

Relationships and Health Education



The government have made it statutory for primary schools to teach Relationships Education and Health Education from September 2021. For pupils attending secondary schools (11-16 year olds), it is compulsory for them to be taught RSE (Relationships and Sex Education) and Health Education.

What we currently teach

At Elmore Green Primary School, we currently cover most aspects of the new Relationships and Health education curriculum across a range of subjects. For example, in Early Years and KS1, children learn about themselves and their family. In Religious Education, the children are taught about religious ceremonies such as weddings. Online safety is an integral part of the computing curriculum. In PSHE (Personal, Social and Health Education), pupils develop the knowledge, skills and attributes they need to keep themselves healthy and safe, and prepared for life and work in the context of three core themes: health and wellbeing, relationships and living in the wider world.

Most of the Health Education objectives are already covered through the science curriculum., whereby throughout their primary education, they learn about how to keep safe and healthy which includes eating healthily, the importance of exercise and good hygiene, sun safety and the effects of drugs, alcohol and tobacco on the body. In Years 5 and 6, children learn about puberty and life cycles in preparation for their transition to adolescence. The children receive annual workshops on staying safe from the NSPCC.

Following the global pandemic, we launched the 'Rainbow Hour', which built on from PSHE. It focused on the Children's Social and Emotional Mental Health which may have been affected during lockdowns and not attending school for prolonged periods of time.

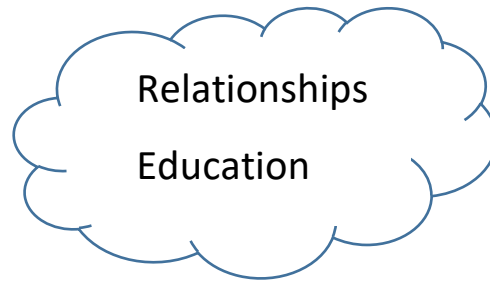
Aims of the New Curriculum

Today's children 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 need to know how to be safe and healthy. The focus in primary school is 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. Teaching addresses how to stay safe online.

Relationships Education Objectives

The objectives detailed below are what children should be taught by the time they leave primary school. The children will be taught these objectives sensitively, when it is appropriate for their age and in a way that they can understand. The curriculum will be built upon year by year, so that by the time your child has finished primary school, they will have covered all of the Relationships Education and Health Education objectives. The Relationships Education objectives are split into the following categories:

Caring Friendships




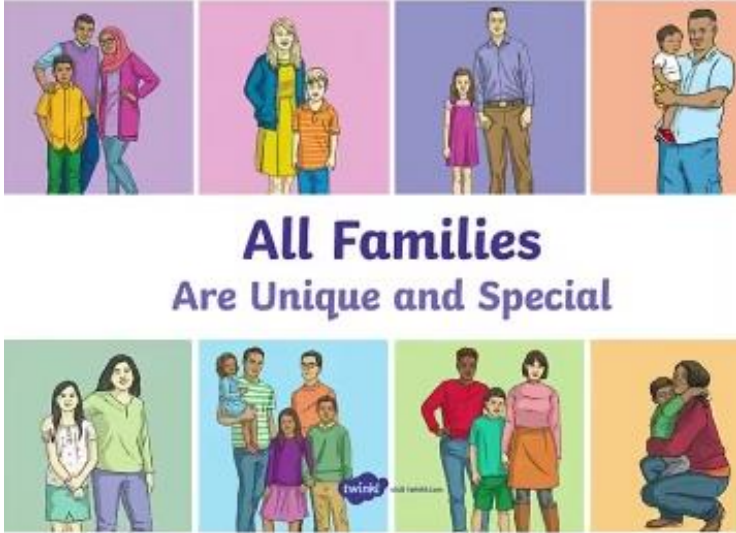

Being Safe

Online relationships

Families and people who care for me

Children should know:


