

An overview of:

Relationships, Sex and Health Education (RSHE) and
Personal Social and Emotional Education (PSHE)

at Christ Church CE Primary School

Autumn 2020



Changes to the statutory curriculum

- From September 2020 Relationships Education and Health Education will be compulsory aspects of PSHE education in primary schools.
- Relationships and Sex Education (RSE) and Health Education will be compulsory in all secondary schools.
- Due to the covid-19 pandemic, schools were given the option to delay the implementation until September 2021.

What do the changes mean?

- At Christ Church we have long taught a comprehensive programme of Personal, Social and Health Education (PSHE) which has sought to enable children to become healthier, more independent and more responsible members of society.
- Our curriculum has always promoted children's spiritual, moral, social, cultural, mental and physical development, and thus the wellbeing of both the individual and ultimately the wider community.
- The new statutory guidance ensures that our curriculum covers broad areas of particular relevance and concern to children and young people today.
- It should ensure that every child is guaranteed a PSHE education that covers mental health and wellbeing, physical health (including healthy lifestyles and first aid) and learning about safe, healthy relationships, including understanding consent and negotiating life online.

Why is this so important?

"The evidence shows that personal, social, health and economic (PSHE) education can improve the physical and psychosocial well-being of pupils. A virtuous cycle can be achieved, whereby pupils with better health and well-being can achieve better academically, which in turn leads to greater success."

Department for Education review of PSHE education impact and effective practice

- PSHE education has proven impact on life chances and academic success when delivered well.
- This strengthening of PSHE education's status can have a major impact on the quality of PSHE in all schools for all pupils.
- These developments mean that all pupils can benefit from an education that keeps them safe, healthy and prepared for the realities of modern life.

Our ethos and vision at Christ Church

The greatest commandment Jesus taught was to love God and to love your neighbour. Within this commandment is the foundation of the Christian view of relationships.

- At Christ Church Church of England Primary School our relationship education seeks to live out this command and explore how we can 'love our neighbour' through what we say and do.
- Our school focusses on the importance of relationships and the qualities and character needed to sustain the best relationships that honour each other whether within a friendship, family relationship or romantic relationship.
- Each child is a unique being, a child of God, loved and accepted. As such, our school seeks to enable children to develop through an inclusive programme of teaching that is based on Christian principles, which both respects the human body and seeks to ensure health and well-being.

What does the new curriculum cover?

- The statutory requirements for the teaching of **Relationships Education**, as outlined in the National Curriculum Programme of Study by the end of Primary School, cover the following areas:
- Families and people who care for me
- Caring Friendships
- Respectful Relationships
- Online Relationships
- Being Safe

What does the new curriculum cover?

- The statutory requirements for the teaching of **Physical Health and Mental Wellbeing Education**, as outlined in the National Curriculum Programme of Study by the end of Primary School cover the following areas:
- Mental Wellbeing
- Internet safety and harms
- Physical Health and Fitness
- Healthy Eating
- Drugs, alcohol and tobacco
- Health and Prevention
- Basic First Aid
- Changing Adolescent Body

Who are Coram Life Education and what is SCARF?

- Over the years, in developing our broad PSHE curriculum, we have developed close links with Life Education, a charity which has been working in the UK to support children's resilience and self-esteem since 1986.
- In 2009 Life Education amalgamated with Coram to form Coram Life Education. Coram was the UK's first dedicated children's charity with a fascinating heritage that spans more than 275 years. Coram's vision is that all children will have the best possible chance to live a fulfilling life.
- Coram Life Education now have a thriving network of 70 Educators and nearly 300 volunteers across England and Scotland who deliver evidence-based wellbeing programmes in over 2,000 schools. They are best known to the children of Christ Church because of their visits to school with the 'Life Bus' and more recently the 'Life Space'.
- Their online 'SCARF' (Safety, Caring, Achievement, Resilience, Friendship) resources consist of lesson plans and tools which cover all the DfE new statutory requirements for Relationships Education and embed pupils' emotional wellbeing across the whole school. At Christ Church we use these resources to form the basis of our curriculum for PSHE and RSHE.

What will my child learn in SCARF lessons?

- For each year group, there are six themed units which provide a complete PSHE and wellbeing curriculum. They are:

1) Me and My Relationships

- Explores feelings and emotions, develops skills to manage conflict, helps identify our special people and equips children to recognise the qualities of healthy friendships and how to manage them.

2) Valuing Difference

- Includes a strong focus on British Values, supports children to develop respectful relationships with others, recognise bullying and know their responsibilities as a bystander.

3) Keeping Myself Safe

- Covers a number of safety aspects from statutory Relationships Education including being able to identify trusted adults in their lives, what to do when faced with a dilemma and recognising appropriate and inappropriate touch.

What will my child learn in SCARF lessons?

4) Rights and Responsibilities

- Explores broader topics including looking after the environment, economic education and the changing rights and responsibilities children have as they grow older.

5) Being My Best

- Includes a focus on keeping physically healthy, developing a growth mindset to facilitate resiliency, setting goals and ways to achieve them.

6) Growing and Changing

- Has age-appropriate plans to cover the physical and emotional changes that happen as children as they grow older, including changes at puberty and how to approach this with confidence. Age-appropriate lessons on relationships and sex education are also included.

What exactly is Relationships and Sex Education (RSE)?

