



**Relationships, Sex and Health Education  
Policy**

**Reviewed March 2023**



Written by: Emanuela Brahamsha, Kate McAuliffe

Date: December 2020

Reviewed and updated: March 2023

# 1. Aims

Through our PSHE programme, we aim to provide children with the knowledge, skills and understanding they need to lead confident, healthy, independent lives and to become informed, active and responsible citizens. In providing children with an understanding of healthy and respectful relationships and appropriate boundaries, we consider effective RSHE (Relationships, Sex and Health Education) to be a fundamental part of our approach to supporting pupils to grow into confident, informed, caring, responsible and respectful young citizens, who can navigate the world around them safely.

At Kilmorie, RSHE is taught within the Personal, Social, Health and Economic (PSHE) education curriculum. In addition, some aspects of the RSHE programme will be covered through:

- Science curriculum
- Computing
- Circle times
- Assemblies
- Stories
- PE in the context of health and hygiene

RSHE is lifelong learning about personal, physical, moral and emotional development. It teaches children and young people to develop and form positive values, attitudes, personal and social skills, and increase their knowledge and understanding of how to make informed decisions and life choices.

The aims of Relationships, Sex and Health education (RSHE) at our school are to:

- Provide a consistent standard of relationship, sex and health education across the school
- Help pupils develop feelings of self-respect, confidence and empathy
- Promote responsible behaviour
- Create a positive culture of communication around issues of relationships
- Teach pupils the correct vocabulary to describe themselves and their bodies
- Provide a framework in which sensitive discussions can take place
- Provide a place to discuss pressures, check facts, dispel myths and ultimately feel safe
- Provide pupils with factual information, rather than hearing content second hand or via online platforms
- Prepare pupils for puberty and give them an understanding of sexual development and the importance of health and hygiene
- Give pupils an understanding of reproduction and sexual development
- Ensure that all pupils, by the time they reach secondary school age, are well equipped and on an equal footing, to deal with the secondary RSHE curriculum
- To provide all pupils with knowledge, skills and attitudes that will enable them to make positive and healthy choices concerning relationships as they grow up and deal with risk
- Combat exploitation

These aims complement those of the Science Curriculum in KS1 and KS2.

## 2. Statutory requirements

As a maintained primary school, we must provide relationships education to all pupils as per Section 34 of [Children and Social Work Act 2017](#).

This policy has been written in accordance with the statutory guidance document "Relationships and Sex Education (RSE) and Health Education" (DfE, 2019).

Department for Education guidance states that by the summer term 2021, all primary schools must teach Relationships and Health Education. The teaching of Sex Education in primary schools remains non-statutory, with the exception of the elements of sex education contained in the science national curriculum: including knowledge of the main external body parts; the changes as humans develop to old age and reproduction in some plants and animals. Other related topics that fall within the statutory requirements for Health Education, such as puberty and menstrual wellbeing, will be included within RSHE education lessons.

Within the statutory guidance document for RSE and Health Education, the DfE also encourages schools to deliver age-appropriate sex education if they feel their pupils need this information:

*“It will be for primary schools to determine whether they need to cover any additional content on sex education to meet the needs of their pupils. Many primary schools already choose to teach some aspects of sex education and will continue to do so, although it is not a requirement...”*

*“It is important that the transition phase before moving to secondary school supports pupils’ ongoing emotional and physical development effectively. The Department continues to recommend therefore that all primary schools should 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.”*

Should you like to see the guidance from the government please visit:

[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)

### 3. Definition

Within this policy, as in the DfE guidance, **Relationships Education** is defined as teaching about the fundamental building blocks and characteristics of positive relationships, with particular reference to respectful friendships, family relationships, and relationships with other children and with adults, including online.

For the purpose of this policy, **Health Education** is defined as teaching pupils about physical health and mental wellbeing, focusing on recognising the link between the two and being able to make healthy lifestyle choices

**Sex Education** is defined as teaching children how human reproduction occurs, including how a baby is conceived and born. This draws on knowledge of the human life cycle set out in the National Curriculum for science. For the purposes of this policy, we specifically identify any non-statutory Sex Education that falls outside of Science and those related elements (the physical changes associated with puberty) within statutory Health Education.

RSHE is not about the promotion of sexual activity.

### 4. Curriculum

#### 4.1 Statutory RSHE Curriculum Content

Our RSHE curriculum is embedded within our PSHE curriculum and is set out as per Appendix 1, however, this will be adapted when necessary, due to the needs of the children.

