



# **RSHE (Relationships, Sex and Health Education)**

## **Information for parents**

Effective teaching of Relationships, Sex and Health Education should be shared with parents and be mutually supportive and complementary.

Relationships, Sex and Health Education is taught alongside the personal, social, health and economic (PSHE) education curriculum, using the Heartsmart Program. Pupils learn about the characteristics of healthy relationships, safety in forming and maintaining relationships, how relationships may affect physical and mental health (Health Education). The lessons and activities will be age appropriate.

Many of the biological health aspects of RSE are taught within the Science and PE curriculum throughout the school. Relationships, Sex and Health Education focuses on teaching the fundamental building blocks and characteristics of positive relationships including: families and people who care for me, caring friendships, respectful relationships, online relationships and being safe. These areas of learning are taught within the context of family life. The curriculum, lessons and teaching will reflect upon the fact that family structures are varied and all valid. This is along with being sensitive to some children who may have a different structure of support around them (for example: looked after children or young carers). The government has made Relationships, Sex and Health Education a statutory part of the curriculum and we agree that this is a crucial aspect of the primary curriculum.

We want children to develop the skills to make positive, caring, respectful and healthy relationships in their friendships, within their families and with other children and adults. We recognise that many children in primary school already have active online lives and that the knowledge and skills they learn in Relationships, Sex and Health Education will guide them to navigate the online world safely and understand what is and is not appropriate behaviour. Some of these objectives will be taught through the computing curriculum. In Relationships, Sex and Health Education, pupils also gain the knowledge they need to recognise and report abuse, including emotional, physical and sexual abuse and to keep themselves safe. For all these important reasons, the government has made Relationships, Sex and Health Education a compulsory

part of the school curriculum in which all pupils are required to participate and parents do not have the right to withdraw them.

Health Education is mandatory under Relationships Education. This will give pupils vital skills, strategies and awareness to manage their own mental and physical health. Topics include: physical health benefits to mental health, sleep, first aid, positive and emotional wellbeing and learning when and how to get help and tackling the stigma of mental health. Importantly it outlines the link between physical and mental health and how one can impact the other.

Our Relationships, Sex and Health Education programme aims to help children

- develop the confidence to talk about relationships
- develop the skills to make and maintain healthy and respectful friendships and family relationships
- recognise unhealthy or unsafe relationships, including friendships (and online), within the family and with known or unknown adults
- recognise the differences between appropriate and inappropriate or unsafe contact, physical or otherwise, and to know how to report it and get help.
- understand the importance of respecting others even when they are different from them
- understand and respect different types of families, including families with one parent, with same sex parents, families that foster and adopt children
- recognise bullying and discriminatory language based on race, religion, gender, disability or sexual orientation and develop the confidence to prevent it and report it
- challenge stereotypes and inequality and promote equality and respect in relationships
- know how to be safe online and behave respectfully and appropriately
- know where and how to seek information and advice when they need help

Please find below the link to the DfE guidance on RSHE:

**<https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education/relationships-education-primary>**

Our school policy on RSE is available on request.

## 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.

You can express your opinion, and this will help your child's school decide how and when to cover the content of the statutory guidance. It may also help them decide whether to teach additional non-statutory content. Schools are required to ensure their teaching reflects the age and religious background of their pupils.

Some schools will start to teach these subjects from September 2019 – if you'd like to know more, please speak to your child's school about what they plan to teach.



## 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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If you want to know more about what will be taught as part of the new subjects, the best thing to do is speak to your child's school.