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Dear Parents and Carers,

Next term, in PSHE we will be on our RSHE unit (Relationships and health education). This is all about how children form relationships with their peers and those around them. They will learn how they can follow our fundamental British Values to be tolerant of one another's differences. The unit follows the key strands: Friendships, family and growing up/ health/ consent. RSHE is the statutory part of the PSHE curriculum that schools are required to teach.

Friendships: Children will explore what makes a good friend, how to resolve friendship issues, what is bullying, how to spot or stand up to discrimination and to learn about how their peers may be different to them, but we still treat each other with respect. We will look at the protected characteristics and you will see these integrated across the yeargroups in the overview document below.

Family: Children will learn about what makes up a family, how different families can look different (different family structures/ culture/ religions etc), how we can be respectful to a family that looks different to our own.

Growing up/ health and consent: Children across school are taught that consent means to ask permission. They can give consent for photos/ hugs/ sharing information etc. In year 4, we will learn about periods. This is following NHS guidelines. In year 5, we will learn about puberty and changes to our bodies. This will also this year be done in Year 6 due to the previous mixed year group cycle. In year 6, we have also included a "how are babies made?" lesson. This lesson focuses on biological processes and does not focus on the 'act'.

The other strand to this unit is to understand that consent means permission. Children will learn that only they have control over their bodies, they will learn to respect personal space and ask for hugs. They will talk about photo sharing consent or consent for trips etc. They will begin to establish their own boundaries. In Year 4, children will learn about periods. In Year 5 and 6, we will look at puberty. The family strand of this unit focuses on understanding different family structures/ cultures and how to be tolerant of these.

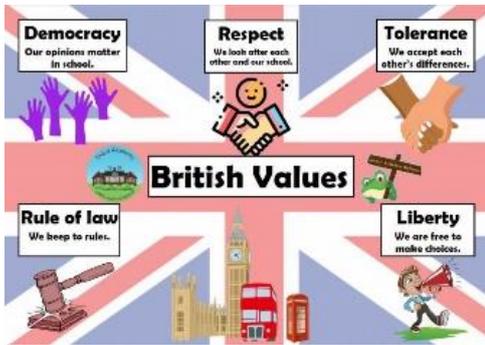
In Year 6, there is one lesson that parents can withdraw their child from if they wish. This lesson is called "How are babies made?". We want to assure parents that our curriculum is taught in an age-appropriate manner and provides pupils with the time to ask questions in a safe environment and ultimately receive factual information, rather than hearing content second hand or via online platforms. In the 21st century, pupils are exposed to so many of the incorrect messages about their bodies, relationships and expectations so we believe it is important they hear the correct information in a safe environment. To opt out of the lesson, please speak to myself (Miss Harvey- PSHE lead), Mrs Wileman or your child's class teacher. However, we would ask you to bare in mind that although we will ask the children to not repeat information on the yard, they may discuss this outside of the classroom.

RSHE is a carefully planned curriculum and is there to ensure our pupils can navigate the world around them safely. An un-informed child is often a child left vulnerable and we want to empower our pupils with knowledge. You may find that your child starts asking questions about the topic at home, or you might want to take the opportunity to talk to your child about issues before the work is covered in school. If you have any queries about the content of the programme or resources used, please do not hesitate in contacting me at school. I can be found in Year 3, or you can request a phone call to discuss this unit by contacting the office and I will get back to you.

Thank you for your understanding and support!

Miss Harvey

Y3 teacher, Personal development lead.



Relationships and Health Education

Friendships

How to be a good friend to others or tolerant of differences

Family

To understand that people in their class may have different family structures/ cultures/ religions/ ethnic backgrounds etc.

Growing up/ Consent/ Health

Year 4- Puberty
How my body changes
How I can keep clean

RSHE Overview document (focus on 2 strands: 1. relationships with friends, family and those around us. 2. Health/ growing up/ consent)

Y1/2 Mixed year group 2025	Y3	Y4	Y5	Y6 2025
<p>Do families always stay the same? (Separation and stepparent introduced)</p> <p>How should families treat each other?</p> <p>How can I solve a friendship problem?</p> <p>How can we manage our emotions if a friendship breaks down?</p> <p>What is bullying?</p> <p>What is the PANTS rule?</p> <p>Who owns my body? I do! (consent)</p>	<p>What is a "normal" family? (Introduce terms "gay", "lesbian" and "homosexual" look at same-sex parents. Introduce adoption and fostering)</p> <p>Are families ever perfect?</p> <p>What can I do if a friendship is making me unhappy?</p> <p>Can a relationship be positive and negative?</p> <p>How can we fight bullying?</p> <p>What is consent?</p>	<p>Are all families like mine? (Religion focus)</p> <p>What are young careers?</p> <p>Are boys and girls the same? (gender fluidity, transgender + non-binary introduced)</p> <p>What is a period?</p> <p>How can I keep myself clean?</p> <p>How can we practice consent?</p>	<p>Should you discriminate against a family who has a different model to yours? (wider culture)</p> <p>Why do some people get married? (+ civil partnerships)</p> <p>How can I tolerate and be respectful to my friends for who they are? (Gender Identity and sexuality)</p> <p>How will my body change as I get older? (puberty)</p> <p>How can we voice our boundaries? (+ consent)</p>	<p>Are families ever perfect?</p> <p>How can I be tolerant and respectful of my friends for who they are? (including friends with different sexuality and gender identity)</p> <p>How will my body change as I get older?</p> <p>How are babies made? (optional lesson)</p> <p>What is consent for a friendship and relationship?</p> <p>What is manipulation?</p>