandparents, adoptive parents, foster parents/carers amongst other structures
- Some children may have a different structure of support around them (for example: looked after children or young carers)





SCARF



- ▶ We enhance our PSHE curriculum by using the SCARF high quality approved resources in delivering our PSHE Curriculum which have been updated in line with the guidance..
- ▶ They have provided staff training and guidance for school leaders to ensure we are meeting our obligations.
- ▶ They visit the school annually and deliver RSHE/Healthy Me sessions. The children really enjoy their time with Sheila and of course Harold!



PSHE at Wool Primary

RSE forms the Summer 2 component of our PSHE Curriculum.

Below is the Curriculum Map. More information on our website under Curriculum/PSHE

Y1	Feelings Getting help Classroom rules Special people Being a good friend	Recognising, valuing and celebrating difference Developing respect and accepting others Bullying and getting help	How our feelings can keep us safe – including online safety Safe and unsafe touches Medicine Safety Sleep	Taking care of things: Myself My money My environment	Growth Mindset Healthy eating Hygiene and health Cooperation	Getting help Becoming independent My body parts Taking care of self and others
Y2	Bullying and teasing Our school rules about bullying Being a good friend Feelings/self-regulation	Being kind and helping others Celebrating difference People who help us Listening Skills	Safe and unsafe secrets Appropriate touch Medicine safety	Cooperation Self-regulation Online safety Looking after money – saving and spending	Growth Mindset Looking after my body Hygiene and health Exercise and sleep	Life cycles Dealing with loss Being supportive Growing and changing Privacy
Y3	Rules and their purpose Cooperation Friendship (including respectful relationships) Coping with loss	Recognising and respecting diversity Being respectful and tolerant My community	Managing risk Decision-making skills Drugs and their risks Staying safe online	Skills we need to develop as we grow up Helping and being helped Looking after the environment Managing money	Keeping myself healthy and well Celebrating and developing my skills Developing empathy	Relationships Changing bodies and puberty Keeping safe Safe and unsafe secrets
Y4	Healthy relationships Listening to feelings Bullying Assertive skills	Recognising and celebrating difference (including religions and cultural difference) Understanding and challenging stereotypes	Managing risk Understanding the norms of drug use (cigarette and alcohol use) Influences Online safety	Making a difference (different ways of helping others or the environment) Media influence Decisions about spending money	Having choices and making decisions about my health Taking care of my environment My skills and interests	Body changes during puberty Managing difficult feelings Relationships including marriage
Y5	Feelings Friendship skills, including compromise Assertive skills Cooperation Recognising emotional needs	Recognising and celebrating difference, including religions and cultural Influence and pressure of social media	Managing risk, including online safety Norms around use of legal drugs (tobacco, alcohol) Decision-making skills	Rights, respect and duties relating to my health Making a difference Decisions about lending, borrowing and spending	Growing independence and taking ownership Keeping myself healthy Media awareness and safety My community	Managing difficult feelings Managing change How my feelings help keeping safe Getting help
Y6	Assertiveness Cooperation Safe/unsafe touches Positive relationships	Recognising and celebrating difference Recognising and reflecting on prejudice-based bullying Understanding Bystander behaviour Gender stereotyping	Understanding emotional needs Staying safe online Drugs: norms and risks (including the law)	Understanding media bias, including social media Caring: communities and the environment Earning and saving money Understanding democracy	Aspirations and goal setting Managing risk Looking after my mental health	Coping with changes Keeping safe Body Image Sex education Self-esteem



Statutory Science Curriculum

- links with RSE and Health

There is no opt out from these lessons

Year 1 pupils should be taught to:

- Identify, name, draw and label the basic parts of the human body and say which part of the body is associated with each sense

Year 2 pupils should be taught to:

- Notice that animals, including humans, have offspring which grow into adults
- Describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene

Year 5 pupils should be taught to:

- Describe the life process of reproduction in some plants and animals
- Describe the changes as humans develop to old age

Year 6 pupils should be taught to:

- Recognise that living things produce offspring of the same kind, but normally offspring vary and are not identical to their parents



Why is Relationships Education important?

