



# **Relationships, Sex and Health Education (RSE) at Etwall Primary School Parent/ Carer Consultation**

# What we will cover:

- ▶ The purpose of parental consultation/ engagement
- ▶ What is RSHE?
- ▶ Why is RSHE important?
- ▶ Three key areas; Health, Positive Relationships and Safety
- ▶ How do we teach RSHE? Resources etc..
- ▶ What is taught in Sex Education?
- ▶ Pupil engagement
- ▶ Supporting your child at home
- ▶ The right to withdraw
- ▶ Parent/ Carer survey

# Why is parental consultation/engagement important?



New Government Guidance tells us....

- ▶ Parents should be given the opportunity to understand the purpose and content of Relationships Education
- ▶ Parents have the right to request that their child be withdrawn from some or all of sex education.

At Etwall Primary school we want to be transparent about exactly what we will be teaching in RSHE so that we can work together with families to provide a first class curriculum.

# What is RSHE?

- ▶ RSHE is Relationships, Sex and Health Education. It is a strand that runs through our PSHE spiral curriculum.

Primary Schools:	
<u>Statutory (must teach)</u>	<u>Non-statutory</u>
Relationships & Health education	Sex Education

- ▶ Animal reproduction (including humans) is included in the science national curriculum and is therefore statutory.
- ▶ Other aspects of 'health' education include the menstrual cycle, good hygiene, changes in adolescence (puberty etc)
- ▶ The vast majority of what we teach in Primary schools revolves around the 'Relationships and Health' aspects with elements of the science curriculum.

# Why is RSHE important?

- ▶ RSHE is an extremely valuable strand of our wider PSHE curriculum. Our pupils are taught about what a relationship is, what friendship is, what family means and who the people are who can support them. We ensure that our children understand how to maintain healthy relationships, how to stay safe and how to develop healthy relationships both now and in their future lives.
- ▶ From the beginning of primary school, building on early education, pupils should be taught how to take turns, how to treat each other with kindness, consideration and respect, the importance of honesty and truthfulness, permission seeking and giving, and the concept of personal privacy.
- ▶ RSHE also supports our children learn more about their bodies including naming body parts and understanding the changes that will occur as they grow older. Much of our RSHE content explores the social, emotional and mental wellbeing of our pupils and aims to lay the foundations for all pupils of Etwall Primary School to be caring, considerate and well-informed global citizens.

‘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.’

(DfE 2020)

## 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.

Full document available from:

[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/907638/RSE\\_primary\\_schools\\_guide\\_for\\_parents.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/907638/RSE_primary_schools_guide_for_parents.pdf)

## 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:

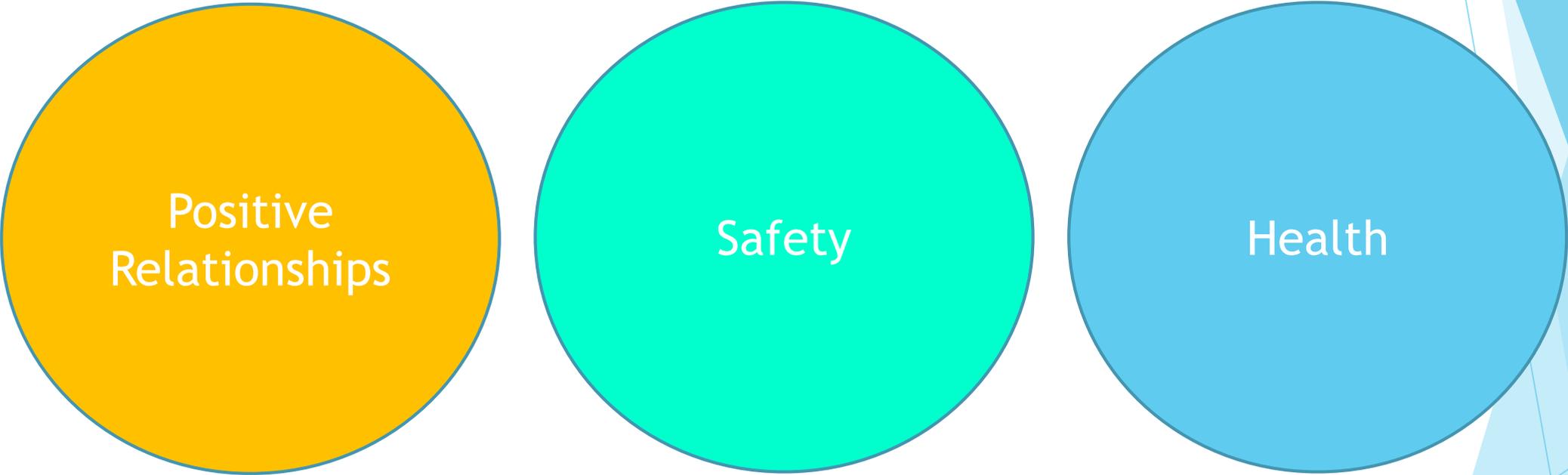
- mental wellbeing
- internet safety and harms
- physical health and fitness
- healthy eating
- facts and risks associated with drugs, alcohol and tobacco
- health and prevention
- basic first aid
- changing adolescent body

