



Statutory Relationships Education and Health Education

 Department
for Education

**Relationships
Education,
Relationships and
Sex Education (RSE)
and Health Education**

Statutory guidance for governing bodies,
proprietors, head teachers, principals, senior
leadership teams, teachers

Why is it changing?



- The Children and Social Work Act 2017 introduced a new legislation on Relationships Education, Relationships and Sex Education, and Health Education in schools
- Concerns about sexual abuse and exploitation
- Risks associated with children growing up in a digital world



What/who has driven these changes?



According to a YouGov poll (2016) 92% of parents agree that pupils should be given PSHE lessons about staying safe from abuse and unsafe contact from strangers, both online and offline.

In 2017, Mumsnet users were asked if PSHE should be a statutory subject in all state-sector schools. 90% agreed that PSHE should be compulsory.



What is changing?



Relationships Education (RE)	Relationships and Sex Education (RSE)	Health Education (HE)
<p>All schools which are providing primary education, including all-through schools and middle schools (includes schools as set out in the Summary section of the 'Draft guidance').</p>	<p>All schools which are providing secondary education, including all-through schools and middle schools (includes schools as set out in the Summary section of the 'Draft guidance').</p> <p>Sex education is voluntary at Primary level and individual schools can decide their own approach.</p>	<p>All maintained schools including schools with a sixth form, academies, free schools, non maintained special schools and alternative provision, including pupil referral units.</p> <p>The statutory requirement to provide Health Education does not apply to independent schools – PSHE is already compulsory as independent schools must meet the Independent School Standards as set out in the Education (Independent School Standards) Regulations 2014.</p>



Teaching Expectations



Relationships Education (Primary)	Health Education (Primary)
<ul style="list-style-type: none">• Families and people who care for me• Caring friendships• Respectful relationships• Online relationships• Being safe	<ul style="list-style-type: none">• 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

For more details on each subject area, please visit: www.gov.uk



Our chosen resources



To enable us to fulfil these new statutory requirements, we have chosen a high quality resource to support teachers in their delivery.

1decision is a bank of video based lessons, which provide distancing techniques to subtly approach topics to enable students to explore sensitive subjects in a safe and structured environment.



Our chosen resources



Shortlisted for the Teach Primary Awards in 2018, 1decision has been developed over the last seven years and has been kitemarked to the highest standard within this area of education.

Children are consistently surrounded by high quality imagery and we have chosen this resource as we feel it will support children in exceeding expectations within the new statutory subject areas.



Our chosen resources



1decision provides video and lesson content, together with engaging activities which highlight students' progression and gaps in their learning.

Student Workbooks track attainment and parents will clearly be able to see how their children are progressing in each of the new subject areas. 1decision also allows students to assess their own learning through 'Student Self-Assessment' worksheets.



Year 1

End of KS1 expectations

Respectful Relationships (R)

Practical steps they can take in a range of different contexts to improve or support respectful relationships

Caring Friendships (R)

The characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties.



Friendship

Learning Outcomes

By the end of the lesson, you should:



- Understand how to be a good friend
- Be able to recognise kind and thoughtful behaviours
- Understand the importance of caring about other people's feelings
- Be able to see a situation from another person's point of view

Year 2

End of KS1 expectations

Respectful relationships (R)

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.



Bullying

Learning Outcomes

By the end of the lesson, you should:



- Be able to name a range of feelings
- Understand why we should care about other people's feelings
- Be able to see and understand bullying behaviours
- Know how to cope with these bullying behaviours

Year 2

End of KS1 expectations

Caring friendships (R)

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.



Body Language

Learning Outcomes

By the end of the lesson, you should:



- Be able to recognise and name a range of feelings
- Understand that feelings can be shown without words
- Be able to see a situation from another person's point of view
- Understand why it is important to care about other people's feelings

Year 3

End of KS2 expectations

Being Safe (R)

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.



Touch

Learning Outcomes

By the end of the lesson, you should:



- Understand the difference between appropriate and inappropriate touch
- Know why it is important to care about other people's feelings
- Understand personal boundaries
- Know who and how to ask for help

Year 4

End of KS2 expectations

Families and people who care for me (R)

How to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed.

Caring friendships

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

Being Safe

How to report concerns or abuse, and the vocabulary and confidence needed to do so



Relationships

Learning Outcomes

By the end of the lesson, you should be able to:



- identify the different types of relationships we can have and describe how these can change as we grow
- explain how our families support us and how we can support our families
- identify how relationships can be healthy or unhealthy
- explain how to ask for help and identify who can help us if a relationship makes us feel uncomfortable

Year 5 – Health education

End of KS2 expectations

Changing Adolescent Body (H)

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.



Puberty

Learning Outcomes

By the end of the lesson, you should be able to:



- explain what puberty means
- describe the changes that boys and girls may go through during puberty
- identify why our bodies go through puberty
- develop coping strategies to help with the different stages of puberty
- identify who and what can help us during puberty

Year 6

End of KS2 expectations

Science curriculum – conception in animals



Conception

Learning Outcomes

By the end of the lesson, you should be able to:



- explain the terms 'conception' and 'reproduction'
- describe the function of the female and male reproductive systems
- identify the various ways adults can have a child
- explain various different stages of pregnancy
- identify the laws around consent