

## **Parent Information**

Relationships Education, Health Education  
and Relationships and Sex Education



# What is RSHE?

---



RSHE consists of three subject areas:

- Relationships Education
- Relationships and Sex Education
- Health Education



**Relationships  
Education,  
Relationships and  
Sex Education (RSE)  
and Health Education**

Statutory guidance for governing bodies,  
proprietors, head teachers, principals, senior  
leadership teams, teachers

Our curriculum for all three subject areas is compliant with the [statutory guidance](#) published by the government and more details can be found in our policy on our [website](#).

# Why is RSHE important?

---



From the DfE:

*“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”*

*“pupils need knowledge that will enable them to make informed decisions about their wellbeing, health and relationships and to build their self-efficacy”*

*“High quality, evidence-based and age-appropriate teaching of these subjects can help prepare pupils for the opportunities, responsibilities and experiences of adult life.”*

**ROXBOURNE**  
PRIMARY SCHOOL

# Relationships Education



# Relationships Education

---



Relationships Education is **compulsory** in all primary schools.

Parents **do not** have the right to withdraw their children from any Relationships Education lessons.

*“The focus in primary school should be on teaching the fundamental building blocks and characteristics of positive relationships, with particular reference to friendships, family relationships, and relationships with other children and with adults.”*

# Relationships Education

---



The DfE provides 32 outcomes for Relationships Education, which must be met by the end of primary school.

The 32 Relationships Education outcomes are grouped into the following categories:

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

# Relationships Education at Roxbourne

---



We use the Jigsaw curriculum to support all of our PSHE lessons at Roxbourne.

Jigsaw brings together PSHE Education, emotional literacy, mindfulness, social skills and spiritual development.

Jigsaw is designed as a whole school approach, providing a cohesive curriculum from Nursery through to Year 6.

Jigsaw is a spiral curriculum. This means that all year groups work on the same theme each half term, at an age appropriate level.

# Relationships Education at Roxbourne



Year 6 'Relationships' Unit	
Year 6	Mental Health Love and Loss Managing Feelings Assertiveness Online Safety: Real and Fake Safe Online Relationships

**ROXBOURNE**  
PRIMARY SCHOOL

# Health Education



# Health Education

---



Health Education is **compulsory** in all primary schools.

Parents **do not** have the right to withdraw their children from any Health Education lessons.

*“The focus in primary school should be on teaching the characteristics of good physical health and mental wellbeing. Teachers should be clear that mental wellbeing is a normal part of daily life, in the same way as physical health.”*

# Health Education

---



The DfE provides **35 outcomes** for Health Education, which must be met by the end of primary school. The 35 Health Education outcomes are grouped into the following categories:

- Mental Wellbeing
- Internet Safety and Harms
- Physical Health and Fitness
- Healthy Eating
- Drugs, Alcohol and Tobacco
- Health and Prevention
- Basic First Aid
- Changing Adolescent Body

# Health Education at Roxbourne

---



Jigsaw meets all of the DfE's statutory requirements for Health Education.

This content is largely covered during the 'Healthy Me' unit.

**Healthy Me** covers two main areas of health: Emotional/mental health (relaxation, being safe, friendships, mental health skills, body image, relationships with food, managing stress) and Physical health (eating a balanced diet, physical activity, rest and relaxation, keeping clean, drugs and alcohol, being safe, first aid). Most of the statutory content for Health Education (DfE) is contained within this Puzzle.

# Health Education: Puberty

---



There are also **two outcomes** under the ‘Changing Adolescent Body’ section of the DfE guidance that relate to puberty.

*“By the end of primary school, pupils should know:*

*key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes about menstrual wellbeing including the key facts about the menstrual cycle.”*

- Our Health Education curriculum also covers both of these outcomes. These are taught during Half Term 6 in Years 4, 5, and 6.
- These are **statutory** lessons and parents **do not** have the right to withdraw their children from any Health Education lessons.

# Health Education: Puberty



## Key Stage 2 Puberty Outcomes

<b>Year 4</b>	<ul style="list-style-type: none"><li>• I can describe how a girl's body changes in order for her to be able to have babies when she is an adult, and that menstruation (having periods) is a natural part of this</li><li>• I have strategies to help me cope with the physical and emotional changes I will experience during puberty</li><li>• I can describe how boys' and girls' bodies change during puberty</li><li>• I can express how I feel about the changes that will happen to me during puberty</li></ul>
<b>Year 5</b>	<ul style="list-style-type: none"><li>• I can explain how a girl's body changes during puberty and understand the importance of looking after yourself physically and emotionally</li><li>• I understand that puberty is a natural process that happens to everybody and that it will be ok for me</li><li>• I can describe how boys' and girls' bodies change during puberty</li><li>• I can express how I feel about the changes that will happen to me during puberty</li><li>• Pupils will have an opportunity to confidently ask questions they may have about the above.</li></ul>
<b>Year 6</b>	<ul style="list-style-type: none"><li>• I can explain how girls' and boys' bodies change during puberty and understand the importance of looking after yourself physically and emotionally</li><li>• I can express how I feel about the changes that will happen to me during puberty</li></ul>

**ROXBOURNE**  
PRIMARY SCHOOL

# **Relationships and Sex Education**



# Relationships and Sex Education

---



Relationships and Sex Education is **not compulsory** in primary schools.

