

Relationships and Sex Education Policy



Approved

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Aims

The aims of relationships and sex education (RSE) at our school are to:

- › Provide a framework in which sensitive discussions can take place
- › Prepare children for puberty, and give them an understanding of sexual development and the importance of health and hygiene
- › Help children develop feelings of self-respect, confidence and empathy
- › Create a positive culture around issues of sexuality and relationships
- › Teach children the correct vocabulary to describe themselves and their bodies

Statutory requirements

As a primary academy we must provide relationships education to all children as per section 34 of the [Children and Social work act 2017](#).

We do not have to follow the National Curriculum but we are expected to offer all children a curriculum that is similar to the National Curriculum including requirements to teach science which would include the elements of sex education contained in the science curriculum.

In teaching RSE, we are required by our funding agreements to have regard to [guidance](#) issued by the secretary of state as outlined in section 403 of the [Education Act 1996](#).

At Laureate Community Academy we teach RSE as set out in this policy.

Policy development

This policy has been developed in consultation with trust staff, children and parents. The consultation and policy development process involved the following steps:

1. Review – a working group of trust staff pulled together all relevant information including relevant national and local guidance
2. Staff consultation – all school staff were given the opportunity to look at the policy and make recommendations
3. Parent/stakeholder consultation – the policy was shared with all parents and interested parties and were asked to send written comments or questions about the policy to the RSE Leader.
4. Child consultation – we investigated what exactly children want from their RSE
5. Ratification – once amendments were made, the policy was shared with the trust board and ratified

Definition

RSE is about the emotional, social and cultural development of children, and involves learning about relationships, healthy lifestyles, diversity, personal identity and sex education.

RSE involves a combination of sharing information and exploring issues and values.

RSE is not about the promotion of sexual activity.

Curriculum

Our curriculum is set out as per Appendix 1, but we may need to adapt it as and when necessary.

We have developed the curriculum in consultation with parents, children and staff, taking into account the age, needs and feelings of children.

Teachers do their best to answer all questions with sensitivity and care. By the end of Key Stage 2, we ensure that both boys and girls know how their bodies change during puberty, what menstruation is and how it affects women. We always teach this with due regard for the emotional development of the children.

If children ask questions outside the scope of this policy, teachers will respond in an appropriate manner so they are fully informed and do not seek answers online. Children will be encouraged to discuss any unanswered questions at home with parents/carers.

Primary sex education will focus on:

- › Preparing boys and girls for the changes that adolescence brings
- › How a baby is conceived and born

For more information about our curriculum, see our curriculum map in Appendix 1.

Delivery of RSE

RSE is taught within the personal, social, health and economic (PSHE) education curriculum. Biological aspects of RSE are taught within the science curriculum, and other aspects are included in the computing and physical education (PE) curriculum.

Girls in year 5 receive a standalone curriculum session which focuses on menstruation. Children in Year 6 receive standalone curriculum sessions which focus on sexual education.

Relationships education focuses on teaching the fundamental building blocks and characteristics of positive relationships including:

- › Families and people who care for me
- › Caring friendships
- › Respectful relationships
- › Online relationships
- › Being safe
- › Preparing boys and girls for the changes that adolescence brings
- › How a baby is conceived and born

For more information about our RSE curriculum, see Appendices 1 and 2.

These areas of learning are taught within the context of family life, taking care to ensure that there is no stigmatisation of children based on their home circumstances (families can include single parent families, LGBT parents, families headed by grandparents, adoptive parents, foster parents/carers amongst other structures) along with reflecting sensitively that some children may have a different structure of support around them (for example: looked after children or young carers).

Roles and Responsibilities

The trust board will approve the RSE policy, and the governing body will hold the Headteacher to account for its implementation.

The Headteacher

The Headteacher is responsible for ensuring that RSE is taught consistently across the school, and for managing requests to withdraw children from non-statutory components of RSE (see section 8).

