



Relationships & Health Education

Year 1 & 2

Relationships & Health Education

We want all children to grow up healthy, happy, safe, and able to manage the challenges and opportunities of modern Britain. That is why, from September 2020, all primary age children will be taught Relationships and Health Education.

These subjects are designed to equip your child with knowledge to make informed decisions about their wellbeing, health and relationships as well as preparing them for a successful adult life. The world for all young people looks very different from the way it did 20 years ago when this curriculum was last updated – these changes bring the content into the 21st century, so that it is relevant for your child.

Department of Education, 2019

Relationship Education

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.

Department of Education, 2019

Health Education

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.

Department of Education, 2019

St Agnes Curriculum

Our curriculum is a bespoke curriculum created in collaboration with Manchester Healthy Schools (MHS) iMatter Version 3, schools within our cluster and our Parent Ambassador Group.

We have adapted resources provided by MHS to align with our values and ethos along with the community we serve.


By the end of Year 1, children will have been taught content on:

- ▶ 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.
- ▶ How to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed.


Lesson 1: Families

RSE

Do all families look the same?
Talk to your partner



Families can all look different
and all families are special



In this lesson, children will learn about the people in their lives who love and care for them, and that families can be different.

Children will discuss how all families are special and different. Not all family members live with us but they are still just as important.

RSE

Who is in your family?
Write their names or draw their pictures inside the house



Daddy Sara Grandma

Children will draw who is in their family and share it with each other, focusing on what the people in their family do to help them.

RSE

Discussion Time



What my family does for me



What things I do to care for them



RSE

Share our ideas



What my family does for me
What things I do to care for them


They send me a birthday card
They make me feel happy
I make them lovely pictures
We go on bike rides
I share my things with them
I thank them for things they do
We do things together
They play with me
I make them feel happy and loved
They take me to school
I give them a hug

Lesson 2: Similarities and Differences

Relationships Education

What do you think?

Imagine going to the zoo and all the animals being the same.
The same size, same colour, even acting the same and doing the same thing...







This lesson will encourage children to explore how we are all different and unique and the importance of respecting difference; delivering the message that we are all equal.

Children will explore the concept of differences by considering flowers in a garden, animals in a zoo and colours in a crayon box. They will then explore differences in people focusing on ability, gender, appearance and skin colour.

Relationships Education

Use the pictures to explore the similarities and differences with each characteristic.


Ability	Gender
	
Appearance	Skin colour
	

Children will be introduced to the concepts of equality and respect in the context of differences.

Relationships Education

Equality is about respecting difference

Answer the questions and decide if differences have been respected.



Jack is upset because Imran is making unkind comments about his skin colour and the way that he dresses.

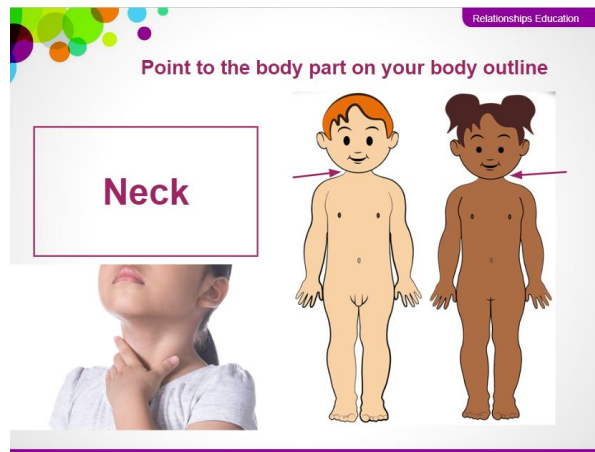
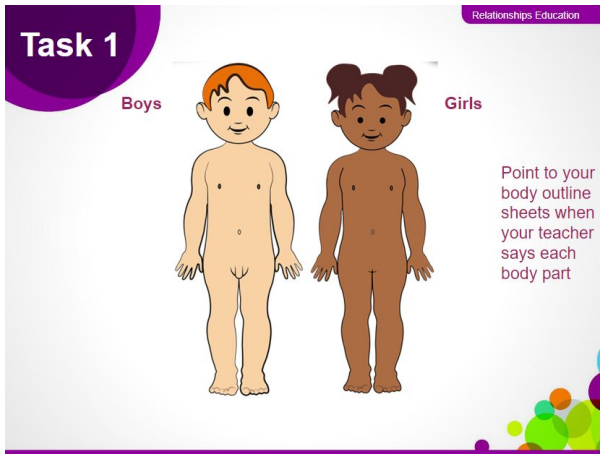
- 1) How do you think Jack would be feeling?
- 2) Do you think Jack is being treated fairly?
- 3) Is this showing respect for people's differences?

