



THE DEAN TRUST
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RHE Curriculum



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What are our goals at school?

To keep the children safe.

To make learning happy.



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We teach that it's ok to be

DIFFERENT

We are all different, that's what makes us all

UNIQUE





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What is RHE?

Relationship Health Education

We teach this through our PHSE lessons.



What are the benefits of PHSE?

“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.



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The Department for Education published **statutory guidance for Health Education, Relationships Education and RSE** in June 2019.

This guidance covers broad areas of particular relevance and concern to children and young people today. It aims to 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.



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Aims and ethos of our curriculum...

Our PSHE curriculum enables our children to become healthy, independent and responsible members of society. It aims to help them understand how they are developing personally and socially, and tackles many of the moral, social and cultural issues that are part of growing up. We provide our children with opportunities for them to learn about rights and responsibilities and appreciate what it means to be a member of a diverse, global society. Our children are encouraged to develop their sense of self-worth by playing a positive role in contributing to school life, the wider community and the world.



We comply with the relevant provisions of the Equality Act 2010

Protected Characteristics

Protected Characteristics under the Equality Act 2010

- Age
- Disability
- Gender reassignment
- Marriage and civil partnership
- Pregnancy & maternity
- Race
- Religion and/or belief
- Sex
- Sexual orientation



Equality Objectives

To promote spiritual, moral, social and cultural development through all appropriate curricular and non-curricular opportunities, with particular reference to issues of equality and diversity.

To enable pupils to understand, appreciate and respect difference in the world and its people, celebrating the things we share in common across cultural, religious, ethnic and socio-economic communities.

To continually consider how well the school ensures equality of opportunities for all its pupils and staff



What will my child be taught in terms of “Relationship Education”?

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



What will my child be taught in Health Education?

- Mental wellbeing
- Internet safety and harms
- Physical Health and fitness
- Drugs, alcohol and tobacco
- Health and prevention
- Basic first aid



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Our PSHE timetable covers weekly lessons from Year 1 to Year 6. Below is a sequence of learning from Y1 to Y6 for the topic of Being Safe:

Year 1: I can judge what kind of physical contact is acceptable, comfortable and unacceptable and know how to respond.

Year 2: I understand the importance of respecting others privacy.

Year 3: I understand I have the right to protect my body from inappropriate and unwanted contact.

Year 4: I understand that each persons body belongs to them.

Year 5: I understand how to manage the requests for images of myself or others.

Year 6: I know who to talk to if I feel uncomfortable and have the vocabulary to report concerns of abuse.

In EYFS, children are taught how to set boundaries and make appropriate contact with others.



Example of lesson in EYFS



EYFS teaches Personal, Social, Emotional Development in the moment, whenever something comes up in class. Objectives are derived from the DfE's Development Matters curriculum, such as learning to:

- See themselves as a valuable individual.
- Build constructive and respectful relationships.
- Express their feelings and consider the feelings of others.

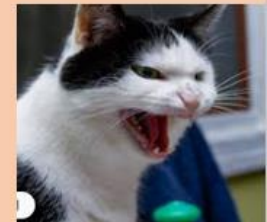
This is an example class charter that the children and their teacher have decided on together at the beginning of the year.



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Example of lesson in KS1

LO: I can judge what kind of physical contact is acceptable, comfortable, and unacceptable.



Children learn about and discuss physical contact, what is acceptable, comfortable or unacceptable in the context of physical contact with cats.



Example of lesson in KS2

Changing adolescent body

- 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 in UKS2 (Years 5&6).



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Example of lesson in UKS2 (Years 5 & 6)

LO: I understand how my body and emotions may change as I approach and move through puberty.

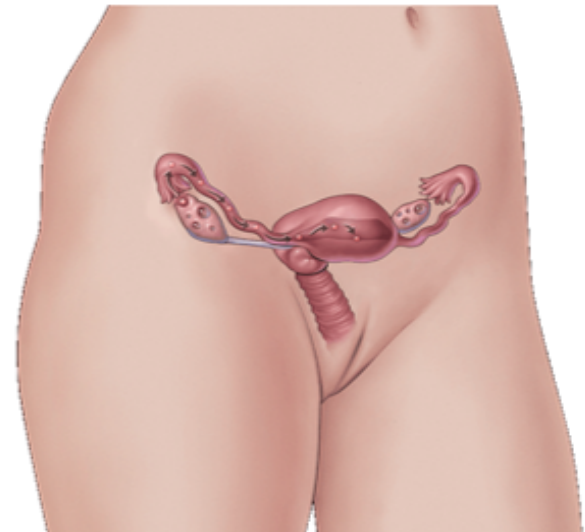
What are Periods?

