Primary: Relationships, Health and Sex Education Overview

Information for parents

At Oakhill, Relationships Education and health and wellbeing are taught through our wider PSHE programme. Teaching is age-appropriate, sensitive and carefully sequenced so that pupils develop the knowledge and skills they need as they grow.

Our teaching reflects Oakhill's Catholic ethos while ensuring pupils receive clear, factual information, understand the law and learn to treat everyone with kindness, dignity and respect.

Relationships Education

By the end of primary school, pupils will have learned about:

- The importance of families in providing love, security and stability.
- The fact that families can take different forms while still being characterised by love and care.
- The qualities of healthy friendships, including kindness, honesty, loyalty, trust and mutual respect.
- Managing disagreements, disappointment and other difficult feelings within friendships.
- Recognising when a friendship or family relationship is making them feel unhappy or unsafe.
- Respecting other people's needs, beliefs, preferences and personal boundaries.
- Courtesy, good manners, self-respect and developing a positive sense of identity.
- Different forms of bullying, including online bullying, and how to seek help.
- Recognising and challenging unfair stereotypes.

Online safety

Pupils learn:

- That the same standards of kindness and respect apply online and face to face.
- To be cautious about sharing personal information, photographs and their location.
- That people online may not be who they claim to be.
- How online material can be copied and circulated beyond their control.
- How to recognise harmful content or contact and report concerns.
- About age restrictions for social media, games and other online services.
- How excessive screen use and harmful online content can affect wellbeing.
- How to think critically about information they encounter online.

Keeping safe

Teaching helps pupils to understand:

- Appropriate personal boundaries, privacy and safe and unsafe contact.
- That their body belongs to them.
- The correct names for parts of the body.
- That they should not keep secrets relating to their safety.
- How to recognise when a relationship or situation may be unsafe.
- How to seek help for themselves or someone else.
- That abuse is never the fault of the child experiencing it.
- The importance of continuing to speak to trusted adults until they are heard.

Health and wellbeing

Through PSHE and other areas of the curriculum, pupils learn about:

- Recognising and talking about emotions.
- Looking after their mental wellbeing and seeking help when needed.
- Loneliness, change, loss and bereavement.
- Physical activity, time outdoors, sleep and healthy routines.
- Healthy eating and having a positive relationship with food.
- Dental health, hygiene, germs, vaccination and preventing illness.
- The risks associated with smoking, vaping, alcohol and drugs.
- Road, rail, water and fire safety.
- Calling the emergency services and basic first aid.
- Growth, puberty, menstruation and the physical and emotional changes associated with adolescence.

Sex education in primary school

Sex education beyond the science curriculum is not compulsory in primary schools. The Department for Education recommends that appropriate sex education is provided in Years 5 and/or 6.

The science curriculum includes teaching about life cycles, growth, puberty and reproduction in plants and animals. Relevant elements of human reproduction may also be covered through science.

Parents will be informed about the content of any sex education taught outside the science curriculum.

Parents' right to request withdrawal

Parents may request that their child is withdrawn from sex education taught outside the science curriculum. In primary school, such a request must be granted.

There is no right to withdraw a child from:

- Relationships Education;
- health and wellbeing or PSHE teaching; or
- relevant content taught as part of the science curriculum, including puberty and reproduction.

Pupils who are withdrawn will receive appropriate, purposeful education during the lesson.

Working with parents

We want parents to understand what their children are learning and to feel able to discuss any questions or concerns with us. Parents may ask to see the curriculum materials used to teach Relationships Education, health and sex education. Materials will be made available subject to appropriate copyright arrangements.