

Westerings Primary Academy Relationships, Health and Sex Education Leaflet.

Information for parents and carers

What are the aims of having a Relationships Education, Sex Education and Health Education in our school?

The opening paragraph of the Department for Education guidance states:

“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.”

(DfE, 2019, Relationships Education, Relationships and Sex Education and Health Education)

This DfE guidance clearly states the statutory requirements, i.e. what children MUST be taught by the end of primary school. Health Education includes learning about ‘the changing adolescent body’ to equip children to understand and cope with puberty. The National Curriculum for Science (also a compulsory subject), includes learning the correct names for the main external body parts, learning about the human body as it grows from birth to old age and reproduction in some plants and animals. (which could include human beings). So, Relationships Education, Health Education and Science are compulsory subjects and parents/carers do NOT have the right to withdraw their children from these subjects.

At Westerings, we believe this work is an important part of safeguarding our children, as knowledge empowers them, helping them to stay safe and cope with puberty understanding why their bodies will change. It is imperative that we use the correct terminology. In our school, we will use scientific vocabulary when teaching. It helps that children aren’t confused by euphemisms and innuendo; and that we use correct terminology whenever we can, especially for body parts. This is hugely important for safeguarding.

What must primary schools teach in Relationships Education, Health Education and Sex Education?

Relationships and Health Education are compulsory in all primary schools in England. For primary aged children this includes curriculum content under two headings(DfE 2019):

Relationships Education

- 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

The DfE recommends, 'that all primary schools should have a Sex Education programme tailored to the age and the physical and emotional maturity of the pupils.'

At Westerings, our PSHE/RSHE programme includes lessons on ALL aspects of compulsory Relationships and Health Education, designed in a sensitive, spiralling, age-appropriate curriculum. It also has a few lessons on human reproduction in Key Stage 2 to ensure children know the accurate facts concerning this before going to secondary school, and to ensure children understand why the body changes in adolescence. We believe this work is an important part of safeguarding children, as knowledge empowers them, helping them to stay safe and cope with puberty understanding why their bodies will change.

What will my child actually be taught?

The majority of the RSHE content (i.e. puberty and reproduction) will be taught within our 'Health and Wellbeing' unit, which is taught in the summer term. Each year group will be taught appropriate to their age and developmental stage, building on the previous years' learning. Please note: at no point will a child be taught something that is inappropriate. Some of the lessons below are taught in our 'Relationships' unit in the Autumn term - depending on what context of the lesson is. For example, we would teach the 'Different friends' lesson (Year 1) when we are exploring our 'Relationships' unit. Further details on parent rights of withdrawal can be found [here](#).

The RSHE coverage at Westerings is all about coping positively with change and includes:

Relationships and Sex Education Coverage and Progression

Early Years

Lesson 1: Caring Friendships

- To recognise the importance of friendship
 - Know that friendships can make us feel happy
 - Know some ways that we can make new friends feel welcome

Lesson 2: Being Kind

- To recognize the importance of saying sorry and forgiveness
 - Know that arguing with friends and then making up can make friendships stronger
 - That resorting to violence is never right

Lesson 3: Families

- To recognise that all families are different
 - Identify different members of the family
 - Understand how members of a family can help each other

Year 1

Lesson 1: Different friends

- To understand that we are all different but can still be friends
 - Know that we can be friends with people who are different to us

Lesson 2: Growing and Changing

- To discuss how children grow and change
 - Understand that babies need care and support
 - Understand that older children can do more by themselves

Lesson 3: Families and Care

- To explore different types of families and who to ask for help
- To identify who can help when families make us feel unhappy or unsafe
 - Know there are different types of families
 - Know which people we can ask for help

Year 2

Lesson 1: Differences

- To introduce the concept of gender stereotypes
- To identify differences between males and females
 - Understand that people have fixed ideas about what boys and girls can do
 - Describe the differences between male and female babies

Lesson 2: Male and Female Animals

- To explore some of the differences between males/females & to understand how this is part of the life cycle
 - Describe some differences between male and female animals
 - Understand that making a new life needs a male and a female

Lesson 3: Naming Body Parts

- To focus on sexual differences and name body parts
 - Describe the physical differences between males and females
 - Name the different body parts

Year 3

Lesson 1: Body differences

- To identify that people are unique and to respect those differences
- To explore the differences between male and female bodies
 - Know and respect the body differences between ourselves and others
 - Name male and female body parts using agreed words

Lesson 2: Personal Space

- To consider appropriate and inappropriate physical contact and consent
 - Understand that each person's body belongs to them
 - Understand personal space and unwanted touch

Lesson 3: Help and Support

- To explore different types of families and who to go to for help and support
 - Understand that all families are different and have different family members
 - Identify who to go to for help and support

Year 4

Lesson 1: Changes

- To explore the human life cycle
- To identify some basic facts about puberty
 - Understand that puberty is an important stage in the human life cycle
 - Know some changes that happen during puberty

Lesson 2: What is Puberty?

- To explore how puberty is linked to reproduction
 - Know about the physical and emotional changes that happen in puberty
 - Understand that children change into adults to be able to reproduce if they choose to

Lesson 3: Healthy Relationships

- To explore respect in a range of relationships
- To discuss the characteristics of healthy relationships
 - Know that respect is important in all relationships including online
 - Explain how friendships can make people feel unhappy or uncomfortable

Year 5

Lesson 1: Talking about Puberty

- To explore the emotional and physical changes occurring in puberty
 - Explain the main physical and emotional changes that happen during puberty
 - Ask questions about puberty with confidence

Lesson 2: The Reproductive System

- To understand male and female puberty changes in more detail
 - Understand how puberty affects the reproductive organs
 - Describe what happens during menstruation and sperm production

Lesson 3: Puberty Help and Support

- To explore the impact of puberty on the body and the importance of physical hygiene
- To explore ways to get support during puberty
 - Explain how to keep clean during puberty
 - Explain how emotions/relationships change during puberty
 - Know how to get help and support during puberty`

We hope that you find this information useful. For more information please visit [Westerings.org](https://www.westerings.org) and [Virtually Westerings PSHE and RSHE](#)

If you have any questions, queries or suggestions regarding the latest RHSE update, please comment below on the Google Form (with your details) and I will respond as soon as I can.

[Questions and queries](#)