



Relationship, Sex and Health Education (RSHE)

Parent Information Session

INTENTIONS

- 1) To explore the Relationships and Health Education: how, what and when we intend to teach our children.
- 2) To address concerns and questions around teaching Relationship and Health Education.
- 3) Understand the school's legal obligations on Relationships and Health Education (from September 2020)

HOW HAS THE WORLD CHANGED BETWEEN 2000 AND NOW?

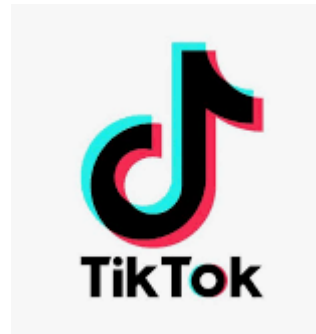
- Equality Act 2010 introduced which recognised 9 protected characteristics
- Increased acts of terrorism
- Huge increase in social media and its usage
- Increased need to safeguard due to public scandals (e.g. Jimmy Saville) and introduction of new Keeping Children Safe documentation
- Change in work life balance
- Financial crisis

WHAT MIGHT OUR CHILDREN EXPERIENCE DURING SCHOOL LIFE?

- Friendship changes
- Understanding of money
- Different emotions
- Possible bereavement
- Encountering children from many different faiths and communities and with different beliefs
- Greater need for independence
- Puberty
- A deeper curiosity and need to ask questions
- How to stay healthy both physically and mentally

THE INEVITABLE - SOCIAL MEDIA

Our children are also exposed to media campaigns which are intended to be influential, but the content is often over sexualised or inappropriate for younger children



GUESS THE LYRICS

Music and lyrics

Heard he in love with some other chick
Yeah yeah, that hurt me, I'll admit
Forget that boy, I'm over it
I hope she gettin' better sex
Hope she ain't fakin' it like I did, babe
Took four long years to call it quits
Forget that boy, I'm over it



ADVERTISING MESSAGES



Advertising companies are starting to reflect British society

ADVERTISING MESSAGES AND INCLUSION



Disabled presenters and celebrities much more represented on TV today.

Ade Adepitan – wheelchair basketball player and presenter.



Rose Ayling-Ellis – deaf actress and Strictly winner.

Children can see successful people from many different backgrounds.

INTERNET SAFETY



As parents, we often fear the people children may meet/speak to on the internet....

....Actually, it's often peers spreading communications with one another that puts children at risk



OUR CURRICULUM WILL EQUIP OUR CHILDREN BY:

10

1. Supporting children to make their **own** informed decision-making from accurate sources of information
2. Giving them knowledge and capability to stay safe and healthy
3. Being age appropriate, sensitively and inclusively.
4. Preparing them for the modern world
5. Manage their personal and social lives in a positive way.
6. Understanding their place in an open and plural society; understand, accept and include people with backgrounds different to their own.



WHAT IS RSHE?

It is now a statutory requirement for schools in England to teach Relationships/ Relationships and Sex Education (RSE) and Health Education — sometimes abbreviated as 'RSHE'.

Relationship Education

- Families and people who care for me
- Caring friendships
- Respectful relationships.
- Online relationships
- Being safe

Children 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 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

- Physical health and fitness benefits
- Healthy Eating
- Drugs, alcohol and tobacco
- Basic First Aid
- Changing adolescent body.
- Learning when and how to get help and tackling the stigma of mental health.
- The link between physical and mental health, and how one can impact on the other.

WHAT DOES THE DEPARTMENT FOR EDUCATION SAY?



What are the age limits?

In primary school, we've set out that subjects such as the risks about online gaming, social media and scams should not be taught before year 3.

Puberty shouldn't be taught before year 4, whilst sex education shouldn't be taught before year 5, in line with what pupils learn about conception and birth as part of the national curriculum for science.

Parents of primary-age children have the right to withdraw their children from some or all of Sex Education that is outside the Science Curriculum, **but not** to withdraw from Relationships Education, Health Education or Science.

SCHOOLS MUST COMPLY WITH:-

- The Equalities Act 2010
- Keeping Children Safe in Education (Safeguarding)
- Statutory Guidance: Relationships Education, Relationships and Sex Education and Health Education guidance (draft review) The results of the consultation and the department's response will be published on GOV.UK in 2025.
- OFSTED Guidance.
- British Values: Democracy, Mutual Respect, Rule of Law, Individual Liberty, Tolerance of others
- National Curriculum: Science

Alongside **many other pieces** of legislation designed to keep children safe.

HOW WILL WE DO THIS?

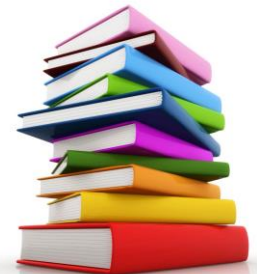


Public Health
England



Department
for Education

**Working
collaboratively
with others.**



COVERAGE

Computing

Science

Relationship 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.

Jigsaw

The Big Talk

How do we meet the needs of OUR children?

As a Church of England school, SRE will be based on inclusive Christian principles and values, emphasising respect, compassion, loving care and forgiveness.

SRE will be taught in the light of the belief in the absolute worth of all people and the unconditional infinite love of God.

SRE teaching will be sensitive to the circumstances of all pupils and be mindful of the variety of expressions of family life in our culture, yet it should also uphold the Christian values regarding relationships and marriage.