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

Full document available from:

[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/907638/RSE\\_primary\\_schools\\_guide\\_for\\_parents.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/907638/RSE_primary_schools_guide_for_parents.pdf)

# Three key areas....



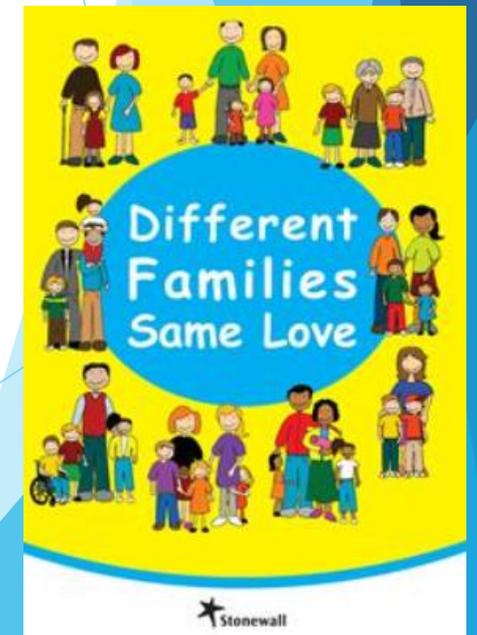
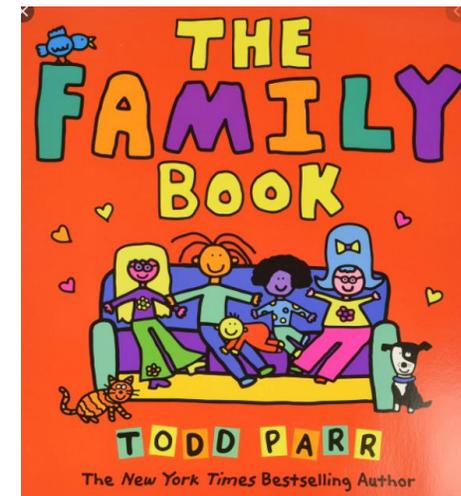
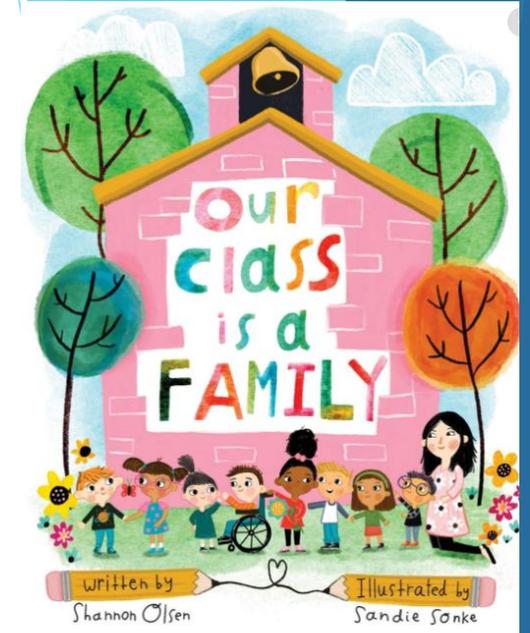
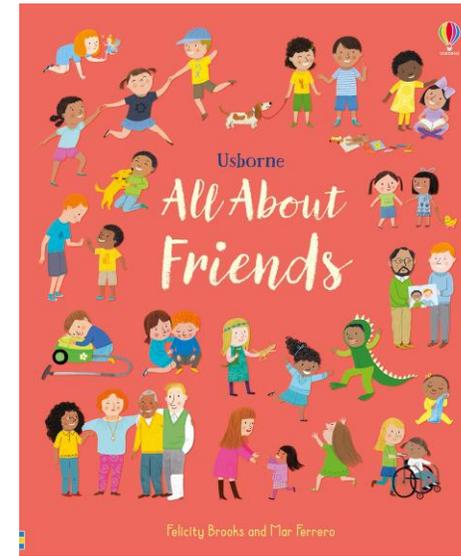
Positive  
Relationships