- Relationships Education in primary schools should teach the fundamental building blocks and characteristics of positive relationships, with particular reference to friendships, family relationships, and relationships with other peers and adults.
- These new statutory requirements do not extend to **sex education** at KS 1 and 2 (beyond the biological/reproductive aspects schools are already required to cover in science).
- However, the Department for Education '*continues to recommend that all primary schools should have a sex education programme tailored to the age and the physical and emotional maturity of the pupils*'
- At Christ Church, within the statutory programme of work for national curriculum science, children learn about different types of reproduction including sexual and asexual reproduction in plants and sexual reproduction in animals.
- In Year 6, in accordance with the non-statutory RSE guidance, we ensure that both boys and girls are prepared for the changes that adolescence brings and – drawing on knowledge of the human life cycle set out in the national curriculum for science - how a baby is conceived and born.
- Where schools provide sex education at key stages 1 and 2 beyond that which is statutory in the National Curriculum for Science, parents will have the right to withdraw their child from sex education but not from statutory Relationships Education or Health Education.

What content is taught in Relationships and Sex Education for each age group?

- SCARF RSE-specific lessons are designed to cover key skills, attitudes and values children need to explore in order to develop healthy relationships with their peers. Children also learn how to keep themselves safe and to ask for help when they need it.
- **4-5 year-olds:** being the same and different, our special people, different families, different homes, our feelings, being unique and special, being kind, caring and friendly, keeping safe, keeping healthy, resilience, life stages and growing from young to old.
- **5-6 year olds:** explores themes around families and their special people, the importance of respecting others including those that are different from us, develops understanding of the difference between surprises and secrets (safe and unsafe secrets) and when not to keep bad adult secrets; helps develop judgement of what kind of physical contact is acceptable or unacceptable and how to respond to this (including who to tell and how to tell them).
- **6-7 year-olds:** looks at the process of growing from young to old and how people's needs change; explores the opportunities and responsibilities that increasing independence can bring, recognising that they share a responsibility for keeping themselves and others safe.

What content is taught in Relationships and Sex Education for each age group?

- **7-8 year-olds:** introduces themes about change, healthy and unhealthy relationships (friendships), how images in the media do not always reflect reality and the impact of this on people's thoughts and feelings; the nature and consequences of discrimination; the importance of protecting personal information online; understanding risk and building resilience; making informed choices; resisting pressure and recognising when and how to ask for help.
- **8-9 year-olds:** builds on the themes covered in previous years, looking more closely at conflicting emotions; what positively and negatively affects their physical, mental and emotional health; understanding good and not-so-good feelings; recognising and challenging stereotypes; consequences of their actions; pressures to behave in an unacceptable, unhealthy or risky way and that marriage is a commitment freely entered into by both people.

What content is taught in Relationships and Sex Education for each age group?

- **9-10 year-olds:** builds on the themes covered previously and in greater depth, looking more closely at: body changes and feelings during puberty including menstruation; how their changing feelings can affect those they live with; what makes relationships unhealthy; exploring risky behaviour in more detail; different types of bullying including homophobic and transphobic; how to keep their personal information private online (and why this is important), and how to use social media safely.
- **10-11 year-olds:** builds on and reinforces all the themes of the previous years, with new content built into the lesson plans looking at: body image and the media; forced marriage; sexual intercourse and managing pressure online.

What can I do to support my child's learning at home?

- The statutory guidance is clear in recognising that a parent/carer is a child's primary educator in these matters. There are a many things you can do to support your child's understanding and encourage them to ask questions.
- If you feel it is time to talk to your child about growing up and the changes they are likely to experience it's best to offer it in small chunks, rather than do it in one go, often known as 'The Talk'. This gives children time to digest the new information and ask you further questions as they develop more understanding.
- If your child asks you questions try to stay calm, and not worry if you don't know the answer. There are plenty of websites that you can use together to help you find the answers to their questions in a factual, honest, age appropriate way (see details below for resources on the Coram Life Education website).

What can I do to support my child's learning at home?

- Use everyday opportunities to bring up the topic; things you see on TV or hear on the radio can be great conversation starters to talk about topics such as relationships, sex and body image. Reading books with your child is also a great way of introducing topics and helping children to understand themselves, their bodies and the world around them.
- If you do have family nicknames for genitals, ensure your child also knows their scientific names too. Nobody likes to think their child is at risk of abuse, but knowing the correct words for their genitals will help them report abuse if it did ever happen.
- By showing your child that you are comfortable with them asking you questions now, you are helping to develop a relationship with them where they can seek your advice and support in their adolescent years.

Where can I find further information?

- Visit the specially created Coram Life Education SCARF webpage at <https://www.coramlifeeducation.org.uk/RSE-for-Y6-and-P7> for more information including a list of books and websites that will support both you and your child along with some activities you to support their learning.
- Visit our school website to view our school policy for SCARF (PSHE and RSHE) and sample lesson materials <https://www.christchurch-lancaster.lancs.sch.uk/subject-policies/>.
- The Department for Education have produced the following guide: Understanding Health and Relationships Education in your child's school - <https://www.gov.uk/government/publications/relationships-sex-and-health-education-guides-for-schools> and this page with frequently asked questions - <https://www.gov.uk/government/news/relationships-education-relationships-and-sex-education-rse-and-health-education-faqs>

Get in touch
with us.

- We welcome parental responses and engagement. If you have questions you wish to ask or comments you wish to make, please get in touch with us by using the policy consultation form on the school website or by the usual methods:
<https://www.christchurch-lancaster.lancs.sch.uk/policy-consultation-form/>

Thank you for taking the time to engage with these important changes.