We have developed the curriculum taking into account the age, needs and feelings of pupils. If pupils ask questions outside the scope of this policy, teachers will respond in an age-appropriate manner so they are fully informed and do not seek answers online. If we deem it necessary, we may also encourage children to speak directly to parents regarding questions and queries.

Key objectives of the statutory Relationships Education Curriculum are outlined below:

#### **Families and people who care for me**

Children should know:

- that families are important for children growing up because they can give love, security and stability
- the characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other’s lives
- that others’ families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children’s families are also characterised by love and care
- that stable, caring relationships, which may be of different types, are at the heart of happy families and are important for children’s security as they grow up
- that marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong
- how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed

#### **Caring friendships**

Children should know:

- how important friendships are in making us feel happy and secure, and how people choose and make friends

- the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties
- 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 so that the friendship is repaired or even strengthened and that resorting to physically or verbally aggressive behaviour 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

### **Respectful relationships**

Children should know:

- the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds) or make different choices or have different preferences or beliefs
- practical steps they can take in a range of different contexts to improve or support respectful relationships
- the conventions of courtesy and manners
- the importance of self-respect and how this links to their own happiness
- that in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority
- about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help
- what a stereotype is and how stereotypes can be unfair, negative or destructive
- the importance of permission-seeking and granting in relationships with friends, peers and adults

### **Online relationships**

Children should know:

- that people sometimes behave differently online, including by pretending to be someone they are not
- that the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online including when we are 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 are shared and used online

### **Being safe**

Children should know:

- what sorts of boundaries are appropriate in friendships with peers and others (including in a digital context)
- 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 and others
- 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

These areas of learning are taught within the context of family life, taking care to ensure that there is no stigmatisation of children based on their home circumstances (families can include single parent families, LGBTQ+ parents, families headed by grandparents, adoptive parents, foster parents/carers amongst other structures) along with reflecting sensitively that some children may have a different structure of support around them (for example, looked after children or young carers).

## 4.2 Statutory Science Curriculum Content

Early Years Foundation Stage children learn about life cycles as well as watching chicks hatch. Through ongoing personal, social and emotional development, they develop the skills to form relationships and think about relationships with others.

### In Key Stage 1 (Years 1 – 2) children learn:

- To identify, name, draw and label the basic parts of the human body and say which part of the body is to do with each sense
- To notice that animals, including humans, have offspring which grow into adults
- To find out about and describe the basic needs of animals, including humans, for survival (water, food and air)
- To describe the importance for humans of exercise, eating the right amounts of different types of food and hygiene

### In Key Stage 2 (Years 3 – 6) children learn:

- To identify that animals, including humans, need the right types and amount of nutrition and that they cannot make their own food; they get nutrition from what they eat
- To identify that humans and some other animals have skeletons and muscles for support, protection and movement
- To describe the simple functions of the basic parts of the digestive system in humans
- To identify the different types of teeth in humans and their simple functions
- To describe the life process of reproduction in some plants and animals
- To describe the changes, as humans develop to old age
- To identify and name the main parts of the human circulatory system and describe the functions of the heart, blood vessels and blood
- To recognise the impact of diet, exercise, drugs and lifestyle on the way their bodies function
- To describe the way nutrients and water are transported within animals, including humans
- To recognise that living things produce offspring of the same kind, but normally offspring vary and are not identical to their parents

## 4.3 Non-Statutory Sex Education

As part of statutory Health Education, children are taught in an age-appropriate way about puberty and the associated physical and emotional changes from Year 4 onwards. Alongside this, children in Year 4 are taught to recognise the signs and changes that may occur during the onset of puberty, in preparation for further lessons on this subject which also focus on emotional changes and menstruation in Year 4. These lessons form part of the statutory requirements for Health Education.

The DfE guidance 2019 also recommends that all primary schools have a sex education programme tailored to the age and the physical and emotional maturity of pupils, and this should include how a baby is conceived and born. Although sex education is not compulsory in primary schools, we believe children should understand the facts about human reproduction before they leave our school. We therefore provide some non-statutory sex education, covering the differences between males and females, including body parts in Years 2 and 3 and how human reproduction and conception occurs in Years 4, 5 and 6.

