

Welcome to Our RSHE Parent/Carer Information Session

Agenda

- Purpose of session
- Information regarding the RSHE Curriculum
- Goals and objectives
- School/home collaboration
- Introduction to 1decision content



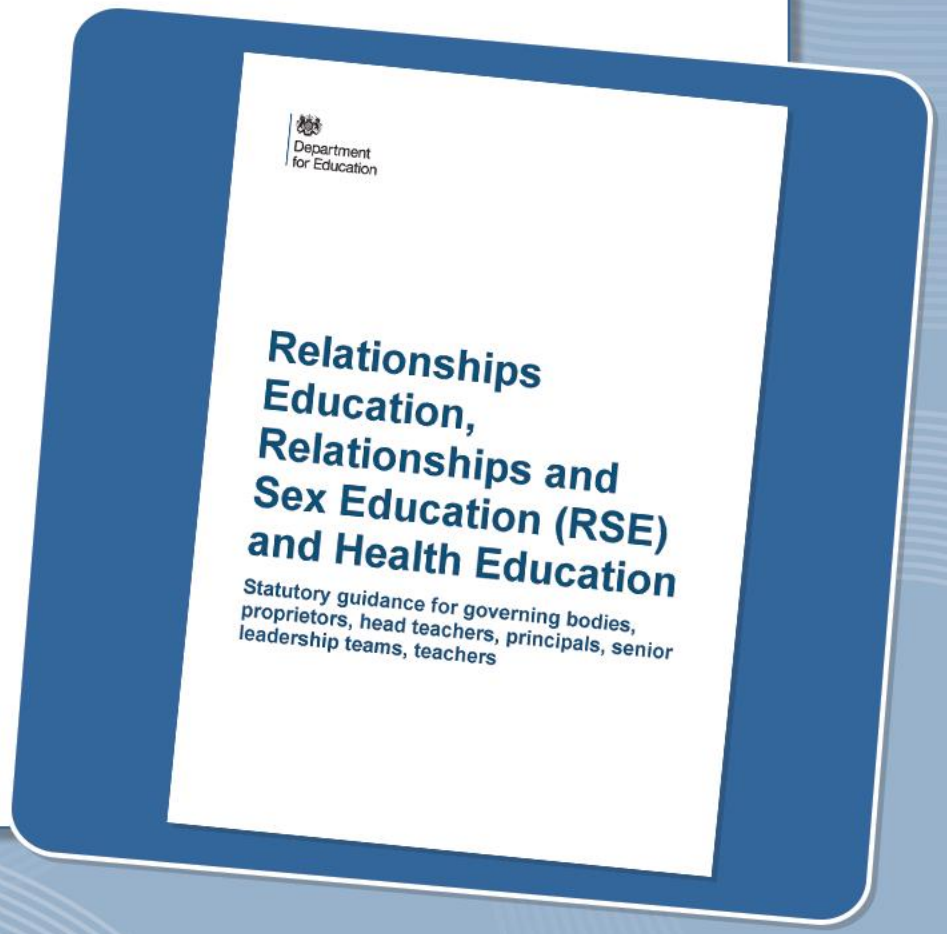
Introduction

Here are the important updates to our RSHE curriculum and how we can work together for the welfare of our children.

What is RSHE?

RSHE stands for Relationships, Sex, and Health Education.

It’s a vital part of the national curriculum designed to help children gain knowledge and skills to manage their lives, now and in the future.



Recent Changes

The curriculum has been updated to include more comprehensive content on mental wellbeing, online safety, and relationships, ensuring it is relevant to today's societal context.



The Importance of These Changes

These changes are designed to better prepare our children to make wise decisions about their health and relationships, and all schools must deliver RSHE as a part of their statutory obligations.



As guidance changes, our curriculum will be adapted,
as necessary.



Goals and Objectives of RSHE

Learning Objectives

Our RSHE programme aims to foster respect for others, understanding of healthy relationships, and positive self-esteem.



