



RSHE

Relationships, Sex and Health Education Parent Consultations



Session objectives

- ▶ To explain the new statutory requirements of the Relationship, Sex and Health Education.
- ▶ The importance of RSHE
- ▶ To reassure parents that their views are important and needed in the formulation of the policy for this subject.
- ▶ To share our RSHE overviews and resources

WE ALL BELONG:

With resilience and respect,
we are all determined to succeed.

We all try our best

Everyone shows respect

Altogether - we are equal

Learning together

Listening to each other

Being kind and understanding

Enjoying friendship

Leading the way

Open to new ideas

No matter what happens, we don't give up

Go North Beckton GO!



Statutory Requirements

- ▶ As from September 2020 all primary school children will learn about relationships and health. Relationships and Health Education is a new compulsory part of the school curriculum, which comprises two distinct areas:
 - Relationships
 - Physical health and mental wellbeing
- ▶ Schools will have a lot of freedom to decide how to teach the new curriculum but must teach in a way that is:
 - Appropriate for your child's age and development stage.
 - Sensitive to the needs and religious backgrounds of the children in your child's school.



Why make changes to the curriculum now?

- ▶ The current curriculum has not been updated for 20 years. So much change has happened since then.
- ▶ Children need to learn what is relevant to them and the world they are growing up in.
- ▶ The new Relationships and Health Education curriculum is designed to:
 - Help all children grow up healthy, happy and safe.
 - Give all children the knowledge to make informed decisions about their wellbeing, health and relationships.
 - Support all children to manage the challenges and opportunities of modern Britain.
 - Prepare all children for a successful adult lives.



Why is RSHE So important?



Our children are growing up in an increasingly complex world with new opportunities, but also new challenges. We as a school want our pupils to flourish in the world they find themselves and to work hard throughout all curriculum areas in order to give them the skills and knowledge they need to help prepare them for life.

RSHE teaching is an important part of equipping our pupils for life in 21st century Britain, enabling them to embrace diversity, helping them to make the most of technology; understand the importance of, and develop the skills which lead to them being able to sustain healthy and strong relationships.



Equality Act 2010

Public Sector Equalities Duty 2014



Relationships and Health Education compulsory from September 2020.
New regulations passed in April 2019

- *1.9 It is unlawful for a school to discriminate against a pupil or prospective pupil by treating them less favourably because of their: sex, race, disability, religion or belief, sexual orientation, gender reassignment, pregnancy or maternity (DfE 2014, p8)*
- *1.7 If a school treats bullying [against any of the groups outlined previously] less seriously ... then it may be guilty of unlawful discrimination (DfE 2014, p8)*
- *3.27 Teaching should be based on facts and should enable pupils to develop an understanding of how the law applies to different relationships. Teachers must have regard to statutory guidance on sex and relationship education (now RSHE), and to meet duties under equality and human rights law (DfE. 2014)*



RSHE Policy

Newham schools have received support and guidance from the Borough to produce a school policy.

The Borough has had extensive consultation on RSHE policy including the following:

- Parents
 - LGBT+ community
 - Councilors
 - Teachers
 - Other places
 - Governors & trustees - around 60 attended training at Education Space
 - Faith groups
 - SACRE
 - Muslims
 - Christians
 - Hindu
 - Buddhist
 - Jewish
 - Sikh
 - Humanist
 - Children
 - SEND educational services
 - DfE and Ofsted
 - Head Teachers including Nursery Head Teachers
 - Young peoples' Sexual health services
- Consultation with 30 Governors who are Newham parents
 - Individuals, groups and teachers who identify as LGBT+
 - Briefing and consultation with around 30
 - 80+ attended training, 55 attended Network Meetings
 - Birmingham, Redbridge and Tower Hamlets
 - 20 survey monkey responses and meeting held with 30 Imams
 - 19 different individuals representing
 - Sunni and Shia
 - Catholic and protestant
 - Estimated numbers 180 pupils