We believe that teaching this additional content to pupils will ensure that they are better prepared for transition to secondary school and also support their personal and social development as they grow into young adults. As is legally prescribed, parents have a right to withdraw their children from these additional non-statutory sex education lessons – please see the relevant section within this policy in regard to this process.

The resources we use when teaching the non-statutory sex education units are taken from the CWP scheme of work and are available for parents/carers to view on request to the school.

For more information about the content of our sex education curriculum, see our curriculum map in Appendix 1.

## 5. Delivery of RSHE

Our Relationships, Sex and Health Education programme will be delivered in an age-appropriate and sensitive manner by class teachers using the CWP scheme of work. Teaching is normally taught in mixed gender groups, though some content is covered in single sex groups e.g. menstrual hygiene, single sex question sessions.

We aim to provide a learning atmosphere where children feel safe and relaxed and where they feel confident to engage in discussions around potentially sensitive subjects and themes.

Ground rules in class and across the school are essential when discussing sensitive subject matter and teaching RSHE. Clear ground rules are established in partnership with the class, then reinforced at the start of each relevant lesson. As a minimum, ground rules are likely to include the following basic guidelines:

- Listen politely to each other
- Everyone gets a turn to speak, if they want to
- Everyone has a right not to speak
- Everyone's contribution is respected
- We don't ask or have to answer any personal questions
- We use anatomically correct language when we have learnt it

Delivery methods will be adjusted should the need for remote learning continue or extend.

### **Dealing with sensitive issues and difficult questions**

Pupil's questions will be dealt with honestly and sensitively and in an age-appropriate way.

A questions box will be available for pupils to ask anonymous questions.

If staff are faced with a question they do not feel comfortable answering within the classroom, techniques such as distancing, the use of a question box, or creating a time to talk to a child individually will be used. Children may also be signposted back to parents/carers and the teacher will contact the parents/carers to give a context to the conversations that have been held in class.

If any questions raise safeguarding concerns, teachers will refer to the Designated Safeguarding Lead.

Since RSHE incorporates the development of self-esteem and relationships, pupils' learning does not just take place through the taught curriculum but through all aspects of school life including the playground. It is important then that all staff understand they have a responsibility to implement this policy and promote the aims of the school at any time they are dealing with children.

## **6. Roles and responsibilities**

### **6.1 The governing body**

The governing body has delegated the approval of this policy to the Children and Learning Committee.

### **6.2 The headteacher**

The headteacher is responsible for ensuring that RSHE is taught consistently across the school, and for managing requests to withdraw pupils from non-statutory components of RSHE (see Appendix 2).

The headteacher also:

- Ensures that members of staff are given sufficient training, so that they can teach effectively and handle any difficult issues with sensitivity
- Monitors this policy on a regular basis and reports to governors on the effectiveness of the policy

### **6.3 Staff**

All staff are responsible for:

- Delivering RSHE in a sensitive way using the CWP scheme of work
- Modelling positive attitudes to RSHE
- Responding to the needs of individual pupils
- Responding appropriately to pupils whose parents wish them to be withdrawn from the non-statutory components of RSHE
- Monitoring progress

Class teachers are responsible for teaching RSHE at Kilmore.

Teachers will reply to, and answer, children's questions sensitively and openly. They will ensure that balanced information is provided which will take into account the different faiths' views and avoid any negative impressions. Teachers will need to answer questions that may arise through the direct teaching of sex education, as well as those that may be asked at other times. All questions will be handled sensitively and set within a general context.

Staff do not have the right to opt out of teaching RSHE. Staff who have concerns about teaching RSHE are encouraged to discuss this with the headteacher. Questions which teachers feel uncertain about answering should

be discussed with a senior member of staff and answered at a later date. Consideration should be given to religious or cultural factors and to parents' wishes before questions are answered.

## 6.4 Pupils

Pupils are expected to engage fully in RSHE and, when discussing issues related to RSHE, treat others with respect and sensitivity.

## 6.5 Parents

The school is well aware that the primary role in children's RSHE lies with parents and carers. We wish to build a positive and supporting relationship with the parents of children at our school through mutual understanding, trust and co-operation. In promoting this objective, we:

- Will carry out our statutory duty to consult with parents and governors on the contents of this policy
- Inform parents about the school's RSHE policy and practice; this includes informing parents by letter or email at the beginning of each year
- Answer any questions that parents may have about the RSHE of their child; this includes providing opportunities for parents to view the CWP resources that are used in lessons
- Take seriously any issue that parents raise with teachers or governors about this policy or the arrangements for RSHE in the school
- Acknowledge parents have the right to withdraw their children from the non-statutory components of sex education within RSHE. However, this rarely happens as, by working in partnership with parents, they recognise the importance of this aspect of their child's education
- Keep a register of any pupils who are removed from lessons and distributed to all teachers involved.

