

# **Relationships Education and Health Education**

Primary Schools Parent Guide



**WARRINGTON**  
Borough Council

# Presentation Aims

- Statutory guidance
- Curriculum content –Relationships Education & Health Education
- Relationships education – what does it cover and why is it important?
- The right age to teach RSE
- Parents right to withdraw
- Parent & young people's views



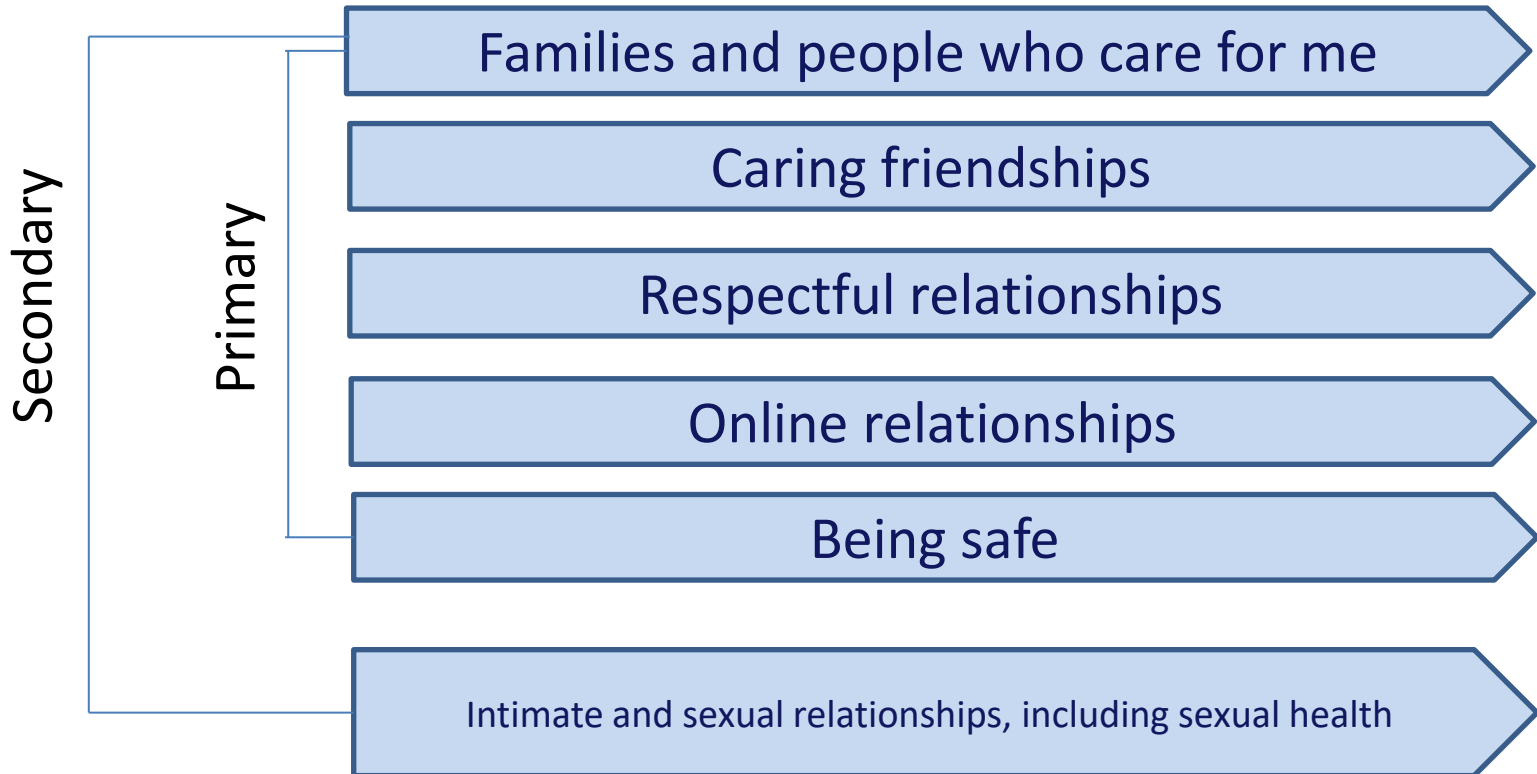
# Statutory Teaching

- From September 2020, relationships education and health education will become compulsory in all primary schools
- Primary school pupils will be taught the basics of sex education within the National Curriculum Science, which includes puberty & reproduction
- These legislative commitments will help ensure all our children and young people regardless of the school they attend, are armed with age appropriate knowledge and information to build healthy and safe relationships into adulthood.



# Relationships Education

The statutory guidance states the following should be taught:



# 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.

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



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# What does Relationships Education cover?