RSHE is comprised of three main strands

▶ HEALTH AND WELLBEING

- physical wellbeing, mental health, ourselves, growing and changing, keeping safe

▶ LIVING IN THE WIDER WORLD

- responsibilities, communities, media and digital resilience, economic well being, aspirations, career

▶ RELATIONSHIPS

- families and close positive relationships, caring friendships, respectful relationships, online relationships, being safe



Relationships

- ▶ By the time your child finishes primary school, they will have been taught about the following in Relationships Education:
 - ▶ • Family and people who care for them.
 - ▶ • Caring friendships.
 - ▶ • Respectful relationships.
 - ▶ • Online relationships.
 - ▶ • Being safe.



Physical Health and Mental Wellbeing

- ▶ By the time your child finishes primary school, they will have been taught about the following in Physical health and mental wellbeing:
 - ▶ • Mental wellbeing.
 - ▶ • Internet safety and harms.
 - ▶ • Physical health and fitness.
 - ▶ • Healthy eating.
 - ▶ • Facts about drugs, alcohol and drugs and the risks associated with them.
 - ▶ • Health and prevention of illness.
 - ▶ • Basic first aid.
 - ▶ • Changes to the adolescent body.



Human Reproduction



Rational for teaching human reproduction in primary schools

- ▶ Newham pupils have said primary school is the best place to teach human reproduction (Newham secondary pupil consultation, 2020).
- ▶ Learning human reproduction at primary school helps children with transition to secondary schools
- ▶ Primary schools:
 - know families better and are in a stronger position to support families and individual children if they have questions or concerns about sex education.
 - are a place where children may feel more at ease about learning this topic as they are known by teachers and their peers.
 - have more time and staff are more accessible to deal with questions.
 - parental choices are respected, as parents can remove their children if they do not want them to learn human reproduction now, however if the schools do not teach human reproduction other parents will be denied the choice

Human Reproduction is not statutory in Primary Schools. At North Beckton we plan to teach this in Year 6 as part of 'Ourselves' theme. Permission is given by parents before the lessons are taught

How will RSHE be taught at North Beckton?

RSHE will be taught as part of our A Time for US curriculum. We have themes that we focus on for each half term and will be having special days where we celebrate and share all of our learning.

- ▶ Respect/Positive relationships
- ▶ Keeping Safe
- ▶ Mental Wellbeing
- ▶ Media Literacy and Digital Resilience
- ▶ Ourselves
- ▶ Aspirations
- ▶ Being Healthy - linked with Science and PE



Respect



EYFS	They know that other children don't always enjoy the same things and are sensitive to this. They know how similarities and differences between themselves and others and among families, communities and traditions.
Year 1	How behaviour affects others; being polite and respectful What rules are; caring for others' needs; looking after the environment
Year 2	Recognising things in common and differences; playing and working cooperatively; sharing opinions Belonging to a group; roles and responsibilities; being the same and different in the community
Year 3	Recognising respectful behaviour; the importance of self-respect; courtesy and being polite The value of rules and laws; rights, freedoms and responsibilities
Year 4	Respecting differences and similarities; discussing difference sensitively What makes a community; shared responsibilities
Year 5	Responding respectfully to a wide range of people; recognising prejudice and discrimination Protecting the environment; compassion towards others
Year 6	Expressing opinions and respecting other points of view, including discussing topical issues Valuing diversity; challenging discrimination and stereotypes

Treat people the way you want to be treated. Talk to people the way you want to be talked to.
RESPECT is EARNED, NOT GIVEN.



