



Frequently Asked Questions

1) What is RSHE?

Relationships health and sex education (RSHE) is far more about relationships and keeping healthy than anything else.

It should equip children and young people with the information, skills and positive values required to be confident in themselves; have safe, fulfilling relationships; and to take responsibility for their health and well-being. RSHE teaches children about emotional, social and physical aspects of growing up. Relationships and health education is also called PSHE (physical, social and health education). RSHE can be split up into relationships, health and sex education to better understand all it involves:

RSHE - Relationships education, which includes anti-bullying, building and maintaining strong friendships, showing integrity and respect, the difference between appropriate and inappropriate touch, and maintaining healthy relationships.

RSHE- Sex education is knowledge about conception. This is a tiny part of our RSHE curriculum and we teach this in Year 6 in the summer term. Parents have the option to withdraw their children from it if they wish.

RSHE - Health education, includes drugs awareness, first aid, ways to look after your physical and mental health, online safety and puberty.

2) Does my child have to do RSHE?

Relationships and health education is now a compulsory part of the National Curriculum, which maintained primary schools must follow. **Parents cannot withdraw their children from sessions on relationships and health.** You can view this full national curriculum on the government website here: <https://www.gov.uk/government/publications/relationships-education-relationshipsand-sex-education-rse-and-health-education> and see what we teach in each year group in the PSHE document on our website.

Sex education is not compulsory within RSHE for primary schools and **parents still have the right to withdraw their children from the 2 lessons in the summer term in Year 6 on conception.** Arrangements can be made to give meaningful work to students who are withdrawn from these lessons.

Some aspects of sex education are in the science. **Parents cannot withdraw their child from these sessions.** This is what is covered in the National Curriculum for Science

- Y1 Identify, name, draw and label the basic parts of the human body and say which part of the body is associated with each sense.**
- (including head, neck, arms, elbows, legs, knees, face, ears, eyes, hair, mouth, teeth) through games, actions, songs and rhymes).
- Y2 Notice that animals, including humans, have offspring which grow into adults**
- They should 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; they should not be expected to understand how reproduction occurs. The following examples might be used: egg, chick, chicken; egg, caterpillar, pupa, butterfly; spawn, tadpole, frog; lamb, sheep. Growing into adults can include reference to baby, toddler, child, teenager, adult.
- Y5 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.
- 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.
 - Pupils could work scientifically by researching the gestation periods of other animals and comparing them with humans; by finding out and recording the length and mass of a baby as it grows.
- Y6 Recognise that living things produce offspring of the same kind, but normally offspring vary and are not identical to their parents.**

3) What is the right age to start teaching RSHE?

Children are interested in 'where babies comes from' and what makes boys and girls different from a very young age. So don't worry - it is natural for children to be curious and ask these questions.

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.

Adults often find questions about sex and relationships difficult and embarrassing - but if adults are able to answer in an honest and confident way this will set the tone for children - making it easier for them to bring up similar topics as they are growing up. There is advice available for parents as well as resources such as story books.

Good quality RSHE is taught through a spiral curriculum which develops with the child. RSHE begins with teaching children about appropriate behaviour, safety and basic understanding of their bodies and how families care for them.

In a [poll of 1000 parents](#) of school-aged children, 78% said they wanted primary schools to teach children about the difference between safe and unwanted touch and how to speak up if someone treats them inappropriately, whilst 72% of parents felt that primary schools should educate children on what to do if they find online pictures showing private body parts or are asked to send them.

4) What will my child at Newborough Primary be taught in different year groups?

Year Group	Objectives
Year 1	Engage in friendships, feelings, values and integrity Success using the internet to help, take care of ourselves and stay safe online Engage in family, take care of ourselves, growing, changing and family Take care keeping healthy: food and exercise, hygiene routines; sun safety
Year 2	Values and Resilience to guide friendships, take care of our feelings, values and Integrity against bullying Success using the internet to help, values and Integrity in online behaviour Take care of ourselves, changing ideas about girls and boys Why sleep is important; medicines and keeping healthy; keeping teeth healthy;
Year 3	Taking care of our minds, values guiding how we treat others respectfully, integrity to say no to bullying Success searching online, taking care online Engage in family, taking care of ourselves Health choices and habits, what affects feelings
Year 4	Engage in positive friendships, integrity and values in the classroom and beyond, integrity to challenge bullying Success using the internet, taking care online Engage with equality, changes Maintaining a balanced lifestyle; oral hygiene and dental care, drugs common to everyday life
Year 5	Resilience within friendships, taking care of ourselves; our bodies and our minds Success online questioning what you see, integrity to engage with equality online Integrity to engage with equality, changes Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies
Year 6	Integrity within friendships, taking care of ourselves, taking care of our minds Success online questioning what you see, values leading online behaviour, take care online Integrity to challenge inequality, changes (including conception which parents can withdraw their children from), family in all its forms, healthy relationships Drug use and the law, the risks and effects of different drugs

5) How will my child be taught about RSHE?

- In a sensitive, age appropriate way.
- Through careful planning that will enable children to acquire knowledge and develop life skills and respectful attitudes and values.
- With sufficient time to cover topics with a strong emphasis on relationships, rights, responsibilities to others and communication skills.
- By relating it to the children's online and offline world.
- By being medically and factually correct.
- In a completely inclusive way – accepting of faith, culture and gender identity.
- By setting ground rules so that children feel confident to engage in discussions and ask questions.
- Through a rich variety of opportunities for active learning.
- By utilising a range of teaching and learning strategies, including discussion.
- By considering the attitudes and values of students and a range of other significant groups in society.

6) Will my children learn about same sex relationships?

Yes - in order to comply with the equality act and ensure that we are being inclusive of all of our children. However, this again will be done in a sensitive way and will be dictated by the age of the children. This is part of the overall culture of the school rather than specific to RSE lessons.

There is **equality in the law** for opposite and same sex couples (marriage, consent to sexual activity and adoption). **Sex and Relationship Education Guidance 2000 states that** "As part of SRE, pupils should be taught about the nature and importance of marriage for family life and bringing up children".

The equality Act 2010 "Schools must accurately state the facts about marriage of same-sex couples under the law of England and Wales, in a way that is appropriate to the age and level of understanding and awareness of pupils".

“Valuing All God’s Children” from The Church of England states that “[schools should]...Create a culture where children can grow to be content, living well in their own skin and happy for others for the skin they are in.....In order to do this it will be essential to provide curriculum opportunities where difference is explored, same sex relationships, same sex parenting and transgender issues may be mentioned as a fact in some people’s lives. For children of same-sex or transgender parents or with close LGBT relatives this will be a signal of recognition that will encourage self-esteem and belonging.

7) So what are the main changes in RSHE?

The Department of Education has announced changes to RSHE which need to be in affect by the Summer Term, 2021. RSHE is becoming a foundation subject in the national curriculum, in the same way science is, for example. This means what we teach in RSHE is set nationally and we must make sure we are teaching the content set out within the national guidelines, which can be found here:

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/908013/Relationships_Education__R_elationships_and_Sex_Education__RSE__and_Health_Education.pdf

While the sex education element of RSHE remains optional for primary schools, all the other parts are not. There may be lessons in relationships and health education, parents could have previously chosen to withdraw their children from. These are now protected within the National Curriculum and are compulsory for all children. We are keen to discuss these with you should you have any concerns regarding how RSHE is taught and we will continue to make you aware when any sensitive topics come up for our children. However, we are no longer able to change what is taught or withdraw children from any of the learning.

Parents and careers wishing to withdraw their child from sex education are still able to do so. Sex education is learning about conception, which we cover in Year 6 in the Summer Term.