



Lansbury Lawrence Primary School

Relationships and Health Education (RHE) Policy

Date policy was approved: 18th May 2021

Review date: July 2024

Job title of person(s) responsible for overseeing this policy: Head Teacher

Job title of person(s) writing this policy: Health and Wellbeing Lead

Aim:	<p>The main aims of our school RHE policy are:</p> <ol style="list-style-type: none">1. Lansbury Lawrence Primary School is committed to putting safeguarding at the heart of everything we do, and this includes teaching Relationships and Health Education (RHE) to pupils.2. To teach RHE as outlined by the Department of Education and comply with the relevant provisions of the Equality Act 2010.3. To ensure pupils can keep themselves safe by teaching them factually accurate information so they can make informed decisions and disclosures4. To ensure children understand the changes to their body as they grow and develop and are supported to behave in a mature and responsible way considering these changes.
Context	<p>“Today’s children and young people are growing up in an increasingly complex world and living their lives seamlessly on and offline. This presents many positive and exciting opportunities, but also challenges and risks. In this environment, children and young people need to know how to be safe and healthy, and how to manage their academic, personal and social lives in a positive way.”</p> <p>(Relationships Education, Relationships and Sex Education (RSE) and Health Education: Statutory guidance for governing bodies, proprietors, head teachers, principals, senior leadership teams, teachers (2019) – Secretary of State Foreword, Pg. 4 - https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/908013/Relationships_Education_Relationships_and_Sex_Education_RSE_and_Health_Education.pdf)</p>

CURRICULUM PROVISION and CONTENT

<p>Relationships Education (Statutory)</p>	<ul style="list-style-type: none"> • Families and People Who Care For Me • Caring Relationships • Respectful Relationships • Online Relationships • Being Safe <p>(please refer to Appendix 1 for further detail)</p> <p>(Relationships Education, Relationships and Sex Education (RSE) and Health Education - https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education)</p>
<p>Health Education (Statutory)</p>	<ul style="list-style-type: none"> • Mental Wellbeing • Internet and Safety Harms • Physical Health and Fitness • Healthy Eating • Drugs, Alcohol and Tobacco • Health and Prevention • Basic First Aid • Changing Adolescent Body <p>(please refer to Appendix 1 for further detail)</p> <p>(Relationships Education, Relationships and Sex Education (RSE) and Health Education - https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education)</p>
<p>National Curriculum Science (Statutory)</p>	<p>Key Stage 1:</p> <ul style="list-style-type: none"> • identify, name, draw and label the basic parts of the human body and say which part of the body is associated with each sense. • notice that animals, including humans, have offspring which grow into adults • describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene

	<p>Key Stage 2:</p> <p>Year 5</p> <ul style="list-style-type: none"> • describe the changes as humans develop to old age <p>Year 6</p> <ul style="list-style-type: none"> • recognise that living things produce offspring of the same kind, but normally offspring vary and are not identical to their parents <p>(please refer to Appendix 1 for further detail)</p> <p>(Statutory guidance - National curriculum in England: science programmes of study – Updated 6 May 2015 https://www.gov.uk/government/publications/national-curriculum-in-england-science-programmes-of-study/national-curriculum-in-england-science-programmes-of-study)</p>
<p>Sex Education (Non-Statutory)</p>	<p>The following subjects will not be taught in school but are included here so that parents can discuss them at home:</p> <ul style="list-style-type: none"> • How a baby is conceived and born (DfE recommend in Year 6) • Female Genital Mutilation

MONITORING, EVALUATION and ASSESSMENT

<p>Monitoring and Evaluation</p>	<p>It is important these subjects are consistently monitored to ensure confidence levels of teachers are maintained and the delivery and content is consistent across the school.</p> <p>The quality of teaching in RHE will be monitored in the same way as other subjects through drop-ins carried out by leaders.</p> <p>Pupils' knowledge and understanding will be assessed during lessons using questioning and quizzes.</p>
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THE RIGHT TO WITHDRAW

No Right to Withdraw	There is no parental right to withdraw from Relationships Education, Health Education or the National Curriculum Science as these are a statutory part of the curriculum
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EQUALITY and SAFEGUARDING

Equality	Lansbury Lawrence primary School is committed to protecting children and families against discrimination, whether knowing or unintentional. This includes discrimination against the Protected Characteristics in the Equality Act. It also includes tackling any form of discrimination including racism, disability discrimination, homophobia and gender stereotypes.
Protecting Children	<p>In KS1 we teach pupils the scientific names of all the body parts. This is an important safeguarding precaution. It enables pupils to accurately report abuse if it happens or accurately report medical symptoms if they are unwell. The more children can name the sexual body parts and to know about appropriate and inappropriate touch, the more they are protected from abuse.</p> <p>At Lansbury Lawrence school we have chosen to place the naming of the sexual body parts into the statutory part of the (Relationships Education / Science) curriculum in Year 2 (by the end of KS1)</p> <p>Pupils are also taught about stable, caring, healthy family life and friendships and how to recognise if relationships are making them unhappy or unsafe. Lessons cover staying safe both online and offline, how to identify risks online, harmful online content and contact and how to report it. Pupils will also learn how to seek help and advice from others.</p> <p>Pupils will be taught about different types of families, in order that all children feel welcomed and included in school from the very beginning of their school life.</p>