EYFS - Respect



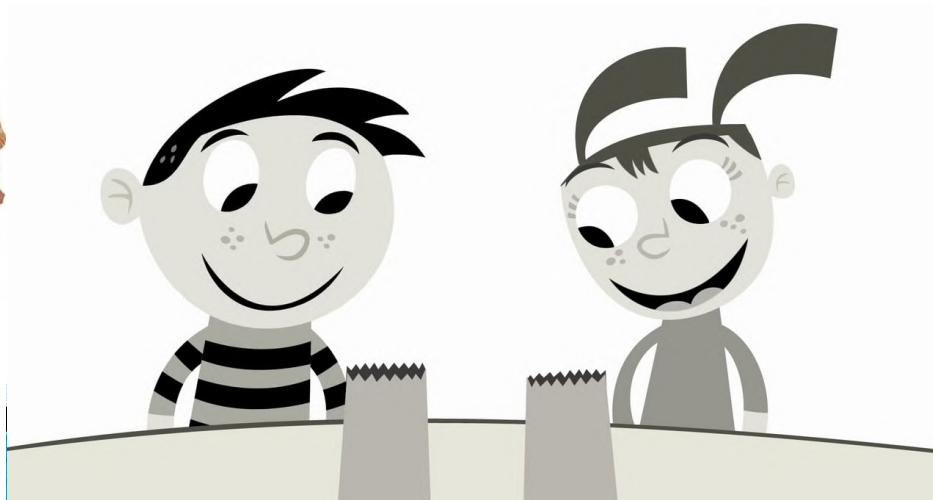
EYFS

Respecting ourselves and others

- What kind and unkind sounds and looks like in and out of school.
- how being kind and unkind makes people feel and why.
- How different people like and enjoy different things and how to respect that.

Belonging to a community

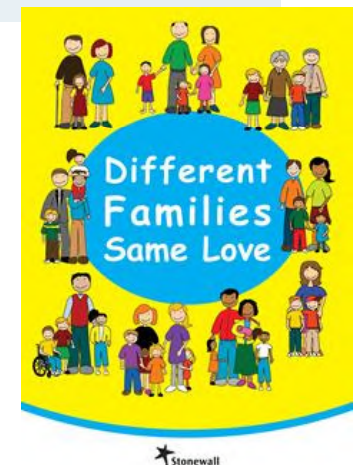
- How they are similar and different to others
- How families, communities and traditions can be similar and different



Positive Relationships



EYFS	Personal, Social and Emotional Development - Making Relationships
Year 1	Roles of different people; families; feeling cared for
Year 2	Making friends; feeling lonely and getting help
Year 3	What makes a family; features of family life
Year 4	Positive friendships, including online
Year 5	Managing friendships and peer influence
Year 6	Attraction to others; romantic relationships; civil partnership and marriage



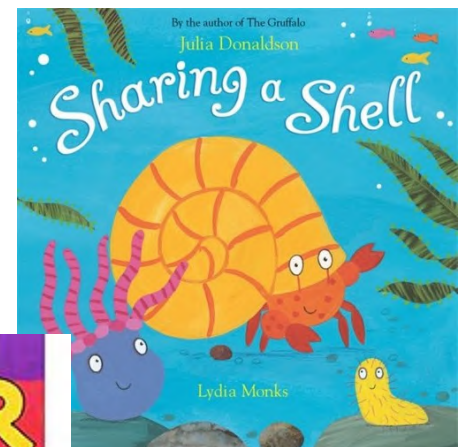
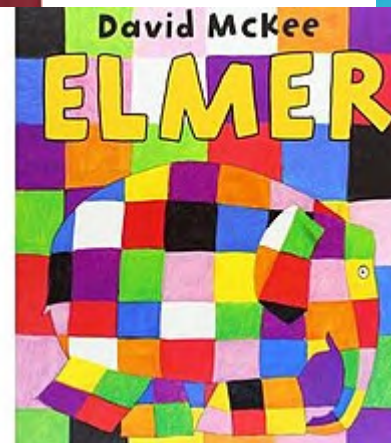
EYFS – Positive Relationships



EYFS

Families and friendships

- about people who care for them e.g. parents, siblings, grandparents, relatives, friends, teachers
- what a positive relationship looks like with adults and other children
- how to play co-operatively, and take turn with others.
- how to listen to one another's ideas about how to organise an activity
- how to be sensitive towards others' needs and feeling.