Staff

Staff are responsible for:

- Delivering RSE in a sensitive way
- Modelling positive attitudes to RSE
- Monitoring progress
- Responding to the needs of individual children
- Responding appropriately to children whose parents wish them to be withdrawn from the non-statutory components of RSE

Staff do not have the right to opt out of teaching RSE. Staff who have concerns about teaching RSE are encouraged to discuss this with the Headteacher.

Class teachers and HLTAs are responsible for teaching RSE at Laureate Community Academy. Class teachers are responsible for the delivery of sex education lessons.

Confidentiality

Teachers conduct sex education lessons in a sensitive manner and in confidence. However, if a child makes a reference to being involved, or likely to be involved in sexual activity, then the teacher will take the matter seriously and deal with it as a matter of **child protection**. Teachers will respond in a similar way if a child indicates that they may have been a victim of abuse. In these circumstances the teacher will talk to the child as a matter of urgency following protocols laid down in the child protection policy. If the teacher has concerns, they will draw their concerns to the attention of the Headteacher. The Headteacher will then deal with the matter in consultation with health care professionals. (See also Child Protection Policy).

Children

Children are expected to engage fully in RSE and, when discussing issues related to RSE, treat others with respect and sensitivity.

Parents

The school fully respects that the primary role in children's sex education lies with parents and carers. We wish to build a positive and supporting relationship with the parents of children at our school through mutual understanding, trust and co-operation. In promoting this objective, we:

- Inform parents about the school's sex education policy and practice
- Answer any questions that parents may have about the sex education of their child
- Take seriously any issue that parents raise with teachers or governors about this policy or the arrangements for sex education in the school.

Parents' right to withdraw

Parents do not have the right to withdraw their children from relationships education.

Parents have the right to withdraw their children from the non-statutory components of sex education within RSE. If a parent wishes their child to be withdrawn from this part of the programme, they should discuss this with the Headteacher, and make it clear which aspects they do not wish their child to participate in. The school always complies with the wishes of parents in this regard. Parents are required to confirm this in writing.

Alternative work will be given to children who are withdrawn from sex education.

Training

Staff are trained on the delivery of RSE as part of their induction and it is included in our continuing professional development calendar.

The Headteacher will also invite visitors from outside the school, such as school nurses or sexual health professionals, to provide support and training to staff teaching RSE, where required.

Monitoring arrangements

The delivery of RSE is monitored by Ruth Baxter, PSHE lead, through a range of methods including planning scrutinise, learning walks and pupil perceptions.

Children's development in RSE is monitored by class teachers as part of our internal assessment systems. This policy will be reviewed and approved by the Trust board annually and adopted by the governing body.

