



Dear Parent/Carer,

Department for Education (DfE) statutory requirements for Relationships and Health Education

From September 2020, Relationships and Health Education was made compulsory for all pupils in primary schools. This guidance was simply about ensuring that **all** children get the information they need and want and will help keep them safe, so they can form healthy relationships (friendships) with others, now and in the future. In 2023, the Prime Minister and Education Secretary brought forward the first review of the Relationships and Health Education curriculum. The review was informed by the advice of an independent panel of experts. The results of the review and update guidance for consultation has now been published and the guidance is finalised.

At Hartside we have been using, and will continue to use, the leading children's health and wellbeing charity, Coram Life Education (CLE), to support us in meeting the current legal requirements next term. We do this by using Coram Life Education's online SCARF teaching resources.

SCARF's Relationships and Health Education resources help children and young people to be safe, healthy and happy, both as they grow, and in their future lives. These lessons are due to be taught in the 2nd half of the summer term to help meet safeguarding, and emotional wellbeing requirements, as well as ensuring that schools cover the current requirements of the DfE RSHE guidance.

A comprehensive set of age-appropriate lesson plans within SCARF online:

Reception: Looking at similarities and differences between our friends, our special people and how we care for them and each other, different families and 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 for example, comparing adult animals to their babies and talking about those which look alike and those which don't.

Year 1: explores themes around families and their special people, the importance of respecting others including those that are different from us, recognising that genitals are private and their correct names; develops understanding of the difference between surprises and secrets (good or bad 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).

Year 2: looks at the process of growing from young to old and how people's needs change; recognises that genitals are private and their correct names; explores the opportunities and responsibilities that increasing independence can bring, recognising that they share a responsibility for keeping themselves and others safe.

Year 3: 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. Basic first aid will also be covered.

Year 4: will recap the themes covered in previous years, looking more closely at body changes as they approach and move through puberty including: menstruation; 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.

Year 5: will recap the themes covered previously and in greater depth, looking more closely at: body changes and feelings during puberty; 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.

Year 6: will recap and reinforces all the themes of the previous years, with new content built into the lesson plans looking at: body image and the media; sexual intercourse; HIV; and managing pressure online.

It is important for us to know that our children are learning the Relationships and Health Education requirements at a time which is relevant in their lives. Understanding the changes which will occur in their bodies before they experience it, is essential, as it reduces the risk of poor mental health in their future. Additionally, a good understanding of Relationships and Health Education has a protective factor when it comes to safeguarding children. The best way to safeguard children is to ensure that they receive information on naming parts of their body, knowing the difference between appropriate and inappropriate touch, and having the skills and confidence to find and talk to a trusted adult to report any abuse. Learning with the rest of their class will also mean that children do not create misconceptions about their body and are taught in a sensitive nature by their trusted class teacher. Consequently, not leaving their learning to chance.

We recognise that parents play a vital part in their child's Relationships and Health Education, and we encourage you to discuss these themes with your child at home as well. If further advice or support is required, or if you have any questions about the programme or would like to view the resources, please don't hesitate to speak to your child's class teacher or the Head teacher. If you would also not like your child to take part in any of the lessons detailed above, then please inform the class teacher.

Yours sincerely,

Mrs Clarkson
Personal Development Lead