

# Information Evening

## Relationship and Health Education

### Intentions:-

- 1.To explore the Relationships and Health Education: how, what and when we intend to teach our children.
- 2.To address concerns and questions around teaching Relationship and Health Education.
- 3.Understand the school's legal obligations on Relationships and Health Education (from September 2026)



# PSHE

- No such thing as a silly question.
- Show respect to one another.
- Make no assumptions if you mention something (e.g. knowledge from tv programmes etc).
- Everyone's view is equal.
- Inclusive of all by using examples from all communities and not criticising others for their views and opinions.
- There is no right or wrong answers; we will only correct where there is law / fact.
- Confidentiality: can't be guaranteed.
- No one is forced to give a view or opinion.



# Why is PSHE important?

- Supporting students to make their **own** informed decision-making from accurate sources of information
- Knowledge and capability to stay safe and healthy
- Age appropriate, sensitively and inclusively.
- Preparation for the modern world
- Manage their personal and social lives in a positive way.
- Understanding their place in an open and plural society; understand, accept and include people with backgrounds different to their own.



# Think about...

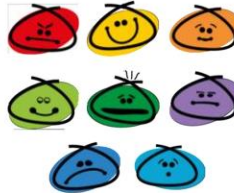
- Where and when did you learn about relationships? Was this at the right time?
- Was this the best way?
- Was there anything that you didn't understand and was therefore frightened / unsure about?
- Has the world changed since then?
- How has the world changed between 2000 and now?



# Experiences a child might have by end of primary school ...



**HATE  
CRIME**



# What children might witness...



# Schools must comply with:

- The Equalities Act 2010
- Keeping Children Safe in Education (Safeguarding)
- Statutory Guidance: Relationship, Health and Sex Education (June 2026)
- OFSTED Guidance.
- Green Paper: Mental Health and Wellbeing.
- British Values: Democracy, Mutual Respect, Rule of Law, Individual Liberty, Tolerance of others
- National Curriculum: Science
- Many other pieces of legislation designed to keep children safe.



# From September 2026: All students must be taught about...

## Relationship Education

- Families and people who care for me
- Caring Friendships
- Respectful, kind relationships
- Online safety and awareness
- Being safe

## Health Education

- General wellbeing
- Wellbeing online
- Physical health and fitness
- Healthy eating
- Drugs, alcohol, tobacco and vaping
- Health protection and prevention
- Personal safety
- Basic first aid
- Developing bodies

Parents of primary-age children have the right to withdraw their children from some or all of Sex Education that is outside the Science Curriculum, but not to withdraw from Relationships Education, Health Education or Science.



# Sex education is mis-named and misleading...

Sex Education is not really about sex!

Government emphasis is on Relationships and Health Education!

‘Sex Education’ at primary school only includes:

1. Puberty
2. Human reproduction



# From September 2026:

Legally...

1. Schools MUST teach the Science curriculum which includes some 'sex education' in Year 5.
2. The DFE guidance 2026 requires schools publish their policy on RHE which can be found on the school website.  
(Sex and Relationships Education)



# What must schools teach under the Science Curriculum?

## Year 1

- identify, name, draw and label the basic parts of the human body and say which part of the body is associated with each sense.

## Year 2

- notice that animals, including humans, have offspring which grow into adults.  
(Non-statutory note: Pupils should be introduced to ...the processes of reproduction and growth in animals. The focus at this stage should be on questions that help pupils to recognise growth; they should not be expected to understand how reproduction occurs)

## Years 3 and 4

- Nothing in Science curriculum related to puberty or reproduction.



# What must schools teach under the Science Curriculum?

## Year 5

- describe the differences in the life cycles of a mammal, an amphibian, an insect and a bird
- describe the life process of reproduction in some plants and animals
  - (Non-statutory note: Pupils should find out about different types of reproduction, including sexual and asexual reproduction in plants, and sexual reproduction in animals).
- describe the changes as humans develop to old age.
  - (Non-statutory note: Pupils should draw a timeline to indicate stages in the growth and development of humans. They should learn about the changes experienced in puberty.
  - Pupils could work scientifically by researching the gestation periods of other animals and comparing them with humans; by finding out and recording the length and mass of a baby as it grows)



# What must schools teach under the Science Curriculum?

## Year 6

- recognise that living things produce offspring of the same kind, but normally offspring vary and are not identical to their parents



Here at St Margaret's we have decided not to teach any of the non-statutory 'sex' education as we feel that our science curriculum covers everything that our children need to know before they leave us in Year 6.