Appendix 1: Curriculum map

Relationships and sex education example curriculum map

	EYFS	Year 1	Year 2
Autumn 1	Being Me in my World Self-identity Understanding Feelings Being in a Classroom Being Gentle Rights and Responsibilities	Relationships – What is same and different about us? what they like/dislike and are good at <ul style="list-style-type: none"> what makes them special and how everyone has different strengths how their personal features or qualities are unique to them how they are similar or different to others, and what they have in common to use the correct names for the main parts of the body, including external genitalia; and that parts of bodies covered with underwear are private 	Relationships: What makes a good friend? <ul style="list-style-type: none"> how to make friends with others how to recognise when they feel lonely and what they could do about it how people behave when they are being friendly and what makes a good friend how to resolve arguments that can occur in friendships how to ask for help if a friendship is making them unhappy
Autumn 2	Celebrating Differences Identifying Talents Being Special Families Where we live Making Friends Standing up for yourself	Relationships – Who is special to us? that family is one of the groups they belong to, as well as, for example, school, friends, clubs <ul style="list-style-type: none"> about the different people in their family / those that love and care for them what their family members, or people that are special to them, do to make them feel loved and cared for how families are all different but share common features – what is the same and different about them about different features of family life, including what families do / enjoy together that it is important to tell someone (such as their teacher) if something about their family makes them feel unhappy or worried 	Relationships: What is bullying? <ul style="list-style-type: none"> how words and actions can affect how people feel how to ask for and give/not give permission regarding physical contact and how to respond if physical contact makes them uncomfortable or unsafe why name-calling, hurtful teasing, bullying and deliberately excluding others is unacceptable how to respond if this happens in different situations how to report bullying or other hurtful behaviour, including online, to a trusted adult and the importance of doing so
Spring 1	Dreams and Goals Challenges Perseverance Goal Setting Overcoming obstacles Seeking help Jobs Achieving Goals	Health and Wellbeing: What helps us to stay healthy? what being healthy means and who helps help them to stay healthy (e.g. parent, dentist, doctor) <ul style="list-style-type: none"> that things people put into or onto their bodies can affect how they feel how medicines (including vaccinations and immunisations) can help people stay healthy and that some people need to take medicines every day to stay healthy. why hygiene is important and how simple hygiene routines can stop germs from being passed on <ul style="list-style-type: none"> what they can do to take care of themselves on a daily basis, e.g. brushing teeth and hair, hand washing 	Living in the Wider World – What jobs do people do? how jobs help people earn money to pay for things they need and want <ul style="list-style-type: none"> about a range of different jobs, including those done by people they know or people who work in their community how people have different strengths and interests that enable them to do different jobs how people use the internet and digital devices in their jobs and everyday life
Spring 2	Healthy Me Exercising Bodies Physical Activity Healthy Food Sleep Keeping Clean Safety	Living in the Wider World – What can we do with money? <ul style="list-style-type: none"> what money is - that money comes in different forms how money is obtained (e.g. earned, won, borrowed, presents) how people make choices about what to do with money, including spending and saving the difference between needs and wants - that people may not always be able to have the things they want how to keep money safe and the different ways of doing this 	Health and Wellbeing: What helps us to stay safe? how rules and restrictions help them to keep safe (e.g. basic road, fire, cycle, water safety; in relation to medicines/ household products and online) <ul style="list-style-type: none"> how to identify risky and potentially unsafe situations (in familiar and unfamiliar environments, including online) and take steps to avoid or remove themselves from them how to resist pressure to do something that makes them feel unsafe or uncomfortable, including keeping secrets how not everything they see online is true or trustworthy and that people can pretend to be someone they are not how to tell a trusted adult if they are worried for themselves or others, worried that something is unsafe or if they come across something that scares or concerns them.

Summer 1	Relationships Family Life Friendships Breaking Friendships Falling Out Dealing with Bullying Being a good friend	Health and Wellbeing: Who keeps us safe? that people have different roles in the community to help them (and others) keep safe - the jobs they do and how they help people <ul style="list-style-type: none"> • who can help them in different places and situations; how to attract someone's attention or ask for help; what to say • how to respond safely to adults they don't know • what to do if they feel unsafe or worried for themselves or others; and the importance of keeping on asking for support until they are heard • how to get help if there is an accident and someone is hurt, including how to dial 999 in an emergency and what to say 	What helps us to grow and stay healthy? different things help their bodies to be healthy, including food and drink, physical activity, sleep and rest <ul style="list-style-type: none"> • that eating and drinking too much sugar can affect their health, including dental health • how to be physically active and how much rest and sleep they should have everyday • that there are different ways to learn and play; how to know when to take a break from screen-time • how sunshine helps bodies to grow and how to keep safe and well in the sun
Summer 2	Changing Me Bodies Respecting my body Growing up Growth and change Fun and Fears Celebrations Transition into Year 1.	Living in the wider world: caring for people how kind and unkind behaviour can affect others; how to be polite and courteous; how to play and work co-operatively <ul style="list-style-type: none"> • the responsibilities they have in and out of the classroom • how people and animals need to be looked after and cared for • what can harm the local and global environment; how they and others can help care for it • how people grow and change and how people's needs change as they grow from young to old • how to manage change when moving to a new class/year group 	How do we recognise our feelings? how to recognise, name and describe a range of feelings <ul style="list-style-type: none"> • what helps them to feel good, or better if not feeling good • how different things / times / experiences can bring about different feelings for different people (including loss, change and bereavement or moving on to a new class/year group) • how feelings can affect people in their bodies and their behaviour • ways to manage big feelings and the importance of sharing their feelings with someone they trust • how to recognise when they might need help with feelings and how to ask for help when they need it

