



Parent Guide to Relationships and Health Education at School

We want all children to grow up healthy, happy, safe, and able to manage the challenges and opportunities of modern Britain. That is why, all primary age children are 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 – the current curriculum brings the content into the 21st century, so that it is relevant for your child.

Schools 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.

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.

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.

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.

Health Education

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.

The important lessons you teach your child about healthy relationships, looking after themselves and staying safe, are respected and valued under this curriculum.

Teaching at school will complement and reinforce the lessons you teach your child as they grow up.

Schools will continue to consult with parents when developing and renewing their policies on Relationships Education. At Stockton Wood, we will also continue to invite parents to workshops to share our curriculum materials and activities. Curriculum information is also shared with parents on our school website.

Schools are required to ensure their teaching reflects the age and religious background of their pupils.

Right to Withdraw

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

In addition to Relationships Education, at our school we teach Sex Education. Information about this curriculum is shared with parents and 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.

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

'Laying the Foundations for Life' is at the heart of our ethos at Stockton Wood, our Relationships and Health Education ensures our children grow up healthy, happy, safe, and able to manage the challenges and opportunities of modern Britain.

Look out for our workshops next year for parents to find out more!

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