



Preston Manor Lower School Relationships, Health and Sex Education

Year 4

New Guidance

- ▶ Health and Relationships Education is mandatory in all state-funded Primary Schools starting September 2020
- ▶ Sex Education in Primary Schools remains optional, though in Year 5 and 6, the science curriculum forms part of what might be considered as sex education - puberty and reproduction.
- ▶ As parents/carers, you have the right to withdraw your child from all or parts of Sex Education lessons, but not Health and Relationships Education lessons.

Different parts of the curriculum

The topics below are part of the optional Sex Education lessons (which you have a right to withdraw from):

- ▶ Conception, including IVF - year 6
- ▶ Sexual intercourse - year 6
- ▶ Birth - year 6

The topics below are considered part of the mandatory Health Education and Science lessons:

- ▶ Naming body parts
- ▶ Changing adolescent body and puberty
- ▶ Sexual reproduction in animals

Aim of this meeting

You will now have the opportunity to look at the content of the Year 4 lessons, and ask any questions.

Overview of RHSE Curriculum for Year 4:

- ▶ Types of relationship
- ▶ Healthy and unhealthy relationships
- ▶ Personal boundaries including appropriate and inappropriate touch

Types of relationship

The children will consider the different types of relationships we may have throughout our lives.

The children will consider a range of relationships including...

- Friendships
- Family relationships
- Romantic relationships
- Professional relationships

Types of relationships

List the types of relationships that we may have throughout our lives.
Darlee has completed the first one for you.

 Teacher and student	
	
	
	
	

Healthy and unhealthy relationships



The children will consider the qualities of a healthy relationship and those of an unhealthy relationship.


Some of the values the children will consider are...

- Kindness
- Trust
- Respect
- Being able to talk openly

Healthy and Unhealthy Relationships

Think of some ways a relationship could be healthy or unhealthy.

 Healthy	Unhealthy 
What makes a healthy relationship?	What makes an unhealthy relationship?
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Personal boundaries

The children will have a discussion around personal boundaries and identifying when something might feel uncomfortable.

This will include a discussion around secrets and appropriate and inappropriate touch.

Appropriate or Inappropriate?

Look at the scenarios below and decide if they are an example of appropriate or inappropriate touch. Colour in the traffic lights to show your decisions.
Green = Appropriate touch, **Red** = Inappropriate touch, and **Amber** = Unsure.

Colour in the traffic lights when you make your decision



A family member gave Laura a kiss on the cheek.



Jack punched his classmate because he broke his pencil.



Sam poked Dan in the eye because he did not want to play.



Chloe's friend gave her a hug because she was upset.



Sana's PE teacher gave her a high five.



Leah was annoyed with her sister so she pulled her hair.



The team coach asked Adam to sit on his knee.



Evie kicked her cousin because he called her a mean name.




Who Can We Tell?









































If we feel uncomfortable or someone has behaved in an inappropriate way towards us, who can we tell? Complete your contact list below, you may not need to fill in every space.

Who can we talk to?

Finally, the children will use their discussions around relationships to consider who they can talk to if they have ever a problem.

Contacts

 Create Contact

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