- At primary age, relationships education will help pupils to identify what areas of the body are private, how their bodies will change, how to say no and who they can talk to if they are worried
- Later, it explores what a healthy relationship looks like, giving them the language to communicate and report when someone is making them feel uncomfortable or making them do things they don't want to do
- It promotes an awareness of where to turn for help, identifying trusted adults in their lives
- It also provides an opportunity to integrate an awareness of resilience-building as part of effective PSHE.



# Relationships Education

- Relationships Education in primary schools will protect children
- There is widespread agreement that children need to be able to recognise abusive behaviour and to know how to seek help if they are worried about abuse or experience it
- The new guidance states that by the end of primary school all children should know: 'how to report concerns or abuse, and the vocabulary and confidence needed to do so'.
- The Sex Education Forum believes that Relationships Education should promote equal, safe and enjoyable relationships and be taught in a way which fosters LGBT and gender equality, in line with the Equalities Act 2010. The new Government guidance is compatible with this.



# What is the right age to start teaching Relationships & Sex Education (RSE)?

- Children take in the information around them about sex and relationships from a very young age even if no-one talks to them about it. Many of the things they pick up are incorrect and confusing. For this reason it is important that parents and carers answer their children's questions to help them make sense of it all
- Good quality RSE is taught through a spiral curriculum which develops with the child. RSE begins with teaching children about appropriate behaviour, safety and basic understanding of their bodies and how families care for them. Five year olds are not taught about how people have sex.





# Parents right of withdrawal from September 2020

- You cannot withdraw your child from Relationships Education because it is important that all children receive this content, covering topics such as friendships and how to stay safe
- Your child's primary school can choose to teach Sex Education. If you'd like to know more about this, we recommend speaking to the school to understand what will be taught and when.
- If you do not want your child to take part in some or all of the lessons on Sex Education, you can ask that they are withdrawn. At primary level, the head teacher must grant this request.
- The science curriculum in all maintained schools also includes content on human development, including reproduction, which there is no right to withdraw from.



# Do parents generally support RSE?

- Most parents are very supportive of schools providing relationships and sex education, and also want to play a part in educating their children at home
- 92% of parents support the teaching of PSHE education (which includes lessons about staying safe from abuse) in all schools (YouGov poll, PSHE Association, 2016)
- To fully meet the needs of young people there is a need for proactive support for parents and carers to have an active role in providing RSE at home, and improved and ongoing home-school RSE communication can make an important contribution to this.



# View of young people

- Young people say that school is their preferred first choice for RSE, followed by their parents, but currently many parents are falling short in providing RSE at home
- For boys, the main source of sex education while growing up is school (39%), followed by friends (24%), with fathers accounting for 3% and mothers 4%.
- 40% girls and young women want to receive information from their mothers but only 14% do.
- Health professionals are the main source of RSE for only 1% of boys and young men and 3% for girls and young women, yet around a quarter of both sexes would prefer them to be their main source.
- A recent Barnardo's poll of 11-15 year olds found that 74% believed that children would be safer if they had age appropriate classes on RSE.



# Information handout for Parents

## Understanding Relationships and Health Education in your child's primary school: a guide for parents

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.

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 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.

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 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.



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.

## Your rights as a parent

The important lessons you teach your child about healthy relationships, looking after themselves and staying safe, are respected and valued under this new curriculum. Teaching at school will complement and reinforce the lessons you teach your child as they grow up.

Your child's school is required to consult with you when developing and renewing their policies on Relationships Education. These policies must be published online and be available to anybody free of charge.

You can express your opinion, and this will help your child's school decide how and when to cover the content of the statutory guidance. It may also help them decide whether to teach additional non-statutory content. Schools are required to ensure their teaching reflects the age and religious background of their pupils.

Some schools will start to teach these subjects from September 2019 – if you'd like to know more, please speak to your child's school about what they plan to teach.



## Right to withdraw your child

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

Your child's primary school can choose to teach Sex Education. If you'd like to know more about this, we recommend speaking to the school to understand what will be taught and when. If you do not want your child to take part in some or all of the lessons on Sex Education, you can ask that they are withdrawn. At primary level, the head teacher must grant this request.

The science curriculum in all maintained schools also includes content on human development, including reproduction, which there is no right to withdraw from.



If you want to know more about what will be taught as part of the new subjects, the best thing to do is speak to your child's school.



Info for primary parents



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# References

**Department for Education** – Statutory guidance

[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/805781/Relationships Education Relationships and Sex Education RSE and Health Education.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/805781/Relationships_Education_Relationships_and_Sex_Education_RSE_and_Health_Education.pdf)

**Sex Education Forum**

<https://www.sexeducationforum.org.uk/resources>

**PSHE Association**

<https://www.pshe-association.org.uk/pshe-education-guide-parents>



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