	LBTH also recommends that lessons about puberty begin in Year 4, to prepare children for puberty and menstruation for girls, before it occurs. At Lansbury Lawrence, we will teach this in single-sex groups.
SEND	The delivery of the content will be made accessible to all pupils, including those with SEND.
Disclosures	Any disclosures should follow the schools agreed safeguarding procedures. (see safeguarding policy)

RESOURCES

Teaching Resources	<p>Lansbury Lawrence Primary School is committed to using diagrams, rather than pictures, and where appropriate, to teach single sex lessons with a teacher of the same gender as the pupils in that lesson.</p> <p>The school will use teaching resources recommended by the PSHE association (see RHE Curriculum document)</p> <p>Resources will be made available for parents to support home learning and allow for further discussion.</p>
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CONSULTATION AND PARTNERSHIPS

Parents	Our relationship with parents/carers is very important and we aim to support them with a consultation survey on our RHE curriculum content, and inform them where they can share any comments and concerns they may have about any aspect of the RHE provision.
Staff	The school holds staff meetings and training on RHE to ensure that all staff feel confident to deliver this content and can provide information to parents on the curriculum content covered in their class

	Staff should ensure that all pupils, including pupils with SEND, can access the curriculum in an age-appropriate and culturally sensitive way; this includes faith sensitive awareness training.
Governors	Governors, in conjunction with the Headteacher and SLT agree the RHE policy and decide how RHE is taught within the school

APPENDIX 1

Supporting Statements

We recognise that there are a range of views around some HRE topics that reflect personal and religious beliefs held in the home. The statements below are to be used as standard responses to ensure that all staff respond appropriately in a faith sensitive way in class or individual discussions.

Regarding different families:

There are some religions and cultures that believe marriage should only be between a man and a woman. However, there are different types of family structures that children will learn about. For example, there may be a family where two men or two women have chosen to live together, marry or bring up children. We should treat people from all family structures with respect. If you want to know what your religion believes, ask an adult at home.

Regarding body parts:

Your body is made up of different parts: some parts are visible while other parts are private. You may use different names for your private parts at home and some of these may not be appropriate to use. At Lansbury Lawrence we will be learning the correct scientific names of these parts. If you use or know different names or have other questions, you can ask an adult at home.

Regarding gender:

There are some people who identify as a different gender to the one they were born with. We should treat people of all genders with equal respect. If you have any questions about this, please talk to your adults at home.

APPENDIX 2

LBTH Primary Schools RHE Mapping

Relationships, Health, Sex Education and Science – Tower Hamlets

<p>DfE Statutory Guidance Relationships Education</p> <p>(Relationships Education, Relationships and Sex Education (RSE) and Health Education https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education)</p>	<p>Statutory Guidance National Curriculum Science</p> <p>(Statutory guidance - National curriculum in England: science programmes of study – Updated 6 May 2015 https://www.gov.uk/government/publications/national-curriculum-in-england-science-programmes-of-study/national-curriculum-in-england-science-programmes-of-study)</p>	<p>DfE Statutory Guidance Physical Health and Mental Wellbeing (Health Education)</p> <p>(Relationships Education, Relationships and Sex Education (RSE) and Health Education https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education)</p>
<p>By the end of primary school pupils should know:</p> <p>Families and people who care for me</p> <ul style="list-style-type: none"> • that families are important for children growing up because they can give love, security and stability. • the characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other’s lives. • that others’ families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children’s families are also characterised by love and care 	<p>Key Stage 1:</p> <ul style="list-style-type: none"> • identify, name, draw and label the basic parts of the human body and say which part of the body is associated with each sense. • notice that animals, including humans, have offspring which grow into adults • describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene <p>Key Stage 2:</p> <p>Year 5</p>	<p>By the end of primary school pupils should know:</p> <p>Mental Wellbeing</p> <ul style="list-style-type: none"> • that mental wellbeing is a normal part of daily life, in the same way as physical health. • that there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations • how to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others’ feelings. • how to judge whether what they are feeling and how they are behaving is appropriate and proportionate.

