



# Information on Relationship Education

Safeguarding our children

# What we want...

- ▶ We all want what is best for children.
- ▶ We want to protect children and to keep them safe.
- ▶ We want children to be healthy and happy.

**High quality RSE is part of this.**

Parents &  
Carers



School

Child



# Why the Curriculum is Changing...

- ▶ Today's children and young people are growing up in an increasingly complex world and living their lives seamlessly on and offline. This presents many positive and exciting opportunities, but also challenges and risks. In this environment, children and young people need to know how to be safe and healthy, and how to manage their academic, personal and social lives in a positive way.
- ▶ The Children and Social Work Act 2017 introduced a new legislation on Relationships Education, Relationships and Sex Education, and Health Education in Schools.
- ▶ Safeguarding Children is at the heart of Relationships and Sex Education

# Why is Relationships and Sex (RSE) Education in Schools Important?

- ▶ High quality RSE helps create safe school communities in which students can grow, learn, and develop positive, healthy behaviour for life, and for the following reasons:
- ▶ RSE plays a vital part in schools fulfilling their statutory duties to protect and safeguard their students. Ofsted is clear that schools must have a preventative programme that enables students to learn about safety and risks in relationships.
- ▶ Schools maintain a statutory obligation under the Children Act (2004) to promote their students' wellbeing and under the Education Act (2002) to prepare children and young people for the challenges, opportunities and responsibilities of adult life. A comprehensive RSE programme can have a positive impact on students' health and wellbeing and their ability to achieve, and can play a crucial part in meeting these obligations.
- ▶ Technology is evolving at a tremendous pace. The need to protect children and young people from inappropriate online content, cyberbullying and exploitation is a growing concern. A comprehensive RSE programme can support in addressing these issues.

# Introduction

- ▶ Relationships education will be compulsory for all primary age pupils from September 2020.
- ▶ Health education will be compulsory for all pupils in all state funded schools.
- ▶ Teaching at school will complement **(NOT REPLACE)** and reinforce the lessons families teach their children as they grow up.
- ▶ At Littlemoor, we aim to flexibly and inclusively deliver any content in a way that is age and developmentally appropriate with respect to the backgrounds and beliefs of pupils and parents while always with the aim of providing pupils with the knowledge they need of the law.

# Relationships Education in Primary Schools.

- ▶ Relationships Education is introduced at Primary and students explore the following areas:
- ▶ Families and people who care for me
- ▶ Caring Friendships
- ▶ Respectful Relationships
- ▶ Online Relationships
- ▶ Being Safe

**Sex education is not compulsory in primary schools.** Primary schools that choose to teach sex education should tailor teaching to take account of the age and the physical maturity of their pupils and must allow parents to withdraw their children where requested.

# Physical Health and Mental Well Being in Primary Schools.

- ▶ The aim of teaching pupils about physical health and mental wellbeing is to give them information they need to make good decisions about their own health and wellbeing with a clear focus on reducing stigma attached to health issues.
- ▶ In primary school the focus should be on teaching the characteristics of good physical health and mental wellbeing and the benefits of hobbies, interests and participation in their own communities. By embedding these principles teachers should be able to address issues such as isolation, loneliness, unhappiness, bullying and the negative impacts of poor health and wellbeing.
- ▶ Physical Health and Mental Well Being Teaching in Primary include learning units around **Mental Wellbeing, Internet Safety and Harms, Physical Health and Fitness, Drugs/Alcohol/Tobacco/Basic First Aid/Changing Adolescent Body)**



# Overview of Teaching Expectations: Primary

| Relationships Education (Primary)   | Physical Health and Mental Well Being (Primary) |
|-------------------------------------|---|
| Families and People who care for me | Mental Wellbeing                                |
| Caring Friendships                  | Internet Safety and Harms                       |
| Respectful Relationships            | Physical Health and Fitness                     |
| Online Relationships                | Healthy Eating                                  |
| Being Safe                          | Drugs, alcohol and tobacco                      |
|                                     | Health and Prevention                           |
|                                     | Basic First Aid                                 |
|                                     | Changing Adolescent Body                        |

# Our Curriculum

- ▶ At Littlemoor Primary School we follow the Zippy, Apple and Passport scheme of work to support the teaching of RSE. We will also be using elements of the Jigsaw curriculum to support and develop areas further. Below is a list of the topics which are covered within Zippy, Apple and Passport.