Goals and Objectives of RSHE

Expected Outcomes

By the end of their primary education, pupils should be able to recognise and manage emotions, understand choices, and respect differences between people.



Goals and Objectives of RSHE

Supporting Development

RSHE plays a crucial role in supporting the emotional maturity and social skills of our pupils, complementing academic education.



RSHE Expectations

Relationships Education (RE)	Relationships and Sex Education (RSE)	Health Education (HE)
All schools which are providing primary education, including all-through schools and middle schools.	All schools which are providing secondary education, including all-through schools and middle schools. Sex education is voluntary at Primary level and individual schools can decide their own approach.	All maintained schools including schools with a sixth form, academies, free schools, non maintained special schools and alternative provisions, including pupil referral units. The statutory requirement to provide Health Education does not apply to independent schools – PSHE is already compulsory as independent schools must meet the Independent Schools Standards as set out in the Education (Independent Schools Standards) Regulations 2014.

Teaching Areas

Relationships Education (Primary)	Health Education (Primary)
• Families and people who care for me • Caring friendships • Respectful, kind relationships • Online safety and awareness • Being safe	• General wellbeing • Wellbeing online • Physical health and fitness • Healthy eating • Drugs, alcohol, tobacco, and vaping • Health protection and prevention • Personal safety • Basic first aid • Developing bodies

For more details on each subject area, please visit: www.gov.uk

Benefits of a Collaborative Approach

Comprehensive Learning

When parents/carers and schools work together, children receive comprehensive education that combines the formal curriculum taught in school with the informal discussions and guidance provided by parents/carers at home.

This ensures that children receive consistent and accurate information across different settings.



Benefits of a Collaborative Approach

Reinforcement of Messages

Collaboration between parents/carers and schools allows for reinforcement of key messages about relationships, consent, respect, and puberty.

When children hear consistent messages from both trusted adults at home and educators at school, they are more likely to internalise and apply this information in their lives.



Benefits of a Collaborative Approach

Shared Responsibility

Parents/carers and schools share the responsibility of educating children about relationships and health.

By working together, they can ensure that children receive the support, guidance, and resources they need to navigate these topics in a healthy and informed manner.



Benefits of a Collaborative Approach

Respect for Family Values

Collaboration between parents/carers and schools respects the diverse values, beliefs, and cultural backgrounds of families.

It allows for open communication and dialogue where parents can express their preferences and concerns, and schools can adapt their approach to accommodate different family perspectives while still meeting educational objectives.



Benefits of a Collaborative Approach

Support for Parents

Not all parents/carers feel comfortable or equipped to discuss topics related to relationships, puberty, and sex with their children.

Often schools can bridge the gap and support conversations and communication between parent and child.



Benefits of a Collaborative Approach

Enhanced Support Networks

Collaboration between parents/carers and schools can create a supportive network where parents can share experiences, seek advice, and learn from each other's perspectives.

This sense of community can strengthen relationships within families and contribute to a positive school culture.



Benefits of a Collaborative Approach

Improved Health Outcomes

Research suggests that comprehensive RSE programmes that involve both parents/carers and schools are associated with positive health outcomes and healthier relationships in adulthood.



