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# **Statutory Relationships and Sex Education (RSE) at Fern Hill Primary School**

— March 2021 —

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**Relationships  
Education,  
Relationships and  
Sex Education (RSE)  
and Health Education**

Statutory guidance for governing bodies,  
proprietors, head teachers, principals, senior  
leadership teams, teachers

**Statutory  
guidelines apply  
from September  
2020**

**Schools are required  
to implement the  
statutory guidelines  
from Summer 2021**

# What is covered by the guidelines?

Divided into three strands:

1. Relationships Education
2. Relationships and Sex Education
3. Health Education

## By the end of primary school pupils should know:

### Families and people who care for me

- Importance of family
- Characteristics of healthy family life
- Respect for family diversity
- Importance of stable relationships
- Marriage/civil partnership as legally recognised commitment
- How to recognise unsafe situations and how to seek advice/help

### Caring friendships

- Importance of friendships
- Characteristics of friendships,
- Benefits of healthy friendships
- How to maintain a healthy friendship
- How to recognise unhealthy friendships and seek help

### Respectful relationships

- Importance of respecting others
- Conventions of courtesy and manners
- Importance of self-respect
- Requirement to respect others
- Types of bullying , impact and how to get help
- Stereotypes and their impact
- Permission seeking

### Online relationships

- People behave differently online
- Same relationship principles apply online
- Rules for keeping safe online
- How to critically consider online content
- How information and data is shared and used online.

### Being safe

- Appropriate boundaries
- What privacy means
- Your body belongs to you
- How to respond to adults you do not know
- Asking for help and reporting feeling unsafe and abuse
- Where to get advice and support

### Changing Adolescent Body (Health Ed.)

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

# What is the purpose of RSE and the new statutory guidelines?

The focus in primary school should be on teaching the fundamental building blocks and characteristics of positive relationships, with particular reference to friendships, family relationships, and relationships with other children and with adults.

This starts with pupils being taught about what a relationship is, what friendship is, what family means and who the people are who can support them. From the beginning of primary school, building on early education, pupils should be taught how to take turns, how to treat each other with kindness, consideration and respect, the importance of honesty and truthfulness, permission seeking and giving, and the concept of personal privacy.

Establishing personal space and boundaries, showing respect and understanding the differences between appropriate and inappropriate or unsafe physical, and other contact – these are the forerunners of teaching about consent, which takes place at secondary.

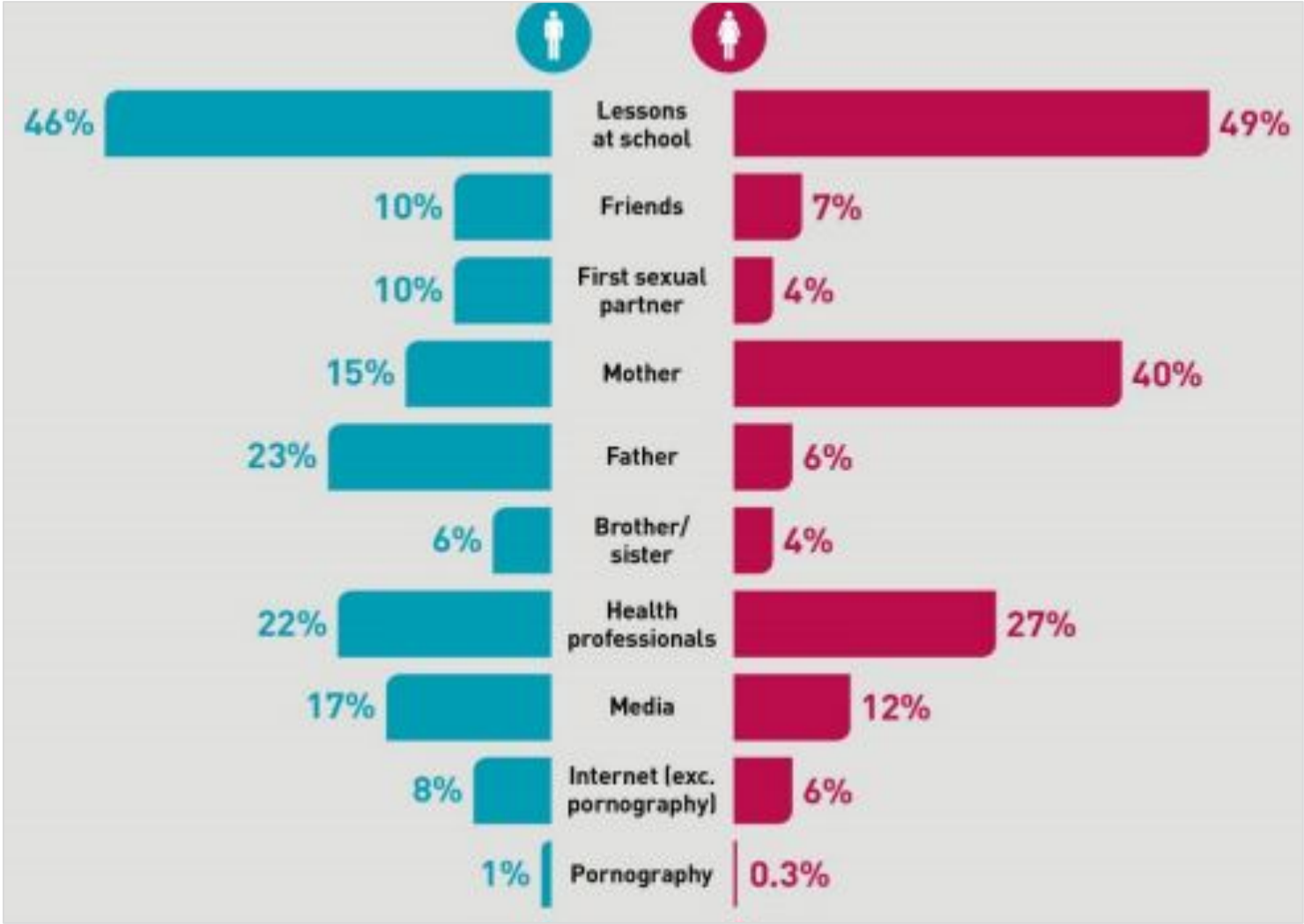
“ I believe that, now more than ever, it is necessary for us to give young people the knowledge that they need in every context to lead **safe, happy and healthy** lives ”

Damian Hinds, Secretary of State for Education, 25<sup>th</sup> February 2019



**What do children want to learn in RSE and where do they want to learn it?**

Where would children like to get information about RSE?





"I didn't learn about this at all"

"No, I didn't learn everything I needed"

"Yes, I learned everything I needed"

## How to tell if a relationship is healthy



## How to get help if sexually abused or assaulted





At Fern Hill, we have invested in a PSHE scheme that is fully compliant with the new statutory guidelines.

SCARF: Safety, Caring, Achievement, Resilience,  
Friendship

It is adaptable, meaning we can amend it to ensure it is reflective of our core values and our community.

# Units over the year

Me and My  
Relationships

Valuing  
Difference

Keeping  
Myself Safe

Rights and  
Responsibilities

Being my Best

Growing and  
Changing