



YORKMEAD SCHOOL (NC)
YORK ROAD, BIRMINGHAM B28 8BB

Headteacher

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Dear Parents/Carers,

We want children to grow up healthy, happy safe and able to manage the challenges and opportunities of living in modern Britain. That is why, from September 2026, all primary schools in England will follow updated statutory guidance from the Department for Education (DfE) for Relationship and Health Education (RHE).

Therefore, we will be teaching from the **Birmingham Approach to Relationships and Health Education in Primary Schools** lessons during the Summer Term to complement our weekly PSHE lessons.

These RHE lessons will put in place the building blocks needed for children to form and maintain positive and safe relationships, including with family, friends and online.

By the end of Primary school, it is mandatory for pupils to have been taught content on the following:

<u>Relationships Education</u>	<u>Health Education</u>
<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• The changing adolescent body.

The above list does not include any teaching about sex education, but the school will be offering an extra RSE non-mandatory lesson to students in Year 6 in addition to the mandatory teaching which is required by the National Curriculum for Science.

As part of RHE we intended to teach your child what a relationship is, what friendship is, what family means and who can support them. In an age-appropriate way, the school will cover how to treat each other with kindness, consideration and respect.

Please see below for the progression of topics covered in RHE lessons for each year group. If you would like to read the lesson plans, you can find them on the page given in brackets using the links below.

[Birmingham Approach to Relationships and Health Education in Primary Schools | Birmingham City Council](#)

[Birmingham Approach to Relationships and Health Education\(2\).pdf](#)

Year 1: My Friends and Me (page 56)



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1. The same and different
2. Boys and Girls
3. Understanding what a friend is
4. The friendship recipe
5. Keeping friends

Year 2: Being Safe (page 69)

1. My family
2. What makes a family?
3. Respecting Differences
4. Feeling safe inside and out
5. Being safe with friends and family

Year 3: Understanding the Wider World (page 81)

1. My community
2. How does a community support one another?
3. Diversity in the UK
4. The online community
5. Managing your feelings

Year 4: Understanding and appreciating positive relationships (page 92)

1. Positive relationships
2. Understanding different types of bullying
3. Challenging stereotypes and misconceptions
4. Mental well-being and my family
5. Secrets and surprises

Year 5: Keeping Safe in Virtual and Physical Relationships (page 105)

1. The Value of Friendships
2. Conflict Resolution
3. Unhealthy Relationships
4. Online Safety in the Wider World
5. Building Resilience in Relationships
6. Growing Up and Puberty – Boys and girls will be taught this lesson separately.

Year 6: Challenging Stereotypes and Prejudices Through Topical Issues (page 125)

1. Changing family relationships



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2. Respecting differences
3. Challenging prejudice and discrimination
4. Healthy and unhealthy relationships
5. Building resilience
6. Growing up and puberty - Boys and girls will be taught this lesson separately.
- 7. How babies are made – This is a non-mandatory Sex Education Lesson. Please note that parents/carers can withdraw children from this lesson.**

We intend to use the Relationships and Health Education programme that has been designed by Birmingham City Council, in partnership with Birmingham schools, as our starting point. This has been drafted with the aim of meeting the needs of children across the city. An essential part of the programme is to ensure that parents and carers are aware of what is being taught and to ensure that the curriculum is appropriate for all children in Birmingham.

Kind regards,

DrbIgnite Multi Academy Trustees