- ▶ **Zippy and Apple**

- ▶ 1. Feelings
- ▶ 2. Communication
- ▶ 3. Making and Breaking Relationships
- ▶ 4. Conflict Resolution  
Right
- ▶ 5. Dealing with change and loss
- ▶ 6. We cope

- ▶ **Passport**

- ▶ 1. Emotions
- ▶ 2. Relationships and helping others.
- ▶ 3. Difficult Situations
- ▶ 4. Fairness, Justice and What is Right
- ▶ 5. Change and loss

# Curriculum Continued

- ▶ The Relationships Education and Health Education programme also include elements of the statutory Science curriculum 2014, which is mandatory for all pupils. **Parents/carers are not able to withdraw their children from National Curriculum Science.** (section 405 of the Education Act 1996)
- ▶ **National Curriculum Science 2014**
- ▶ **Key Stage 1: Animals including humans**
- ▶ Identify, name, draw and label the basic parts of the human body and say which part of the body is associated with each sense
- ▶ Notice that animals, including humans, have offspring which grow into adults
- ▶ Find out about and describe the basic needs of animals, including humans, for survival (water, food and air)
- ▶ Describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene.
- ▶ **Key Stage 2: Animals including humans**
- ▶ Describe the differences in the life cycles of a mammal, an amphibian, an insect and a bird Describe the life process of reproduction in some plants and animals.
- ▶ Describe the changes as humans develop to old age. Pupils should draw a timeline to indicate stages in the growth and development of humans.
- ▶ They should learn about the changes experienced in puberty.

# Teaching of RSE at Littlemoor

- ▶ Curriculum planning for Relationships Education and Health Education is part of the whole school planning process for PSHE and is informed by National Curriculum Science, Computing and PE.
- ▶ **We have:**
- ▶ Designated PSHE curriculum times, which provide focused opportunities for raising specific issues in a safe and structured session.
- ▶ Cross-curricular links, when appropriate, will also be delivered in Science, Computing, RE, PE and History (for example).
- ▶ Relationships Education and Health Education will be taught in mixed groups so that boys and girls are encouraged to work with each other. It is important that both boys and girls know about the experience of puberty for the opposite gender. However, there will be planned opportunities for single gender sessions in Y6 to explore puberty and these sessions are usually delivered by our school nurse.

# Whole School Approach

- ▶ All of these subjects should be and are set in the context of a **wider whole-school approach** to supporting pupils to be safe, happy and prepared for life beyond school.
- ▶ For example, the curriculum on relationships and sex should complement, and be supported by, the school's **wider policies** on behaviour, inclusion, respect for equality and diversity, bullying and safeguarding.
- ▶ At the heart of Relationships Education, Relationships and Sex Education and Health Education, there is a focus on keeping children safe and the role that schools can play in preventative education. • Clear reference of this link is included in our **Draft RSE Policy**.

# RSE Policy

- ▶ An RSE Policy has been drawn to reflect current statutory guidance including RSE curriculum offer.
- ▶ Our RSE policy in line with RSE Guidance 2020 includes information on what is Relationships and Sex Education, Aims and Objectives, Links with other policies, RSE Curriculum content and planning, answering difficult questions, areas of responsibility, sensitive issues, CP and Confidentiality, parental right to withdraw, working with external agencies, etc

# Support for Parents and Carers

- ▶ DfE has produced guides for parents of primary and secondary aged children which can be used by schools to communicate how relationships and health education will be taught. The guides provide details of topics that will be covered and information of parent's rights to withdraw. (DfE, 2019c).
- ▶ You may access relevant guides following the link below:  
<https://www.gov.uk/government/publications/relationships-sex-and-health-education-guides-for-schools>

**These are also accessible on the School Website.**

# Frequently Asked Questions

- ▶ **Do I have a right to withdraw my child from Relationships and Sex Education?**
- ▶ From September 2020 in Primary Education parents will be able to withdraw their children from any aspects of Sex Education other than those which are part of the Science Curriculum. At Littlmoor Primary School, we do not cover anything other than what is covered in the Science Curriculum therefore there is **no right to withdraw**. (Note that Sex Education is not compulsory in Primary Schools).
- ▶ There is no right to withdraw from Relationships Education or Health Education at Primary or Secondary as we believe that the contents of these subjects- such as family, friendships, safety (including online safety) - are important for all children to be taught.



# Frequently Asked Questions

- ▶ **Does the new Relationships Education and RSE curriculum take account of my faith?**
- ▶ The DfE states that Relationships Education has been designed to help children from all backgrounds build positive and safe relationships, and to thrive in modern Britain - this means taking into account the religious background of pupils when planning teaching, so that topics are appropriately handled.
- ▶ The subjects are designed to help children from all backgrounds build positive and safe relationships, and to thrive in modern Britain.

# Frequently Asked Questions

- ▶ **Will my child be taught about Lesbian, Gay, Bisexual and Transgender(LGBT) relationships?**
- ▶ We believe that all pupils should be taught about the society in which they are growing up. Relationships Education is designed to foster respect for others and for difference and educate pupils about healthy relationships. We also believe that children should receive teaching on LGBT content during their school years. Teaching children about the society that we live in and the different types of loving, healthy relationships that exist is very important.
- ▶ \*The DfE states that Primary schools are strongly encouraged and enabled to cover LGBT content when teaching about different types of families.



# Sample Resources and Lesson Plans

## ► First Aid

<https://firstaidchampions.redcross.org.uk/primary/first-aid-skills/>

<https://www.sja.org.uk/get-advice/key-stage-first-aid-lesson-plans/key-stage-2-first-aid-lesson-plans/>

## Pants Talk- NSPCC

<https://learning.nspcc.org.uk/media/1387/underwear-rule-resources-lesson-plan.pdf>