	Year 3	Year 4	Year 5	Year 6
Autumn 1	Relationships – How can we be a good friend? how friendships support wellbeing and the importance of seeking support if feeling lonely or excluded <ul style="list-style-type: none"> • how to recognise if others are feeling lonely and excluded and strategies to include them • how to build good friendships, including identifying qualities that contribute to positive friendships • that friendships sometimes have difficulties, and how to manage when there is a problem or an argument between friends, resolve disputes and reconcile differences • how to recognise if a friendship is making them unhappy, feel uncomfortable or unsafe and how to ask for support 	What strengths, skills and interests do we have? how to recognise personal qualities and individuality <ul style="list-style-type: none"> • to develop self-worth by identifying positive things about themselves and their achievements • how their personal attributes, strengths, skills and interests contribute to their self-esteem • how to set goals for themselves • how to manage when there are set-backs, learn from mistakes and reframe unhelpful thinking 	What makes up a person's identity? how to recognise and respect similarities and differences between people and what they have in common with others <ul style="list-style-type: none"> • that there are a range of factors that contribute to a person's identity (e.g. ethnicity, family, faith, culture, gender, hobbies, likes/dislikes) • how individuality and personal qualities make up someone's identity (including that gender identity is part of personal identity and for some people does not correspond with their biological sex) • about stereotypes and how they are not always accurate, and can negatively influence behaviours and attitudes towards others • how to challenge stereotypes and assumptions about others 	How can we keep healthy as we grow? how mental and physical health are linked <ul style="list-style-type: none"> • how positive friendships and being involved in activities such as clubs and community groups support wellbeing • how to make choices that support a healthy, balanced lifestyle including: <ul style="list-style-type: none"> » how to plan a healthy meal » how to stay physically active » how to maintain good dental health, including oral hygiene, food and drink choices » how to benefit from and stay safe in the sun » how and why to balance time spent online with other activities » how sleep contributes to a healthy lifestyle; the effects of poor sleep; strategies that support good quality sleep » how to manage the influence of friends and family on health choices • that habits can be healthy or unhealthy; strategies to help change or break an unhealthy habit or take up a new healthy <ul style="list-style-type: none"> • how legal and illegal drugs (legal and illegal) can affect health and how to manage situations involving them • how to recognise early signs of physical or mental ill-health and what to do about this, including whom to speak to in and outside school • that health problems, including mental health problems, can build up if they are not recognised, managed, or if help is not sought early on • that anyone can experience mental ill-health and to discuss concerns with a trusted adult

