

Relationships & Health Education in Reception to Year 6 - Statutory

Sex Education in Year 6 - Non-Statutory



Frequently Asked Questions

Where do you get your information from on what you have to teach?

The Government's Department for Education outlines what must be taught in schools in England. **Relationships and Health Education is compulsory for all pupils receiving primary education.** The Department for Education provide a range of objectives under Relationships and Health Education that children should know by the time they leave primary school.

You can find the Department for Education's statutory guidance here: [Relationships Education, Relationships and Sex Education and Health Education guidance \(publishing.service.gov.uk\)](https://www.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/424267/Relationships_Education_Relationships_and_Sex_Education_and_Health_Education_guidance.pdf)

For more information, please see the RSE Guide for Parents on our website with translations in Arabic, Somali and Urdu: [PSHE - Personal, Social, Health & Economic Education - States of being - subjects - The Dolphin School Bristol](#)

What are your aims in teaching relationships and health education to my child?

We believe our children are **the heart and future of the community.** We want to build on what children learn at home to help them know how to keep themselves safe, how to care for their bodies and how to form healthy and safe relationships in person and online. Our aim is always to teach in age-appropriate ways delivering content sensitively and inclusively respecting the views, background and beliefs of all our pupils and families in our diverse community.

“To embrace the challenges of creating a happy and successful adult life, pupils need knowledge that will enable them to make informed decisions about their wellbeing, health and relationships. Pupils can also put this knowledge into practice as they develop the capacity to make sound decisions when facing risks, challenges and complex contexts. Everyone faces difficult situations in their lives. These subjects can support young people to develop resilience, to know how and when to ask for help, and to know where to access support.”

Relationships Education, Relationships and Sex Education (RSE) and Health Education (2019) The Department for Education

What must be taught (statutory)?

Objectives that are statutory (must be taught) are prescribed by the government and include **Relationship** Education and **Health** Education. This is broken down into age-appropriate specific sessions.

Relationships	Physical health and mental wellbeing
Families and people who care for me Caring friendships Respectful relationships Being safe	Mental wellbeing Changing adolescent body including: <ul style="list-style-type: none">• key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes• about menstrual wellbeing including the key facts about the menstrual cycle

Parents have the right to request that their child be withdrawn from some or all of sex education delivered as part of statutory Relationships and Sex Education that we teach within three lessons in Year 6.

The Department for Education sets out objectives that children should know by the time they leave primary school. Why do you start teaching about relationships and physical health & mental wellbeing to children in Reception?

We believe we have a responsibility to help keep children safe, teach them about healthy relationships and how to take care of their bodies from an early age to then build on this gradually each year in an age-appropriate way. Concepts are taught and built on gradually, carefully sequenced through a child's time at The Dolphin School.

Children today are growing up in an increasingly complex world on and offline. This can expose children to positive and exciting opportunities as well as many challenges and risks. We believe all children in all year groups should know how to make choices to keep themselves safe and be aware of what respectful and caring friendships should look like.

Who will teach my child the lessons on relationships and health education?

Lessons will be taught by the class teacher. Where some lessons will be taught to boys and girls separately, a member of staff of the same gender will teach each group.

Will boys be taught with just the boys and girls taught with just the girls?

There will be some specific lessons in which girls and boys will be taught separately. They will learn about the same objectives so there is a knowledge and appreciation for the experiences of the other gender. Teaching boys and girls separately can encourage children to ask and discuss ideas sensitively and openly.

Will my child be taught about sex education?

Our Trust wide policy, found on our website, says we define Sex Education as understanding about human reproduction and teaching the basic physical facts of how a baby is conceived and born. Our teaching is factual, respectful and understands pupils' backgrounds and cultural beliefs.

We teach sex education to children in Year 6 and explore:

- the choice to have a baby
- the parts of men and women that make babies
- the place of sexual intercourse and how it can lead to conception
- conception to birth
- consent and the law

Parents have the right to request that their child be withdrawn from some or all of sex education delivered as part of statutory Relationships and Sex Education that we teach within three lessons in Year 6.

How will you support my child if they appear upset or uncomfortable during a PSHE lesson?

From our experience of teaching Relationships & Health Education, most children approach the lessons maturely and respectfully.

BEFORE:

Our teachers know the children in their class well and will be mindful of any child who they think may find some of these sessions challenging due to their own personal experiences/circumstances. Teachers may choose to spend time with them before a lesson to sensitively introduce the upcoming lesson, concept and vocabulary.

DURING:

If a teacher notices a child seems uncomfortable or upset during a session, they will sensitively and quietly check in with them. If they need to talk something through that they are thinking or feeling further, it may be necessary for them to step out and talk to their teacher or class teaching assistant.

AFTER:

Teachers will speak to the parents of any children who have seemed uncomfortable so parents can be aware and support their child at home.

