

RSHE

Relationships, Sex and Health Education





Consultation with
Parents/Carers

Agenda

- Background: Why have statutory changes been introduced?
- Overview of DfE Statutory Changes
- Sex Education
- What does RSHE look like at Abbey Gates?
- Where can I find out more?
- Questions



Background: Why have statutory changes been introduced?

- Schools previously taught **PSHE** - no statutory requirements used to be in place but the importance of PSHE was recognized by all.
 - Teaching RSHE supports pupils to develop the skills to grow up **healthy, happy and safe** and to manage the challenges of modern Britain.
 - It allows pupils to make informed decisions about their wellbeing, health and relationships as well as preparing them for a **successful adult life**.
 - Schools complement what **parents/carers** teach their children **at home**.
 - Schools will continue to have **flexibility** to deliver the content in a way that is age-developmentally appropriate and sensitive to the needs/religious backgrounds of children.
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DfE Statutory Requirements

- In primary schools, the guidance states that school **must** teach statutory content across **relationships education** and **health education**
- The DfE continues to recommend that schools teach a **sex education** programme relevant to their pupils.
- Parents continue to have the right to withdraw from some or all parts of **sex education**, but they cannot withdraw from relationships/health education or from the parts of sex education included in the NC for science.

Relationships Education

(DFE Guidance - p20)

- 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**.

Relationships Education

Statutory Content (DFE Guidance - p20)

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

Health Education

(DFE Guidance - p32)

- 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.

Health Education

Statutory Content (DFE Guidance - p32)

- 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

Sex Education

- The DfE continues to recommend that schools teach a **sex education** programme relevant to their pupils.
- Parents still have the right to withdraw from some or all parts of **sex education**, but they cannot withdraw from relationships/health education or from the parts of sex education included in the NC for science.
- We will continue to advise you when sex education lessons are taking place. This information is also available on our website.
- SRE is taught in KS2 by an **external specialist**

Sex Education

Year 3	Differences between boys and girls, naming body parts, families, good/bad touches.
Year 4	Naming body parts, introduction to puberty changes
Year 5	Puberty changes girls/boys, families of all kinds, reproduction within the context of loving relationships , healthy relationships, internet safety
Year 6	Re-cap on puberty changes, sex, reproduction and birth , abuse in relationships, internet safety

The parts in green indicate areas that are non-statutory and parents will be offered the opportunity to withdraw, prior to the sessions taking place.

RSHE at Abbey Gates

Abbey Gates will continue to place RHE at the heart of everything we do! We will continue to teach RSHE in a variety of ways. For example...

- Throughout the curriculum (e.g. science/computing etc)
- Discrete lessons
- Daily and regular wellbeing check-ins
- Use of the 'Talking Points' resources (see next slide)
- External providers (e.g. NSPCC/Sex Education etc)
- Assemblies
- Visits/Visitors
- Themed weeks (e.g. anti-bullying week)
- Interventions for individuals/support where needed
- Through everyday conversations!

Talking Points

- Talking Points is a scheme of work that covers the DfE Guidance for Primary Schools.
- Talking Points uses **children's picture books** to start age appropriate discussions with children about the topics needed to be covered.
- Talking Points also aims to encourage a love of reading and to increase vocabulary understanding.
- It has been written by a currently serving Headteacher with a psychology background.

Where Can I Find Out More?

- **School Website:** <https://www.abbeygatesprimaryschool.co.uk/rshe/>
- **DFE Guidance:**
<https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education>
- **A guide for parents:**
https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/907638/RSE_primary_schools_guide_for_parents.pdf

Any Questions?