Autumn 2	<p>What keeps us safe? how to recognise hazards that may cause harm or injury and what they should do to reduce risk and keep themselves (or others) safe</p> <ul style="list-style-type: none"> • how to help keep their body protected and safe, e.g. wearing a seatbelt, protective clothing and stabilizers • that their body belongs to them and should not be hurt or touched without their permission; what to do and who to tell if they feel uncomfortable • how to recognise and respond to pressure to do something that makes them feel unsafe or uncomfortable (including online) • how everyday health and hygiene rules and routines help people stay safe and healthy (including how to manage the use of medicines, such as for allergies and asthma, and other household products, responsibly) • how to react and respond if there is an accident and how to deal with minor injuries e.g. scratches, grazes, burns • what to do in an emergency, including calling for help and speaking to the emergency services 	<p>Relationships – How do we treat each other with respect?</p> <p>how people’s behaviour affects themselves and others, including online</p> <ul style="list-style-type: none"> • how to model being polite and courteous in different situations and recognise the respectful behaviour they should receive in return • about the relationship between rights and responsibilities • about the right to privacy and how to recognise when a confidence or secret should be kept • the rights that children have and why it is important to protect these* • that everyone should feel included, respected and not discriminated against; how to respond if they witness or experience exclusion, disrespect or discrimination • how to respond to aggressive or inappropriate behaviour (including online and unwanted physical contact) – how to report concerns 	<p>What decisions do people make with money? how people make decisions about spending and saving money and what influences them</p> <ul style="list-style-type: none"> • how to keep track of money so people know how much they have to spend or save • how people make choices about ways of paying for things they want and need (e.g. from current accounts/savings; store card/ credit cards; loans) • how to recognise what makes something ‘value for money’ and what this means to them • that there are risks associated with money (it can be won, lost or stolen) and how money can affect people’s feelings and emotions 	<ul style="list-style-type: none"> • that mental health difficulties can usually be resolved or managed with the right strategies and support
Spring 1	<p>What are families like? how families differ from each other (including that not every family has the same family structure, e.g. single parents, same sex parents, step-parents, blended families, foster and adoptive parents)</p> <ul style="list-style-type: none"> • how common features of positive family life often include shared experiences, e.g. celebrations, special days or holidays • how people within families should care for each other and the different ways they demonstrate this • how to ask for help or advice if family relationships are making them feel unhappy, worried or unsafe 	<p>How can we manage our feelings? how everyday things can affect feelings</p> <ul style="list-style-type: none"> • how feelings change over time and can be experienced at different levels of intensity • the importance of expressing feelings and how they can be expressed in different ways • how to respond proportionately to, and manage, feelings in different circumstances • ways of managing feelings at times of loss, grief and change • how to access advice and support to help manage their own or others’ feelings 	<p>How can we help in an accident or emergency? how to carry out basic first aid including for burns, scalds, cuts, bleeds, choking, asthma attacks or allergic reactions</p> <ul style="list-style-type: none"> • that if someone has experienced a head injury, they should not be moved • when it is appropriate to use first aid and the importance of seeking adult help <p>the importance of remaining calm in an emergency and providing clear information about what has happened to an adult or the emergency services</p> <p>Puberty</p> <p>Key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes.</p> <p>About menstrual wellbeing including the key facts about the menstrual cycle.</p>	<p>How can the media influence people? how the media, including online experiences, can affect people’s wellbeing – their thoughts, feelings and actions</p> <ul style="list-style-type: none"> • that not everything should be shared online or social media and that there are rules about this, including the distribution of images • that mixed messages in the media exist (including about health, the news and different groups of people) and that these can influence opinions and decisions • how text and images can be manipulated or invented; strategies to recognise this • to evaluate how reliable different types of online content and media are, e.g. videos, blogs, news, reviews, adverts • to recognise unsafe or suspicious content online and what to do about it • how information is ranked, selected, targeted to meet the interests of individuals and groups, and can be used to influence them
Spring 2	<p>What makes a community? how they belong to different groups and communities, e.g. friendship, faith, clubs, classes/year groups</p> <ul style="list-style-type: none"> • what is meant by a diverse community; how different groups make up the wider/local community around the school • how the community helps everyone to feel included and values the different contributions that people make • how to be respectful towards people who may live differently to them 	<p>Personal Hygiene: How we change and grow</p> <ul style="list-style-type: none"> • How germs are spread <p>How safe routines can reduce the spread</p> <p>How body odour is bacteria and how to stop it</p> <p>Hygiene Lau</p>	<p>How can friends communicate safely? about the different types of relationships people have in their lives</p> <ul style="list-style-type: none"> • how friends and family communicate together; how the internet and social media can be used positively • how knowing someone online differs from knowing someone face-to-face • how to recognise risk in relation to friendships and keeping safe • about the types of content (including images) that is safe to share online; ways of seeking and giving consent before images or personal information 	<ul style="list-style-type: none"> • how to make decisions about the content they view online or in the media and know if it is appropriate for their age range • how to respond to and if necessary, report information viewed online which is upsetting, frightening or untrue to recognise the risks involved in gambling related activities, what might influence somebody to gamble and the impact it might have • to discuss and debate what influences people’s decisions, taking into consideration different viewpoints