How will my child's questions be answered?

Children's questions will be answered factually using scientific vocabulary. Children will be able to ask questions as part of a class discussion. They will also be able to write any questions they have and put them in a comment/question box. These questions will be carefully reviewed by the teacher and answered factually. If a child still has further questions or the question asked is not appropriate within a class setting, the teacher will inform the child's family so that they can decide how best to explore this question with their child.

Why do you teach children in Year 2 differences in male and female bodies using scientific/medical terminology such as penis, testicles, vagina?

There may be different words known to children to describe parts of the body. We use the scientific/medical terms so there is a consistent understanding amongst children and staff. This encourages safe and scientific conversations about the body. This avoids confusion and supports children's understanding for future learning.

Does my child really need to learn about this? Are they not too young?

We follow the government statutory curriculum on what should be taught by the end of Year 6. We believe that children should be empowered to understand their bodies and care for them, being aware of how to keep them healthy and safe.

The government sets out that children should learn about key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11.

How will the teacher's personal opinions not influence my child's learning?

Our staff teach in a professional and age appropriate manner and understand that these lessons must be taught using facts and scientific language. Our staff have had clear guidance and training on our expectations around the delivery of these lessons. We follow our Trust wide PSHE policy on what to be taught and how. Staff care deeply for the children and families in our school and want to do their best for their pupils. Teachers are encouraged to come and ask a member of the Senior Leadership Team for advice and support with further questions relayed to our Trust PSHE Lead.

All teachers are expected to follow the Teachers' Standards which include:

- Treating pupils with dignity, building relationships rooted in mutual respect, and at all times observing proper boundaries appropriate to a teacher's professional position;
- Having regard for the need to safeguard pupils' well-being, in accordance with statutory provisions;
- Showing tolerance of and respect for the rights of others;
- Not undermining fundamental British values, including democracy, the rule of law, individual liberty and mutual respect, and tolerance of those with different faiths and beliefs;
- Ensuring that personal beliefs are not expressed in ways which exploit pupils' vulnerability or might lead them to break the law.

How will you stop my child from talking about these lessons with other children?

Children may talk about their learning with their friends following a lesson. They may also talk about things they have heard from TV, online, friends, family and from within the community and faith. We believe it is helpful for them to do this in a supervised setting where they have all listened to the same content and where any further questions can be explored by their teacher in a factual way.

How will I know what my child is being taught and when?

Each week, our Friday Top 5 email will share with families the objectives each year group will be taught in the following week and which day this will take place. This is to support conversations at home before and after the lessons if families wish

You talk to children about safe touch and unsafe touch. What does this mean?

Safe and unsafe touch is about helping children to understand that their body belongs to them and is part of keeping children safe. Unsafe touch is also known as inappropriate or unwanted touch. We talk about why people might touch you including to show affection (hugs, kisses, cuddles), to keep you safe (holding your hand when you cross the road) and if you're ill or hurt (doctors and nurses). There can be touch which maybe doesn't feel good but is necessary such as grabbing you to stop you running into a busy road or other danger and examination by a doctor or nurse (explaining that you can always ask for a trusted adult to be present). We explain that children should never be asked to keep secrets about touch and if they ever feel uncomfortable about touch, they can talk to a trusted adult.

Do you 'promote/encourage' children to enter into a relationship?

No. A lesson in Year 6 particularly explores the concept of relationships and discusses how entering into a relationship is a personal choice. There is no expectation that anyone should be in a relationship. We discuss how someone's choice may also be influenced by their family, culture and faith. We talk about peer pressure how to avoid this.

Is it possible for my child to not take part in some lessons?

All learning from Reception to Year 6 that is part of our Relationships & Health Education is compulsory and all children attend these.

Parents have the right to request that their child be withdrawn from some or all of sex education delivered as part of statutory Relationships and Sex Education that we teach within three lessons in Year 6.

If you want to discuss anything further, please speak to our PSHE Lead or a member of our Senior Leadership Team.

What do you teach my child about LGBT relationships?

School (and wider society) is a place where all children should feel safe and respected. There are a variety of family situations in British society and within our school community.

We teach children to respect others and respect is one of our school values.

Our lessons do not 'promote' LGBTQ lifestyles specifically. However, it does raise children's awareness that some people in society are LGBTQ. This is not done in isolation. When discussing similarities and differences, children learn about a whole range of differences, such as difference in physical appearance and personality, likes and dislikes, and that people can have differences of opinion. This helps them to understand that we are all unique human beings. Within the context of these lessons and throughout our school teaching and assemblies, children are introduced to different cultures and ethnicities, people with different religions and beliefs and about people with disability or special needs as well. They will also be aware that some people are LGBTQ.

Please see the LGBT parent leaflet on our website for more information: [PSHE - Personal, Social, Health & Economic Education - States of being - subjects - The Dolphin School Bristol](#)