Safety

Health

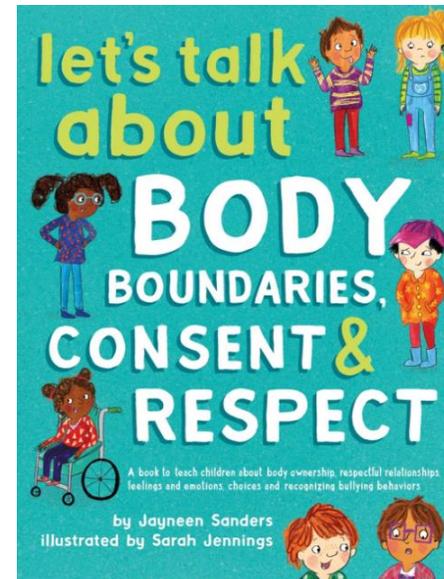
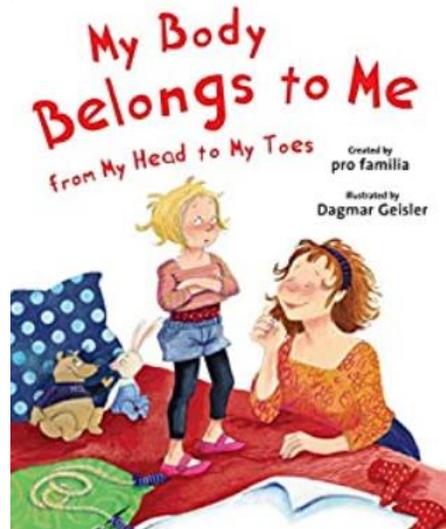
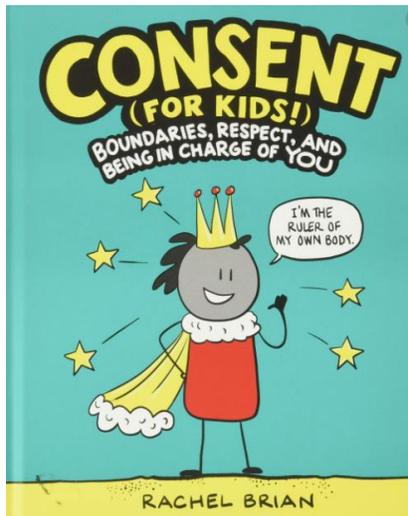
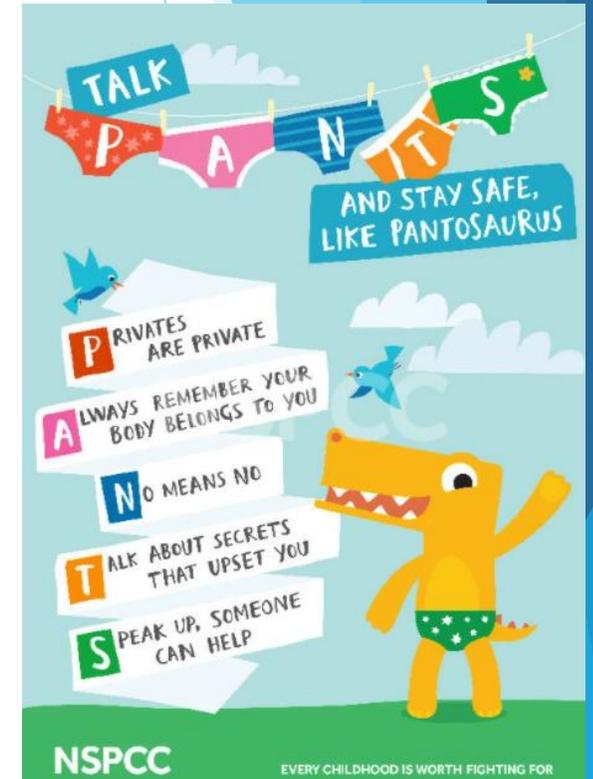
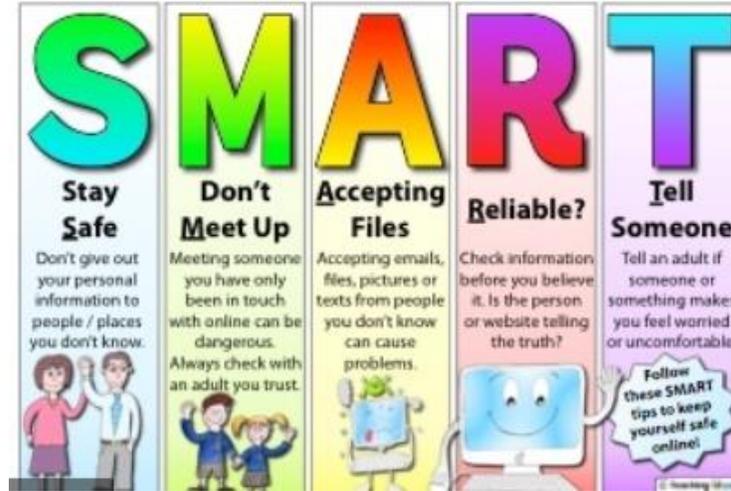
# Positive Relationships

