



# **Relationships and Health Education (RHE)**

**Parent/Carer Information  
Version 3**

## **What is Relationships and Health Education (RHE)?**

We want all children to grow up healthy, happy, safe, and able to manage the challenges and opportunities of modern Britain. RHE is designed to equip your child with the knowledge they need to make informed decisions about their wellbeing, health and relationships, as well as preparing them for a successful adult life.

### **Relationships Education**

Relationships Education will put in place the building blocks needed for positive and safe relationships, including with family, friends and online. Your child will be taught what a relationship is, what friendship is, what family means and who can support them. In an age-appropriate way, your child's school will cover how to treat each other with kindness, consideration and respect.

By the end of primary school, pupils will have been taught content on:

- families and people who care for me
- caring friendships
- respectful relationships
- online relationships
- being safe

### **Health Education**

Health Education aims to give your child the information they need to make good decisions about their own health and wellbeing, to recognise issues in themselves and others, and to seek support as early as possible when issues arise.

By the end of primary school, pupils will have been taught content on:

- mental wellbeing
- internet safety and harms
- physical health and fitness
- healthy eating
- facts and risks associated with drugs, alcohol and tobacco
- health and prevention
- basic first aid
- changing adolescent body (age appropriate)

At Abbott, RHE is taught through PSHCE Education.

## **What is PSHCE Education?**

'Personal, Social, Health, Citizenship and Economic Education (PSHCE) is a planned programme of learning opportunities and experiences that help children and young people grow and develop as individuals, as members of families and of social and economic communities.' (PSHE Association).

PSHE uniquely aims to develop the whole child including their knowledge, understanding, skills, strategies, beliefs, values and attributes. We use a resource called IMatter, which is a scheme of work that has been designed and produced by Health Improvement Specialists at Manchester Healthy Schools. We then tailor this to the specific context of the pupils in our school community.

Manchester Healthy Schools follows the **Department of Education's** updated **Statutory RSE and Health Education Guidance**.

The Abbott Community Primary School ethos is one that is accepting and inclusive of all pupils, parents/carers and other members of the school community. **It is against the law to discriminate against someone because of a protected characteristic** and children need to know how this relates to life in modern day Britain. The nine protected characteristics are:

- age
- disability
- gender reassignment
- marriage and civil partnership
- pregnancy and maternity
- race
- religion or belief
- sex
- sexual orientation

We have listened to parent/carer views and made the decision, as a primary school, not to include the 'sex education' aspect of the curriculum, until year 6. Parents/carers can withdraw their child from these sessions, should they wish. They can do this by informing the class teacher before Summer 2 of the year they are in year 6. The Department for Education states that all children, **in all schools**, must take part in relationship and health lessons. More details can be found in this leaflet:

[https://assets.publishing.service.gov.uk/media/5f2c2b98e90e0732d9008d61/RSE\\_primary\\_schools\\_guide\\_for\\_parents.pdf](https://assets.publishing.service.gov.uk/media/5f2c2b98e90e0732d9008d61/RSE_primary_schools_guide_for_parents.pdf)

**Please see below for the Primary RHE Curriculum Detail for each Year Group**

<b>Year 1</b>		
<b>Lesson Title</b>	<b>Children will learn:</b>	<b>Linked PSHCE Skills</b>
<b>Lesson One</b> Who are the people in my life that love and care for me?	<ul style="list-style-type: none"> <li>• To identify the people who love and care for them and what they do to help them feel cared for</li> <li>• To learn about different types of families including those that may be different to their own</li> <li>• To recognise the ways they are the same as, and different to, other people</li> </ul>	Self-awareness
<b>Lesson Two</b> What are the differences and similarities between people?	<ul style="list-style-type: none"> <li>• To recognise the ways in which they are the same and different to others</li> <li>• To recognise the ways they are the same as, and different to, other people</li> </ul>	Self-awareness  Clarifying & re-evaluating values & beliefs
<b>Lesson Three</b> What are the similarities between girls and boys?	<ul style="list-style-type: none"> <li>• To recognise the ways in which they are the same and different to others</li> <li>• To name the main parts of the body including external genitalia (e.g., vulva, vagina, penis, testicles)</li> </ul>	Self-awareness

