

RSHE

Relationships, Sex, Health Education

RSE will become a compulsory part of the curriculum as of September 2020.

What is RSE and what is it's aim?

- The aim of Relationships and Sex Education is to promote pupils' spiritual, moral, social and cultural development and to prepare all pupils for the opportunities , responsibilities and experiences of life.

What are the elements of RSE?

There are 9 overarching elements to RSE which work to develop the pupils' knowledge and understanding, attitudes and values and personal and social skills.

The 9 key elements are:

- Healthy Relationships
- Money
- Rights and Responsibilities
- Healthy Lifestyles
- Keeping Safe
- Media Influence
- Hurtful Behaviour and Anti-bullying
- Valuing Difference
- Growing and Changing

What will my child know / learn about?

By the end of KS1

- Responsibility
- Growing Up
- People who help us
- Keeping ourselves clean
- Changes and Life Cycles
- Changes- The Human Life Cycle
- Being Unique
- Personal Hygiene
- The 'PANTS' Rule

By the end of KS2

- Similarities and Differences - Body parts
- Where do babies come from?
- Changes- Physical, Becoming Independent, Responsibilities, Emotional
- Similarities and Differences - Reproductive Organs
- Type of Love
- Personal Hygiene - Hand Washing, Infection, Anti-biotics, Keeping Clean
- Genetic Inheritance
- Life Cycle (including births and new babies)
- Relationships

For further information:

- Frequently asked questions - DfE answers: [DfE master short document template \(education.gov.uk\)](#)
- Our RSHE policy and our PSHE overview is on the website.
- Please come and ask!