	<p>The importance of families for children growing up as they can give love, security and stability. Healthy family life characteristics - commitment to each other, including in times of difficulty, providing protection and care for each other, spending time together and sharing each other's lives. Caring relationships are at the heart of happy families. How to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed.</p>
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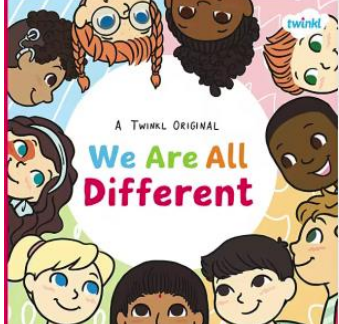
 <p>All Families Are Unique and Special</p> <p>That other families may look different to theirs, but these should be respected too and they are also based on love and care. (Families can include for example, single parent families, blended families with half-siblings and step-siblings, same gender parents, families headed by grandparents, adoptive parents, foster parents/carers amongst other structures.)</p>	 <p>That marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong.</p>
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Caring Friendships and Respectful Relationships

Children should know:

 <p>How important friendships are in making us feel happy and secure, and how people choose and make friends. The characteristics of friendships.</p>	<p>Courtesy and manners</p>  <p>The importance of self-respect and how this links to their own happiness.</p> 
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	<p>That healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded. That most friendships have ups and downs, and that these can often be worked through and that resorting to violence is never right. How to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed.</p>
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	<p>The importance of respecting others, even when they are very different from them, or make different choices or have different preferences or beliefs. Practical steps they can take to improve or support respectful relationships. What a stereotype is, and how stereotypes can be unfair, negative or destructive. That they should be treated with respect by others and that they should show due respect to others, including those in positions of authority. The importance of permission-seeking and giving in relationships.</p>
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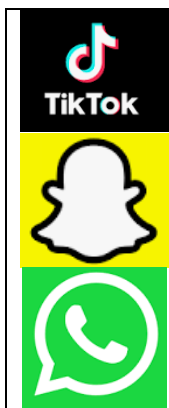


About different types of bullying, (including cyberbullying), the impact of bullying, responsibilities of bystanders and how to get help.



Online relationships and Being Safe

Children should know:



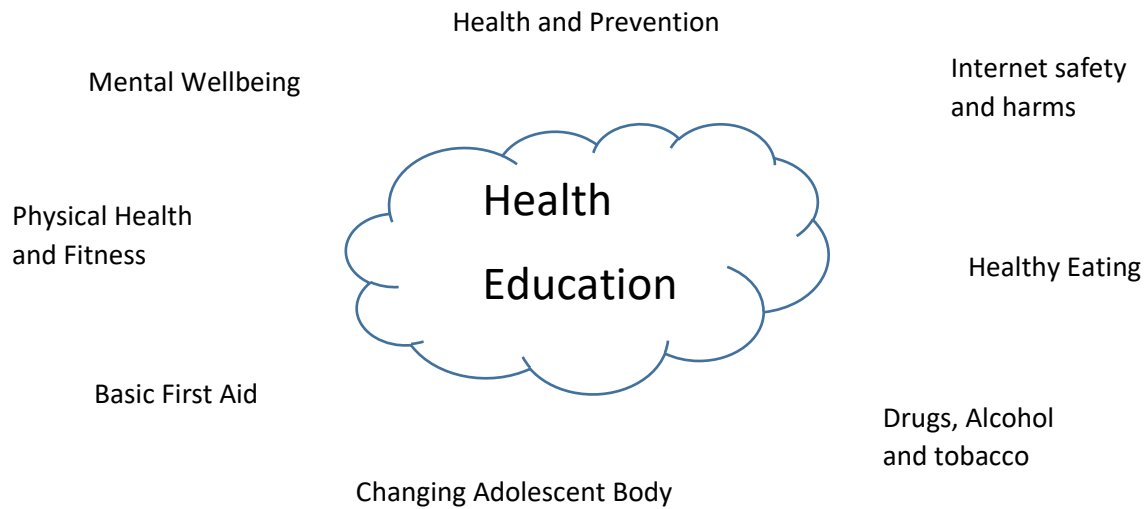
That people sometimes behave differently online, including by pretending to be someone they are not. That online relationships should be the same as face-to-face relationships, including the importance of respect for others even when anonymous. The rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them. How to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met. How information and data is shared and used online.