Relationships Education

Can you think of ways we are different to our friends in our school?

Would it be good for us all to be the same?

Lesson 3: Body Parts

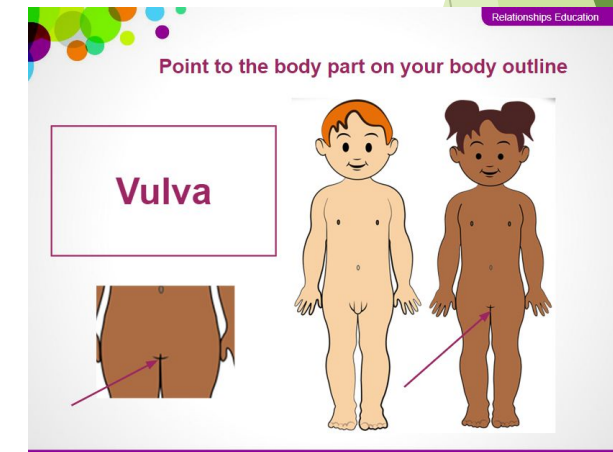
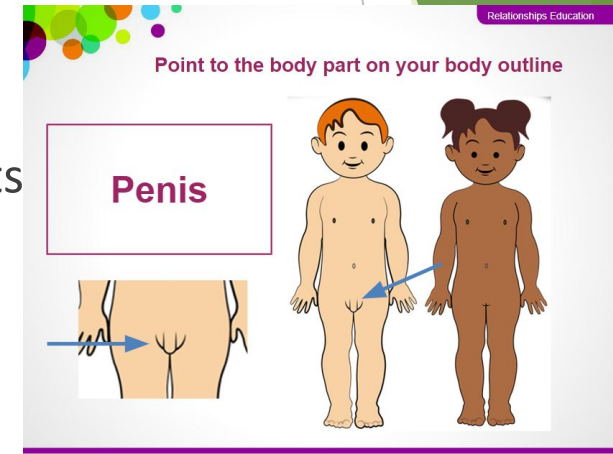


Lesson 3 looks at different body parts.

Children will identify different body parts on a worksheet including shoulders, neck, penis and vagina.

Children will be introduced to anatomically correct vocabulary to describe male and female genitalia.

Links to the NSPCC 'Pantosaurus' campaign will be made explicit during this lesson.



By the end of Year 2, children will have been taught content on:

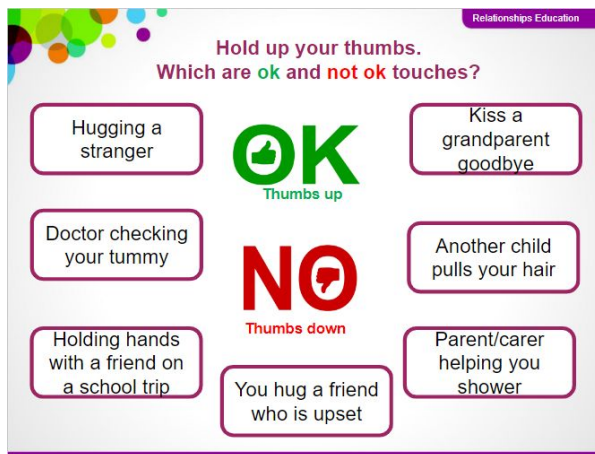
- ▶ What sorts of boundaries are appropriate in friendships with peers and others (including in a digital context).
- ▶ About the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe.
- ▶ That each 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 report concerns or abuse, and the vocabulary and confidence needed to do so.