Keeping Safe

EYFS	Physical Development - Health and Safe Care
Year 1	Recognising privacy; staying safe; seeking permission
Year 2	Managing secrets; resisting pressure and getting help; recognising hurtful behaviour
Year 3	Personal boundaries; safely responding to others; the impact of hurtful behaviour
Year 4	Responding to hurtful behaviour; managing confidentiality; recognising risks online
Year 5	Physical contact and feeling safe
Year 6	Recognising and managing pressure; consent in different situation



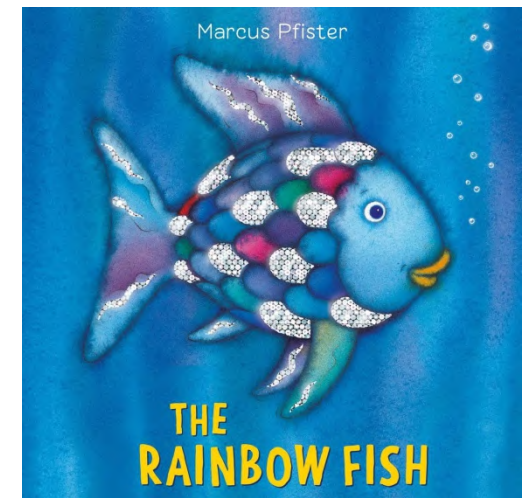
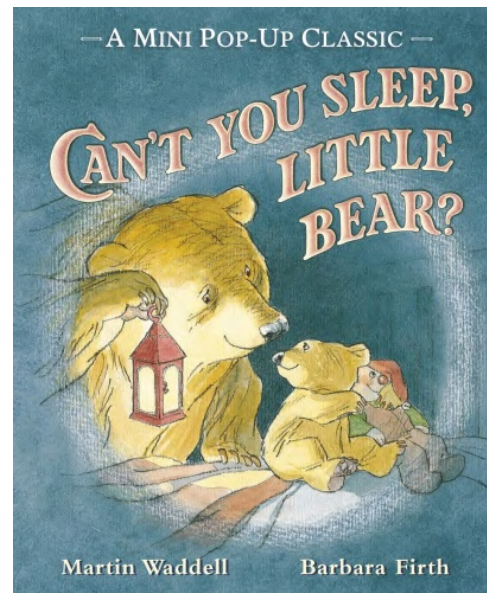
EYFS – Keeping Safe



EYFS

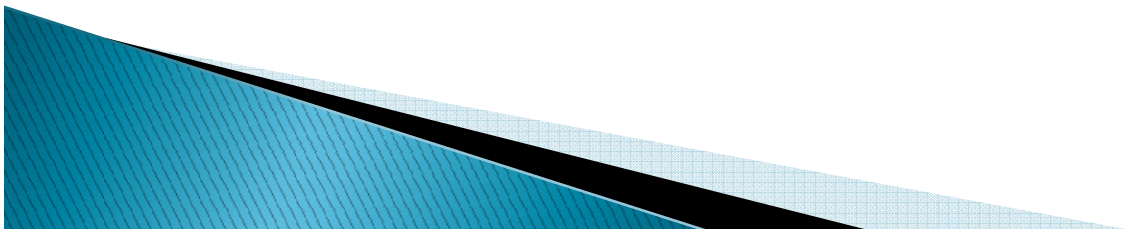
Safe Relationships; staying safe

- to recognise different types of touch and how they make you feel. (e.g. hugs, tickling, kisses and punches)
- to understand when it is and when it isn't ok to touch people.
- how to respond if being touched makes them feel upset, uncomfortable or unsafe.
- when might someone's body or feelings be hurt and whom should you go to for help.



