

## **Relationships and Health Education Policy – two-page guide**

Sex education at primary is NOT compulsory, but it is **recommended**: this is beyond what is on the existing national curriculum for science. It needs to be age appropriate.

Relationships Education is compulsory and will provide the foundations needed for healthy and safe relationships, starting with family and friends.

Schools need to:

- prioritise curriculum content on mental health and wellbeing
- consult with parents when developing and reviewing their policies for Relationships Education and RSE, which will inform schools' decisions on when and how certain content is covered
- publish their policies online, providing examples of the resources they plan to use, including books
- cover LGBT content when teaching about different types of families.

### **Relationships & Health Education**

- Families: protection, stability, commitment, different types.
- Friendships and respectful relationships: healthy, managing conflict, courtesy, different types.
- Online relationships: keeping safe.
- Safety in relationships: privacy, consent, appropriate boundaries.
- Addressing cultures of sexual harassment.
- Mental health and wellbeing
- Internet safety and harms
- Physical health and fitness
- Healthy eating
- Drugs, alcohol and tobacco: focus on legal but harmful substances.
- Health and prevention: sun safety, sleep, dental, personal hygiene, allergies.
- Basic first aid

### **Sex Education – Year 5 and Year 6 only**

#### **Year 5**

- Life cycle of animals and humans
- Babies' growth from womb to infant
- Puberty and menstruation
- Appropriate touching and consent

#### **Year 6**

- Puberty, adolescence and conception
- Linking SRE with consent, peer pressure and grooming
- Different relationships including friends, families and healthy romantic ones, LGBT+.
- Stereotypes and discrimination including homophobia
- Transition to secondary school
- Drugs, alcohol and tobacco: focus on legal but harmful substances.

Parents DO NOT have the right to withdraw their child from Relationships and Health Education, or the science curriculum element of sex education. They can remove their child from the teaching of anything outside of these parameters, but there is a procedure they need to follow:

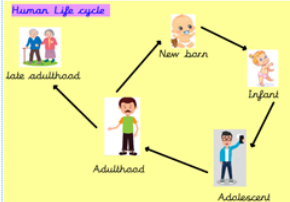
- Meeting with Class Teacher (or Year Leader or Head Teacher if required), who will explore any concerns and discuss any impact that withdrawal may have on the child.
- Once a child has been withdrawn, they cannot take part in the sex education programme until the request for withdrawal has been removed.
- Materials are made available to parents/carers who wish to supplement the school sex education programme or who wish to deliver sex education to their children at home.

## Sex education: PSHE V science

### PSHE

<ul style="list-style-type: none"> <li>Children should learn about the changes experienced in puberty, including emotional and physical changes.</li> <li>Children should understand the menstrual cycle.</li> <li>Children should learn about families and different relationships, with an emphasis on friendships.</li> <li>Children should learn about what makes a healthy relationship: respect, trust, loyalty, etc.</li> <li>Children need to understand about healthy body images, self-esteem and resilience.</li> <li>Children need to know about consent and what is appropriate or inappropriate touching.</li> <li>Children should understand that sexual harassment (even banter, bra-pinging, staring at body changes, etc) is always wrong and can make us feel very uncomfortable.</li> <li>Children should learn about the male reproductive system and the female reproductive system.</li> <li>Children should learn about how a baby is conceived and born.</li> </ul>	<ul style="list-style-type: none"> <li>I know the changes my body will go through.</li> <li>I know that my emotions may change and how to deal with these.</li> <li>I understand what constitutes a healthy relationship, especially in terms of friendships.</li> <li>I know what consent means and that I have the power to say no to inappropriate touching.</li> <li>I understand that stereotypes, including gender and sexuality and racial, are unfair, negative and destructive.</li> <li>I know there are different types of relationships and families, including heterosexual, bisexual and homosexual.</li> <li>I know about human reproduction in the context of the human life-cycle.</li> <li>I know how a baby is conceived.</li> </ul>
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### SCIENCE

<div>Key Knowledge</div> <div>Learn these key facts—key points in red</div>	<div>Key Vocabulary</div> <div>Understand these key words</div>																														
<div>Human Life cycle</div>  <div> <div>New born</div> <div>Infant</div> <div>Adolescent</div> <div>Adulthood</div> <div>Late adulthood</div> </div> <div> <div>What is <b>puberty</b>?</div> <ul style="list-style-type: none"> <li>• Puberty is the change that happens in late childhood and adolescence where the body starts to change because of <b>hormones</b>.</li> <li>• Some changes include <b>growth</b> in height, more sweat, hair growth on arms and legs, under the armpits and on genitals, and growth in parts of the body such as male genitals and breasts.</li> <li>• Females begin to <b>menstruate</b>.</li> </ul> </div>	<table> <tr> <th>Word</th><th>Definition</th></tr> <tr> <td><b>adolescence</b></td><td>the period of your life in which you develop from being a child into being an adult.</td></tr> <tr> <td><b>adulthood</b></td><td></td></tr> <tr> <td><b>development</b></td><td>the gradual growth or formation of something.</td></tr> <tr> <td><b>foetus</b></td><td>an animal or human being in its later stages of development before it is born.</td></tr> <tr> <td><b>gestation</b></td><td></td></tr> <tr> <td><b>growth</b></td><td>an increase in something.</td></tr> <tr> <td><b>hormones</b></td><td>a chemical, usually occurring naturally in your body, that makes an organ of your body do something.</td></tr> <tr> <td><b>infancy</b></td><td>the period of your life when you are a very young child.</td></tr> <tr> <td><b>life cycle</b></td><td>the series of changes that an animal or plant passes through from the beginning of its life until its death.</td></tr> <tr> <td><b>life processes</b></td><td>There are seven processes that tell us that living things are alive.</td></tr> <tr> <td><b>menopause</b></td><td>the time during which a woman gradually stops menstruating, usually when she is about fifty years old.</td></tr> <tr> <td><b>menstruation</b></td><td>A cycle of between 2-7 days where a woman pass blood and tissue to help the body prepare for the possible fertilisation of an egg.</td></tr> <tr> <td><b>puberty</b></td><td>the stage in someone's life when their body starts to become physically mature.</td></tr> <tr> <td><b>reproduction</b></td><td>when an animal or plant produces one or more individuals similar to itself.</td></tr> </table>	Word	Definition	<b>adolescence</b>	the period of your life in which you develop from being a child into being an adult.	<b>adulthood</b>		<b>development</b>	the gradual growth or formation of something.	<b>foetus</b>	an animal or human being in its later stages of development before it is born.	<b>gestation</b>		<b>growth</b>	an increase in something.	<b>hormones</b>	a chemical, usually occurring naturally in your body, that makes an organ of your body do something.	<b>infancy</b>	the period of your life when you are a very young child.	<b>life cycle</b>	the series of changes that an animal or plant passes through from the beginning of its life until its death.	<b>life processes</b>	There are seven processes that tell us that living things are alive.	<b>menopause</b>	the time during which a woman gradually stops menstruating, usually when she is about fifty years old.	<b>menstruation</b>	A cycle of between 2-7 days where a woman pass blood and tissue to help the body prepare for the possible fertilisation of an egg.	<b>puberty</b>	the stage in someone's life when their body starts to become physically mature.	<b>reproduction</b>	when an animal or plant produces one or more individuals similar to itself.
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