



RSHE Guide for Parents and Carers

What is RHE?

RHE stands for **Relationships & Health Education**. These subjects are now compulsory in state education primary schools, and are designed to equip children with knowledge to make informed decisions about their wellbeing, health and relationships as well as preparing them for a successful adult life.

Relationships Education will put in place the building blocks needed for positive and safe relationships, including with family, friends and online.

Health Education aims to give children the information they need to make good decisions about their own health and wellbeing, to recognise issues in themselves and others, and to seek support as early as possible when issues arise.

What will my child learn?

Relationships Education

In an age-appropriate way, your child will learn what a relationship is, what friendship is, what family means and who can support them. Lessons will cover how to treat each other with kindness, consideration and respect.

By the end of year 6, pupils will have been taught content on:

- Families and people who care for me
- Caring friendships
- Respectful relationships
- Online relationships
- Being safe

Health Education

In an age-appropriate way, your child will be taught a range of content relating to their physical and mental health and wellbeing.

By the end of year 6, pupils will have been taught content on:

- Mental wellbeing
- Internet safety and harms
- Physical health and fitness
- Healthy eating
- Facts and risks associated with drugs, alcohol and tobacco
- Health and prevention
- Basic first aid
- The changing adolescent body (puberty and menstruation)

What is RSHE?

RSHE stands for **Relationships, Sex & Health Education**.

At Elmhurst, we define the word 'sex' as 'the activity of being physically intimate with a romantic partner.'

Sex education aims to develop and strengthen the ability of young people to make conscious, satisfying, healthy and respectful choices regarding relationships, sexuality and emotional and physical health. Sex education does not encourage children and young people to have sex.

Although the sex education element is not statutory within the primary curriculum, as a school, we consider it to be an essential aspect of children's education and development.

As part of Elmhurst's RSHE curriculum, children in **year 6** will learn about the biology of conception, the age of consent, the development of a baby during pregnancy and what a baby needs.

FAQ

How does RSHE relate to PSHE?

PSHE stands for personal, social, health and economic education. This subject helps pupils develop the knowledge, skills and attributes they need to manage their lives, now and in the future.

How regularly are lessons taught?

RSHE is part of our wider PSHE curriculum, which is taught once a week in all classes across the school.

What are the lessons like?

All PSHE and RSHE lessons take place in a safe learning environment. Class ground rules are established at the start of each topic and are underpinned by Elmhurst Etiquette: ready, respectful and safe. The learning is distanced so that no individual is expected or asked to share personal information.

How do you ensure RSHE teaching is age appropriate?

RSHE at Elmhurst is taught through a spiral curriculum, meaning that core themes and content are built on each year. Teaching is therefore tailored to support the ages and needs of the children in each year group in relation to their physical and emotional development.

Does the curriculum take into account different faiths?

Our PSHE and RSHE curriculums are designed to help children from all backgrounds build positive and safe relationships, and to thrive in modern Britain. The religious background of pupils are taken into account when planning teaching, so that topics are appropriately handled.

Can I withdraw my child from RSHE?

You cannot withdraw your child from **Relationships and Health Education** as this content is now statutory. It is important that all children receive this content, covering topics such as friendships and how to stay safe.

If you do not wish for your child to take part in some or all of the lessons on **Sex Education**, you can ask that they are withdrawn. The head teacher must grant this request.

Please note that maintained primary schools are required to teach National Curriculum science, which includes some elements of sex education. Parents/carers do not have a right to withdraw from this.

Will my child learn about LGBT?

As a school, we believe that Relationships Education should promote equal, safe and enjoyable relationships and be taught in a way which fosters LGBT and gender equality, in line with the Equalities Act 2010. This will be promoted through learning about diversity in families, gender stereotyping, body image and identity and respectful relationships.

What language is used within RSHE teaching?

It is essential that accurate terminology is used within RSHE, to ensure that no topics or words become 'taboo'. Children will therefore learn the correct anatomical names for body parts, in addition to LGBT references when considering diversity in families.

How can I support my child and the school?

The PSHE and RSHE development of our children is achieved through partnership between school and families.

To support your child/ren and the school, you may wish to:

- Read the curriculum information and policies on our school website.
- Talk with your child/ren about the issues explored in PSHE and RSE education.
- Get involved with our school/national events such as RSE Day, Mental Health Awareness Day and Pride Month.

Websites (click to launch)



Podcasts (click to launch)