What sorts of boundaries are appropriate in friendships with peers and others (including online). About the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe. That each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact. How to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know. How to recognise and report feelings of being unsafe or feeling bad about any adult. How to ask for advice or help for themselves or others, and to keep trying until they are heard. How to report concerns or abuse, and the vocabulary and confidence needed to do so. Where to get advice e.g. family, school and/or other sources.

Health Education

The Health Education objectives cover physical health and mental wellbeing and are split into the following categories:



Mental Wellbeing

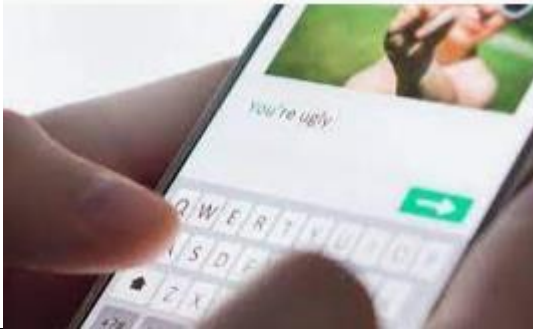
Children should know:

<p>happy sad angry surprised scared excited</p>	<p>The benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness. Simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests.</p> <p>That bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing. Where and how to seek support including whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online). It is common for people to experience mental ill health. For many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough.</p>
<p>That mental wellbeing is a normal part of daily life, in the same way as physical health. There is a normal range of emotions and scale of emotions that all humans experience in relation to different situations. How to recognise and talk about their emotions. How to judge whether what they are feeling and how they are behaving is appropriate and proportionate. Isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support.</p>	



That for most people the internet is an integral part of life and has many benefits. About the benefits of rationing time spent online, the risks of excessive time spent on electronic devices.

That the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health. That information, including that from search engines, is ranked, selected and targeted. Where and how to report concerns and get support with issues online.



The impact of positive and negative content online on their own and others' mental and physical wellbeing. How to consider the effect of their online actions on others and know how to recognise and display respectful behaviour online and the importance of keeping personal information private. Why social media, some computer games and online gaming, for example, are age restricted.



Healthy Eating

What a healthy diet is (including understanding calories and other nutritional content). The principles of planning and preparing a range of healthy meals. The characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay).





Physical Health and Fitness

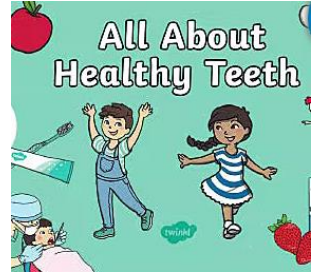


The mental and physical benefits of an active lifestyle. The importance of building regular exercise into daily and weekly routines and how to achieve this; for example, walking or cycling to school or other forms of regular, vigorous exercise. The risks associated with an inactive lifestyle (including obesity). How and when to seek support including which adults to speak to in school if they are worried about their health.


Drugs, Alcohol and Tobacco

 <p>Why is Smoking Unhealthy?</p> 	The facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking.
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Health and Prevention

<p>How to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body. About safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer. The importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn. About dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist. About personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing. The facts and science relating to allergies, immunisation and vaccination.</p>	
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Basic First Aid

 <p>First aid kit</p>	How to make a clear and efficient call to emergency services if necessary. Basic first-aid, for example dealing with common injuries, including head injuries.
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Changing Adolescent Body (Years 5 and 6)

<p>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.</p>	
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We will combine all of what we currently do for PSHE, the Rainbow hour and the new curriculum for Relationships Education and Health Education as 'The Rainbow Curriculum'.