



Grove Park Primary School

Relationships & Health Education – A Written Statement



Relationships and Health Education (RHE) is learning about the emotional, social and physical aspects of growing up including; relationships, mental and physical health, puberty, conception and sexual intercourse. Some aspects are taught in Science, and others are taught as part of Personal, Social, Health and Emotional education (PSHE). A comprehensive programme of RHE provides accurate information about mental and physical health, puberty, reproduction and sex. It also gives children and young people essential skills for building positive, enjoyable, respectful and non-exploitative relationships and staying safe both on and offline. We are required to teach RHE as part of statutory guidance that states from September 2020, all primary schools must deliver relationships education and health education.

RHE at Grove Park has three main elements:

Relationships Education

- Learning about families and people who care for us
- Caring friendships
- Respectful relationships
- Online relationships
- Being safe

Health Education

- Mental wellbeing
- Internet safety and harms
- Physical health and fitness
- Healthy eating
- Basic first aid
- Puberty and the changing adolescent body

Sex Education

- Human life cycle
- How a baby is conceived and born

Aims and Objectives

At Grove Park, we teach RHE because we believe it is important for children to understand the characteristics of respectful and healthy relationships, with particular reference to friendships and families. We believe that teaching children about their physical and mental wellbeing provides them with the information they need to make good decisions regarding their own health both now and in the future. Our aim is to also equip children with age-appropriate knowledge about puberty and menstruation in order to prepare them for these changes before they begin. Our sex education lessons are scientific in nature and age-appropriate. Teaching sex education within the classroom environment allows us to provide children with the appropriate vocabulary to talk about their bodies and dispel any misinformation or misconceptions which in turn helps to keep children safe.

How is sex and relationship education organised, delivered and monitored at Grove Park?

At Grove Park, RHE is firmly embedded into the teaching of PSHE. Our programme is tailored to the age and the physical and emotional maturity of the children.

Withdrawal

Parents have the right to withdraw their children from 'sex education' lessons which fall outside those aspects covered in the National Curriculum for Science. Please see our [RHE Policy](#) for further details.