



VAUGHAN
Primary School

RELATIONSHIP, HEALTH EDUCATION (RHE) PARENT INFORMATION MEETING

FEBRUARY 2024



Aims of the meeting

- What is Relationship Health Education (RHE)?
- Why is RHE important?
- DFE Statutory Information
- What does the DFE Statutory Information mean?
- Overview of Teaching Expectation
- Which other subjects does it relate to in the national curriculum?
- How do we teach RHE at Vaughan?
- Question and Answer

What is RHE?

The Department for Education introduced compulsory RHE from September 2021 for all primary schools.

- ▶ The aim of RHE is to give young people the information they need to help them develop healthy, nurturing relationships of all kinds, not just intimate relationships. It should enable them to know what a healthy relationship looks like and what makes a good friend, a good colleague and a successful marriage or other type of committed relationship.
- ▶ It should teach what is acceptable and unacceptable behaviours in relationships.
- ▶ Pupils will understand the positive effects that good relationships have on their mental wellbeing, identify when relationships are not right and understand how such situations can be managed.
- ▶ The Department for Education recommends that all primary schools have a sex education programme tailored to the age and the physical and emotional maturity of the pupils. It should ensure that both boys and girls are prepared for the changes that adolescence brings and – drawing on knowledge of the human life cycle set out in the national curriculum for science – how a baby is conceived and born.

Why is RHE important?

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.

- ▶ High quality RHE helps create safe school communities in which students can grow, learn, and develop positive, healthy behaviour for life.
- ▶ RHE plays a vital part in schools fulfilling their statutory duties to protect and safeguard their students.
- ▶ Schools maintain a statutory obligation under the Children Act (2004) to promote their students' wellbeing and under the Education Act (2002) to prepare children and young people for the challenges, opportunities and responsibilities of adult life. A comprehensive RHE programme can have a positive impact on students' health and wellbeing and their ability to achieve, and can play a crucial part in meeting these obligations.
- ▶ Technology is evolving at a tremendous pace. The need to protect children and young people from inappropriate online content, cyberbullying and exploitation is a growing concern. A comprehensive RHE programme can support in addressing these issues.

DFE Statutory Information

- ▶ To embrace the challenges of creating a happy and successful adult life, pupils need knowledge that will enable them to make informed decisions about their wellbeing, health and relationships and to build their self-efficacy. Pupils can also put this knowledge into practice as they develop the capacity to make sound decisions when facing risks, challenges and complex contexts. Everyone faces difficult situations in their lives. These subjects can support young people to develop resilience, to know how and when to ask for help, and to know where to access support.
- ▶ High quality, evidence-based and age-appropriate teaching of these subjects can help prepare pupils for the opportunities, responsibilities and experiences of adult life. They can also enable schools to promote the spiritual, moral, social, cultural, mental and physical development of pupils, at school and in society. The duties on schools in this area are set out in legislation.

Pupils should be taught about the society in which they are growing up. Relationships Education is designed to foster respect for others and for difference and educate pupils about healthy relationships. Teaching children about the society that we live in and the different types of loving, healthy relationships that exist is very important.

At Vaughan, we show respect for others and celebrate our differences. We teach children that we need to be understanding of all people. We teach children that we do not discriminate because of someone's race, religion, sex or any of the protected characteristics.

We have lots of children in the school who come from different types of families. We have a responsibility to all our children.

Overview of the teaching expectation

Relationships Education is introduced at Primary and students explore the following areas:

- Families and people who care for me
- Caring Friendships
- Respectful Relationships
- Online Relationships
- Being Safe

Sex education is not compulsory in primary schools. Primary schools that choose to teach sex education should tailor teaching to take account of the age and the physical maturity of their pupils and can allow parents to withdraw their children where requested.

Relationships Education (Primary)	Physical Health and Mental Well Being (Primary)
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

Which other subjects does it relate to in the National Curriculum?

