



# 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
- ▶ 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.
- ▶ There is only 1 element of sex education, which happens in Year 6. Year 6 parents can withdraw their child from this if they wish.

## 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	
	
	
	
	



# 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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