			<p>is shared with friends or family</p> <ul style="list-style-type: none"> • how to respond if a friendship is making them feel worried, unsafe or uncomfortable • how to ask for help or advice and respond to pressure, inappropriate contact or concerns about personal safety 	
Summer 1	<p>Why should we eat well and look after our teeth?</p> <p>how to eat a healthy diet and the benefits of nutritionally rich foods</p> <ul style="list-style-type: none"> • how to maintain good oral hygiene (including regular brushing and flossing) and the importance of regular visits to the dentist • how not eating a balanced diet can affect health, including the impact of too much sugar/acidic drinks on dental health • how people make choices about what to eat and drink, including who or what influences these • how, when and where to ask for advice and help about healthy eating and dental care 	<p>How can our choices make a difference to others and the environment?</p> <p>how people have a shared responsibility to help protect the world around them</p> <ul style="list-style-type: none"> • how everyday choices can affect the environment • how what people choose to buy or spend money on can affect others or the environment (e.g. Fairtrade, single use plastics, giving to charity) • the skills and vocabulary to share their thoughts, ideas and opinions in discussion about topical issues • how to show care and concern for others (people and animals) • how to carry out personal responsibilities in a caring and compassionate way 	<p>Drug, alcohol and tobacco education:</p> <p>Different influences</p> <ul style="list-style-type: none"> • about the risks associated with smoking drugs, including cigarettes, e – cigarettes, shisha and cannabis • different influences on drug use – alcohol, tobacco and nicotine products • strategies to resist pressure from others about whether to use drugs – smoking drugs and alcohol 	<p>What will change as we become more independent?</p> <p>that adults can choose to be part of a committed relationship or not, including marriage or civil partnership</p> <ul style="list-style-type: none"> • that marriage should be wanted equally by both people and that forcing someone to marry against their will is a crime • how puberty relates to growing from childhood to adulthood • about the reproductive organs and process - how babies are conceived and born and how they need to be cared for • how growing up and becoming more independent comes with increased opportunities and responsibilities • how friendships may change as they grow and how to manage this • how to manage change, including moving to secondary school; how to ask for support or where to seek further information and advice regarding growing up and changing
Summer 2	<p>Why should we keep active and sleep well?</p> <p>how regular physical activity benefits bodies and feelings</p> <ul style="list-style-type: none"> • how to be active on a daily and weekly basis - how to balance time online with other activities • how to make choices about physical activity, including what and who influences decisions • how the lack of physical activity can affect health and wellbeing • how lack of sleep can affect the body and mood and simple routines that support good quality sleep • how to seek support in relation to physical activity, sleep and rest and who to talk to if they are worried 	<p>How can we manage risk?</p> <p>how to recognise, predict, assess and manage risk in different situations</p> <ul style="list-style-type: none"> • how to keep safe in the local environment and less familiar locations (e.g. near rail, water, road; fire/firework safety; sun safety and the safe use of digital devices when out and about) • how people can be influenced by their peers' behaviour and by a desire for peer approval; how to manage this influence • how people's online actions can impact on other people • how to keep safe online, including managing requests for personal information and recognising what is appropriate to share or not share online • how to report concerns, including about inappropriate online content and contact • that rules, restrictions and laws exist to help people keep safe and how to respond if they become aware of a situation that is anti-social or against the law 	<p>Careers, financial capability and economic wellbeing: that there is a broad range of different jobs and people often have more than one during their careers and over their lifetime</p> <ul style="list-style-type: none"> • that some jobs are paid more than others and some may be voluntary (unpaid) • about the skills, attributes, qualifications and training needed for different jobs • that there are different ways into jobs and careers, including college, apprenticeships and university • how people choose a career/job and what influences their decision, including skills, interests and pay • how to question and challenge stereotypes about the types of jobs people can do • how they might choose a career/job for themselves when they are older, why they would choose it and what might influence their decisions 	

