

RHSE Year 6 Parent Presentation



The Main Aims of RHSE - Our Policy

Our RHSE policy is based on recent guidance for schools:

The Relationships, Health and Sex Education regulations 2019, made under sections 34 and 35 of the Children and Social Work Act 2017, make relationships and Health Education compulsory for all pupils receiving primary education. Sex education is non-compulsory at primary school but it is recommended by the Department for Education.

The role of families in the development of their children's understanding about relationships is vital. Parents are the first teachers of their children. They have the most significant influence in enabling their children to grow and mature and to form healthy relationships. The curriculum in school and support from home should work hand in hand to ensure that. The children are ready to embrace the challenges of creating a happy and successful adult life.

A copy of the RHSE policy can be found on our website and is also attached with this presentation.



The Main Aims of RHSE

At Lutley, RHSE is supported by the school's wider curriculum. In this way, it is essential we ensure that pupils:

- ▶ make responsible and well-informed decisions about their lives through their physical, emotional and moral development
- ▶ move with confidence from childhood to adolescence and eventually into adulthood
- ▶ understand themselves – their feelings, motivations, beliefs and values - and to realise that other individuals are equally as complex as themselves and deserve respect



The Main Aims of RHSE

It is also supported by the school's curriculum for PSHE, which will help pupils to develop the skills and understanding they need to live confident, healthy and independent lives through its three main elements:

- ▶ attitudes and values
- ▶ personal and social skills
- ▶ knowledge and understanding

PSHE Programme of Study

Long Term Plan

	Autumn: Relationships			Spring: Living in the wider world			Summer: Health and Wellbeing		
	Families and friendships	Safe relationships	Respecting ourselves and others	Belonging to a Community	Media literacy and digital resilience	Money and work	Physical health and Mental wellbeing	Growing and changing	Keeping safe
EYFS	Understand what a family is and what it means to them. Understanding about similarities and differences between ourselves and others.	How to show feelings. Seeking help from trusted adults should they need to.	Self-confidence and how to feel good about self-success. Understand how to adjust behaviour to different situations.	Talk about own and others' behaviour and its consequences. Understand how to work as a group and understand what rules are.	Understanding that a range of technology is used in places such as homes and schools.	Jobs in familiar environments such as their family and their school.	Understanding basic hygiene including dressing and going to the toilet.	Understand how good practices regarding sleep, exercise, eating and hygiene help with healthy growth.	Understand the need for safety when tackling new challenges. Considering and managing relevant risks such as at home or in the playground.
Year 1	Roles of different people, families. Feeling cared for.	Recognising privacy; Staying safe. Seeking permission.	How behaviour affects others. Being polite and respectful.	What rules are. Caring for others' needs. Looking after the environment.	Using the internet and digital devices. Communicating online.	Strengths and interests. Jobs in the community.	Keeping healthy. Food and exercise. Hygiene routines. Sun safety.	Recognising what makes them unique and special. Feelings. Managing when things go wrong.	How rules and age restrictions help us. Keeping safe online.
Year 2	Making friends; feeling lonely and getting help	Managing secrets; resisting pressure and getting help, recognising hurtful behaviour	Recognising things in common and differences. Sharing opinions	Belonging to a group. Roles and responsibilities. Being the same and different in the community.	The internet in everyday life. Online content and information	What money is. Needs and wants. Looking after money	Why sleep is important? Medicines and keeping healthy. Managing feelings and asking for help.	Growing older. Naming body parts. Moving class or year.	Safety in different environments. Risk and safety at home. Emergencies.
Year 3	What makes a family. Features of family life.	Personal boundaries. Safely responding to others. The impact of hurtful behaviour.	Recognising respectful behaviour. The importance of self-respect. Courtesy and being polite.	The value of rules and laws. Rights. Freedoms and responsibilities.	How the internet is used? Assessing information online.	Different jobs and skills. Job stereotypes. Setting personal goals.	Health choices and habits. Knowing what affects feelings and expressing feelings.	Personal strengths and achievements. Managing and reframing setbacks.	Risks and hazards. Safety in the local environment and unfamiliar places.
Year 4	Positive friendships, including online.	Responding to hurtful behaviour. Managing confidentiality. Recognising risks online.	Respecting differences and similarities. Discussing differences sensitively.	What makes a community? Shared responsibilities.	How data is shared and used	Making decisions about money. Using and keeping money safe.	Maintaining a balanced lifestyle. Oral hygiene and dental care.	Personal identity. Recognising individuality and different qualities. Mental wellbeing.	Medicines and household products. Drugs common to everyday life.
Year 5	Managing friendships and peer influence	Physical contact and keeping safe	Responding respectfully to a wide range of people. Recognising prejudice and discrimination.	Protecting the environment. Compassion towards others.	How information online is targeted. Different media types, their role and their impact.	Identifying job interests and aspirations. What influences career choices. Workplace stereotypes.	Healthy sleep habits. Sun safety. Medicines, vaccinations, immunisations and allergies.	Physical and emotional changes in puberty. External genitalia. Personal hygiene routines.	Keeping safe in different situations, including responding in emergencies and first aid.
Year 6	Attraction to others. Romantic relationships, civil partnerships and marriage.	Recognising and managing pressure. Consent in different situations.	Expressing opinions and respecting others' points of view including discussing topical issues.	Valuing diversity. Challenging discrimination and stereotypes.	Evaluating media sources. Sharing things online.	Influences and attitudes to money. Money and financial risks.	What affects mental health and ways to take care of it. Managing change, loss and bereavement.	Human reproduction and birth. Increasing independence. Managing transition.	Keeping personal information safe. Regulations and choices. Drug use and the law. Drug use and the media.