- ▶ Values
- ▶ Interacting appropriately- conflict
- ▶ Different kinds of families and relationships
- ▶ What is a good relationship and friendship? Discuss a range of relationships



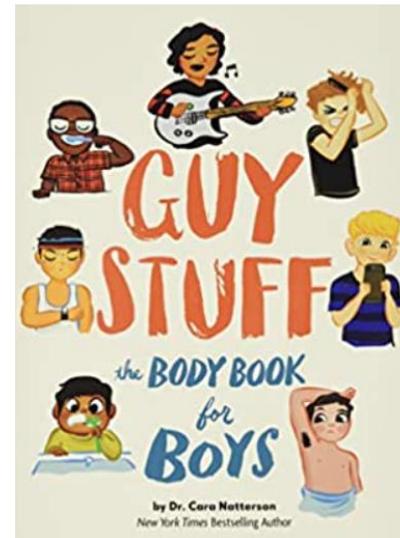
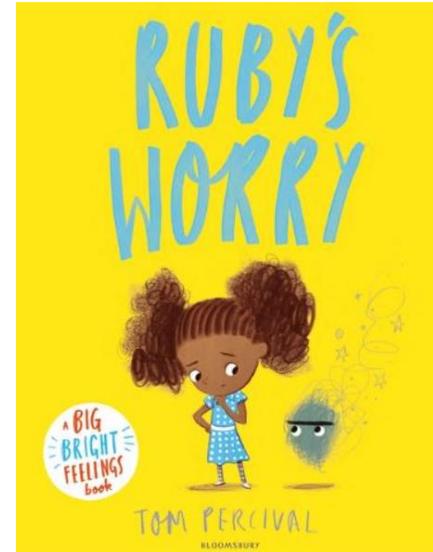
# Safety