## 7. Parents' right to withdraw

As previously stated, the RSHE curriculum consists of both statutory and non-statutory elements:

- Parents do have the right to withdraw their children from the non-statutory/non-science/non-health components of sex education within RSHE
- Parents do not have the right to withdraw their children from statutory relationships education, health education or the science curriculum

Parents wanting to withdraw their children are invited to speak to the class teacher. The class teacher will explore the concern of the parents and the possibility of adjusting the programme or approach and will discuss any impact that withdrawal may have on the child. He/she will talk with the parents about the possible negative experiences or feelings that may result from withdrawal of the child and the ways in which these may be minimised. If the parent still wishes to withdraw the child, requests for withdrawal should be put in writing and addressed to the Headteacher (See Appendix 2 for request form). Once a child has been withdrawn, they cannot take part in sex education until the request for withdrawal has been removed.

Alternative work will be given to pupils who are withdrawn from sex education and that child will go to another class for the duration of the lesson.

## 8. Confidentiality

Teachers conduct sex education lessons in a sensitive manner. However, if a child makes a reference to being involved or likely to be involved in sexual activity, then the teacher will take the matter seriously and deal with it as outlined in the Child Protection and Safeguarding Policy. Teachers will respond in a similar way if a child indicates that they may have been a victim of abuse or exploitation. If the teacher has concerns, they will draw these to the attention of the designated person responsible for child protection or the headteacher as a matter of urgency. Disclosure of female genital mutilation must be reported to the police.

Legally, the school cannot offer or guarantee absolute confidentiality. We aim to ensure that pupils' best interests are maintained and try to encourage pupils to talk to their parents or carers to provide support. If confidentiality has to be broken, pupils are informed first and then supported by the designated teacher throughout the whole process.

## 9. Special Educational Needs

Pupils with special educational needs will be given the opportunity to fully participate in RSHE lessons, and a differentiated program will be provided where necessary, to ensure that all pupils gain a full understanding.

## 10. Equalities and Diversity

Schools, like all public institutions, have specific responsibilities in relation to equality and protected characteristics. Planning and resources are reviewed to ensure they comply with equalities legislation and the school's equal opportunities policy. All RSHE is taught without bias and in line with legal responsibilities such as those contained

within the Equality Act (2010). Topics are presented using a variety of views and beliefs so that pupils are able to form their own, informed opinions but also respect others that may have different opinions.

The personal beliefs and attitudes of staff delivering RSHE will not influence the teaching of the subject in school. In our school we seek to recognise and embrace the diverse nature of our community. We aim to value and celebrate religious, ethnic and cultural diversity as part of modern Britain. We will explore different cultural beliefs and values and encourage activities that challenge stereotypes and discrimination and present children with accurate information based on the law. We will use a range of teaching materials and resources that reflect the diversity of our community and encourage a sense of inclusiveness. We do not use RSHE as a means of promoting any form of sexual orientation.

## **11. Complaints Procedure**

Any complaints or concerns about the Relationships and Sex Education programme should be made to the class teacher in the first instance. Parents can choose to follow the Kilmoreie complaints procedure if they feel things are not resolved.

## **12. Monitoring Arrangements**

The delivery of RSHE is monitored by Middle and Senior Leadership Team members through, for example, planning scrutinies, learning walks and lesson observations.

Pupils' development in RSHE is monitored by class teachers as part of our internal assessment systems.

## **13. The School Environment**

The school will ensure that the whole school environment reflects the values of respect for themselves and others. It will:

- Ensure that posters and displays use positive images and celebrate difference and diversity
- Use anonymous question boxes or similar items enabling children to have questions and concerns answered privately where needed
- Ensure that communication between staff and pupils is welcomed and encouraged and children know how to access members of staff
- Provide provisions for pubertal girls, including sanitary ware and free sanitary towels
- Ensure that discriminatory behaviour is always challenged in any context

## **14. Equal Opportunities**

Kilmoreie Primary School is committed to equality of opportunity in all aspects of school life. In RSHE this will include:

- Examining and challenging gender stereotyping
- Celebrating difference and diversity
- Ensuring a programme of Relationships Education that is relevant to all pupils

