



ROCKLIFFE MANOR
PRIMARY SCHOOL

RHE Parent Information September 2026



Inspire
Partnership

Relationship Education

Aims of the Session

- **Share what will be taught in RSHE.**
- **Explain why this learning is important.**
- **Show how RSHE content is taught in an age-appropriate way.**
- **Ask questions and share feedback.**

Relationship Education

In September 2020, the Department of Education made it compulsory that all primary age children were taught Relationships and Health Education (RHE).

- This subject is designed to equip your child with the knowledge to make informed decisions about their **wellbeing, health and relationships** as well as preparing them for a **successful adult life**.



Relationships Education, Relationships and Sex Education (RSE) and Health Education

Statutory guidance for governing bodies,
proprietors, head teachers, principals, senior
leadership teams, and teachers

July 2025

Why is RHE important?

- At Inspire, we believe that the essential aim of Relationships Education should be to provide pupils with the **knowledge** and **skills** to enable them to make **informed** and **responsible** choices in later life, emphasising the benefits of a **healthy lifestyle**.
- We believe that Relationships Education should contribute to promoting the **spiritual, moral, cultural, mental and physical development** of pupils at school and of society and **preparing** pupils for the **opportunities, responsibilities** and **experiences** of adult life.
- We also believe that Relationships Education should be taught within a climate of **trust, respect** and appropriate **confidentiality**, in which pupils and adults feel able to talk **openly** and **honestly**.



My healthy self

Connecting with others

The online world

Citizenship

Health protection

Staying safe

Growing up



Kapow follows a spiral curriculum that revisits key ideas, increases in depth of knowledge and uses prior knowledge.

Statutory guidance

Statutory guidance: Relationships and Health education

Families and people who care for me

Caring friendships

Respectful, kind relationships

Online safety and awareness

Being Safe

General wellbeing

Wellbeing online

Physical health and fitness

Healthy eating

Drugs, alcohol, tobacco and vaping

Developing bodies

Personal safety

Basic first aid

Kapow Primary's statutory key areas

Taught every year

My healthy self

General wellbeing

Physical health and fitness

Healthy eating

Taught every year

Connecting with others

Caring friendships

Respectful, kind relationships

Families and people who care for me

Taught every year

The online world

Online safety and awareness

Wellbeing online

Taught in Y1 & Y3

Health protection

Basic first aid

Taught in Y1, Y2, Y4, Y6

Staying safe

Being safe

Drugs, alcohol, tobacco and vaping

Personal safety

Taught in Y2, Y4, Y5

Growing up

Developing bodies

Statutory Relationships education covers:

Families and people who care for me

- Families can look very different.
- Families should offer love, security and stability.

Online safety and awareness

- The importance of being respectful online.
- Online risks.
- How to critically evaluate relationships and information online.

Caring friendships

- The characteristics of healthy friendships.
- Conflict resolution skills.
- How to get support with friendships.

Being safe

- Inappropriate or unsafe contact.
- Recognising who to trust.
- How to report abuse.

Respectful, kind relationships

- Setting, asserting and respecting healthy boundaries.
- That they should expect to be treated with respect and treat others with respect.
- To recognise bullying behaviours.
- Respecting those who are different and challenging stereotypes.

Statutory Health education covers:

General wellbeing

- The benefits of physical activity and self-care.
- Recognising and naming their emotions and feelings.
- About change, loss and bereavement.

Wellbeing online

- The benefits of limiting time online.
- Financial risks online.
- Age restrictions.
- Online bullying.

Physical health and fitness

- Mental and physical benefits of being active.
- How to get support with physical health.

Healthy eating

- What constitutes a healthy diet.
- Building a healthy relationship with food.

Drugs, alcohol, tobacco and vaping

- Facts around legal and illegal substances and risks.

Health protection and prevention

- Sun safety.
- Good sleep and hygiene habits.
- Facts related to vaccination.
- Recognising symptoms of poor health.

Personal safety

- Hazards in and outside the home including road, rail, water safety.

Basic first aid

- Dealing with basic injuries.
- Calling the emergency services.

Developing bodies

- Changes during puberty.
- Naming private body parts.
- Menstrual cycle.

