

## RHSE – Parent and Carer Information Downview Primary School

### Why do we teach Relationships, Health and Sex Education?

- Learning about healthy positive relationships as part of the RHSE curriculum has become statutory in Summer 2021.
- Learning about Relationships, Health and Sex Education helps keep children safe and promotes good well-being and a responsible attitude.
- It ensures children learn key information in an age appropriate manner.
- It benefits pupils, families and the school community; all learning together through a progressive curriculum that supports children throughout their journey through Primary School.



## Government guidance:



### GOV.UK guidance: 'Understanding Relationships, Health and Sex Education for Primary parents':

'RHSE is designed to equip your child with knowledge to make informed decisions about their wellbeing, health and relationships as well as preparing them for a successful adult life.

The world for all young people looks very different from the way it did 20 years ago when this curriculum was last updated – these changes bring the content into the 21st century, so that it is relevant for your child.

Your child's school will have flexibility to deliver the content in a way that is age and developmentally appropriate and sensitive to the needs and religious background of its pupils.'



## Relationships:

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

You can find further detail by searching 'relationships and health education' on GOV.UK



## Health:

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

You can find further detail by searching 'relationships and health education' on GOV.UK



# Frequently asked questions about Relationships, Health and Sex Education:

## ***What if my child is not ready for this or is concerned by something they have been learning about?***

Schools and the government recognise the important role you play in educating your children and this is especially true for RHSE. It is important that children can discuss and ask questions both at home and at school.

Parents and carers are sometimes concerned about the conversations children may have in RSHE lessons, but teachers have lots of ways to make sure children are safe in these lessons. For example, they will have ground rules to make sure children feel confident to share their ideas, they will use things like puppets and stories, so children are discussing a made up characters' experiences rather than their own. They also know the children in their class well and will have a sense of their needs and what they teach will be age appropriate.

It is important to balance what children know already and to prepare them for the future. Discussing issues in the safe learning environment of the classroom before they experience them in real life is very valuable for children.

***If a teacher identifies an individual who is struggling or looks concerned, they will give them additional time to discuss any questions they have and encourage them to discuss it further with yourselves at home.***



# Frequently asked questions about Relationships, Health and Sex Education:

## *Can I take my child out of RHSE lessons?*

All the content outlined in previous slides is statutory and therefore all children should be taught it. As with any other subject, teachers will ensure that the lesson is taught in a way which means children of all abilities will learn. The government is very clear that they want children with special educational needs and disability (SEND) to be included in these lessons.

As a parent you do **not** have the right to withdraw your child from any of the statutory content on either relationships or health. You only have the right to withdraw your child from the sex education content that we choose to teach, apart from National Curriculum Science. We will always notify parents before we teach sex education.

Our lessons allow pupils to ask questions and receive sensitive, appropriate answers from our experienced staff.

Relationships, Health and Sex Education is not just about reproduction; it's about building self esteem and teaching children how to enjoy healthy, appropriate lives and relationships, make healthy choices and respect and appreciate diversity.



**Frequently  
asked  
questions  
about  
Relationships,  
Health and Sex  
Education:**

***Will telling my child about human reproduction take away his/her innocence?***

No it will not – please do not worry.

Evidence suggests that high quality RHSE does the opposite in fact and will help children become much more confident and comfortable about making informed choices.

Good quality RHSE takes away children’s ignorance, not their innocence.

Teaching about safety and relationships as part of our RHSE contributes to how we work with you to make sure your children are safe. It helps them to recognise when they and others are at risk and equips them with the skills, strategies and language they need to take appropriate action.

We have designed our RHSE curriculum to be age and subject appropriate and in line with Government guidelines.



**Frequently  
asked  
questions  
about  
Relationships,  
Health and Sex  
Education:**

***Why are girls taught about boy's development and visa versa?***

We believe it is very important for children to understand each other's development. It helps to ensure that children are mindful and promotes respect amongst peers. It allows them to develop in to sensitive, caring compassionate individuals who understand the changes that boys and girls experience. (In Years 5 and 6, some puberty sessions will be taught in single gender groups but in further sessions that follow they will be expected to discuss both together respectfully).

Children will be taught and expected to use the correct names for body parts. It helps pupils understand what language is appropriate, reduces embarrassment and helps children keep themselves safe and well.

You will be kept informed of each year group's vocabulary list as appropriate on half termly topic webs.



# Frequently asked questions about Relationships, Health and Sex Education:

## ***How can I make those tricky conversations less difficult?***

***Be honest:*** Children are naturally curious and want to know and understand. Adults may transfer their perspective when a child's ask question or makes comments. It is important to try and remember that children often just want to seek a simple matter-of-fact answer. Taking time to respond is helpful by asking something like; 'What do you think it means?' or 'Why do you ask ? What have you been learning about with your class?'

***Keep lines of communication open:*** Ensure your child knows they can ask you anything or discuss with you any queries they have, following a session in class. Please do not feel the need to put your child on the spot the moment they get home after RHSE lessons. Children will naturally come and talk with parents/carers if they want to know more (usually at bedtime).

***Use correct terminology:*** It helps if children are not confused by hints, euphemisms and innuendo. It is important to use correct terminology whenever you can, especially for body parts.



## Conversations continued...

***Keep it simple and short:*** If children want more information, they will ask for it.

***Read books, leaflets or watch educational videos with your child and talk about them openly.***

***Documents and sites to further guide and support parents:***

***[GOV.UK RHSE guide for parents](#)***

***[GOV.UK Relationship education \(Primary\)](#)***

***[GOV.UK guidance overview RSE education and Health](#)***

***[RSE primary schools guide for parents.pdf](#)***