Science

- ▶ In KS1 - Pupils should be taught to notice that animals, including humans, have offspring which grow into adults. They should also be introduced to the processes of reproduction and growth in animals. The focus at this stage should be on questions that help pupils to recognise growth. The following examples might be used: egg, chick, chicken; egg, caterpillar, pupa, butterfly; spawn, tadpole, frog. Growing into adults can include reference to baby, toddler, child, teenager, adult.
- ▶ In Upper KS2 (Y5/6) - Pupils should be taught to describe the differences in the life cycles of a mammal, an amphibian, an insect and a bird and describe the life process of reproduction in some plants and animals. Pupils should find out about different types of reproduction, including sexual and asexual reproduction in plants, and sexual reproduction in animals. They might observe changes in an animal over a period of time (for example, by hatching and rearing chicks), comparing how different animals reproduce and grow.
- ▶ Pupils should be taught to describe the changes as humans develop to old age. Pupils should draw a timeline to indicate stages in the growth and development of humans. They should learn about the changes experienced in puberty.

How do we teach RHE at Vaughan?

We use 'Jigsaw, the Mindful Approach To PSHE'. You may have heard your child talk about this at home.

The Jigsaw PSHE Programme includes lessons on ALL aspects of compulsory Relationships and Health Education, designed in a sensitive, spiral, age-appropriate curriculum. The Jigsaw teaching materials integrate Personal, Social, Health Education (PSHE), emotional literacy, social skills, mindfulness, and spiritual development in a whole-school approach. The expectations of the DfE Relationships and Health Education guidance are woven throughout Jigsaw but specifically covered in the Relationships and Healthy Me Puzzles (units), with puberty and taught in the Changing Me Puzzle.



Curriculum links

The school seeks opportunities to draw links between RHE and other curriculum subjects wherever possible to enhance pupils' learning. RHE will be linked to the following subjects in particular:

- Science – pupils learn about the main external parts of the body and changes to the body as it grows from birth to old age, including puberty.
- Computing and ICT – pupils learn about e-safety, including how to use technology safely, responsibly, respectfully and securely, how to keep personal information private and how to access help and support.
- PE – pupils explore various physical activities, are physically active for sustained periods of time, engage in competitive sport and understand how exercise can lead to healthier lifestyles.
- Citizenship – pupils learn about the requirements of the law, their responsibilities and the possible consequences of their actions.
- PSHE – pupils learn about respect and difference, values and characteristics of individuals.

What is included in the 'Changing Me' unit?

Jigsaw's 'Changing Me' unit is usually in the second half of the summer term. Each year group will be taught appropriate to their age and developmental stage, building on the previous years' learning.

At no point will a child be taught something that is inappropriate; and if a question from a child arises and the teacher feels it would be inappropriate to answer, (for example, because of its mature or explicit nature), the child will be encouraged to ask his/her parents or carers at home. The question will not be answered to the child or class if it is outside the remit of that year group's programme.

The Changing Me Puzzle is all about coping positively with change and includes:

Reception Growing up: how we have changed since we were babies.

Year 1 Boys' and girls' bodies; correct names for body parts.

Year 2 Boys' and girls' bodies; body parts and respecting privacy (which parts of the body are private and why this is).

Year 3 How babies grow and how boys' and girls' bodies change as they grow older. Introduction to puberty and menstruation.

Year 4 Internal and external reproductive body parts. Recap about puberty and menstruation. Conception explained in simple terms.

Year 5 Puberty for boys and girls in more detail including the social and emotional aspects of becoming an adolescent. Conception explained in simple biological terms.

Year 6 Puberty for boys and girls revisited. Understanding conception to the birth of a baby. Becoming a teenager. All lessons are taught using correct terminology, child-friendly language and diagrams.

Children will be taught in single sex age groups where appropriate

Can parents withdraw their child?

Parents have a right to withdraw their children from all or any part of Sex Education aspect of RHE if they wish to do so, but not from the biological aspects of human growth and reproduction provided under the National Curriculum for science.

Parents do not have to give reasons for withdrawing their child but must inform class teacher verbally and the Headteacher in written form.

A letter will be sent out to parents closer to the time.

A group of children in school uniforms sitting in an assembly, with one child raising their hand. The image has a red tint and a dark red vertical bar on the left side.

Questions?

THANK YOU FOR ATTENDING THIS MEETING