

# Relationships and Health Education

## Vision

Today's children and young people 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 and young people need to know how to be safe and healthy and how to manage their academic, personal and social lives in a positive way. Our Relationships and Health Education curriculum is designed to help our children make informed decisions about their health and wellbeing, build warm and respectful relationships and become strong and independent individuals who are prepared for a happy and successful adult life.

## RHE - Knowledge and Skills Progression

RHE begins in the Early Years as Personal, Social and Emotional Development (PSED). Children build warm and supportive relationships with adults which enable them to learn how to understand their own feelings and those of others. They learn to manage their emotions, develop a positive sense of self and have confidence in their own abilities. Through adult modelling and guidance, they learn how to look after their bodies. This includes healthy eating and managing personal needs independently. Through supported interaction with other children, they learn how to make good friendships, co-operate and resolve conflicts peaceably.

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<b>Relationships</b>	<p>Families and people who care for me - the importance of families for love, security and stability. Different types of families.</p> <p>Caring friendships - friendships make us feel happy, that most friendships have ups and downs, and that these can often be worked through, resorting to violence is never right, how to seek help or advice from others, if needed.</p> <p>Respectful relationships - kind and unkind behaviour and how it affects others, different types of bullying, courtesy and manners.</p> <p>Online relationships - see computing skills and knowledge.</p> <p>Being safe. It's not always right to keep secrets, each person's body belongs to them, appropriate and inappropriate physical contact.</p>	<p>Families and people who care for me - the importance of families for love, security and stability. Different types of families.</p> <p>Caring friendships - friendships make us feel happy, that most friendships have ups and downs, and that these can often be worked through, resorting to violence is never right, how to seek help or advice from others, if needed.</p> <p>Respectful relationships - kind and unkind behaviour and how it affects others, different types of bullying, stereotypes about boys and girls, courtesy and manners.</p> <p>Online relationships - see computing skills and knowledge.</p> <p>Being safe. It's not always right to keep secrets, each person's body belongs to them, appropriate and inappropriate physical</p>	<p>Families and people who care for me - the importance of families for love, security and stability. Different types of families, who to go to for help and support.</p> <p>Caring friendships - how people choose and make friends, the characteristics of friendships, managing conflict, how to recognise who to trust and who not to trust.</p> <p>Respectful relationships - kind and unkind behaviour and how it affects others, different types of bullying, stereotypes about boys and girls, courtesy and manners.</p> <p>Online relationships - see computing skills and knowledge.</p> <p>Being safe. It's not always right to keep secrets, knowing when to ask for help from adults.</p>	<p>Families and people who care for me - the importance of families for love, security and stability. Different types of families, who to go to for help and support.</p> <p>Caring friendships - how healthy friendships are positive and welcoming towards others and do not make others feel lonely or excluded, how to judge when a friendship is making them feel unhappy or uncomfortable.</p> <p>Respectful relationships - respect differences.</p> <p>Online relationships - see computing skills and knowledge.</p> <p>Being safe - recognise feelings of being unsafe, report concerns and how to ask for advice and where to get advice.</p>	<p>Families and people who care for me - the importance of families for love, security and stability. Different types of families, who to go to for help and support.</p> <p>Caring friendships - characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties, that most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened.</p> <p>Respectful relationships - importance of self respect and happiness.</p> <p>Online relationships - see computing skills and knowledge.</p> <p>Being safe - recognise feelings of being unsafe,</p>	<p>Families and people who care for me. Commitment and marriage, families can look different to each other, why might a relationship end, to know when a relationship is healthy and when to get help.</p> <p>Caring friendships - managing conflict, how to manage situations and how to seek help or advice from others, if needed.</p> <p>Respectful relationships. Physical and emotional behaviour in relationships, consent, what form of touching is appropriate, positive and negative ways of communicating in a relationship.</p> <p>Online relationships - see computing skills and knowledge.</p> <p>Being safe. What sort of boundaries are appropriate in friendships and peers, communication with adults, privacy, each person's body</p>