## **15. Further policies**

In conjunction with this policy, please also see:

- Behaviour policy and procedures
- Safeguarding and child protection policy
- Anti-bullying policy and procedures
- Online safety policy
- Equalities Policy

Please see below a useful document produced by the government, which provides answers to frequently asked questions: <https://www.gov.uk/government/news/relationships-education-relationships-and-sex-education-rse-and-health-education-faqs>



## Appendix 1: Relationships and Sex Education Curriculum Map

### Reception RSHE Learning Objectives (reviewed March 2023)

#### Caring Friendships, Being Kind and Families

##### Relationships and Health Education

###### Relationships

Know that families are important for children growing up because they can give love, security and stability.

###### Health Education

Know that isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support.



## Year 1 RSHE Learning Objectives (reviewed March 2023)

### Growing and Caring for Ourselves

KCQs	Relationships and Sex Education	Health and Science Education
<b>Collaborative</b> <b>Curious</b> <b>Empathetic</b> <b>Honest</b> <b>Independent</b> <b>Innovative</b> <b>Resilient</b> <b>Respectful</b>	<p><u>Relationships</u></p> <p>Know that families are important for children growing up because they can give love, security and stability.</p> <p>Know the characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives.</p> <p>Know that others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care.</p> <p>Know that stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up.</p> <p>Know 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> <p>Know 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> <p>Know the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs.</p> <p>Know that in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority.</p> <p>Know how to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know.</p>	<p><u>Health Education</u></p> <p>Know about appropriate and inappropriate touch (Let's Talk PANTS – NSPCC)</p> <p>Know that there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations.</p> <p>Know how to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings.</p> <p><u>Science Education</u></p> <p>Identify, name, draw and label the basic parts of the human body (including penis and vagina) and say which part of the body is associated with each sense:</p> <ul style="list-style-type: none"> <li>- to discuss how children grow and change</li> <li>- understand that babies need care and support</li> <li>- know that older children can do more by themselves.</li> </ul>

	<p>Know how to recognise and report feelings of being unsafe or feeling bad about any adult.</p> <p><u>Sex Education</u> (see Science – statutory content)</p>	
--	--	--

## Year 2 RSHE Learning Objectives (reviewed March 2023)

### Differences

KCQs	Relationships and Sex Education	Health and Science and Education
<p><b>Collaborative</b></p> <p><b>Curious</b></p> <p><b>Empathetic</b></p> <p><b>Honest</b></p> <p><b>Independent</b></p> <p><b>Innovative</b></p> <p><b>Resilient</b></p> <p><b>Respectful</b></p>	<p><u>Relationships</u></p> <p>Know the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs.</p> <p>Know what a stereotype is, and how stereotypes can be unfair, negative or destructive.</p> <p><u>Sex Education</u>  <span style="color: red;">(This will already have been covered as part of the year 1 science curriculum)</span></p> <p>Describe the difference between male and female babies.</p> <p>To identify the physical differences between males and female bodies.</p> <p>Name the different body parts using the correct terminology.</p>	<p><u>Health</u></p> <p>Know that they have rights over their own bodies (Let's talk PANTS – NSPCC), know when to keep a secret and when to tell.</p> <p><u>Science</u></p> <p>Understand that animals including humans have babies which grow into adults.</p> <p>To explore some of the differences between males and females and to understand how this is part of the lifecycle.</p> <p>Describe some differences between male and female animals.</p> <p>Begin to understand the processes of reproduction and growth in animals.</p> <p>Understand that making a new life needs a male and a female.</p> <p>Describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene.</p>

## Year 3 RSHE Learning Objectives (reviewed March 2023)

### Valuing Difference and Keeping Safe

KCQs	Relationship and Sex Education
<p><b>Collaborative</b></p> <p><b>Curious</b></p> <p><b>Empathetic</b></p> <p><b>Honest</b></p> <p><b>Independent</b></p> <p><b>Innovative</b></p> <p><b>Resilient</b></p> <p><b>Respectful</b></p>	<p><u>Relationships</u></p> <p>Know that families are important for children growing up because they can give love, security and stability.</p> <p>Know the characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives.</p> <p>Know that others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care.</p> <p>Know that stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up.</p> <p>Know 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> <p>Know 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> <p>Know the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs.</p> <p>Know practical steps they can take in a range of different contexts to improve or support respectful relationships.</p> <p>Know the importance of self-respect and how this links to their own happiness.</p> <p>Know about different types of bullying (including cyberbullying), the impact of bullying, responsibility of bystanders (primarily reporting bullying to an adult) and how to get help.</p> <p>Know what sorts of boundaries are appropriate in friendships with peers and others (including in a digital context).</p> <p>Know 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.</p> <p>Know that each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact.</p> <p>Know how to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know.</p>

Know how to recognise and report feelings of being unsafe or feeling bad about any adult.