Learning Objectives

Can I tell you about the people who are important to me?

Can I explain how children's responsibilities change as they get older?

Can I recognise that feelings, thoughts and behaviours are linked?

Can I consider different attitudes and values around gender stereotyping?

Can I distinguish between luxury and essential hygiene products?



Learning Objectives

Can I use the correct terminology for body parts?

Can I identify physical and emotional changes in boys and girls during puberty?

Can I identify changes that happen in girls and boys?

Can I understand how babies are made?

Can I identify types of images that are appropriate to share with others and those which might not be appropriate?

Videos used with the children:

How babies are made:



The videos used with the children:

How babies are born:
*this video shows a woman giving birth



The videos used with the children:

The following videos will be used when educating your child about how to keep themselves safe online:

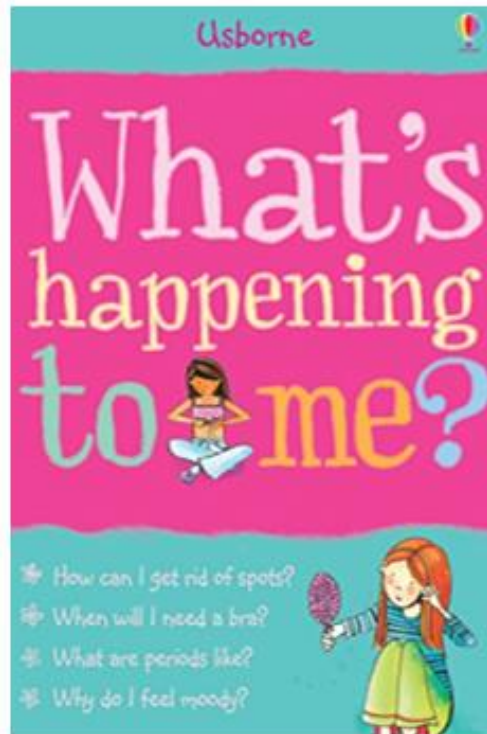
I Saw Your Willy <https://youtu.be/iofMV1HVQOY?t=2>

Lucy and The Boy <https://youtu.be/T9LHeHuVFWo?t=1>



Recommended Texts

For girls



For boys



**Thank you for your
continued
support.**