- ▶ Respect & consent
- ▶ Staying safe online
- ▶ Seeking help if needed



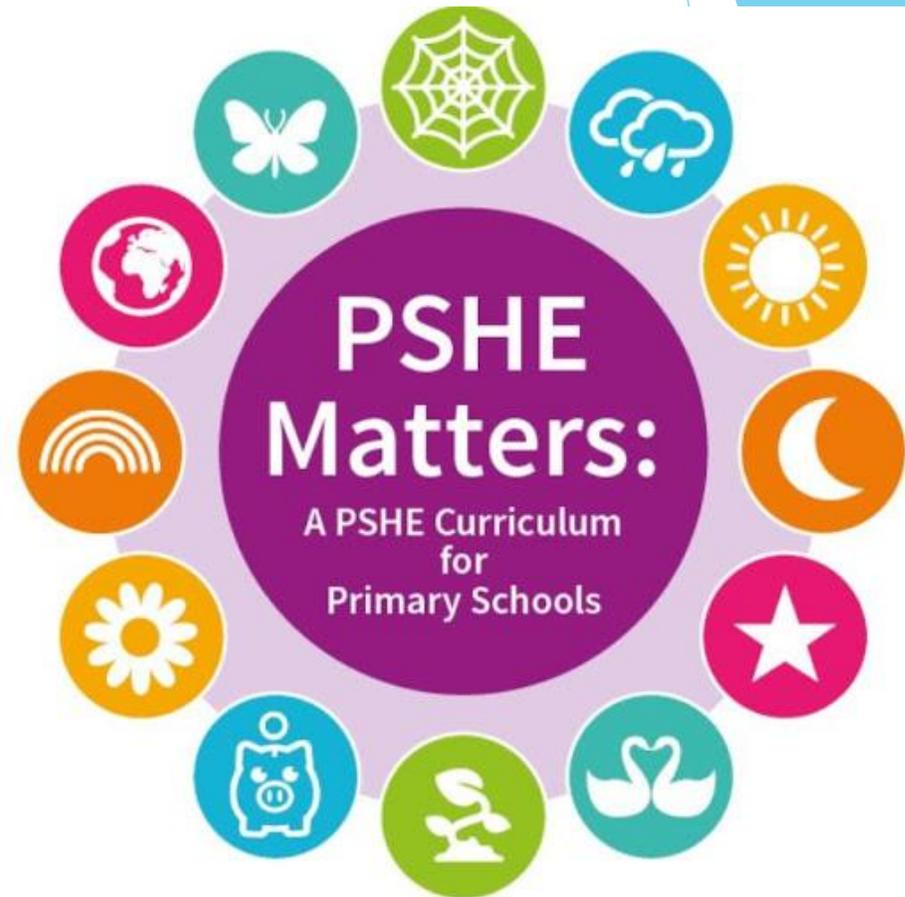
# Health

- ▶ Hygiene
- ▶ Healthy lifestyle
- ▶ Puberty- changing body, changing emotions



# How do we teach RSHE at Etwall Primary?

- ▶ RSHE is taught throughout the year, as a continuous strand through our PSHE curriculum.
- ▶ We follow a scheme of work called 'PSHE Matters' that has been written and produced by Derbyshire County Council.
- ▶ The syllabus covers all statutory requirements and ensures our pupils are receiving a broad and comprehensive PSHE curriculum.
- ▶ We follow a two year rolling program so that children do not repeat the same lessons.
- ▶ There is a clear progression of learning objectives that ensures our learning is consistent throughout the school.



# Example of progression 'Growing up' topic:

## KS1

**Core Themes: Health and Wellbeing:**  
H8, H9, H10, H13, H15, H16,  
**Relationships: R3, R8, R10**  
**Living in the Wider World: L8**

### Learning

- H8 - The process of growing from young to old.
- H9 - Exploring growing and changing and becoming independent.
- H10 - The correct names for the main parts of the body (including external genitalia).
- H13 - Identifying people who they can ask for help and think about how they might do that.
- H15, R3 - Identifying ways of keeping safe and knowing they do not keep secrets.
- H16 - About privacy in different contexts.
- H16 - About respecting the needs of ourselves and other people.
- R8 - Identifying similarities and difference.
- R10 - What physical contact is acceptable.
- L8 - That everybody is unique.

### Activities

EYFS- • Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices. Work and play cooperatively and take turns with others. • Form positive attachments to adults and friendships with peers. • Show sensitivity to their own and to others' needs.

