

Relationships and Health Education at Aston Tower

Information for parents

Schools have a legal duty to teach Relationships and Health Education. This means that we **DO NOT** teach sex education. This is taught at secondary school.

At Aston Tower in Relationships and Health Education we teach about the importance of **relationships** and **keeping healthy: mentally and physically**.

When we teach about **relationships** we help children to learn about:

- Families and people who care for them
- What is a caring friendship?
- Being safe online
- Respectful relationships
- About bullying
- Treating other unfairly
- Permission seeking and about personal privacy

This helps the children to understand the importance of, and how to form healthy relationships with others.

Teaching about families will help pupils know that there are different types of families and to be respectful of them. We do this sensitively.

We also teach pupils to keep themselves safe in relationships, that they have a right for privacy and to say no to others. We teach pupils to know how to keep safe.

When we teach about keeping healthy we teach them:

- The importance of physical fitness and health
- The importance of emotional and mental well-being
- How to eat healthily
- The risks of drugs, tobacco and alcohol
- First aid
- Growing up- changes to our bodies as we get older in primary school.

We have been teaching about body changes for many years. This involves teaching children in Years 4, 5 and 6 about puberty and growing up. Boys and girls are taught in separate rooms for these lessons. Also, male teacher will teach this to the boys and female teachers to the girls. We always send parents information about what we will teach children in this areas before we start.

Can parents withdraw my child from Relationships and Health Education lessons?

In primary schools the relationships and health parts of the curriculum must be taught. Sex education is not compulsory in a primary school and so we will not teach this part. Therefore, you cannot withdraw your child from the relationships and health education lessons.

Will my child be taught about LGBT relationships?

We do not teach *No Outsiders* lessons. However, pupils are taught about the society in which they are growing up. The oldest children will learn that in our society that there are different types of families and to be respectful of all types.