# Health

		contact, knowing when to ask for help from adults.			report concerns and how to ask for advice and where to get advice.	belongs to them, appropriate and inappropriate physical contact, recognise feelings of being unsafe, report concerns.
	<p>Mental wellbeing - expressing and recognising our feelings.</p> <p>Internet safety and harms - see computing skills and knowledge.</p> <p>Physical health and fitness.</p> <p>Healthy eating.</p> <p>Basic first Aid - people who help us.</p> <p>Know the basic parts of the human body and basic hygiene.</p> <p>Know that animals and humans have offspring.</p> <p>The Human lifecycle - babies, children, adults.</p>	<p>Mental wellbeing - expressing and recognising our feelings.</p> <p>Internet safety and harms - see computing skills and knowledge.</p> <p>Physical health and fitness.</p> <p>Healthy eating.</p> <p>Health and prevention - hygiene.</p> <p>Basic first Aid - people who help us.</p> <p>Basic needs of humans - food, exercise and sleep.</p> <p>Differences between male and female animals</p>	<p>Mental wellbeing - regulating our emotions, self care techniques: rest, times spent with friends and family, interests.</p> <p>Internet safety and harms - see computing skills and knowledge.</p> <p>Physical health and fitness.</p> <p>Healthy eating - balanced diet.</p> <p>Health and prevention - hygiene.</p> <p>Basic first Aid - what to do in an emergency.</p> <p>To know the main stages of the human lifecycle.</p> <p>To know the differences between males and females.</p> <p>Name male and female body parts using agreed words.</p>	<p>Mental wellbeing - regulating our emotions, self care techniques: rest, times spent with friends and family, interests, benefits of physical exercise, time outdoors.</p> <p>Internet safety and harms - see computing skills and knowledge.</p> <p>Physical health and fitness.</p> <p>Healthy eating.</p> <p>Health and prevention - dental health.</p> <p>Basic first Aid - what to do in an emergency</p> <p>To know the main stages of the human lifecycle.</p> <p>To know some of the changes which happen to the body during puberty.</p> <p>To know about the emotional changes that happen during puberty.</p> <p>Discuss male and female body parts using agreed words.</p> <p>To know how puberty is linked to reproduction.</p>	<p>Mental wellbeing - regulating our emotions, self care techniques: rest, times spent with friends and family, interests, benefits of physical exercise, time outdoors.</p> <p>Internet safety and harms - see computing skills and knowledge.</p> <p>Physical health and fitness.</p> <p>Healthy eating.</p> <p>Health and prevention - germs, immunisation and vaccination.</p> <p>Basic first Aid - what to do in an emergency.</p> <p>Introduce facts and risks associated with drugs, alcohol and tobacco (legal and illegal harmful substances).</p> <p>To understand male and female puberty changes (including the menstrual cycle).</p> <p>To know the emotional and physical changes that happen in puberty.</p> <p>To know how to manage these changes and the importance of physical hygiene.</p>	<p>Mental wellbeing- (isolation and loneliness, recognising mental-ill health is common.</p> <p>Internet safety and harms - see computing skills and knowledge.</p> <p>Physical health and fitness - healthy hearts</p> <p>Healthy eating - importance of a balanced diet</p> <p>Facts and risks associated with drugs, alcohol and tobacco (legal and illegal harmful substances, healthy life choices, peer pressure)</p> <p>Health and Prevention (early signs of physical illness, safe and unsafe exposure to the sun, importance of good quality sleep, allergies)</p> <p>Basic first Aid</p> <p>To recognise that living things produce offspring of the same kind, but normally offspring vary and are not identical to their parents</p> <p>Describe how and why the body changes during puberty in preparation for reproduction</p> <p><b>Sex Education</b> To explore the process of conception and pregnancy.</p>

					<p>To know how to get help and support during puberty.</p> <p>To understand how puberty affects the reproductive organs.</p>	<p>Describe the decisions that have to be made before having a baby</p> <p>Know some basic facts about pregnancy and conception</p> <p>Female Genital Mutilation</p>
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We use materials from the Christopher Winter Project combined with ideas from the Jigsaw scheme and the PHSE Association.