Mental Wellbeing

EYFS	Personal, Social and Emotional Development - Managing Feelings and Behaviour
Year 1	Mental wellbeing; recognising different feelings
Year 2	Managing feelings and asking for help
Year 3	What affects feelings; expressing feelings
Year 4	Maintaining a balanced lifestyle to support mental wellbeing
Year 5	What affects mental health and ways to take care of it;
Year 6	Managing change, loss and bereavement; managing time online



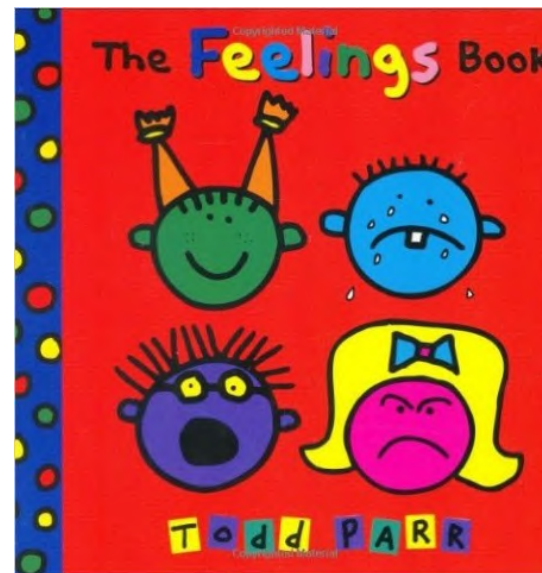
EYFS - Mental Wellbeing



EYFS

Personal, Social and Emotional Development - Managing Feelings

- talk about different feelings and name them
- talk about how they and others show feelings
- Talk about how different feeling make them feel



Media Literacy and Digital Resilience

EYFS	Understanding the World - Technology
Year 1	Using the internet and digital devices; communicating online
Year 2	The internet in everyday life; online content and information
Year 3	How the internet is used; assessing information online
Year 4	How data is shared and used
Year 5	How information online is targeted; different media types, their role and impact
Year 6	Evaluating media sources; sharing things online



EYFS - Media Literacy and Digital Resilience - linked with computing



EYFS

Understanding the World - Technology

- recognise that a range of technology is used in places such as homes and schools
- select and use technology for particular purposes



Ourselves

EYFS	Personal, Social and Emotional Development - Self Confidence and Self awareness.
Year 1	Recognising what makes them unique and special; naming body parts
Year 2	Growing older; naming body parts; moving class or year
Year 3	Recognising individuality and different qualities
Year 4	Physical and emotional changes in puberty; support with puberty
Year 5	Physical and emotional changes in puberty; external genitalia; personal hygiene routines;
Year 6	Human reproduction and birth; increasing independence; managing transition



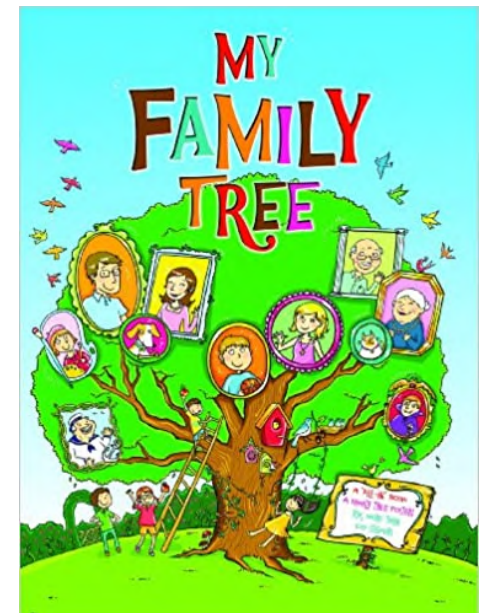
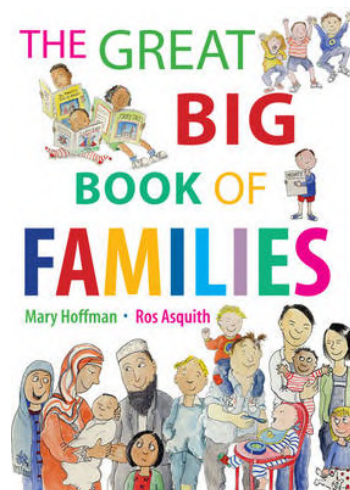
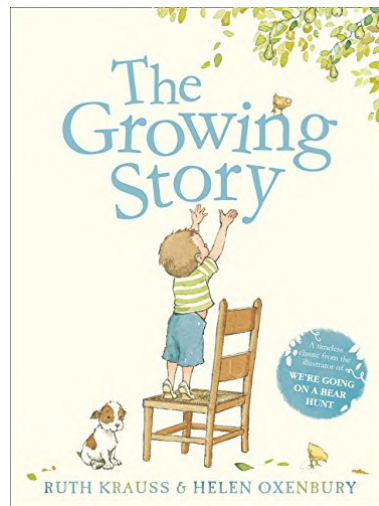
EYFS - Ourselves