**Year 2**

<b>Lesson Title</b>	<b>Children will learn:</b>	<b>Linked PSHCE Skills</b>
<b>Lesson One</b> What is private? (Body parts)	<ul style="list-style-type: none"><li>• To recognise that some things are private and the importance of respecting</li><li>• That parts of their body covered by underwear are private</li><li>• To name the main parts of the body including external genitalia (e.g., vulva, vagina, penis, testicles)</li><li>• How to respond safely to adults they don't know</li><li>• About how to respond if physical contact makes them feel uncomfortable or unsafe</li></ul>	Self-awareness  Assertiveness
<b>Lesson Two</b> What happens when the body grows young to old?	<ul style="list-style-type: none"><li>• About growing and changing from young to old and how people's needs change</li></ul>	Self-awareness
<b>Lesson Three</b> What is fair, unfair, kind and unkind?	<ul style="list-style-type: none"><li>• About what is kind and unkind behaviour, and how this can affect others</li><li>• About how people make friends and what makes a good friendship</li><li>• About how to recognise when they or someone else feels lonely and what to do</li></ul>	Communication  Negotiation & conflict resolution

## Year 3

Lesson Title	Children will learn:	Linked PSHCE Skills
<p><b>Lesson One</b> What is personal space?</p>	<ul style="list-style-type: none"> <li>• About privacy and personal boundaries, what is appropriate in friendships and wider relationships (including online)</li> <li>• How to respond safely and appropriately to adults they may encounter (in all contexts including online) whom they do not know</li> <li>• Recognise different types of physical contact; what is acceptable and unacceptable; strategies to respond to unwanted physical contact</li> </ul>	<p>Self-awareness</p> <p>Communication</p>
<p><b>Lesson Two</b> What does a healthy relationship look like?</p>	<ul style="list-style-type: none"> <li>• To recognise that there are different types of relationships (e.g., friendships, family relationships, romantic relationships, online relationships)</li> <li>• About the importance of friendships; strategies for building positive friendships; how positive friendships support wellbeing</li> <li>• What constitutes a positive healthy friendship (e.g., mutual respect, trust, truthfulness, loyalty, kindness, generosity, sharing interests and experiences, support with problems and difficulties); that the same principles apply to online friendships as to face-to-face relationships</li> <li>• That healthy friendships make people feel included; recognise when others may feel lonely or excluded; strategies for how to include them</li> <li>• About privacy and personal boundaries; what is appropriate in friendships and wider relationships (including online);</li> </ul>	<p>Self-awareness</p> <p>Clarifying &amp; re-evaluating values &amp; beliefs</p>
<p><b>Lesson Three</b> Why is being equal important in relationships?</p>	<ul style="list-style-type: none"> <li>• What constitutes a positive healthy friendship (e.g. mutual respect, trust, truthfulness, loyalty, kindness, generosity, sharing interests and experiences, support with problems and difficulties); that the same principles apply to online friendships as to face-to-face relationships</li> </ul>	<p>Communication</p> <p>Clarifying and re-evaluating values and beliefs</p> <p>Negotiation and conflict resolution</p>

## Year 4

Lesson Title	Children will learn:	Linked PSHCE Skills
<p><b>Lesson One</b> What is diversity?</p>	<ul style="list-style-type: none"> <li>• To recognise and respect that there are different types of family structure (including single parents, same-sex parents, step-parents, blended families, foster parents); that families of all types can give family members love, security and stability</li> <li>• About respecting the differences and similarities between people and recognising what they have in common with others e.g. physically, in personality or background</li> <li>• To listen and respond respectfully to a wide range of people, including those whose traditions, beliefs and lifestyle are different to their own</li> <li>• How to discuss and debate topical issues, respect other people's point of view and constructively challenge those they disagree with</li> <li>• About diversity: what it means; the benefits of living in a diverse community; about valuing diversity within communities</li> </ul>	<p>Clarifying and re-evaluating values and beliefs</p>
<p><b>Lesson Two</b> Do boys and girls have different roles?</p>	<ul style="list-style-type: none"> <li>• About stereotypes; how they can negatively influence behaviours and attitudes towards others; strategies for challenging stereotypes</li> <li>• About prejudice; how to recognise behaviours/actions which discriminate against others; ways of responding to it if witnessed or experienced</li> </ul>	<p>Self-awareness</p> <p>Clarifying and re-evaluating values and beliefs</p>
<p><b>Lesson Three</b> What changes happen to my body?</p>	<ul style="list-style-type: none"> <li>• About how hygiene routines change during the time of puberty, the importance of keeping clean and how to maintain personal hygiene</li> <li>• About where to get more information, help and advice about growing and changing, especially about puberty</li> </ul>	<p>Self-awareness</p>

