

Primary Parent Meeting Relationships and Health Education

Welcome

Year 6 Parents

Aims of the Meeting

- To give you a brief overview of our statutory duties
- To give you an overview of why and how we deliver our Relationships and Health Education lessons and how they sit within our wider PSHE Education (Personal, Social, Health and Economic) curriculum
- To briefly go over lesson plans and resources and ask us any questions

School and Home Working Together

The role of parents in the development of their children's understanding about relationships is vital. Parents are the first teachers of their children. They have the most significant influence in enabling their children to grow and mature and to form healthy relationships.

New Department for Education Guidance - September 2020

The DfE have introduced **statutory guidance** on Relationships and Sex Education, Relationships Education and Health Education. This new guidance replaces the DfE Sex and Relationships Education Guidance from 2000.

The guidance will become mandatory in September 2020 - The expectations on schools are as follows:

- **Relationships Education** will be compulsory in all Primary Schools (or those pupils receiving Primary Education) – this includes academies, free schools and independent schools
- **Relationships and Sex Education** will be compulsory in all Secondary Schools (or those pupils receiving Secondary Education) – this includes academies, free schools and independent schools
- **Health Education** will be compulsory in all Primary and Secondary Schools (or those pupils receiving Primary or Secondary Education) – this includes all academies and free schools but **not** independent schools as PSHE is already statutory in these schools

Growing up in 21st century Britain

PSHE lessons in schools including lessons that focus on relationships and sex education are taught very differently to the lessons you may have had (or not had) in school. We are also living in a different society and preparing children to be active citizens in a very different world.



Being an inclusive school

These lessons help to support the following:

- An acceptance that different faiths and beliefs should be tolerated and not be the cause for prejudicial or discriminatory behaviour.
- The school has duties under the Equalities Act, British Values, and the Ofsted framework and must reflect British Law
- Children are growing up in a diverse world and will need to be able to work, live and play with people from all backgrounds
- Some pupils and staff will identify as LGBT+
- Families can include single parent families, LGBT parents, families headed by grandparents, adoptive parents, foster parents/carers amongst other structures
- Some children may have a different structure of support around them (for example: looked after children or young carers)

Statutory Science Curriculum – links with RSE and Health

Key Stage 1 (age 5-7 years) - Statutory Science Curriculum

Year 1 pupils should be taught to:

- Identify, name, draw and label the basic parts of the human body and say which part of the body is associated with each sense

Year 2 pupils should be taught to:

- Notice that animals, including humans, have offspring which grow into adults
- Describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene

Key Stage 2 (age 7-11 years) - Statutory Science Curriculum

Year 5 pupils should be taught to:

- Describe the life process of reproduction in some plants and animals
- Describe the changes as humans develop to old age

Year 6 pupils should be taught to:

- Recognise that living things produce offspring of the same kind, but normally offspring vary and are not identical to their parents

From 2020 all schools will cover these topics:

Relationships Education

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

Health Education

- Mental wellbeing
- Internet safety and harms
- Physical health and fitness
- Healthy eating
- Drugs, alcohol and tobacco
- Health and disease prevention
- Basic First Aid
- Changing adolescent bodies

Our current curriculum for year 6

Week	Summer 1	Summer 2
1	<p>What is Mental Health</p> <ol style="list-style-type: none"> 1. Know that it is important to take care of my mental health. 2. Understand that people can get problems with their mental health and that is nothing to be ashamed of. 	<p>Puberty and reproduction</p> <ol style="list-style-type: none"> 1. Describe how and why the body changes during puberty in preparation for reproduction. 2. Talk about puberty and reproduction with confidence.
2	<p>My Mental Health</p> <ol style="list-style-type: none"> 1. Know how to take care of my mental health. 2. Help myself and others when worried about a mental health problems. 	<p>Understanding Relationships</p> <ol style="list-style-type: none"> 1. Discuss different types of adult relationships with confidence. 2. Know what form of touching is appropriate in relationships.
3	<p>Love and Loss</p> <ol style="list-style-type: none"> 1. Understand that there are different stages of grief and that there are different types of loss that cause people to grieve. 2. Recognise when I am feeling those emotions and have strategies to manage them. 	<p>Conception and pregnancy</p> <ol style="list-style-type: none"> 1. Describe the decisions that have to made before having a baby. 2. Know some basic facts about conception and pregnancy.
4	<p>Power and Control</p> <ol style="list-style-type: none"> 1. Recognise when people are trying to gain power and control. 2. Demonstrate ways I could stand up for myself and my friends in situations where others are trying to gain power or control. 	<p>Communicating in relationships</p> <ol style="list-style-type: none"> 1. To consider when it is appropriate to share personal/private information in a relationship. 2. To know how and where to get support if an online relationship goes wrong.
5	<p>Being online: Real or fake? Safe or unsafe?</p> <ol style="list-style-type: none"> 1. Judge whether something is safe and helpful for me. 2. Resist pressure to do something online that might hurt myself or others. 	<p>My self image</p> <ol style="list-style-type: none"> 1. Aware of my own self-image and how my body image fits into that 2. Know how to develop my own self-esteem.
6	<p>Using technology Responsibly</p> <ol style="list-style-type: none"> 1. Use technology positively and safely to communicate with my friends and family. 2. Take responsibility for my own safety and well-being. 	<p>The Year ahead</p> <ol style="list-style-type: none"> 1. Identify what I am looking forward to and what worries me about the transition to secondary school/ or moving to my next class. 2. Know how to prepare myself emotionally for the changes next year.

Parental Right to Withdraw

At present parents have a right to withdraw their child from those aspects of Relationships and Sex Education that are not included in the statutory science curriculum. From September 2020 Parents have the right to withdraw their child from Sex Education (as previously described) but do not have the right to withdraw their child from lessons on Relationships or Health Education or the Science Curriculum.

Benefits of children being part of lessons in school

- Learning alongside their classmates creates a supportive atmosphere and a shared understanding that these topics are relevant to all of us
- Can help to encourage empathy and an understanding of the wider school community which supports our anti-bullying policy.
- Creates a safe space to learn with ground rules as well as the usual class rules
- Lesson led by the class teacher who knows the children and understands their needs in terms of learning styles, additional support needed and finding out what their current understanding of a topic is
- Children are naturally curious and we feel that it is better to know they are getting accurate, up to date, age appropriate information rather than finding the answer to their questions by searching online, for example

Parental Right to Withdraw

If you would rather have your own conversation about sex education with your child, then you can download the withdrawal form from our SRE policy on our website.

Link below

<https://www.eps.barking-dagenham.sch.uk/wp-content/uploads/2020/10/rse-policy-summer-2020.pdf>

Class teachers are available to answer any questions you may have

Thank you for coming today