Sex education (Y6)

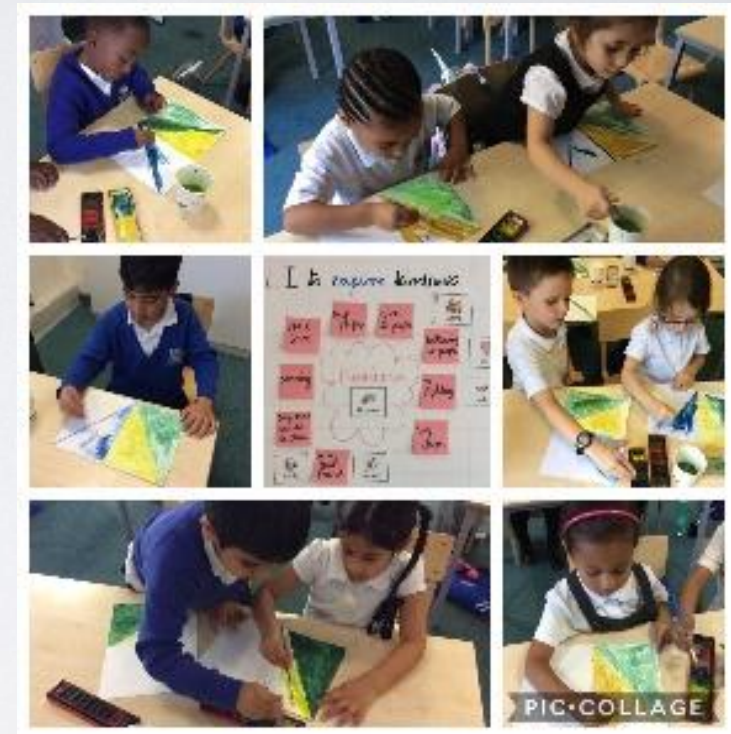
- Reproductive organs and their functions.
- Conception, including sexual intercourse and IVF.
- Pregnancy, birth and how babies develop.
- Different routes to parenthood and the responsibilities of caring for a baby.

How will my child learn?

Children will learn in the same way as they would an English or Maths lesson, through discussion, activities and a skill based curriculum.

We give them factual information that will be not interfere with your home values and faith.

We allow them to build their social skills and collaboration using our Kagan structures.



Parent and Home values

Our Curriculum is built on facts and information

It allows children to intertwine home values and school values

Enables all children to build upon their social skills through collaborative learning

Respects everyone's views, children are encouraged to share and listen to different opinions



Can I withdraw my child?

Parents **can not** withdraw from the **relationships or health education (RHE)**

Parents **can not** withdraw from the **science curriculum**

(includes content on human development, which there is no right to withdraw from)

Parents **can** only withdraw their children from parts or all of the **Sex Education** in Year 6 in writing

A meeting will be arranged with a senior leader to discuss any worries/concerns

Children will be given alternative work to complete.



Understanding Relationships and Health Education in your child's primary school: a guide for parents

We want all children to grow up healthy, happy, safe, and able to manage the challenges and opportunities of modern Britain. That is why, from September 2020, all primary age children will be taught Relationships and Health Education.

These subjects are designed to equip your child with knowledge to make informed decisions about their wellbeing, health and relationships as well as preparing them for a successful adult life. The world for all young people looks very different from the way it did 20 years ago when this curriculum was last updated – these changes bring the content into the 21st century, so that it is relevant for your child.

Your child's school will have flexibility to deliver the content in a way that is age and developmentally appropriate and sensitive to the needs and religious background of its pupils.

Relationships Education

Relationships Education will put in place the building blocks needed for positive and safe relationships, including with family, friends and online.

Your child will be taught what a relationship is, what friendship is, what family means and who can support them. In an age-appropriate way, your child's school will cover how to treat each other with kindness, consideration and respect.

By the end of primary school, pupils will have been taught content on:

- families and people who care for me
- caring friendships
- respectful relationships
- online relationships
- being safe

You can find further detail by searching **'relationships and health education'** on GOV.UK.

Health Education

Health Education aims to give your child the information they need to make good decisions about their own health and wellbeing, to recognise issues in themselves and others, and to seek support as early as possible when issues arise.



By the end of primary school, pupils will have been taught content on:

- mental wellbeing
- internet safety and harms
- physical health and fitness
- healthy eating
- facts and risks associated with drugs, alcohol and tobacco
- health and prevention
- basic first aid
- changing adolescent body

You can find further detail by searching **'relationships and health education'** on GOV.UK.

