

Relationships and Health Education at DBJA

July 2021



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Why has the curriculum changed?

The Health Education and Relationships Education aspects of PSHE (personal, social, health and economic) education will be compulsory in all primary schools from September 2020.



New subjects from September 2020

- Relationships education (primary schools)
- Relationships and sex education (secondary schools)
- Health education (all schools)
- There will be no right to withdraw from Relationships Education or Health Education
- The science curriculum remains compulsory

Statutory Relationships and Health Education in Primary School

Relationships Education (Primary)	Physical Health and Mental Well Being (Primary)
Families and People who care for me	Mental Wellbeing
Caring Friendships	Internet Safety and Harms
Respectful Relationships	Physical Health and Fitness
Online Relationships	Healthy Eating
Being Safe	Drugs, alcohol and tobacco
	Health and Prevention
	Basic First Aid
	Changing Adolescent Body

OFCOM STATISTICS

5-7s



5% have their own smartphone,
42% have their own tablet.

97% watch TV on a TV set, for
around **13½h a week**.

44% watch TV on other devices,
mostly on a tablet.

63% play games, for around
7½h a week.

82% go online, for around **9½h**
a week.

67% of these mostly use a tablet to go online.

44% watch TV programmes via OTT services (like
Netflix, Now TV or Amazon Prime Video).

70% use YouTube, 65% of these say they use it to
watch cartoons while 61% say funny videos or
pranks.

4% have a social media profile.

8-11s



35% have their own smartphone,
47% have their own tablet.

94% watch TV on a TV set, for
nearly **13h a week**.

43% watch TV on other devices,
mostly on a tablet.

74% play games, for around **10h**
a week.

93% go online, for around **13½h**
a week.

45% of these mostly use a tablet to
go online, with 24% mostly
using a mobile.

43% watch TV programmes via OTT services (like
Netflix, Now TV or Amazon Prime Video).

77% use YouTube, 75% of these say they use it to
watch funny videos or pranks while 58% say music
videos.

18% have a social media profile.

40% who own a mobile are allowed to take it to bed
with them, it's 28% among tablet owners.

For this young generation, there is a vast amount of sometimes confusing information about relationships being portrayed on the internet, on TV, in magazines, etc. which young people may have access or be exposed to. At DBJA our aim is to provide pupils age-appropriate information, explore attitudes and values and develop skills in order to empower them to make positive decisions now and beyond primary school.

YOU'RE INVITED

**Sexual violence and
sexual harassment
between children in
schools and colleges**

Advice for governing bodies, proprietors,
headteachers, principals, senior
leadership teams and designated
safeguarding leads

May 2018

love island
Tonight 9pm itv2



We want our children to:

- *Grow up healthy and safe
- * Have the knowledge to make informed decisions about their wellbeing, health and relationships.
- *Be able to manage the challenges and opportunities of modern Britain
- *Be prepared them to lead successful adult lives.



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In secondary schools...

Findings from NATSAL (National Surveys of Sexual Attitudes and Lifestyles)

Those who have good sex education *from school* are more likely to:

- delay their sexual debut
- use contraception and practice safer sex
- want their first sexual experience rather than feel pressured
- be aware of and report abuse

70% of young people say their main source of information was lessons at school



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Primary pupils will learn:

Families

- Why they are important
- The characteristics of family life
- How families can be different
- How to get help if family life is making them feel unsafe

Caring friendships

- The importance of friendships
- What friendships look like
- Dealing with conflict
- Recognising who to trust and where to get help

The focus is on the building blocks of positive relationships

Respectful relationships

- The importance of respect
- Courtesy and good manners
- Self-respect and how this links to happiness

Online relationships

- That people can lie online
- Privacy and data use
- How to stay safe

Being safe

- Appropriate boundaries
- Why secrets can be harmful
- Personal boundaries
- Appropriate and inappropriate touch
- How to respond to strangers
- How to get help



Physical and emotional health

- The importance of nutrition and exercise
- Hygiene, oral health and self-care
- Basic first aid
- How physical and emotional health are linked
- Staying safe in the sun
- The changing adolescent body
- Emotional literacy and vocabulary
- Harmful substances, including drugs, alcohol and tobacco

This half term we will be teaching the Growing and Changing part of the Curriculum.

Year 3 will be covering:

Being the Healthiest Me:

- To recognise what makes us special and unique
- To understand our likes and dislikes

To recognise our strengths and weaknesses

Name different emotions we might feel

- Understand our different feelings
- Know how to manage our feelings and tell someone when we find things difficult

Parents can not withdraw their children from this statutory content.



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This half term we will be teaching the Growing and Changing part of the Curriculum.

Year 4 will be covering:

Puberty:

- To understand key stages of the human life cycle
- To use the correct names for the main parts of the body, including external genitalia
- To understand what puberty is and where it happens within the life cycle and where to get support
- To understand why we can have strong feelings and mood swings
- To know how to keep ourselves clean
- Find strategies that can boost our mind and improve emotional wellbeing

Parents can not withdraw their children from this statutory content.



This half term we will be teaching the Growing and Changing part of the Curriculum.

Year 5 will be covering:

Growing up

- To recap the human life cycle
- To identify the external genitalia and internal reproductive organs in males and females
- To understand emotional and physical changes that happen during puberty (Menstruation and wet dreams)
- To understand changes in relationships due to puberty
- To understand that we can have different emotions and to find strategies to deal with them
- To know who to discuss any issues or challenges with

Parents can not withdraw their children from this statutory content.



Year 6 will be taught in 2 sections.

Health (statutory part)

To recap changes that happen during puberty, including periods

- To understand why we can have strong feelings and mood swings
- To think about strategies to improve independence.
- Explore strategies about how to cope when relationships change e.g when starting secondary school
- To know who to speak to if we have an issue or need someone to talk to

Parents can not withdraw their children from this part.

Non- statutory part on reproduction

- To identify parts of the male and female reproductive system
- To understand the process of reproduction in humans
- To describe a safe and loving relationship
- To understand the needs of a baby and how to look after them
- To understand that there are different ways of creating a family unit

Parents can withdraw their children from this non-statutory part.

Parent questions.

We realise that these new statutory requirements may evoke concern and that families may have concerns over these sensitive issues. If you have any questions, please speak to your child's class teacher or arrange an appointment with Miss Rose, Mrs Dawes or Mrs Nickless.



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