Periods (menstruation) happen due to the **hormones changing** in your body.

Even before birth, a girl has 1-2 million tiny eggs (Ovum) in her ovaries. When puberty is reached an **egg is released each month from her ovaries.**

The egg moves **from the ovary and along the fallopian tube and down into the (womb) uterus.**

If the egg is not fertilised by a sperm then the **lining of the uterus and the egg leave your body through your vagina;** this is your period.





Putting the Science in RSHE

The following objectives are part of the statutory Science curriculum but also overlap with parts of our relationships curriculum...

I can describe the life cycle of different living things, e.g. mammal, amphibian, insect, bird.

I can describe the differences between different life cycles.

I can describe the life process of reproduction in plants.

I can describe the life process of reproduction in animals.



How can I support my child at home?

EYFS and Key Stage 1

<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/pants-underwear-rule/>

If you would like further support on specific topics, please speak to your child's class teacher.

What are the PANTS rules?





How can I support my child at home?

Key Stage 2

<https://www.redcross.org.uk/first-aid>

<https://www.childline.org.uk/info-advice/you-your-body/puberty/>

<https://www.dove.com/uk/dove-self-esteem-project.html>

<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/pants-underwear-rule/>

If you would like further support on specific topics, please speak to your child's class teacher.

What are the PANTS rules?





Will my child be taught about LGBTQ relationships?

It is firstly important to understand that any reference to adult relationships, whether LGBTQ or heterosexual people is NOT describing sexual activity as this would be inappropriate. Relationships lessons focus on respect and regard between people e.g. friendships and families.

Pupils will be taught about the society in which they are growing up. These subjects are designed to foster respect for others and for difference, and also to educate pupils about healthy relationships. For example, “some families will have two mummies and that’s OK”.

In this manner, pupils will receive teaching on LGBTQ content during their school years. Teaching children about the society that we live in and the different types of loving, healthy relationships that exist can be done in a way that respects everyone.

Will my child be taught about LGBTQ relationships? Continued...

KS1

LGBTQ is not mentioned specifically in lessons for children aged 4-7. However, children will be taught respect for -- and differences between -- families. Often, this is through age-appropriate stories in our PSHE curriculum unit "Families and people who care for me". (For example, *And Tango Makes Three* is a picturebook based on the true story of two male penguins in a New York zoo who successfully raised a baby chick).

KS2

In Lower KS2 (Years 3&4), Children will be taught about relationships through our PSHE curriculum unit "Families and people who care for me", books and assemblies in a similar way to KS1.

In Upper KS2 (Years 5&6), children will be taught about relationships through PSHE, assemblies and books. This will include an introduction to appropriate terminology and the importance of using such vocabulary.

EXCEPTIONS

Children may be exposed to inappropriate language outside of the school classroom and, therefore, could potentially begin using certain terminology in a derogatory way towards others. If such an incident occurred, it may be appropriate for the school to address this behaviour in order to educate the child/children. For example: if, for some reason, a child/children in a class began using the term "lesbian" or "gay" in a derogatory way, it would be appropriate for the school to address this accordingly. This would always be done with the full knowledge of the parents of the children involved.



Misconceptions

From the DfE:

The Department for Education introduced compulsory Relationships and Health Education for primary pupils from September 2020.

Through these subjects, we aim to support all young people to be happy, healthy and safe – we want to equip them for adult life and help them make a positive contribution to society.

Throughout this process, the Department for Education have encountered a wide range of concerns. On the next slide, we have explained some of the common misconceptions around the subjects.



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Frequently asked questions

1. Q: Will my child's school have to engage with me before teaching these subjects?

A: Schools will be required to consult with parents when developing and reviewing their policies for Relationships Education and RSE, which will inform school's decisions on when and how certain content is covered.

2. Q: Will my child be taught sex education at primary? This is too young.

A: We are not introducing compulsory sex education at primary school.

We are teaching Relationships Education at primary, to put in place the building blocks needed for positive and safe relationships of all kinds. This will start with family and friends, how to treat each other with kindness, and recognising the difference between online and offline friendships.

3. Q: Does the new Relationships Education and RSE curriculum take account of my faith?

A: The subjects are designed to help children from all backgrounds build positive and safe relationships, and to thrive in modern Britain.

4. Q: Where can we find out more?

<https://www.gov.uk/government/publications/relationships-sex-and-health-education-guides-for-schools>



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