EYFS

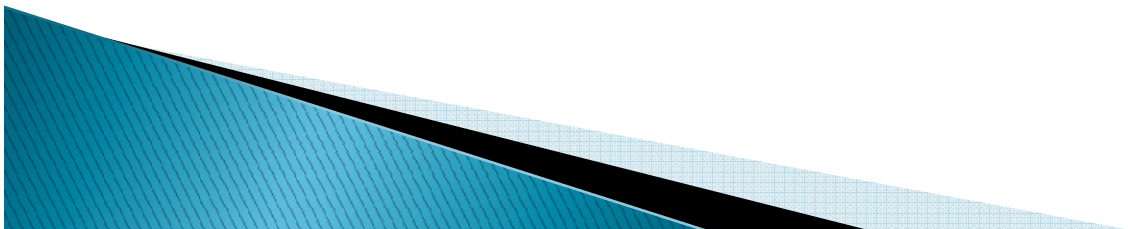
Growing and changing - Recognising what makes them unique and special

- identify our own special people
- explain what makes them special to us and why they are important in our lives
- describe the different ways our special people care for us
- recognise how we can care for them in return



Aspirations

EYFS	Understanding the World People and Communities/The World
Year 1	What makes me special; jobs in the community
Year 2	Strengths and interests
Year 3	Different jobs and skills; setting personal goals
Year 4	Different jobs and skills; job stereotypes
Year 5	Identifying job interests and aspirations
Year 6	What influences career choices; workplace stereotypes



EYFS - Aspirations

EYFS

Work - Jobs in the community

- about people whose job it is to help us in the community
- about different jobs and the work people do.



Being Healthy – linked with Science and PE

EYFS	Health and Self Care
Year 1	Keeping healthy; food and exercise, hygiene routines; sun safety
Year 2	Why sleep is important; medicines and keeping healthy; keeping teeth healthy;
Year 3	Health choices and habits. Keeping safe Risks and hazards; safety in the local environment and unfamiliar places
Year 4	Maintaining a balanced lifestyle; oral hygiene and dental care. Keeping safe Medicines and household products; drugs common to everyday life
Year 5	Healthy sleep habits; sun safety; medicines. Keeping safe in different situations, including responding in emergencies and first aid
Year 6	Health - vaccinations, immunisations and allergies. Keeping Safe - drug use and the law; drug use and the media



EYFS – Being Healthy



EYFS

Health and Self Care

- can talk about ways to keep healthy and safe.
- know the importance of physical exercise for good health.
- Know the importance of a healthy diet for good health.
- Understand basic hygiene and personal needs and know how to manage these successfully.



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Edible
Playgrounds

Next Steps

Look

Look at the draft policy and documents on the website

Fill in

Fill in the parent survey

Email

Email any questions to info@northbeckton.ttlt.academy

Present

All information will be shared with school governors, who will make the final decision regarding the RSHE policy.

This will then be shared with staff and parents.



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we are all determined to succeed.

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Everyone shows respect

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Thank you



Education is a shared
commitment between
dedicated teachers,
motivated students and
enthusiastic parents with
high expectations.

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Bob Beauprez