The exploration of reproduction and sexual behaviour within the Science curriculum should stand alongside the exploration of relationships, values and morals and Christian belief.

JIGSAW

Used to teach PSHE/RSE across the school

Spiral curriculum approach

6 key themes throughout the year,
for all year groups:

Being me in my world

Celebrating differences

Dreams and goals

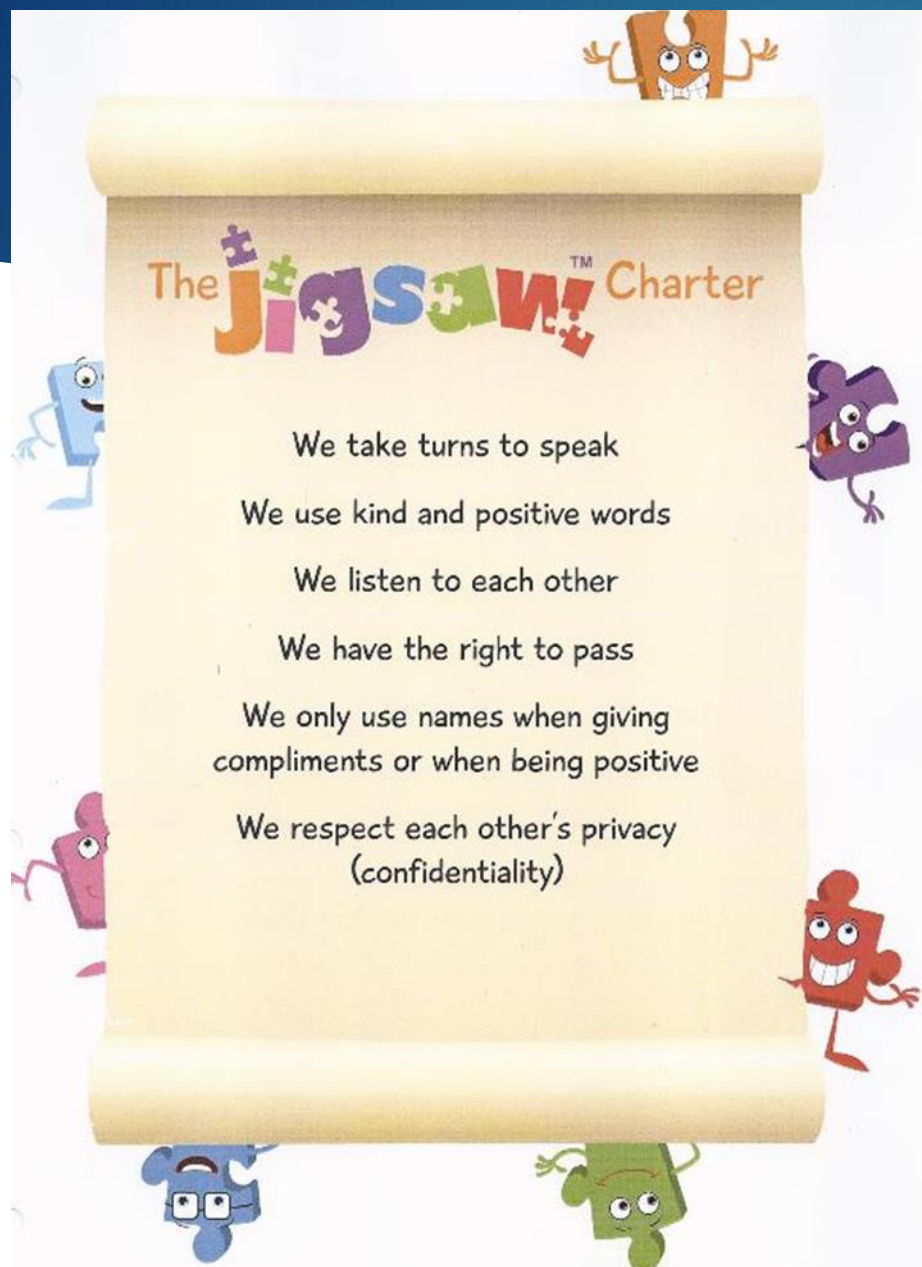
Healthy me

Relationships (RSE focus)

Changing me (RSE focus)



The Jiggies are very proud to announce that Jigsaw, the mindful approach to PSHE, is the winner of the Teach Primary Wellbeing Teaching Resource of the Year Award, 2022.



- Whole school approach.
- Curriculum taught in over 2500 schools nationally.
- Approved resource from the PSHE Association and Sex Education Forum.
- Author: 30 years experience as a teacher, LA advisor and psychotherapist. Recognised partner of the PSHE Association and Sex Education Forum. Based on research and best practice throughout the UK and the world.

Spiralised curriculum: Start early and take a developmental approach; relevant to pupils' depending on their age and maturity

- Autumn Term 1: Being Me in My World
- Autumn Term 2: Celebrating Differences
- Spring Term 1: Dreams and goals
- Spring Term 2: Healthy me
- Summer Term 1: Relationships
- Summer Term 2: Changing me



- Relationships
 - Values
 - Mental health
 - Self-esteem
 - Social skills
 - Safeguarding inc. Internet safety
 - Equality
- (Golden Threads)

THANK YOU

- ▶ If you have any questions, please contact your child's class teacher.