Know how to ask for advice or help for themselves or others, and to keep trying until they are heard.

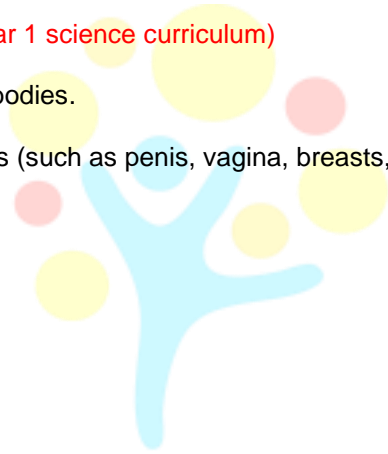
Know where to get advice e.g. family, school and/or other sources.

Sex Education

(This will already have been covered as part of the year 1 science curriculum)

To explore the differences between male and female bodies.

Name male and female body parts using agreed words (such as penis, vagina, breasts, testicles, uterus).



**KILMORIE**  
**PRIMARY SCHOOL**

## Year 4 RSHE Learning Objectives (reviewed March 2023)

KCQs	Relationships Education	Health and Sex Education
<p><b>Collaborative</b></p> <p><b>Curious</b></p> <p><b>Empathetic</b></p> <p><b>Honest</b></p> <p><b>Independent</b></p> <p><b>Innovative</b></p> <p><b>Resilient</b></p> <p><b>Respectful</b></p>	<p>Know the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties.</p> <p>Know that healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded.</p> <p>Know that most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right.</p> <p>Know 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> <p>Know the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs.</p> <p>Know practical steps they can take in a range of different contexts to improve or support respectful relationships.</p> <p>Know the importance of self-respect and how this links to their own happiness.</p> <p>Know that in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority.</p> <p>Know about different types of bullying (including cyberbullying), the impact of bullying, responsibility of bystanders (primarily reporting bullying to an adult) and how to get help.</p> <p>Know the importance of permission-seeking and giving in relationships with friends, peers and adults.</p>	<p><u>Health</u></p> <p>Know that mental wellbeing is a normal part of daily life, in the same way as physical health.</p> <p>Know that there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations.</p> <p>Know how to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings.</p> <p>Know how to judge whether what they are feeling and how they are behaving is appropriate and proportionate.</p> <p>Know simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests.</p> <p>Learn key facts about puberty and the changing adolescent body, including physical and emotional changes.</p> <p>Learn about the key facts of the menstrual cycle including what is an average period, range of menstrual products and the implications for emotional and physical health.</p> <p><b><u>Sex Education (see also Health Education – statutory content)</u></b></p> <p>To explore the human life cycle.</p> <p>To explore how puberty is linked to reproduction.</p> <p>Understand that children change into adults to be able to reproduce if they choose to.</p>

	<p>Know that the same principles apply to online relationships as to face-to face relationships, including the importance of respect for others online including when we are anonymous.</p> <p>Know how to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met.</p>	
--	---	--

## Year 5 RSHE Learning Objectives (reviewed March 2023)

### Puberty

KCQs	Health Education	Science and Sex Education
<p><b>Collaborative</b></p> <p><b>Curious</b></p> <p><b>Empathetic</b></p> <p><b>Honest</b></p> <p><b>Independent</b></p> <p><b>Innovative</b></p> <p><b>Resilient</b></p> <p><b>Respectful</b></p>	<p>Know that mental wellbeing is a normal part of daily life, in the same way as physical health.</p> <p>Know that there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations.</p> <p>Know how to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings.</p> <p>Know how to judge whether what they are feeling and how they are behaving is appropriate and proportionate.</p> <p>Know the benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness.</p> <p>Know simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests.</p> <p>Learn key facts about puberty and the changing adolescent body, including physical and emotional changes.</p> <p>Learn about the key facts of the menstrual cycle including what is an average period, range of menstrual products and the implications for emotional and physical health.</p>	<p><u>Science Education</u></p> <p>Learn about the changes that happen to the human body as it grows from birth to old age, including puberty.</p> <p><u>Sex Education (see also Health Education – statutory content)</u></p> <p>To understand male and female puberty changes in more detail.</p> <p>Understand how puberty affects the reproductive organs.</p> <p>Describe what happens during menstruation and sperm production.</p> <p>To explore the impact of puberty on the body and the importance of personal hygiene.</p> <p>To explore ways to get help during puberty.</p> <p>Ask questions about puberty with confidence.</p>