<ul style="list-style-type: none"> • that stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children’s security as they grow up. • that marriage* represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong. • how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed. <p>*Marriage in England and Wales is available to both opposite and same sex couples. The Marriage (Same Sex Couples) Act 2013 extended marriage to same sex couples in England and Wales. The ceremony through which a couple get married may be civil or religious.</p> <p>Caring friendships</p> <ul style="list-style-type: none"> • how important friendships are in making us feel happy and secure, and how people choose and make friends. • the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and 	<ul style="list-style-type: none"> • describe the changes as humans develop to old age <p>Year 6</p> <ul style="list-style-type: none"> • recognise that living things produce offspring of the same kind, but normally offspring vary and are not identical to their parents <p>From the DfE guidance:</p> <p>Puberty</p> <p>“The content set out in this guidance covers everything that primary schools should teach about relationships and health, including puberty. The national curriculum for science also includes subject content in related areas, such as the main external body parts, the human body as it grows from birth to old age* (including puberty) and reproduction in some plants and animals”.</p> <p>“106. At key stages 1 and 2, the national curriculum for science includes teaching about the main external parts of the body</p>	<ul style="list-style-type: none"> • the benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness. • simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests. • isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support. • that bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing. • where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else’s mental wellbeing or ability to control their emotions (including issues arising online). • it is common for people to experience mental ill health. For many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough. <p>Internet safety and harms</p> <ul style="list-style-type: none"> • that for most people the internet is an integral part of life and has many benefits. • about the benefits of rationing time spent online, the risks of excessive time spent on
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<p>experiences and support with problems and difficulties.</p> <ul style="list-style-type: none"> • that healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded. • that most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right. • how to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed. <p>Respectful relationships</p> <ul style="list-style-type: none"> • the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs. • practical steps they can take in a range of different contexts to improve or support respectful relationships. • the conventions of courtesy and manners. • the importance of self-respect and how this links to their own happiness. 	<p>and changes to the human body as it grows from birth to old age, including puberty”</p>	<p>electronic devices and the impact of positive and negative content online on their own and others’ mental and physical wellbeing.</p> <ul style="list-style-type: none"> • how to consider the effect of their online actions on others and know how to recognise and display respectful behaviour online and the importance of keeping personal information private. • why social media, some computer games and online gaming, for example, are age restricted. • that the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health. • how to be a discerning consumer of information online including understanding that information, including that from search engines, is ranked, selected and targeted. • where and how to report concerns and get support with issues online. <p>Physical health and fitness</p> <ul style="list-style-type: none"> • the characteristics and mental and physical benefits of an active lifestyle. • the importance of building regular exercise into daily and weekly routines and how to achieve this; for example walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise.
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- that in school and in wider society they can **expect to be treated with respect** by others, and that in turn they **should show due respect to others**, including those in positions of authority
- about **different types of bullying** (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help.
- what a **stereotype is**, and how stereotypes can be unfair, negative or destructive.
- the importance of **permission-seeking** and giving in relationships with friends, peers and adults.

Online relationships

- that people sometimes **behave differently online**, including by pretending to be someone they are not.
- that the **same principles apply to online relationships as to face-to-face relationships**, including the importance of respect for others online including when we are anonymous.
- the rules and principles for **keeping safe online**, how to recognise risks, harmful content and contact, and how to report them.
- how to **critically consider** their online friendships and sources of information

- the **risks associated with an inactive lifestyle** (including obesity).
- **how and when to seek support** including which adults to speak to in school if they are worried about their health.

Healthy eating

- what constitutes a **healthy diet** (including understanding calories and other nutritional content).
- the principles of **planning and preparing a range of healthy meals**.
- the characteristics of a **poor diet** and **risks** associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health).

By the end of primary school Pupils should know:

Drugs, alcohol and tobacco

- the facts **about legal and illegal harmful substances** and associated risks, including **smoking, alcohol use and drug-taking**.

Health and prevention

- how to recognise **early signs of physical illness**, such as weight loss, or unexplained changes to the body.

<p>including awareness of the risks associated with people they have never met.</p> <ul style="list-style-type: none"> • how information and data is shared and used online. <p>Being safe</p> <ul style="list-style-type: none"> • what sorts of boundaries are appropriate in friendships with peers and others (including in a digital context). • about the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe. • that each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact. • how to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know. • how to recognise and report feelings of being unsafe or feeling bad about any adult. • how to ask for advice or help for themselves or others, and to keep trying until they are heard. 		<ul style="list-style-type: none"> • about safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer. • the importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn. • about dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist. • about personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing. • the facts and science relating to allergies, immunisation and vaccination. <p>Basic first aid</p> <ul style="list-style-type: none"> • how to make a clear and efficient call to emergency services if necessary. • concepts of basic first-aid, for example dealing with common injuries, including head injuries. <p>Changing adolescent body</p> <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.
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<ul style="list-style-type: none"> • how to report concerns or abuse, and the vocabulary and confidence needed to do so. • where to get advice e.g. family, school and/or other sources. 		
<p>From the DfE guidance:</p> <p>Lesbian, Gay, Bisexual and Transgender (LGBT)</p> <p>“In teaching Relationships Education and RSE, schools should ensure that the needs of all pupils are appropriately met, and that all pupils understand the importance of equality and respect. Schools must ensure that they comply with the relevant provisions of the Equality Act 2010, (please see The Equality Act 2010 and schools: Departmental advice), under which sexual orientation and gender reassignment are amongst the protected characteristics”.</p>		