Parents **do** have the **right to withdraw** their children from some Relationships and Sex Education lessons.

*“The aim of RSE 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.”*

# RSE at Roxbourne

---



The Half Term 6 unit for all year groups, 'Changing Me', contains elements of all of the strands of RSHE we have discussed today.

**Changing Me** deals with change of many types, from growing from young to old, becoming a teenager, assertiveness, puberty, self-respect and safeguarding. Each year group thinks about looking ahead, moving year groups or the transition to secondary school and how to cope positively with such changes. Life cycles and human reproduction are taught in some year groups at the school's discretion. Jigsaw has produced a separate leaflet explaining the approach taken with Relationships and Sex Education. Your child's school can make this available to you on request.

Jigsaw is a fully resourced curriculum that provides teachers with comprehensive lesson plans and supporting resources. These include diagrams and animations.

# RSE and the Science National Curriculum

---



The [National Curriculum for Science](#) includes several elements that crossover with RSHE, e.g.:

- Learning the correct names for the main external body parts
- How to keep our bodies healthy
- Learning about the human body as it grows from birth to old age, including puberty
- Reproduction in plants and animals. **This can include reproduction in human beings.**

Content taught in Science is **statutory**, and parents **do not** have the right to withdraw children from any Science lessons.

In HT6 of Year 5 (last academic year) the children will have covered some of these outcomes (e.g. puberty)

# RSE at Roxbourne

---



Our Relationships and Sex Education content is taught during Half Term 6 in Year 6.

There are two lessons in Year 6 that are **not statutory**.

This means that parents have the **right to withdraw** their children from these **two lessons**.

## Upper Key Stage 2 'Changing Me' Outcomes

### Year 6

I am aware of my own self-image and how my body image fits into that  
I know how to develop my own self esteem  
I can explain how girls' and boys' bodies change during puberty and understand the importance of looking after yourself physically and emotionally  
I can express how I feel about the changes that will happen to me during puberty  
I understand that sexual intercourse can lead to conception and that is how babies are usually made  
I also understand that sometimes people need IVF to help them have a baby  
I appreciate how amazing it is that human bodies can reproduce in these ways  
I can describe how a baby develops from conception through the nine months of pregnancy, and how it is born  
I can recognise how I feel when I reflect on the development and birth of a baby  
I understand how being physically attracted to someone changes the nature of the relationship and what that might mean about having a girlfriend/boyfriend  
I understand that respect for one another is essential in a boyfriend/girlfriend relationship, and that I should not feel pressured into doing something I don't want to  
I can identify what I am looking forward to and what worries me about the transition to secondary school /or moving to my next class.  
I know how to prepare myself emotionally for the changes next year.

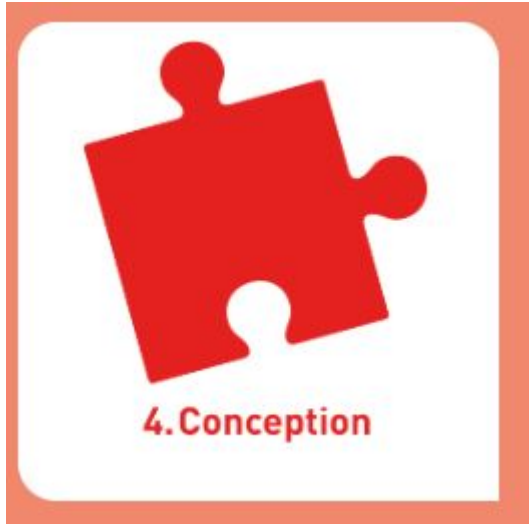
The outcomes highlighted in pink are taught in Weeks 3 and 4 of next half term in Year 6.

These outcomes are not statutory. This means that parents have the right to withdraw their children from these two lessons.

## Week 3 - Non Compulsory Lesson 1

Year 6

I understand that sexual intercourse can lead to conception and that is how babies are usually made  
I also understand that sometimes people need IVF to help them have a baby  
I appreciate how amazing it is that human bodies can reproduce in these ways



### Key Vocabulary used

- *Relationships*
- *Conception*
- *Making love*
- *Sexual intercourse*
- *Fallopian tube*
- *Fertilisation*
- *Pregnancy*
- *Embryo*
- *Umbilical cord*
- *Contraception*
- *Fertility treatment (IVF)*

## Week 4 - Non Compulsory Lesson 1

Year 6

I can describe how a baby develops from conception through the nine months of pregnancy, and how it is born  
I can recognise how I feel when I reflect on the development and birth of a baby



### Key Vocabulary used

- *Pregnancy*
- *Embryo*
- *Foetus*
- *Placenta*
- *Umbilical cord*
- *Labour*
- *Contractions*
- *Cervix*
- *Midwife*

# RSE at Roxbourne

---



We do not teach any content related to:

- > The contested theory of gender identity
- > Sexual orientation and gender reassignment
- > Same sex relationships