Jigsaw™

# Jigsaw Curriculum

## The Jigsaw<sup>TM</sup> Charter

We take turns to speak

We use kind and positive words

We listen to each other

We have the right to pass

We only use names when giving compliments or when being positive

We respect each other's privacy  
(confidentiality)

- Whole school approach.
- Curriculum taught in over 2500 schools nationally.
- Approved resource from the PSHE Association and Sex Education Forum.
- Author: 30 years experience as a teacher, LA advisor and psychotherapist. Recognised partner of the PSHE Association and Sex Education Forum. Based on research and best practice throughout the UK and the world.



# Whole-school approach from 3-11



Spiralised curriculum: Start early and take a developmental approach; relevant to pupils' depending on their age and maturity

- **Autumn Term 1:** Being Me in My World
- **Autumn Term 2:** Celebrating Differences
- **Spring Term 1:** Dreams and goals
- **Spring Term 2:** Healthy me
- **Summer Term 1:** Relationships
- **Summer Term 2:** Changing me



- Relationships
- Values
- Mental health
- Self-esteem
- Social skills
- Safeguarding (internet safety)
- Staying clean and healthy
- Safety outside of the home
- equality

# EYFS

Age	Being Me in My World	Celebrating Differences	Dreams and Goals	Healthy Me	Relationships	Changing Me
3-4 years (EYFS)	<ul style="list-style-type: none"> <li>• who... Me?!</li> <li>• How am I feeling today?</li> <li>• Being at nursery/pre-school</li> <li>• Gentle hands</li> <li>• Our rights (nursery/pre-school charter)</li> <li>• Our responsibilities</li> </ul>	<ul style="list-style-type: none"> <li>• What am I good at?</li> <li>• I'm special, I'm me!</li> <li>• Families</li> <li>• Homes</li> <li>• Making friends</li> <li>• Standing up for yourself</li> </ul>	<ul style="list-style-type: none"> <li>• Challenge</li> <li>• Never giving up</li> <li>• Setting a goal</li> <li>• Obstacles and support</li> <li>• Flight to the future</li> <li>• Footprint awards</li> </ul>	<ul style="list-style-type: none"> <li>• Everybody's body</li> <li>• We like to move it, move it!</li> <li>• Food glorious food</li> <li>• Sweet dreams</li> <li>• Keeping clean</li> <li>• Safe adult</li> </ul>	<ul style="list-style-type: none"> <li>• My family and me!</li> <li>• Make friends, make friends, never ever break friends part 1</li> <li>• Make friends, make friends, never ever break friends part 2</li> <li>• Falling out and bullying part 1</li> <li>• Falling out and bullying part 2</li> <li>• Being the best friends we can be</li> </ul>	<ul style="list-style-type: none"> <li>• My body</li> <li>• Respecting my body</li> <li>• Growing up</li> <li>• Growth and change</li> <li>• Fun and fears</li> <li>• Celebration</li> </ul>

