

## What has changed?

Schools have always taught RSE (Relationships and Sex Education) as part of the PSHE (Personal, Social and Health Education). However, this wasn't a statutory subject. Now, the government have laid out a new statutory curriculum for Primary and Secondary Schools which covers Health and SRE. Schools will continue to teach these aspects within their wider PSHE curriculum.



# What is RSE and how has this changed?

Relationships and Sex Education is, in primary schools, first and foremost about helping children understand, identify and make healthy, positive relationships. The focus is mainly on friendships and families, and, for the older children, starting to think about what constitutes a healthy, loving relationship between two adults. One aim is that children can speak up about any relationships they are worried about and know how to ask for help, as well as setting them up to make positive choices about their own friendships and relationships as they grow up.

This hasn't really changed from what schools have been teaching already. However, the importance of these objectives has been recognised by making this learning statutory.

## Can I still withdraw my child from RSE?

The answer is yes, although for Holbrook, 'sex education', teaching children about reproduction, only happens in Year 6 and we would hope to work with you so that you felt comfortable with children attending these important sessions. Teaching about puberty and body changes (Year 5 at Holbrook) are now part of the Health curriculum and are a statutory part of the curriculum.



# What is covered in Health Education?

Health education is all about helping children keep themselves safe, make healthy choices and understand how their bodies change as they grow up.

There is now the welcome inclusion of mental well-being as well as learning aspects of first aid.

To see the curriculum in full and expectations for children by the end of primary school, go to:

[Relationships education \(Primary\) - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education/physical-health-and-mental-wellbeing-primary-and-secondary)

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