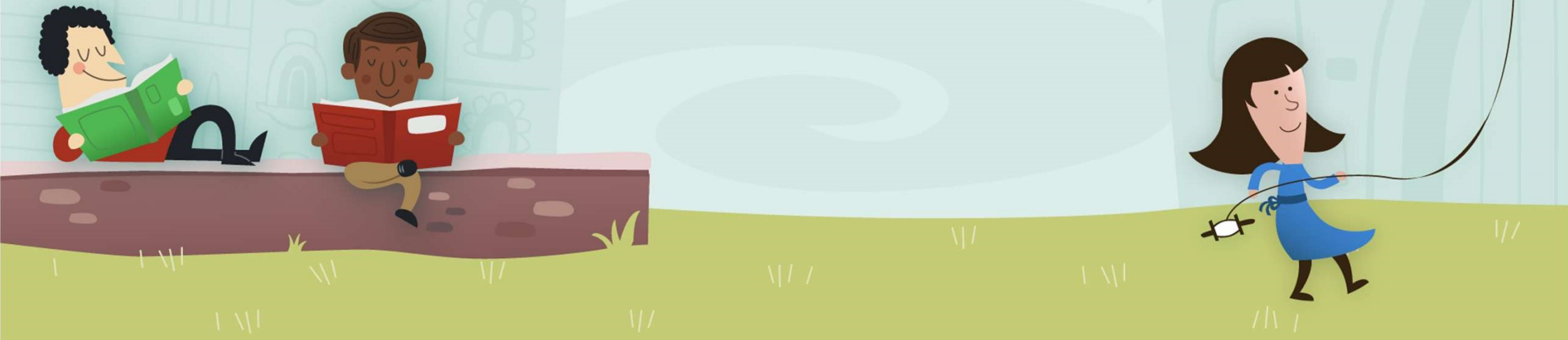


# **A Parents' Guide to Relationships, Health and Sex Education:**

**How we at St Michaels intend to fulfil changes to Statutory  
Government Guidance**



# Why Relationships, Sex and Health Education?

**'Today's children and young people are growing up in an increasingly complex world and living their lives seamlessly on and offline....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'**



**Department for Education Guidance on Relationships Education, Sex Education and Health Education 2019**

**In 2017 the Government published an amendment which changed the status of Relationships, Health and Sex Education (RSHE) to 'compulsory' for all schools as of September 2020.**



**Through this short presentation, we will:**

- **share with you what these changes mean for your children at St Michaels' Infant School;**
- **share our aims for RSHE;**
- **inform you of the content that your children will engage with.**



# What do these changes mean for your children at our school?

(not a huge amount!)

## What we already do as part of Personal Social and Health Education:

Our PSHE provider, Jigsaw PSHE, covers the following elements in all year groups...

- Good to be Me!
- Celebrating Difference
- Dreams and Goals
- Healthy Me
- Relationships
- Changing Me

## What we already do as part of Science education:

Our science curriculum covers the following elements...

- Animal lifecycles
- Human lifecycles (baby, toddler, child, teenager, adult)
- Naming external body parts
- Being Healthy and Staying Safe

## What we will be doing differently to cover new RSHE requirements:

In PSHE lessons, YEAR TWO will be...

- Naming external body parts, including nipple, penis and vagina

In PSHE lessons YEAR TWO will be...

- Looking at gender stereotyping such as 'girls are no good at football and boys can't cook'



**Despite the 'S' in RSHE, we are not required to teach Sex Education at Infant School**



# Aims of Relationships, Sex and Health Education (RSHE) at St Michael's Infant School

**Our RSHE teaching aims to empower children by:**

- **Helping them to recognise that they are unique and valued individuals**
- **Helping them to recognise that their own choices and actions can contribute positively to their home and school community**
- **Exploring ways in which our Christian Values can guide these choices and actions and enable them to have a positive effect on others**
- **Beginning to explore the 'human journey' that they are on and the changes that occur as they get older and as their bodies grow**
- **Exploring what contributes to the maintenance of good physical health**
- **Helping them to develop an emotional vocabulary so that they can recognise, name and talk about their feelings**
- **Giving children strategies to build resilience and develop their emotional well-being alongside the maintenance of physical health**



**At St Michael's Infant School all elements of Relationships,  
Sex and Health Education will continue to be covered through  
our weekly Personal Social and Health Education lessons.**



## Through PSHE your children will cover the following elements of Relationships, Sex and Health Education:

- What is good about being me?
- What does it feel like to have friends?
- What makes a good friend?
- How can I behave in a way that helps me to get on with my friends?
- How can I deal with tricky times when I might fall out with my friends?
- Who is special to me in my family?
- What special times do I share with my family?
- All families are different but all families are special
- How do I feel?
- Who should I talk to when my feelings get too big?
- What can I do when I feel worried or scared?
- What does it feel like to be healthy?
- What do I need to be healthy?
- How can I make choices to stay healthy?
- How have I changed since I was a baby?
- What can I do now that I am bigger?
- How does it feel to grow up and deal with changes (focusing on moving between year groups and the transition to a Junior School)