- ▶ Develop confidence in talking, listening and thinking about feelings and relationships.
- ▶ Are able to name parts of the body and describe how the body works.
- ▶ Have the skills, language and confidence to protect themselves.
- ▶ Are prepared for puberty.



Relationships Education and safeguarding

Universal language spoken by all

CSE and grooming - links to online safety

Appropriate and inappropriate touch

Promotes healthy relationships



Four main topics

Growing
up

Our
bodies

Keeping
safe

Relation-
ships and
family life



Relationships Education themes

Respect

Emotions

Friendships

Saying No

Good and bad touch

Differences

Families and people who care for me

Puberty

Empathy

Keeping safe

Communicating

Building self-esteem

Sex

Solving problems



Sex Education (outside of Science curriculum)

- ▶ Non statutory (since September 2020) The Department for Education continues to recommend that all primary schools should have a sex education programme tailored to the age and the physical and emotional maturity of the pupils.
- ▶ The lessons that we deliver which are outside of the science curriculum and Relationships and Health Education are....
 - Y6(lesson 1) adapted to review Y5 statutory Science content only (on puberty) - additional content on conception covered in Lesson 3
 - Y6(Lesson 2 and 3) adapted to focus on respectful friendships, equality, media manipulation and pressure online
 - Y6(L6) on Families and Reproduction (parents can opt out) The school have a duty to share with parents the content of the sex education programme and make clear which lesson/s are classed as sex education and therefore separate to Relationships and Health Education. (Miss Knowles)



Parental Right to Withdraw

- ▶ Previously parents had a broader right to withdraw their child from those aspects of Relationships and Sex Education that were not included as being part of the statutory Science curriculum. From September 2020 parents now only have the right to withdraw their child from Sex Education (as previously described) but do not have the right to withdraw their child from lessons on Relationships or Health Education or the Science Curriculum.
- ▶ If you wish to withdraw your child, please contact Mrs Griffiths through the school office.



Importance of all children receiving these lessons

- ▶ Learning alongside their classmates creates a supportive atmosphere and a shared understanding that these topics are relevant to all of us
- ▶ Can help to encourage empathy and an understanding of the wider school community which supports our anti-bullying policy
- ▶ Creates a safe space to learn with ground rules as well as the usual class rules/agreement
- ▶ Lesson led by the class teacher or PSHE lead who knows the children and understands their needs in terms of learning styles, additional support needed and finding out what their current understanding of a topic is
- ▶ The class teacher has been trained to deliver the lessons and are being supported by the SCARF team
- ▶ Children are naturally curious and we feel that it is better to know they are getting accurate, up to date, age appropriate information rather than finding the answer to their questions by searching online, for example



Where do children learn about Relationships Education topics?

- ▶ Keeping safe
- ▶ Healthy friendships
- ▶ Families
- ▶ Stereotypes
- ▶ Body changes
- ▶ Healthy body image
- ▶ Saying no





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BOONHATE

THAT CUTE BARISTA

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Florida Whistle

Go girl you can twerk it,
Let me see you whistle while you
work it,
I'mma lay it back, don't stop it,
'Cause I love it how you drop it,
drop it, drop it on me,
Now, shawty let that whistle blow-
oh, oh oh,
Yeah, baby let that whistle blow-oh
oh!
Can you blow my whistle baby,
whistle baby
Let me know,

Bruno Mars – Locked out of heaven

“Open up your gates cause I can't
wait to see the light,
And right there is where I wanna stay,
Cause your sex takes me to paradise,
Yeah your sex takes me to paradise.”

Katie Perry – Last Friday Night

Barbie's on the barbeque, Is this a
hickie or a bruise?
Pictures of last night ended up online,
I'm screwed,
Oh well, it's a blacked out blur, but
I'm pretty sure it ruled.

Where do children and young people learn about Relationships Education related issues?

TV

Magazines

Radio

Music videos Gaming

Families

Siblings

Peer

School

Internet

Disney

Films





**Thank
you for
attending!**

