

Relationships & Health Education

Today's children and young people are growing up in an increasingly complex world and living their lives seamlessly on and offline. This presents many positive and exciting opportunities, but also challenges and risks.

In this environment, children and young people need to know how to be safe and healthy, and how to manage their academic, personal and social lives in a positive way. This is why DFE have made Relationships Education compulsory in all primary schools, as well as making Health Education compulsory in all state-funded schools.

Relationships & Health Education Policy

Schools details content:

Teachers who will be delivering relationships, sex and health education are outlined below:

<u>Name</u>	<u>Job Title</u>
Jo Mallinson	Class teacher
Bryony Wright	Class teacher
Libby Cooper	Class teacher
Maja Urban	Class teacher
Ruth Howard	Class teacher
Melissa Heavisides	Class teacher
Charlotte Wade	Class teacher
Joanne Sains	Class Teacher
Hannah Roberts	Class teacher
Joanne Beaton	Class teacher
Kelly Hargrave	Class teacher
Rachael Porteous	Class teacher

Relationships education per year group:

Content that is taught during specific year groups:

EYFS	Reception
Family life Making friends Using kind words Helping self and others when upset Know and show good friendship	Family life Making friends Solving problems with friends Helping others feel part of a group Showing respect to friends Helping self and others when upset Know and show good friendship Dealing with bullying
Year 1	Year 2

Belonging to a family Recognising different family types Making friends Solving friendship problems Identifying how to be a good friend Appropriate physical contact People who help us Recognise own qualities as a friend and person Appreciate someone special	Belonging to a family Understanding relationships within my family Sharing Appropriate physical contact Solving problems with friends Knowing when to share a secret People who help us- appreciate Appreciate someone special
Year 3	Year 4
Roles and responsibility in families Solving friendship problems- good listening, taking turns Keeping safe online How the actions and work of people around the world influence life Needs and rights of children around the world Identify differences between children Being a global citizen Express appreciation for friends and family	Recognising and dealing with jealousy Identify how people feel when they lose someone they love Express and show love Remembering people we no longer see Changing friendships- making new friends and managing fall outs Standing up for self Negotiate and compromise with friends What having a girlfriend/boyfriend means- special older relationships Show love and appreciation to people and animals
Year 5	Year 6
Recognising self- characteristics and personal qualities Online communities and their consequences Rights and responsibilities in an online community or social network Recognising online communities as safe or unsafe Online gaming- rights and responsibilities Screen time- impact Staying safe using communication technology	Mental health Taking care of mental health Stages of grief Different types of loss Recognise when people are trying to gain power Standing up for self Judge whether something online is safe or helpful Using technology positively and safely

Health education per year group:

Content that is taught during specific year groups:

EYFS	Reception
Exercising bodies Physical activity Healthy food Sleep health Hand hygiene	Exercise to keep body healthy Resting and moving Healthy and unhealthy food Sleep health Hand hygiene Safe adults
Year 1	Year 2
Being healthy	Being healthy

Healthy lifestyle choices Keeping clean and healthy Germs and disease Household products and medicines- safety Feeling better when poorly Road safety People who help me Recognising our amazing bodies	Being relaxed and stressed How medicines work Medicine safety Food groups Healthy foods and snacks Food for energy
Year 3	Year 4
Effects of exercise Importance of heart and lungs Being fit and healthy Impact of calories, fat and sugar Drugs Identify things, people and places to keep safe from Emergency services Unsafe and safe Complexity of bodies and importance of taking care	Different friendship groups Group dynamics- leaders and followers Smoking and vaping Effects of smoking Reasons people start to smoke Alcohol- effects on health and liver Reasons people start to drink alcohol Peer pressure Right and wrong Inner strength
Year 5	Year 6
Risks of smoking Effects of smoking on lungs, liver and heart Risks of mis-using alcohol Anti-social Basic first aid Recovery position Emergency services Impact of media, social media and celebrity culture- body types Role of food in people's lives- eating disorder awareness Healthy lifestyle- happy and healthy	Take responsibility for health- healthy choices Different types of drugs and uses Effects of drugs on the body Understanding exploitation Gangs- risks involved Emotion and mental health Attitudes towards mental health Recognise stress and triggers

Sex Education per year group:

Content that is taught during specific year groups:

EYFS	Reception
Bodies Respecting my body Growing up Growth and change Fun and fears	Bodies Respecting my body Growing up- babies to adults Growth and change Worries and looking forward to Year 1 Share memories of best bits of reception
Year 1	Year 2
Life cycles – animal and human Changes in me	Life cycles in nature Growing from young to old

Changes since being a baby Differences between female and male bodies (correct terminology) Linking growing and learning Coping with change Transition	How bodies have changed since a baby Increasing independence Differences in female and male bodies (correct terminology) Different types of touch- I like and don't like Preparing for transition
Year 3	Year 4
How babies grow Understanding a baby's needs Outside body changes Inside body changes Family stereotypes, parenting and family roles Preparing for transition	Being unique Having a baby Labelling internal and external male and female body parts to make a baby Responsibilities of parenthood Influence Changes to a girl's body Menstruation Circle of change Accepting change Preparing for transition Environmental change
Year 5	Year 6
Self- and body image Puberty for girls- body changes Puberty for boys- body changes Looking after yourself physically and emotionally Conception (including IVF) Growing responsibility of a teenager Coping with change Preparing for transition	Self-image Body image Puberty and feelings Looking after yourself physically and emotionally Conception to birth Physical attraction Maintaining positive relationships with others whilst keeping individual identity Developing positive self-esteem Respect and consent Boyfriends/girlfriends Transition- secondary school

Right to withdraw:

Parents do have the right to request their child is withdrawn from Sex Education aspects of the RHSE curriculum. If you wish to withdraw your child, please contact our Headteacher, Mrs Gooding, who will be happy to discuss this further with you and a withdrawal form will need to be completed.

At Skerne Park Academy, all aspects of RHSE is taught through the Jigsaw PHSE Programme and Sex Education is specifically delivered through the 'Changing Me' puzzle pieces which are covered in the second half of the summer term annually. More information on the content of lessons can be found on our school website.

Please see below a useful document produced by the government, which provides answers to frequently asked questions:

<https://www.gov.uk/government/news/relationships-education-relationships-and-sex-education-rse-and-health-education-faqs>