**Year 5**

<b>Lesson Title</b>	<b>Children will learn:</b>	<b>Linked PSHCE Skills</b>
<b>Lesson One</b> What is puberty?	<ul style="list-style-type: none"><li>• About my changing body and how to keep it clean and healthy.</li><li>• About where to get more information, help and advice about growing and changing, especially about puberty</li></ul>	Self-awareness  Self-regulation
<b>Lesson Two</b> What are the different relationships in my life?	<ul style="list-style-type: none"><li>• To recognise and respect that there are different types of family structure (including single parents, same-sex parents, step-parents, blended families, foster parents); that families of all types can give family members love, security and stability</li><li>• How to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice</li><li>• About keeping something confidential or secret, when this should (e.g. a birthday surprise that others will find out about) or should not be agreed to, and when it is right to break a confidence or share a secret</li></ul>	Self-awareness
<b>Lesson Three</b> What is unwanted touch?	<ul style="list-style-type: none"><li>• About privacy and personal boundaries; what is appropriate in friendships and wider relationships (including online);</li><li>• How to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice</li><li>• Recognise different types of physical contact; what is acceptable and unacceptable; strategies to respond to unwanted physical contact</li></ul>	Self-awareness

## Year 6

Lesson Title	Children will learn:	Linked PSHCE Skills
<b>Lesson One</b> What changes happen in my life?	<ul style="list-style-type: none"> <li>About the new opportunities and responsibilities that increasing independence may bring</li> </ul>	Positive risk-taking
<b>Lesson Two</b> What happens in a loving relationship (incl. marriage) and what is forced marriage?	<ul style="list-style-type: none"> <li>About marriage and civil partnership as a legal declaration of commitment made by two adults who love and care for each other, which is intended to be lifelong</li> <li>That forcing anyone to marry against their will is a crime; that help and support is available to people who are worried about this for themselves or others</li> <li>That people who love and care for each other can be in a committed relationship (e.g. marriage), living together, but may also live apart</li> <li>That a feature of positive family life is caring relationships; about the different ways in which people care for one another</li> </ul>	Self-awareness  Clarifying and re-evaluating values and beliefs

### SEX EDUCATION

**PARENTS MAY REMOVE THEIR CHILDREN FROM THE LESSONS BELOW, SHOULD THEY WISH**

<b>Lesson Three (pt 1)</b> What is puberty?	<ul style="list-style-type: none"> <li>About the physical and emotional changes that happen when approaching and during puberty (including menstruation, key facts about the menstrual cycle and menstrual wellbeing, erections, and wet dreams)</li> <li>About where to get more information, help and advice about growing and changing, especially about puberty</li> </ul>	Self-awareness  Self-regulation
<b>Lesson Three (pt 2)</b> How is a baby made?	<ul style="list-style-type: none"> <li>To identify the external genitalia and internal reproductive organs in males and females and how the process of puberty relates to human reproduction</li> <li>About the processes of reproduction and birth as part of the human life cycle; how babies are conceived and born (and that there are ways to prevent a baby being made); how babies need to be cared for</li> </ul>	Self-awareness
<b>Lesson Four</b> What are the physical and emotional changes of puberty?	<ul style="list-style-type: none"> <li>About the physical and emotional changes that happen when approaching and during puberty (including menstruation, key facts about the menstrual cycle and menstrual wellbeing, erections and wet dreams)</li> <li>About where to get more information, help and advice about growing and changing, especially about puberty</li> </ul>	Self-awareness  Self-worth and positive thinking  Self-regulation