



RSHE

Parent Information



What is RSHE?

RSHE stands for Relationship, Sex and Health Education.

It is more commonly known as RSE (Relationship and Sex Education) however, this refers to work in secondary schools.

Through the passage of the Children and Social Work Act 2017, Parliament voted to support the Government's proposal that all primary schools would be required to teach Relationship Education.

The purpose of this booklet is to fully inform you so that you are clear what your child will be taught and why we teach it.

What is the purpose of RSHE in primary schools?

A planned and progressive program of RSHE gradually and appropriately begins to prepare our children for the things they will experience as they grow. It teaches the skills they need to fully manage the natural physical and emotional changes that will happen to them as they grow and mature into healthy, confident and responsible adults.

RSHE teaches the skills children need to develop positive healthy relationships. It supports their moral development, helping them to understand themselves and to respect and care for others.



Why is RSHE so important?



Our ability to make and keep healthy and positive relationships is part of what makes us human and is fundamental to a caring and supportive society. Our relationships come in a wide variety of forms.

Our children learn by looking at and listening to all the messages they experience. They are constantly trying to make sense of the world around them. In our society, children are confronted with images in advertising and stories and messages about celebrity lifestyles and relationships in the media. Using their natural curiosity combined with wonderful 'child logic', our young children often put together their own complex ideas around relationships. This understanding can be a mixture of correct, almost correct and sometimes incorrect ideas.

Many children enter puberty whilst still at primary school and without suitable preparation from home and school, this can be a confusing, embarrassing and even distressing time.


What will my child learn?

RSHE in our school is focused on preparing children for the changes they will see/experience. It also sets the foundations for the RSE curriculum taught in secondary schools.

Children will learn about the different relationships they have, how their body will change and grow and how they can keep themselves and others safe.

All RSHE lessons will take place during the final half term of the Year (June & July) and will be taught by the class teachers.

Please see the RSHE Policy available on our website for more details.

	Reception Our Lives Our day Keeping ourselves clean Families
Year 1 What makes us special and unique including likes, dislikes and what we are good at Recognising and managing feelings Label the basic parts of the human body Growing & Caring for Ourselves Keeping clean Growing and changing Families and care	Year 2 Human life cycle, how people grow from young to old How our bodies change – compare the differences between a baby and a child Becoming independent; feelings that accompany the process of growing up Identifying the main parts of the body
Year 3 Personal strengths and achievements How strengths and interests form part of our identity Recognise common challenges to self-worth Basic strategies to manage and reframe setbacks	Year 4 Introduction to physical and emotional changes in puberty Introduction to female changes in puberty Introduction to male changes in puberty Personal hygiene routines Positive friendships
Year 5 Human life cycles and reproduction Talking about puberty Male and female changes Personal hygiene Managing friendships including peer influences Personal identity	Year 6 Puberty & reproduction Understanding relationships Conception & pregnancy Communication in relationships Managing feelings and change Managing transition

Talk PANTS campaign



As well as covering the themes identified, each year we will also be covering the Talk PANTS campaign from the NSPCC which is designed for children aged 4-11. During these discussions, we will aim to teach our children the following safety skills without giving explicit information. We will be teaching our children how to stay safe by learning the PANTS rules, which the NSPCC have developed to be like a Green Cross Code for staying safe from sexual abuse and exploitation.

Pants stands for:

- **P**rivates are private
- **A**lways remember your body belongs to you
- **N**o means no
- **T**alk about secrets that upset you
- **S**peak up, someone can help

The lessons will introduce a range of ideas, all delivered in a way that is fully age-appropriate. These include:

- Good and bad touching
- Your child's right to say no to things that make them feel upset or uncomfortable
- Naming parts of the body
- Who your child can turn to if they ever feel worried or upset

What can I do if I have questions or concerns?

If you have any questions or concerns please speak to your child's class teacher in the first instance. A full break down of the content of lessons for each year group is available in the RSHE policy on our school website.

We will consult with parents of the children in Years 4, 5 and 6 annually by holding a meeting and sending a letter home prior to RSHE work commencing in class. Parents will be encouraged to raise any issues or concerns that they might have at this early stage.

Dates and times for parent consultations will be added to the school calendar available on the website.

Can I withdraw my child from RSHE lessons?

Parents do have the right to withdraw their children from parts of RSHE lessons however not from aspects which are part of the National Curriculum. This is rarely the case and we hope that by giving you this information you will see the value these sessions will provide to your child's understanding, safety and development.

