

Relationships and Sex Education (RSE) and Health Education

Intent

Today's children and young people are growing up in an increasingly complex world and living their lives seamlessly on and offline. This presents many positive and exciting opportunities, but also challenges and risks. In this environment, 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. This is why we have made Relationships Education compulsory in all primary schools in England and Relationships and Sex Education compulsory in all secondary schools, as well as making Health Education compulsory in all statefunded schools.

We want the subjects to put in place the key building blocks of healthy, respectful relationships, focusing on family and friendships, in all contexts, including online. This will sit alongside the essential understanding of how to be healthy. Teaching about mental wellbeing is central to these subjects, especially as a priority for parents is their children's happiness. We know that children and young people are increasingly experiencing challenges, and that young people are at particular risk of feeling lonely. The new subject content will give them the knowledge and capability to take care of themselves and receive support if problems arise.

Relationships Education

Relationships and Sex Education (RSE) and Health Education is divided into 13 sections.

- Families and People Who Care for Me
- Caring Friendships
- Respectful Relationships
- Online Relationships
- Being Safe
- Internet Safety and Harms
- Health and Prevention
- The Changing Adolescent Body
- Physical Health and Fitness
- Basic First Aid
- Drugs, Alcohol and Tobacco
- Mental Wellbeing
- Healthy Eating

Internet Safety and Harms

- Know that for most people the internet is an integral part of life and has many benefits.
- Know about the benefits of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental and physical wellbeing.
- Know why social media, some computer games and online gaming, for example, are age restricted.
- Know how to consider the effect of their online actions on others and know to recognise and display respectful behavior online and the importance of keeping personal information private.
- Know that the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health. Know how to be a discerning consumer of information online including understanding that information, including that from search engines, is ranked, selected and targeted. Know where and how to report concerns and get support with issues online.

Online Relationships

- Know that people sometimes behave differently online, including by pretending to someone they are not.
- Know that the same principles apply to online relationships as face to face relationships, including the importance of respect for others online including when we are anonymous.
- Know how to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met.
- Know how information and data is shared and used online.
- Know the rules and principles for keeping safe online, how to recognise risks, harmful content and contact and how to report them.

Being Safe

- Know what sort of boundaries are appropriate in friendships with peers and others (including in a digital context).
- Know about the concept of privacy and the implications of it for both children and adults; including it is not always right to keep secrets if they relate to being safe.
- Know that each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical and other contact.
- Know how to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know.
- Know how to recognise and report feelings of being unsafe or feeling bad about any adult.
- Know how to ask for advice or help for themselves or others, and to keep trying until they are heard.
- Know how to report concerns or abuse, and the vocabulary and the confidence to do so .
- Know where to get advice e.g. school and/or other sources.

Respectful Relationships

- Know the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds) or make different choices or have different preferences or beliefs.
- Know practical steps they can take in a range of different contexts to improve or support respectful relationships.
- Know the conventions of courtesy and manners.
- Know the importance of self-respect and how this links to their happiness.
- Know that in school and in wider society they can expect to be treated with respect by others, including those in a position of authority.
- Know about different types of bullying (including cyber bullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help.
- Know what a stereotype is, and how stereotypes can be unfair, negative or destructive.
- Know the importance of permission seeking and giving in relationships with friends, peers and adults.

Caring Friendships

- Know how important friendships are in making us feel happy and secure, and how people choose and make friends.
- Know the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust sharing interests and experiences and support with problems and difficulties.
- Know that healthy relationships are positive and welcoming towards others, and do not make others feel lonely or excluded.
- Know that most friendships have ups and downs, and these can often be worked through so that the friendship is repaired even strengthened, and that resorting to violence is never right.
- Know how to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed.

Families and People Who Care for Me

- Know that families are important for children growing up because they can give love, security and stability.
- Know the characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives.
- Know that other families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterized by love and care.
- Know that stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up.
- Know that marriage* represents a formal and legally recognized commitment of two people to each other which is intended to be lifelong. (*Marriage in England and Wales is available to both opposite sex and same sex couples. The Marriage (Same Sex Couples) Act 2013 extended marriage to same sex couples in England and Wales. The ceremony through which a couple get married may be civil or religious.
- How to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed.

Healthy Eating

- Know what constitutes a healthy diet (including understanding calories and other nutritional content).
- Know the principles of planning and preparing a range of healthy meals. Know the characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health).

Mental Wellbeing

- Know mental wellbeing is a normal part of daily life, in the same way as physical health.
- Know there are a range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations.
- Know how to recognise and talk about emotions including having a varied vocabulary of words to use when talking about their own and others' feelings.
- Know how to judge whether what they are feeling and how they are behaving is appropriate and proportionate.
- Know the benefits of physical exercise, time outdoors, community participation, voluntary and service based activity on mental wellbeing and happiness.
- Know simple self-care techniques, including the importance of rest, time with friends and family and the benefits of hobbies and interests.
- Know isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support.
- Know that bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing.
- Know where and how to seek support (including recognizing the triggers for seeking support).
- Know whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online).
- Know it is common for people to experience mental ill health. For many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough.

Drugs, Alcohol and Tobacco

- Know the facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug taking.

Teaching Basic First Aid

- Know concepts of basic first-aid, for example dealing with common injuries, including head injuries. Know how to make a clear and efficient call to emergency services if necessary.

Physical Health and Fitness

- Know the characteristics and mental and physical benefits of an active lifestyle.
- Know importance of building regular exercise into daily and weekly routines and how to achieve this; for example walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise.
- Know the risks associated with an inactive lifestyle, including obesity.
- Know how and when to seek support including which adults to speak to in school if they are worried about their health.

The Changing Adolescent Body

- Know key facts about puberty and the changing adolescent body, particularly from age 9 through to 11, including physical and emotional changes. Know about menstrual wellbeing including the key facts about the menstrual cycle.

Health & Prevention

- Know how to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body. Know about safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer.
- Know the importance of sufficient good quality sleep for good health and that lack of sleep can affect weight, mood and ability to learn.
- Know about dental health and the benefits of good oral hygiene and dental flossing, including regular check ups at the dentist.
- Know about personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing.
- Know the facts and science relating to allergies, immunization and vaccination.

RSE Statutory Coverage LTP can be found on our website page: <https://www.southstokeschool.org/learning>.