Not taught  
 Changed slightly  
 New lesson  
 No change

# EYFS

Age	Being Me in My World	Celebrating Differences	Dreams and Goals	Healthy Me	Relationships	Changing Me
4-5 years (EYFS)	<ul style="list-style-type: none"> <li>Who...me?!</li> <li>How am I feeling today?</li> <li>Being at school</li> <li>Gentle hands</li> <li>Our rights</li> <li>Our responsibilities</li> </ul>	<ul style="list-style-type: none"> <li>What am I good at?</li> <li>I'm special, I'm me!</li> <li>Families</li> <li>Homes</li> <li>Making friends</li> <li>Standing up for yourself</li> </ul>	<ul style="list-style-type: none"> <li>Challenge</li> <li>Never giving up</li> <li>Setting a goal</li> <li>Obstacles and support</li> <li>Flight to the future</li> <li>Footprint awards</li> </ul>	<ul style="list-style-type: none"> <li>Everybody's body</li> <li>We like to move it, move it!</li> <li>Food glorious food</li> <li>Sweet dreams</li> <li>Keeping clean</li> <li>Safe adults</li> </ul>	<ul style="list-style-type: none"> <li>My family and me!</li> <li>Make friends, make friends, never ever break friends part 1</li> <li>Make friends, make friends, never ever break friends part 2</li> <li>Falling out and bullying part 1</li> <li>Falling out and bullying part 2</li> <li>Being the best friends we can be</li> </ul>	<ul style="list-style-type: none"> <li>My body</li> <li>Respecting my body</li> <li>Growing up</li> <li>Fun and fears part 1</li> <li>Fun and fears part 2</li> <li>Celebration</li> </ul>

Not taught  
 Changed slightly  
 New lesson  
 No change

# Year 1

Age	Being Me in My World	Celebrating Differences	Dreams and Goals	Healthy Me	Relationships	Changing Me
5-6 years (Year 1)	<ul style="list-style-type: none"> <li>Feeling special and safe</li> <li>My class</li> <li>Rights and responsibilities</li> <li>Rewards and feeling proud</li> <li>Consequences</li> <li>Owning and following out learning charter</li> </ul>	<ul style="list-style-type: none"> <li>The same as... (accepting everyone is different)</li> <li>Different from... (including others)</li> <li>What is bullying?</li> <li>What do I do about bullying?</li> <li>Making new friends</li> <li>Celebrating difference; celebrating me (compliments)</li> </ul>	<ul style="list-style-type: none"> <li>My treasure chest of success</li> <li>Steps to goals</li> <li>Achieving together</li> <li>Stretchy learning (challenges)</li> <li>Overcoming obstacles</li> <li>Celebrating my success</li> </ul>	<ul style="list-style-type: none"> <li>Being healthy</li> <li>Healthy choices</li> <li>Clean and healthy</li> <li>Medicine safety</li> <li>Road safety</li> <li>Happy, healthy me (keep my body safe)</li> </ul>	<ul style="list-style-type: none"> <li>Families (types of families)</li> <li>Making friends</li> <li>Greetings</li> <li>People who help us</li> <li>Being my own best friend</li> <li>Celebrating my special relationships (appreciating people)</li> </ul>	<ul style="list-style-type: none"> <li>Life cycles</li> <li>Changing me</li> <li>My changing body</li> <li>Boys and girls' bodies</li> <li>Learning and growing</li> <li>copying with changes</li> </ul>

Not taught  
 Changed slightly  
 New lesson  
 No change

# Year 2

Age	Being Me in My World	Celebrating Differences	Dreams and Goals	Healthy Me	Relationships	Changing Me
6-7 years (Year 2)	<ul style="list-style-type: none"> <li>Hopes and fears for the year</li> <li>Rights and responsibilities</li> <li>Rewards and consequences</li> <li>Rewards and consequences (scenarios)</li> <li>Our learning charter</li> <li>Owning our learning charter (recognise choices)</li> </ul>	<ul style="list-style-type: none"> <li>Assumptions</li> <li>Stereotypes</li> <li>What does bullying happen?</li> <li>Standing up for myself and others</li> <li>We're all different</li> <li>Celebrating difference and still being friends</li> </ul>	<ul style="list-style-type: none"> <li>Goals to success</li> <li>Being healthy</li> <li>Learning with others</li> <li>A group challenge</li> <li>Being relaxed</li> <li>Celebrating our achievement</li> </ul>	<ul style="list-style-type: none"> <li>Healthy eating</li> <li>Healthy eating</li> <li>Keeping safe at home</li> <li>Safe outside</li> <li>Medicine safety</li> <li>Happy, healthy me!</li> </ul>	<ul style="list-style-type: none"> <li>Families (family members)</li> <li>Keeping safe-exploring physical contact (acceptable and unactable contact)</li> <li>Friends and conflict</li> <li>Secrets</li> <li>Trust and appreciation</li> <li>Celebrating my special relationships (appreciating people)</li> </ul>	<ul style="list-style-type: none"> <li>Life cycles in nature</li> <li>Growing from young to old</li> <li>The changing me</li> <li>Boys and girls' bodies</li> <li>Assertiveness</li> <li>Looking ahead</li> </ul>