Benefits of a Collaborative Approach

Empowered Children

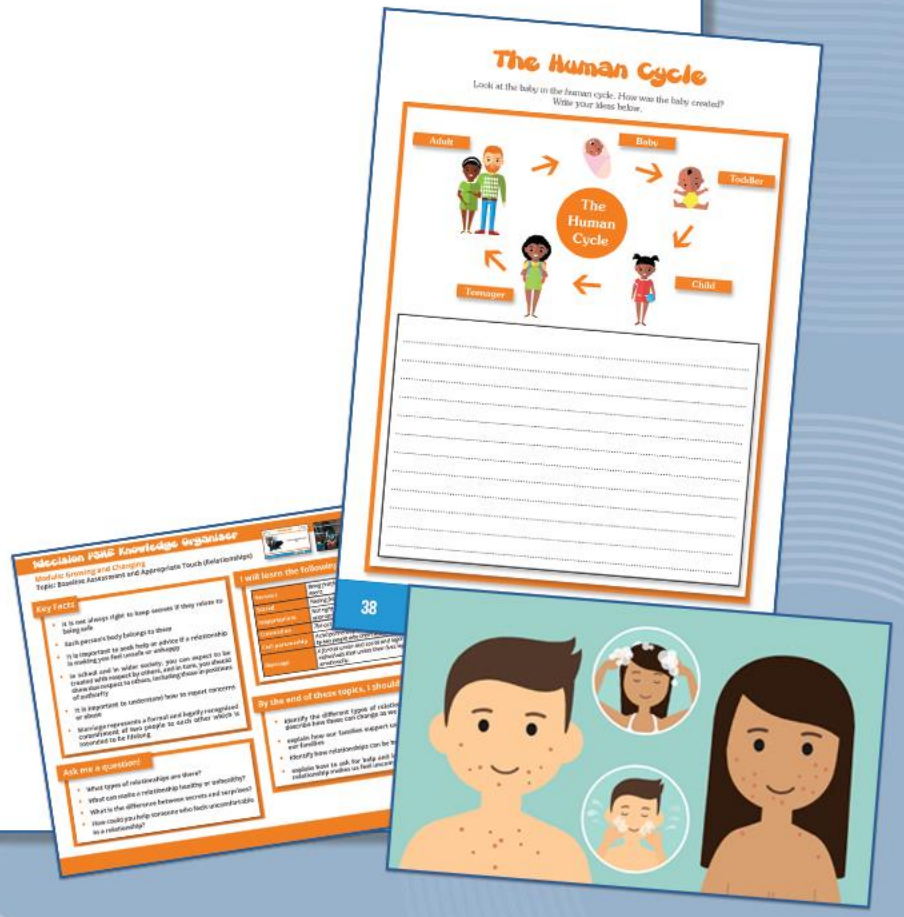
Ultimately, a parent/carer and school approach to RSE empowers children with the knowledge, skills, and support they need to make informed decisions, build healthy relationships, and navigate the complexities of adolescence with confidence and resilience.



Our Chosen Resources

To support the delivery of RSHE we use a range of resources which include the 1decision modules.

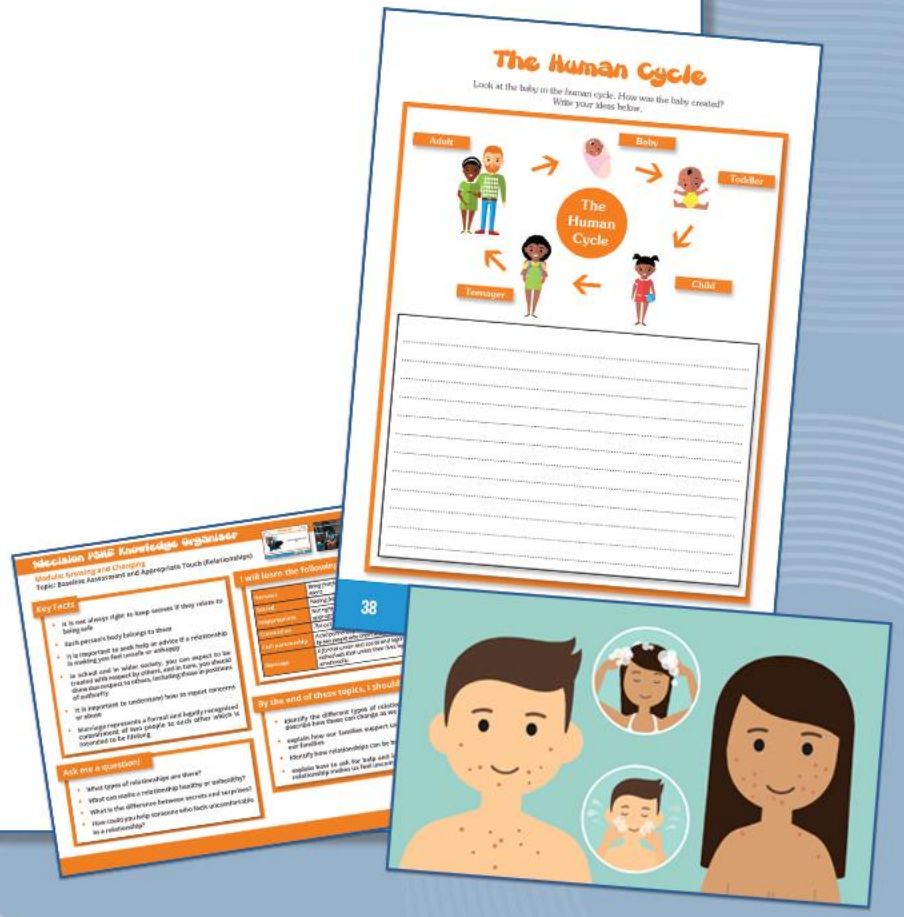
1decision is a provider of engaging, child-friendly resources offering videos, interactive activities, and decision-making scenarios tailored to children.



