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# Relationships & Health Education Parent Meeting

Year 1 & Year 2



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# 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 the teaching of **Relationships and Health Education** to primary school children is **statutory**. 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.



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# 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.



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# 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.





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

- families and people who care for me
- caring friendships
- feelings and emotions
- similarities and differences between themselves and others
- similarities and differences between boys and girls
- correct body part names
- looking after our teeth
- keeping safe

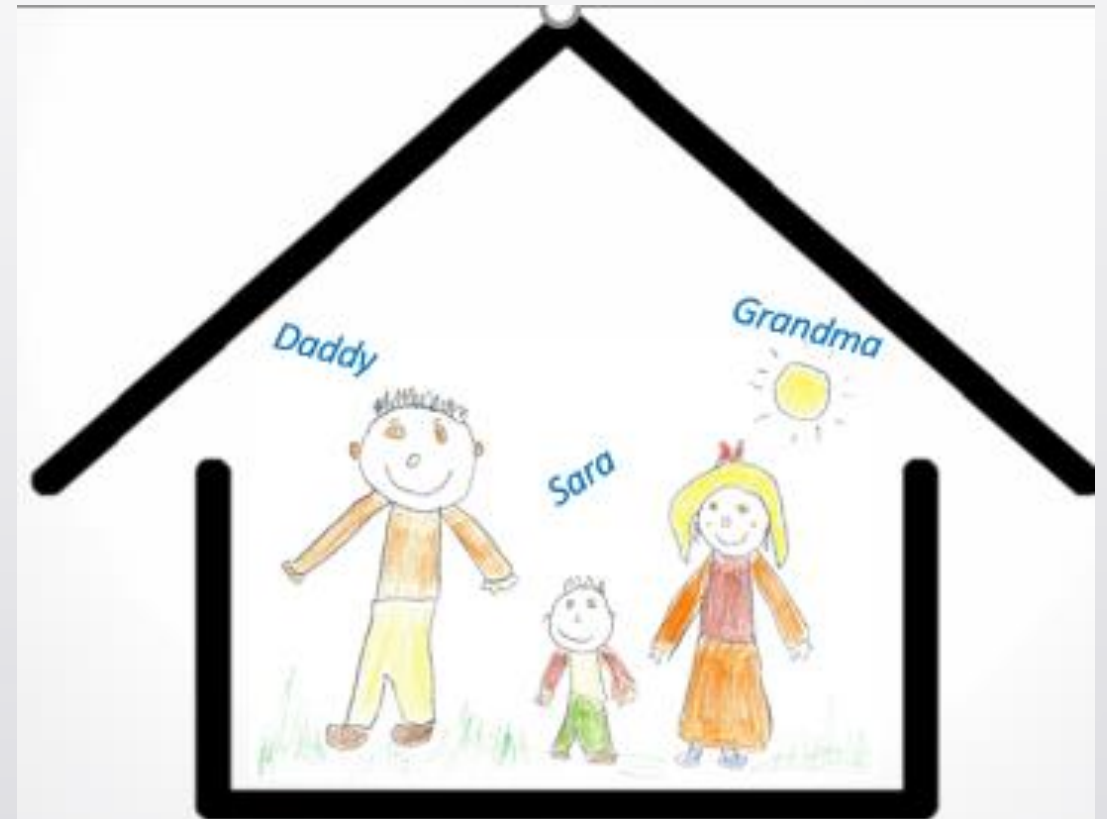
Lesson 1- To learn about the people in my life that care for me and love me

Relationship Education

Do all families look the same?  
Talk to your partner



Families can all look different  
and all families are special



# Lesson 2- To learn about the similarities and differences between themselves and other people



Sesame Street: Respect | Word on the Street



Relationship Education

## Poem - Difference is ok!

Imagine a garden of flowers where all of the flowers are the same,  
The same size, the same colour, same scent and the same name!

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...  
Don't you think that it would be just a little bit boring?

Don't you think it would be much more fun...  
To colour with lots of different crayons and play with lots of different toys instead of  
just the same one?  
Don't you think it is a wonderful thing?  
That everything and everyone is so different, which makes the world unique and a  
little less boring?




Lesson 3 - What are the similarities between girls and boys? (body parts)

ankle	elbow	penis	hip	ankle	elbow	vulva	waist
shoulder	forehead	thigh	testicles	shoulder	forehead		thigh

The image shows two human figures, a boy on the left and a girl on the right, with lines connecting them to various body part labels. The labels are arranged in two columns above each figure. The boy's labels are: ankle, shoulder, forehead, hip, testicles, and thigh. The girl's labels are: ankle, shoulder, forehead, vulva, waist, and thigh. Each label is in a box with a blank line for writing.





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

- families and people who care for me
- caring friendships
- feelings and emotions
- similarities and differences between themselves and others
- similarities and differences between boys and girls
- correct body part names
- understanding which body parts are 'private'
- looking after our teeth
- keeping safe at home and online

Lesson 1 - What are the similarities between girls and boys? (body parts)

ankle	elbow	penis	hip	ankle	elbow	vulva	waist
shoulder	forehead	thigh	testicles	shoulder	forehead		thigh

The diagram shows two human figures, a boy on the left and a girl on the right. Each figure has several empty rectangular boxes connected to their body parts by lines. The boy's body parts are labeled with lines pointing to boxes for: forehead, shoulder, hip, testicles, thigh, and ankle. The girl's body parts are labeled with lines pointing to boxes for: forehead, shoulder, hip, vulva, thigh, and ankle.

## Lesson 2 - What is private? (Body Parts)



**Colour your underwear!**

This covers the parts of our bodies that are private and belongs to us

A white rectangular area containing a line-art illustration of a tank top and a pair of briefs, intended for coloring. The text "Colour your underwear!" is written in purple, and "This covers the parts of our bodies that are private and belongs to us" is written in a smaller purple font below it.

Lesson 3 - What happens when the body grows young to old? Eg – walk, talk, have a job, drive, retire

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



The illustration shows a progression of nine figures representing different ages: a baby in a pink blanket, a crawling baby in a yellow shirt, a young girl in a red dress, a young girl with a backpack in a green dress, a graduate in a blue cap and gown, a young woman in a yellow and white striped shirt, a pregnant woman in a green dress, a professional woman in a blue suit, and an elderly woman in a pink jacket with a cane. Below each figure is a small empty square box for writing an age.

When I was a baby I couldn't .....

Now I have grown I can .....

# Lesson 4 - What is fair, unfair, kind and unkind? (friendship)

Identifying what is kind and unkind, what is right and wrong.

Task : Colour in the **positive** characteristics!

Listens to others	Helpful	Uses unkind words	Ignores rules
Takes turns	Leaves people out	Shares	Takes things without asking

**The Friend-Builder** Relationship Education RHE2.10

Add your good friend attributes to build an ideal friend



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# Frequently asked questions:

- **When will my child be taught Relationship and Health Education?**

These lessons will take place in the final term throughout July.

- **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 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 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.**