Not taught  
 Changed slightly  
 New lesson  
 No change

# Year 3

Age	Being Me in My World	Celebrating Differences	Dreams and Goals	Healthy Me	Relationships	Changing Me
7-8 years (Year 3)	<ul style="list-style-type: none"> <li>• Getting to know each other</li> <li>• Our nightmare school</li> <li>• Our dream school</li> <li>• Rewards and consequences</li> <li>• Our learning charter</li> <li>• Owning our learning charter</li> </ul>	<ul style="list-style-type: none"> <li>• Families</li> <li>• Family conflict</li> <li>• Witness and feelings</li> <li>• Witness and solutions</li> <li>• Words that harm</li> <li>• Celebrating difference: compliments</li> </ul>	<ul style="list-style-type: none"> <li>• Dreams and goals</li> <li>• My dreams and ambitions</li> <li>• Feeling safe helps me grow</li> <li>• Choices that help us grow</li> <li>• Our new challenge-overcoming obstacles</li> <li>• Celebrating my learning</li> </ul>	<ul style="list-style-type: none"> <li>• Fit and healthy</li> <li>• Food and energy</li> <li>• What do I know about drugs?</li> <li>• Being safe and getting help</li> <li>• Safe or unsafe</li> <li>• My amazing body</li> </ul>	<ul style="list-style-type: none"> <li>• Family roles and responsibilities</li> <li>• Friendship</li> <li>• Global connections and thinking critically</li> <li>• Rights, needs and wellbeing</li> <li>• Being a global citizen</li> <li>• Celebrating my web of relationships</li> </ul>	<ul style="list-style-type: none"> <li>• How babies grow</li> <li>• Outside body changes</li> <li>• Inside body changes</li> <li>• Keeping ourselves clean</li> <li>• Family stereotypes</li> <li>• Looking ahead</li> </ul>

Not taught  
 Changed slightly  
 New lesson  
 No change

# Year 4

Age	Being Me in My World	Celebrating Differences	Dreams and Goals	Healthy Me	Relationships	Changing Me
8-9 years (Year 4)	<ul style="list-style-type: none"> <li>• Becoming a class 'team'</li> <li>• Being a school citizen</li> <li>• Rights, responsibilities and democracy</li> <li>• Rewards and consequences</li> <li>• Our learning charter</li> <li>• Owning out learning charter</li> </ul>	<ul style="list-style-type: none"> <li>• Judging by appearances</li> <li>• Understanding influences</li> <li>• Understanding bullying</li> <li>• Problem-solving</li> <li>• Special me</li> <li>• Celebrating difference: how we look</li> </ul>	<ul style="list-style-type: none"> <li>• Hopes and dreams</li> <li>• Broken dreams</li> <li>• Overcoming disappointment</li> <li>• Creating new dreams</li> <li>• Achieving goals</li> </ul>	<ul style="list-style-type: none"> <li>• My friends and me</li> <li>• Keeping safe with friends</li> <li>• Smoking and vaping</li> <li>• Alcohol</li> <li>• Healthy friendships</li> <li>• Celebrating my inner strength and assertiveness</li> </ul>	<ul style="list-style-type: none"> <li>• Jealousy</li> <li>• Love and loss</li> <li>• Memories</li> <li>• Getting on and falling out</li> <li>• Girlfriends and boyfriends</li> <li>• Celebrating my relationship with people and animals</li> </ul>	<ul style="list-style-type: none"> <li>• Unique me</li> <li>• Puberty and menstruation</li> <li>• Being part of a family</li> <li>• Circles of change</li> <li>• Accepting change</li> <li>• Looking ahead</li> </ul>