Our Chosen Resources

Why 1decision?

These award-winning resources are supporting schools in over 47 counties and are developed to be age-appropriate and align with educational standards, making learning both effective and engaging.



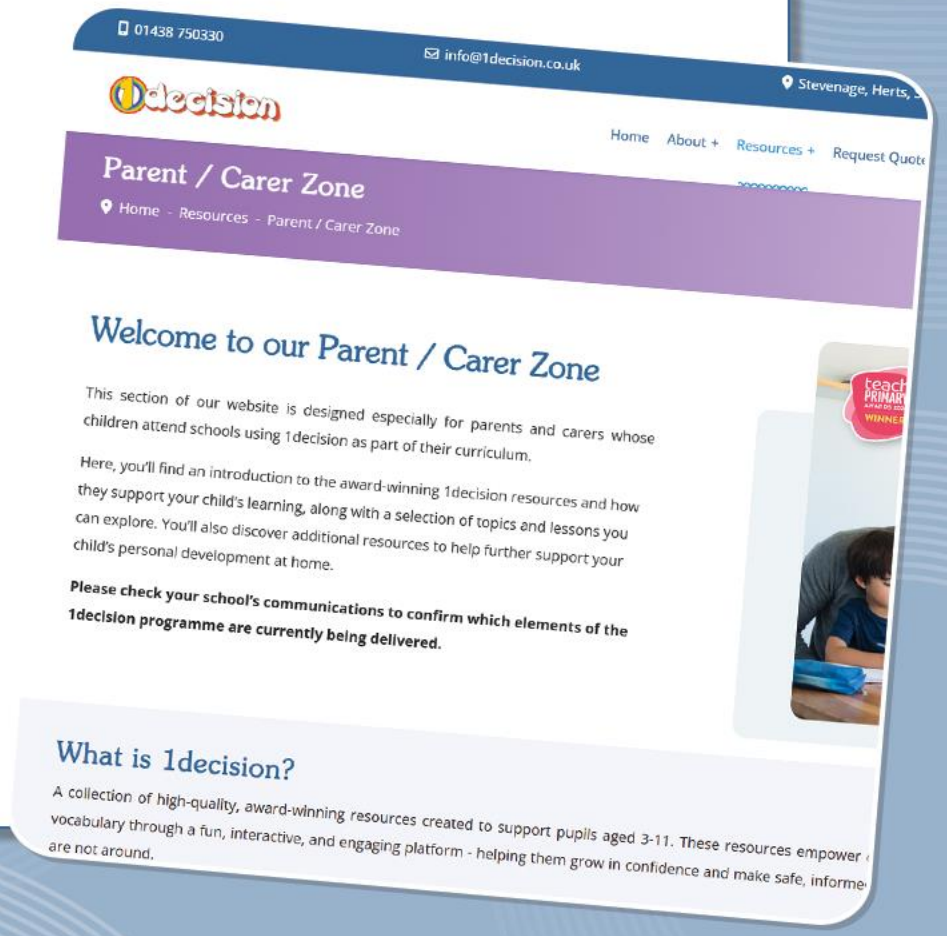
Parent/Carer Zone

To support parents/carers in finding out more you can visit 1decision's Parent/Carer Zone.