## Lower KS2

**Core Themes: Health and Wellbeing:**  
H4, H5, H8, H12, H18, H20  
**Relationships: R4, R8, R13, R16**

### Learning

- H4 - That images in the media do not always reflect reality.
- H5 - Celebrate our strengths/qualities.
- H8 - About the kind of changes that happen in life and the associated feelings.
- H12 - That simple hygiene routine can prevent the spread of bacteria.
- H18 - About the changes that happen as they grow up.
- H20 - The right to protect our bodies.
- R4 - About differences and similarities between people, but understand everyone is equal.
- R8 - About the difference between acceptable and unacceptable physical contact.
- R13 - Knowing the names of the body parts.
- R16 - Recognise and challenge stereotypes.

### Activities

## Upper KS2

**Core Themes: Health and Wellbeing:**  
H4, H6, H7, H12, H13, H18, H19  
**Relationship: R2, R5, R13**  
**Living in the Wider World: L1**

### Learning

- H4 - Exploring how images in the media and online do not always reflect reality.
- H6 - Identify the intensity of feelings.
- H7 - Recognising conflicting feelings.
- H12 - That simple hygiene routine can prevent the spread of bacteria.
- H13 - Identify pressures and influences.
- H18 - Understanding changes that happen at puberty.
- H19 - Understanding what puberty and human reproduction is.
- R2- Identifying qualities of a healthy relationship
- R5 - About committed loving relationships.
- R13 - About differences and similarities between people, but understand everyone is equal.
- L1 - Debate topical issues.

# What is taught in our ‘Sex Education’?

We do not explicitly teach ‘Sex Education’ or go any further than what is outlined as part of the statutory science curriculum. By definition, some of what we teach from the science objectives you could class as ‘Sex Education’.

By the time our pupils leave us in year 6 they will have learnt about:

- ▶ Animal reproduction (including humans)
- ▶ How a baby is conceived and born
- ▶ Preparing boys and girls for the changes that adolescence brings (also covered in science) This includes the menstrual cycle, changes in voice, changes in hair growth and changes in feelings and emotions.

We do not teach about contraception at primary level. However, if a child was to ask we would explain the basic concept of what contraception does.

# RSHE policy

Please take a look at our RSHE policy for a more detailed breakdown of what will be covered in each year group.

## Relationships and sex education policy (from 2020)

Etwall Primary School



# Pupil Engagement

Although we follow the structure of 'PSHE Matters' we want our RSHE input to be as relevant and useful to our pupils as appropriately possible.

At the beginning of each new topic we ask children about what they would like to be included in their lessons. Perhaps they have questions that they would like answering. Perhaps there are misconceptions that need addressing. This helps us to tailor our curriculum to the needs of our pupils.

It is important to stress that we would not teach or include anything that isn't appropriate according the age of the children. We could however pinpoint useful resources to support families at home.



# Supporting your child at home...

- ▶ RSHE parent guides (published by DfE)

<https://www.gov.uk/government/publications/relationships-sex-and-health-education-guides-for-schools>

- ▶ Big Talk Education:

<https://www.bigtalkeducation.co.uk/parents/>

- ▶ Sex Education forum:

<https://www.sexeducationforum.org.uk/>

- ▶ NSPCC:

<https://www.nspcc.org.uk/keeping-children-safe/sex-relationships/>

# Talking to your child- handy tips...

- ▶ Reflect on your own experience- did my parents talk to me, did it help?
- ▶ Answer their simple questions early on
- ▶ Reply to their questions with small amounts of information first
- ▶ Answer truthfully so they know you are reliable
- ▶ Use everyday situations to start conversation e.g. soaps...
- ▶ Use books or leaflets as a prop
- ▶ Let them know its ok to discuss anything

# The right to withdraw...

- ▶ Parents have the right to request that their child be withdrawn from some or all of sex education delivered as part of statutory RSHE.
- ▶ If you have concerns, please read through our RSHE policy which has more information about what to do if you wish to withdraw your child from these lessons.
- ▶ In these instances, we would invite you to discuss any concerns in the hope that they could be addressed and resolved.
- ▶ Any objectives covered under the science curriculum are statutory and therefore cannot be withdrawn from.
- ▶ Any objectives covered under the 'Relationships or Health' aspects are statutory and therefore cannot be withdrawn from.

# Parent/ Carer consultation:

Our previous consultation period was March 2021. Although we currently do not have an official consultation window open, we still invite parents and carers to contact their child's class teacher if you have any queries.

