

Understanding Relationships and Health Education



The **Health Education** and **Relationships Education** aspects of PSHE (personal, social, health and economic) education are now compulsory in all primary schools.

| Relationship Education | Health Education |
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| <p data-bbox="293 504 864 539">Families and people who care for me</p> <p data-bbox="439 580 719 616">Caring friendships</p> <p data-bbox="389 657 768 692">Respectful Relationships</p> <p data-bbox="421 732 736 767">Online Relationships</p> <p data-bbox="499 807 658 842">Being safe</p> <p data-bbox="129 940 1021 1246">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.</p> | <p data-bbox="1451 504 1727 539">Mental wellbeing</p> <p data-bbox="1386 596 1787 632">Internet safety and harms</p> <p data-bbox="1382 689 1792 724">Physical health and fitness</p> <p data-bbox="1473 782 1700 817">Healthy eating</p> <p data-bbox="1140 874 2033 909">Facts and risks associated with drugs, alcohol and tobacco</p> <p data-bbox="1413 967 1760 1002">Health and prevention</p> <p data-bbox="1480 1059 1693 1094">Basic First Aid</p> <p data-bbox="1384 1152 1789 1187">Changing adolescent body</p> <p data-bbox="1066 1243 2101 1409">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.</p> |

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Primary schools should teach about **relationships and health**, including **puberty** and what is expected in **science curriculum**.

The national curriculum for science also includes:

- **the main external body parts**, the human body as it grows from birth to old age (including puberty)
 - **reproduction** in some plants and animals.
- The statutory requirements do not extend to **sex education** at KS1 and 2 (beyond the biological/reproductive aspects schools are already required to cover in science).

It is recommended that all primary schools should have a **sex education programme tailored** to the age and the physical and emotional maturity of the pupils. It should ensure that both boys and girls are prepared for the changes that adolescence brings and – drawing on knowledge of the human life cycle set out in the national curriculum for science - how a baby is conceived and born.

Right to withdraw your child

You cannot withdraw your child from Relationships Education because it is important that all children receive this content, covering topics such as friendships and how to stay safe. Your child's primary school can choose to teach Sex Education. If you'd like to know more about this, we recommend speaking to the school to understand what will be taught and when. 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.

You can find further detail by searching 'relationships and health education' on GOV.UK.