Appendix 2: By the end of primary school children should know

Relationships Education

TOPIC	CHILDREN SHOULD KNOW
Families and people who care about me	<ul style="list-style-type: none"> ○ That families are important for children growing up because they can give love, security and stability ○ The characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives ○ That others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care ○ That stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up ○ That marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong ○ How to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed
Caring friendships	<ul style="list-style-type: none"> ○ How important friendships are in making us feel happy and secure, and how people choose and make friends ○ The characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties ○ That healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded ○ That most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right ○ How to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed
Respectful relationships	<ul style="list-style-type: none"> ○ The importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs ○ Practical steps they can take in a range of different contexts to improve or support respectful relationships ○ The conventions of courtesy and manners ○ The importance of self-respect and how this links to their own happiness ○ That in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority ○ About different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help ○ What a stereotype is, and how stereotypes can be unfair, negative or destructive ○ The importance of permission-seeking and giving in relationships with friends, peers and adults

TOPIC	CHILDREN SHOULD KNOW
Online Relationships	<ul style="list-style-type: none"> ○ That people sometimes behave differently online, including by pretending to be someone they are not ○ That the same principles apply to online relationships as to face-to face relationships, including the importance of respect for others online including when we are anonymous ○ The rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them ○ How to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met ○ How information and data is shared and used online
Being Safe	<ul style="list-style-type: none"> ○ What sorts of boundaries are appropriate in friendships with peers and others (including in a digital context) ○ About the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe ○ That each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact ○ How to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know ○ How to recognise and report feelings of being unsafe or feeling bad about any adult ○ How to ask for advice or help for themselves or others, and to keep trying until they are heard ○ How to report concerns or abuse, and the vocabulary and confidence needed to do so ○ Where to get advice e.g. family, school and/or other sources

Physical health and mental wellbeing (Statutory)

TOPIC	CHILDREN SHOULD KNOW
Mental wellbeing	<ul style="list-style-type: none"> ○ That mental wellbeing is a normal part of daily life, in the same way as physical health. ○ That there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations. ○ How to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings. ○ How to judge whether what they are feeling and how they are behaving is appropriate and proportionate. ○ The benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness. ○ Simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests. ○ Isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support. ○ That bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing. ○ Where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online). ○ It is common for people to experience mental ill health. For many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough.
Internet safety and harms	<ul style="list-style-type: none"> ○ That for most people the internet is an integral part of life and has many benefits. ○ About the benefits of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental and physical wellbeing. ○ How to consider the effect of their online actions on others and know how to recognise and display respectful behaviour online and the importance of keeping personal information private. ○ Why social media, some computer games and online gaming, for example, are age restricted ○ That the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health. ○ How to be a discerning consumer of information online including understanding that information, including that from search engines, is ranked, selected and targeted. ○ Where and how to report concerns and get support with issues online.

TOPIC	CHILDREN SHOULD KNOW
Physical health and fitness	<ul style="list-style-type: none"> ○ The characteristics and mental and physical benefits of an active lifestyle. ○ The importance of building regular exercise into daily and weekly routines and how to achieve this; for example walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise. ○ The risks associated with an inactive lifestyle (including obesity). ○ How and when to seek support including which adults to speak to in school if they are worried about their health.
Healthy eating	<ul style="list-style-type: none"> ○ What constitutes a healthy diet (including understanding calories and other nutritional content). ○ The principles of planning and preparing a range of healthy meals. ○ The characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health).
Drugs, alcohol and tobacco	<ul style="list-style-type: none"> ○ The facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking.
Health and prevention	<ul style="list-style-type: none"> ○ How to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body. ○ About safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer. ○ The importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn. ○ About dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist. ○ About personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing. ○ The facts and science relating to allergies, immunisation and vaccination.
Basic first aid	<ul style="list-style-type: none"> ○ How to make a clear and efficient call to emergency services if necessary. ○ Concepts of basic first-aid, for example dealing with common injuries, including head injuries
Changing adolescent body	<ul style="list-style-type: none"> ○ 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.