Lesson 1: Privacy and Unwanted Touch

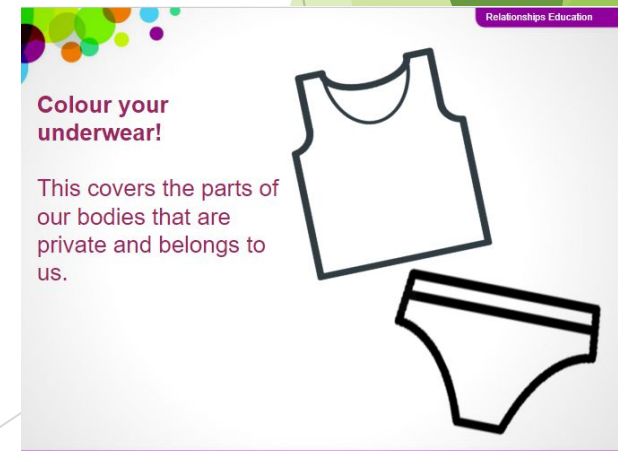


This lesson will explore what is meant by 'privacy', children's right to keep things 'private' and the importance of respecting others' privacy.

Children will explore the different types of touch and decide which is ok or not ok.



Children will identify parts of their body that are private using the NSPCC's 'Pantosaurus' campaign and design underwear to cover their private parts.



Lesson 2: Growing Up

Task 1
Worksheet 1
RSE 2.3

Relationships Education

How old am I?
Guess the age of the person,
write your answer in the boxes.




□ □ □ □ □ □ □ □

This worksheet shows a vertical sequence of eight illustrations representing a woman's life stages: a baby in a pink blanket, a toddler in a red dress, a young girl in a green dress, a student in a blue graduation cap and gown, a young woman in a striped shirt and blue skirt, a pregnant woman in a green dress, a professional woman in a blue suit, and an elderly woman in a pink dress with a cane. Below each illustration is a small empty square box for writing an age.

Worksheet 2
RSE 2.4

Relationships Education

How old am I?
Guess the age of the person, write your answer in the boxes.



□ □ □ □ □ □ □ □

This worksheet shows a vertical sequence of eight illustrations representing a man's life stages: a baby in a blue blanket, a toddler in a yellow shirt, a young boy in a blue shirt, a student in a blue graduation cap and gown, a young man in a red jersey with the number 54, a man with a beard in a green sweater, a professional man in a blue suit, and an elderly man in a dark suit with a cane. Below each illustration is a small empty square box for writing an age.

This lesson will develop pupils understanding of the life cycle and that we all start life as a baby. It will provide the opportunity to identify key life stages.

Children will identify visible changes throughout a persons lifetime and explore how they have changed from when they are born to now.

Task 3

Relationships Education

Then	Now
Draw a picture of you as a baby	Draw a picture of you now


Draw or add a photograph of you as a baby and as you have grown what you look like now

This task sheet features two large, rounded rectangular boxes. The left box is labeled 'Then' and contains the instruction 'Draw a picture of you as a baby'. The right box is labeled 'Now' and contains the instruction 'Draw a picture of you now'. Below these boxes, a line of text asks the student to 'Draw or add a photograph of you as a baby and as you have grown what you look like now'.

Task 4

Relationships Education

Baby, Teen or Adult?
What age do these items may belong to?



This task sheet displays five images in separate boxes for identification: a pair of black and yellow sneakers, a dark blue handbag, a yellow baby cradle, a group of hands of different sizes and colors reaching towards the center, and a collection of colorful toys including blocks and a teddy bear.

Lesson 3: Fair and Unfair

Relationships Education

What makes a good friend?



Relationships Education

Task 2

What makes a good friend?

... Imagine all the great qualities a good friend can have

Now tell your partner your ideas
Did they think of any you didn't get?



This lesson will explore what is fair and unfair, kind and unkind and what is right and wrong. It will then teach how to recognise these behaviours, how to respond, who to tell and what to say.

Children will identify characteristics that they think make a good friend and then compare them with others.

Children will look at different scenarios and discuss whether the scenario is fair or unfair and give their reasons why.

Relationships Education

"My sister is younger than me but she gets £5 more pocket money than me a week."

Relationships Education

What does the word *kindness* mean to you?

Frequently asked Questions

When will my child be taught Relationship and Health Education?

These lessons will take place in the Spring term.

Can I withdraw my child from Relationship and Health Education?

No. This is a statutory part of the curriculum.

Will my child be taught Sex Education?

No. This is non-statutory and we have made the decision not to teach these lessons.

Where can I find more detail on the content of the lessons?

Please attend a parent workshop, contact the class teacher or visit our website for more information

If you have any additional questions please feel free to stay and speak with a member of staff