Your rights as a parent

The important lessons you teach your child about healthy relationships, looking after themselves and staying safe, are respected and valued under this new curriculum. Teaching at school will complement and reinforce the lessons you teach your child as they grow up.

Your child's school is required to consult with you when developing and renewing their policies on Relationships Education. These policies must be published online and be available to anybody free of charge.

You can express your opinion, and this will help your child's school decide how and when to cover the content of the statutory guidance. It may also help them decide whether to teach additional non-statutory content. Schools are required to ensure their teaching reflects the age and religious background of their pupils.

Some schools will start to teach these subjects from September 2019 – if you'd like to know more, please speak to your child's school about what they plan to teach.



Right to withdraw your child

You cannot withdraw your child from Relationships Education because it is important that all children receive this content, covering topics such as friendships and how to stay safe.

Your child's primary school can choose to teach Sex Education. If you'd like to know more about this, we recommend speaking to the school to understand what will be taught and when. If you do not want your child to take part in some or all of the lessons on Sex Education, you can ask that they are withdrawn. At primary level, the head teacher must grant this request.

The science curriculum in all maintained schools also includes content on human development, including reproduction, which there is no right to withdraw from.



Department
for Education

If you want to know more about what will be taught as part of the new subjects, the best thing to do is speak to your child's school.

Progression Map

RHE Progression Map

	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6	KS3
Family and Relationships	- explore why families and special people are valuable - understand why it is important to share and develop strategies to help - to see themselves as a valuable individual - explore diversity by recognising similarities and differences	- understand how friends can have both similarities and differences global curriculum skill: show interest in, and concern for others outside immediate circle and in contexts different to own - explore family relationships and how people are related - explore situations when someone's body or feelings might be hurt and	- understand that different families can be made up of different people - understand how friends can have both similarities and differences - explore how to play and work cooperatively in different groups and situations global curriculum skill: participate in discussions about issues that affect self, others and the wider world	- recognise and respect that there are different types of families, including single parents, same-sex parents, step-parents, blended families, foster and adoptive parents global curriculum skill: value what contributes to own identity - understand that being part of a family provides support, stability and love	- understand that all families are varied including single parents, same-sex parents, step-parents, blended families, foster and adoptive parents and different in this country and around the world global curriculum skills: diversity of cultures and societies within and beyond own experience - recognise that families offer support however they	- understand that sometimes families can make children unhappy and unsafe and what they can do if this happens global curriculum skills wider causes and effects of poverty, inequality and exclusion - recognise what qualities a good friend should have, which of these they have and which they could develop	- compare the features of a healthy and unhealthy friendship - discuss the shared responsibility if someone is put under pressure to do something dangerous and something goes wrong - develop strategies to respond to pressure from friends - learn how to assess the risk of different online 'challenges' and 'dares' - identify how to	- know that there are different types of committed, stable relationships. - how these relationships might contribute to human happiness and their importance for bringing up children

This map shows what each year group are going to be doing under each topic.

RHE		
Context	Skills and Knowledge	Vocabulary
My healthy self	- There are six basic emotions and they can be recognised using face and body clues - People may feel different emotions in the same situation - Emotions can be described as comfortable or uncomfortable. - Feelings can change and vary in strength. - Different things make different people feel calm, relaxed, or excited. - Rest and enjoyable activities are essential for maintaining personal wellbeing - Various situations can cause people to feel worried, annoyed, or upset, and specific strategies can help them feel better. - People can express their emotions and seek support from trusted adults when feelings become difficult.	Current Vocabulary anger body clues disgust emotions face clues fear happiness relax sadness surprise trust trusted adult
Connecting with others	- Families show love and care to each other in various ways, such as giving hugs, saying kind words, spending time together, or caring for each other during illness. - Spending time with family is important because it helps people build strong relationships and feel loved and supported.	Current Vocabulary fair friendly lonely polite

This map is for each term and topic for each year group. It has what vocabulary the children will be learning as well as what protected characteristics they will be covering.

Protected Characteristics

Protected Characteristics have been woven into the RHE Progression map and is taught through other Curriculum areas as well



Any questions?

Thank you for
writing your
questions on
the post-its

Thank you for
being
sensitive and
respectful

Please speak to
us afterwards if
you have any
personal
questions