Here you can find:

- Video clips
- Knowledge Organisers
- Knowledge and skills progression
- Activities for home
- More information regarding RSHE

- https://www.1decision.co.uk/resources/parent-carer-zone

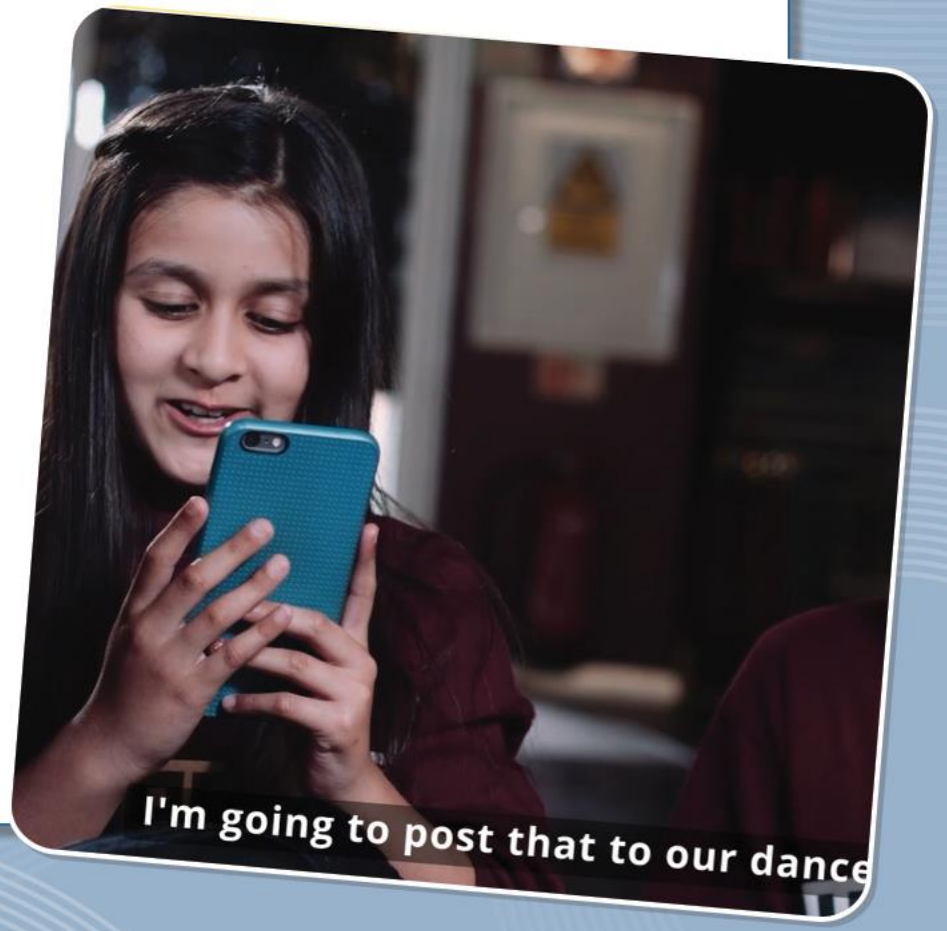


Our Chosen Resources

Media coverage around RSHE has elevated fears amongst parents in the UK.

Within our school, we have carefully considered resources that will safely and subtly address each area.

We hope, as parents/carers, you have the confidence that we are providing the highest quality education for your children.



Thank you for supporting us to support your children further!