## Year 6 RSHE Learning Objectives (reviewed March 2023)

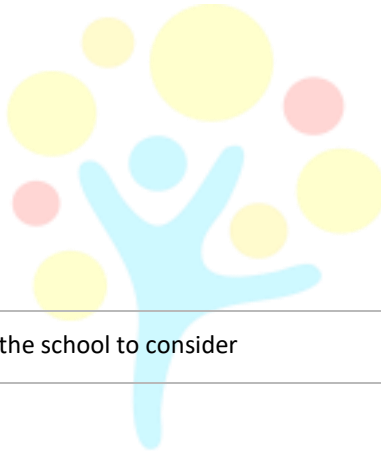
### Puberty, Relationships & Reproduction

KCQs	Relationships	Health, Science and Sex Education
<p><b>Collaborative</b></p> <p><b>Curious</b></p> <p><b>Empathetic</b></p> <p><b>Honest</b></p> <p><b>Independent</b></p> <p><b>Innovative</b></p> <p><b>Resilient</b></p> <p><b>Respectful</b></p>	<p>Know that families are important for children growing up because they can give love, security and stability.</p> <p>Know the characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives.</p> <p>Know that others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care.</p> <p>Know that stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up.</p> <p>Know that marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong.</p> <p>Know 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> <p>Know how important friendships are in making us feel happy and secure, and how people choose and make friends.</p> <p>Know the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties.</p> <p>Know that healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded.</p> <p>Know practical steps they can take in a range of different contexts to improve or support respectful relationships.</p>	<p><u>Health Education</u></p> <p>Know how to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings.</p> <p>Know how to judge whether what they are feeling and how they are behaving is appropriate and proportionate.</p> <p>Know the benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness.</p> <p>Know simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests.</p> <p>Know that 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> <p>Know that bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing.</p> <p>Know 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).</p> <p>Know 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>Know the importance of self-respect and how this links to their own happiness.</p> <p>Know the importance of permission-seeking and giving in relationships with friends, peers and adults.</p> <p>Know that people sometimes behave differently online, including by pretending to be someone they are not.</p> <p>Know that the same principles apply to online relationships as to face-to face relationships, including the importance of respect for others online including when we are anonymous.</p> <p>Know rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them.</p> <p>Know how to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met.</p> <p>Know how information and data is shared and used online.</p> <p>Know what sorts of boundaries are appropriate in friendships with peers and others (including in a digital context).</p> <p>Know 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.</p> <p>Know that each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact.</p> <p>Know how to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know.</p> <p>Know how to recognise and report feelings of being unsafe or feeling bad about any adult.</p> <p>Know how to report concerns or abuse, and have the vocabulary and confidence needed to do so.</p> <p>Know where to get advice e.g. family, school and/or other sources.</p>	<p>Learn key facts about puberty and the changing adolescent body, including physical and emotional changes.</p> <p>Learn key facts about the menstrual cycle including what is an average period, range of menstrual products and the implications for emotional and physical health.</p> <p><u>Science Education</u></p> <p>Recognise that living things produce offspring of the same kind, but normally offspring vary and are not identical to their parents.</p> <p><u>Sex Education (see also Health Education – statutory content)</u></p> <p>To describe how and why the body changes during puberty in preparation for reproduction.</p> <p>To talk about puberty and reproduction with confidence.</p> <p>To explore the process of conception and pregnancy and know some basic facts about both.</p>
---	---

**Appendix 2: Parent form: withdrawal from sex education within RSHE**

TO BE COMPLETED BY PARENTS			
Name of child		Class	
Name of parent		Date	
Reason for withdrawing from sex education within relationships, health and sex education			
			
Any other information you would like the school to consider			
Parent signature			
TO BE COMPLETED BY THE SCHOOL			
Agreed actions from discussion with parents	