Not taught  
 Changed slightly  
 New lesson  
 No change

# Year 5

Age	Being Me in My World	Celebrating Differences	Dreams and Goals	Healthy Me	Relationships	Changing Me
9-10 years (Year 5)	<ul style="list-style-type: none"> <li>• My year ahead</li> <li>• Being a citizen of my country</li> <li>• Responsibilities</li> <li>• Rewards and consequences</li> <li>• Our learning charter</li> <li>• Owing our learning charter</li> </ul>	<ul style="list-style-type: none"> <li>• Different cultures</li> <li>• Racism</li> <li>• Rumours and name-calling</li> <li>• Types of bullying</li> <li>• Does money matter?</li> <li>• Celebrating difference across the world</li> </ul>	<ul style="list-style-type: none"> <li>• When I grow up (my dream lifestyle)</li> <li>• Keeping track of money</li> <li>• My dream job</li> <li>• Dreams and goals of young people in other cultures</li> <li>• How can we support each other?</li> <li>• Rallying support</li> </ul>	<ul style="list-style-type: none"> <li>• Smoking and vaping</li> <li>• Alcohol</li> <li>• Emergency aid</li> <li>• Body image</li> <li>• My relationship with food</li> <li>• Healthy me</li> </ul>	<ul style="list-style-type: none"> <li>• Recognising me</li> <li>• Safety with online communities</li> <li>• Being in an online community</li> <li>• Online gaming</li> <li>• My relationship with technology: screen time</li> <li>• My relationship with technology: staying happy and safe online</li> </ul>	<ul style="list-style-type: none"> <li>• Self and body image</li> <li>• Puberty for girls</li> <li>• Puberty for boys</li> <li>• Conception</li> <li>• Looking ahead 1</li> <li>• Looking ahead 2</li> </ul>

Not taught  
 Changed slightly  
 New lesson  
 No change

# Year 6

Age	Being Me in My World	Celebrating Differences	Dreams and Goals	Healthy Me	Relationships	Changing Me
10-11 years (Year 6)	<ul style="list-style-type: none"> <li>• My year ahead</li> <li>• Being a global citizen 1</li> <li>• Being a global citizen 2</li> <li>• The learning charter</li> <li>• Our learning charter</li> <li>• Owing our learning charter</li> </ul>	<ul style="list-style-type: none"> <li>• Am I normal?</li> <li>• Understanding difference</li> <li>• Power struggles</li> <li>• Why bully</li> <li>• Celebrating difference</li> <li>• Celebrating difference</li> </ul>	<ul style="list-style-type: none"> <li>• Personal learning goals</li> <li>• Steps to success</li> <li>• My dream for the world</li> <li>• Helping to make a difference</li> <li>• Helping to make a difference</li> <li>• Recognising our achievements</li> </ul>	<ul style="list-style-type: none"> <li>• Taking responsibility for my health and well-being</li> <li>• Drugs</li> <li>• Exploitation</li> <li>• Gangs</li> <li>• Emotional and mental health</li> <li>• Managing stress and pressure</li> </ul>	<ul style="list-style-type: none"> <li>• What is mental health?</li> <li>• My mental health</li> <li>• Love and loss</li> <li>• Power and control</li> <li>• Being online: real or fake? Safe or unsafe?</li> <li>• Using technology responsibly</li> </ul>	<ul style="list-style-type: none"> <li>• My self-image</li> <li>• Puberty</li> <li>• Babies: conception to birth</li> <li>• Boyfriends and girlfriends</li> <li>• Adolescent friendships</li> <li>• Real self and ideal self</li> <li>• The year ahead</li> </ul>

Not taught  
 Changed slightly  
 New lesson  
 No change

## RHE Key changes...

- safety education
- online safety and digital literacy
- health protection and prevention
- personal hygiene
- relationships and safeguarding
- financial education
- identity and belonging

# Talking to your child about Relationship and Health Education...



**AVOID**

**One big chat...**



**FACTS**

**School website**



**THINK POSITIVE, & POSITIVE THINGS WILL HAPPEN**



- 0 to 3 years
- 4 to 10 years
- 11 to 19 years



Any questions...

