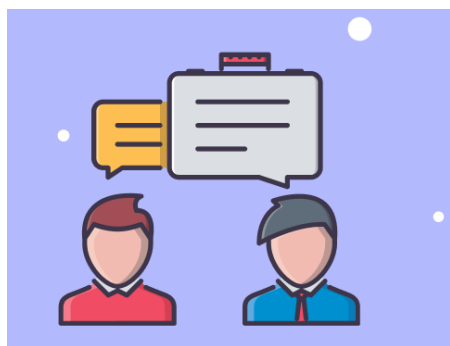


How can I talk to my child about relationships, puberty and human reproduction?

What children learn at school is only part of the curriculum, and children can continue to learn from you at home. For some parents/carers, it can feel totally natural to discuss relationships, puberty and human reproduction with their child, while for others it can seem uncomfortable. Either way, it is important to remember these key points:

- We all want children to be safe, healthy and happy.
- We need to consider their needs.
- We need to normalise talking about relationships, puberty and human reproduction to ensure children feel they can talk to parents/carers about any concerns or worries they may have.
- We may need to challenge our own ways of thinking about how we feel about relationships education.
- We have choices. We can avoid talking about relationships and puberty or we can communicate openly and honestly with children.



What does the DfE say?

We want all children to grow up healthy, happy, safe, and able to manage the challenges and opportunities of modern Britain. That is why, from September 2020, all primary age children will be taught Relationships and Health Education.

These subjects are 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.

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.

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.



A guide to Relationships Education and Health Education at William Reynolds Primary and Nursery School



In July 2019, the Department for Education (DfE) published a document entitled 'Relationships Education, Relationships and Sex Education (RSE) and Health Education', which outlines what schools must cover in these subject areas from September 2020. Parents can read this statutory guidance on the Department for Education (DfE) website.

From September 2020, all schools in England are required to teach Relationships and Health Education. This is a statutory requirement for all schools. The guidance ensures consistency in what schools deliver as part of this subject. It will also ensure a clear progression of themes and topics throughout primary school and into secondary school.

Our approach



Our approach to PSHE (Personal, Social, Health Education) is a teaching and learning programme which includes the statutory RHE (Relationships and Health Education) curriculum and has a strong focus on emotional and mental health and wellbeing. We believe that this work is vital to support children's development and to underpin their learning capacity, and that it is most effective when parents and carers work in partnership with the school. We, like parents and carers, want children to be safe, healthy and happy. We will be respectful of the faith, beliefs and contexts of children's families, engaging with parents and carers. Children's safety and wellbeing is paramount and we must fulfil their statutory duties.



What are the aims of Relationships Education, Sex Education and Health Education in the primary school?

The opening paragraph of the Department for Education Relationships Education, Relationships and Sex Education and Health Education guidance (2019) states:

"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."

What must primary schools teach in Relationships Education, Health Education and Sex Education?

Relationships and Health Education are compulsory in all primary schools in England.

For primary aged children this includes curriculum content under two headings (DfE 2019):

Relationships Education	Health Education
Families and people who care for me	Mental wellbeing
Caring Friendships	Internet safety and harms
Respectful Relationships	Physical health and fitness
Online Relationships	Healthy Eating
Being safe	Drugs, alcohol and tobacco
	Health and prevention
	Basic first aid
	Changing adolescent body

This DfE guidance clearly states the statutory requirements, i.e. what children **MUST** be taught by the end of primary school. Health Education includes learning about 'the changing adolescent body' to equip children to understand and cope with puberty.

The school is free to determine whether pupils should be taught sex education beyond what is required of the national curriculum. At our school, we **do not** teach pupils sex education beyond what is required in the science curriculum.

The National Curriculum for Science (also a compulsory subject) includes learning the correct names for the main external body parts, learning about the human body as it grows from birth to old age and reproduction in some plants and animals which could include human beings.



When are these lessons taught?

The main Health and Relationships Education lessons, including lessons on puberty (Year 4, 5 and 6) are taught in the Summer Term. Lessons about keeping safe, good and bad touch, people who help us, good friendships and peer pressure are taught throughout the year. These lessons start in Reception and build each year so that when children leave primary school, they will have a comprehensive understanding of healthy friendships, growing up, keeping safe and where to seek help or advice if they are worried or scared.



You cannot withdraw your child from Health and Relationships Education because it is important that all children receive this content, covering topics such as friendships and how to stay safe.