

# Relationships, Health and Sex Education (RSHE)

curriculum requirements and new scheme -  
KAPOW

# Aims of the session

- the school's legal obligations on Relationships and Sex Education (from **2020**)
- your rights as a parent/carer
- how, what, why and when we intend to teach children
- And give you an opportunity to review resources



# children tell us...



“I’m worried”



“Am I normal?”



“I’m frightened”

# Today's context

- The internet
- Television
- Social media
- Other media
- Friends
- Family
- School



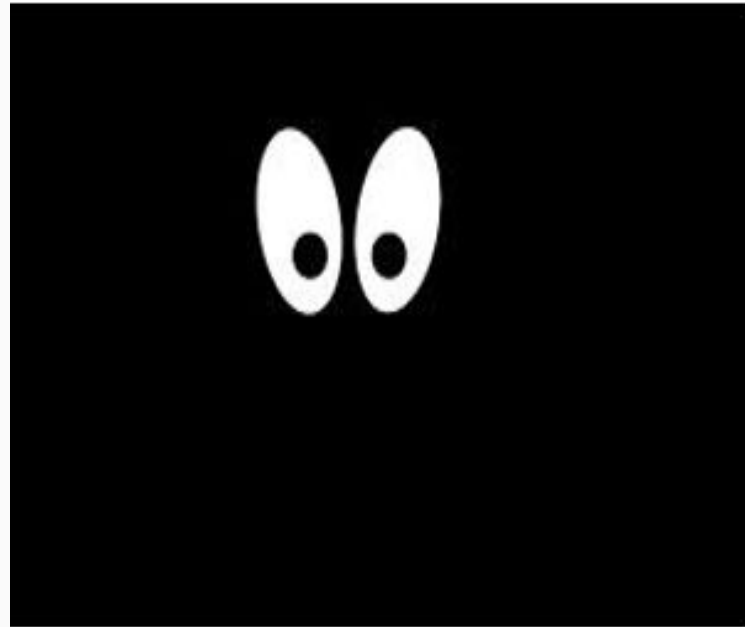
# Be mindful

## Education is key

- We are educating children and young people to live in the real world, with all its contradictions
- When it comes to sex, children's heads are probably not empty - but they may be full of myths and half-truths
- We must not let our adult knowledge of relationships and sex prevent us seeing things from a child's perspective
- Our focus should be on building healthy attitudes and positive relationships, not just fighting off perceived threats



**If RSE is so important, which approaches are best?**



**Which teaching approaches to RSE do these pictures represent?**

# Statutory curriculum (2020)

Relationships and Health Education is a compulsory part of the school curriculum, which comprises two distinct areas:

- Relationships
- Physical health and mental wellbeing

It is always appropriate for your child's age and development stage.

Sensitive to the needs and religious backgrounds of our children



# Relationships

Building positive and safe relationships

- Family and people who care for them
- Caring friendships.
- Respectful relationships.
- Online relationships.
- Being safe.

mental wellbeing

internet safety and  
harms

physical health  
and fitness/ healthy  
eating

# Physical Health and Wellbeing

by the time a  
child leaves  
Portfields

facts about drugs,  
alcohol and the  
risks associated  
with them

health and the  
prevention of  
illness/first aid

changes to the  
adolescent body

# SEX EDUCATION - WHY DO WE TEACH IT?

THIS ENABLES CHILDREN TO:

- Understand boundaries and privacy. They have rights over their own bodies.
- Recognise and to report abuse, including emotional, physical and sexual abuse.
- Understand boundaries in friendships with peers and also in families and with others, in all contexts, including online.
- Know how to report concerns and seek advice when they suspect or know that something is wrong.
- To make sensible decisions to stay safe (including online)



Let's look at the  
content from  
EYFS to Y6



Guidance for parents

The slide features a white background with various colorful, hand-drawn abstract shapes and patterns in the corners. These include a pink shape in the top-left, a yellow and blue striped shape in the top-center, a blue shape in the top-right, a green shape in the top-right, a yellow star-like shape on the left, a pink shape on the left, a blue spiral on the right, a yellow shape on the right, a pink shape on the right, a blue striped shape in the bottom-left, a green wavy shape in the bottom-center, a yellow flower-like shape in the bottom-center, a pink shape in the bottom-right, and a pink shape in the bottom-right.

Any  
Questions?

Thank you