

What topics are covered in Health Relationships Education (HRE)

There are 5 topics covered in Health Relationships Education: families and people who care for me, caring friendships, respectful relationships, online relationships and being safe. There are 8 topics covered in Health Education: mental wellbeing, internet safety and harms, physical health and fitness, healthy eating, drugs alcohol and tobacco, health and preventions, basic first aid and the changing adolescent body.

Lessons on the changing adolescent body begin at the end of Year 4 and continue in Year 5 and 6.

When are these lessons taught?

The main Relationships Education lessons, including lessons on puberty (Year 4, 5 and 6) and sex education (Year 6 only) are taught in the Summer Term.

Lessons about keeping safe, good and bad touch, people who help us, good friendships and peer pressure are taught throughout the year. These lessons start in Reception and build each year so that when children leave primary school, they will have a comprehensive understanding of healthy friendships, growing up, keeping safe and where to seek help or advice if they are worried or scared.

Find out more

Our school is revising our current Relationships Education policy to ensure it is in line with the statutory guidance. This will be available on our website from September.

We will also be holding workshops for parents prior to Health Relationships Education lessons being taught in the summer term. During these workshops we will share the lesson plans and resources we use to teach these lessons.



Relationships Education

A guide for parents



What will change for our school?

For the past three years, our school has been using the Ealing PSHE scheme of work to deliver comprehensive Relationships and Health Education. This scheme of work already covers most of the objectives outlined in the DfE's guidance, therefore very little of our curriculum will need to be changed or updated. Anything we change will be shared with parents.

Relationships Education

In July 2019, the Department for Education (DfE) published a document entitled 'Relationships Education, Relationships and Sex Education (RSE) and Health Education', which outlines what schools must cover in these subject areas from September 2020. Parents can read this statutory guidance on the Department for Education (DfE) website.

From September 2020, all schools in England will be required to teach Relationships and Health Education. This is a **statutory requirement** for all primary, special and high schools and will include independent schools, faith schools and academies. The guidance ensures consistency in what schools deliver as part of this subject. It will also ensure a clear progression of themes and topics throughout primary school and into high school.

Change of title

We will no longer call this subject Relationships and Sex Education; we will call it **Health Relationships Education**. This change in title shifts the focus from sex education to positive, healthy friendships.



If you have any questions about Health Relationships Education, please make an appointment to speak to Miss Bal or Miss Byrne.

Why was this new guidance needed?

The current guidance schools use to teach Relationships and Sex Education was written in the year 2000, therefore it is over 20 years old. The previous guidance was extremely outdated and did not cover many of the topics which are very important for young people today, such as mental wellbeing and online safety.

Right to withdraw

Many schools will continue to teach sex education (or human reproduction) as part of Science.

Sex education will not be a statutory part of Health Relationships Education. Sex education is taught for one lesson in year 6 only which we have decided to withdraw from teaching for this year.

