



Relationships and Health Education – Years 1 and 2

At Langley Green, we refer to Relationships and Health Education as Safety and Wellbeing. We follow the West Sussex Education 4 Safeguarding Curriculum, which is based around four areas: Emotional Health and Wellbeing, Physical Health and Wellbeing, Digital and Media Literacy and Relationships and Sex Education. Each of the four areas include some aspects of both Relationships Education and Health Education.

Our lessons focus on teaching children about safety and health in all aspects of their lives, from physical and emotional wellbeing to their relationships with others.

Emotional Health and Wellbeing

Children in Years 1 and 2 will learn about:

- Different feelings, things that can make us feel certain ways (e.g. what makes us feel happy, sad or angry) and ways to manage difficult emotions.
- How to recognise other people's feelings.
- Uniqueness and what makes each of us special.
- Identifying personal strengths.
- What change means, how it might feel when things change and how we can cope with this.

Physical Health and Wellbeing

Children will learn:

- How we keep safe in different situations, for example at school, crossing the road, when we go out, around household products.
- People in the community who help to keep us safe.
- What an emergency is.
- Ways that we can take responsibility for our personal hygiene and why this is important.
- What to do when we feel unwell.
- How to keep safe around medicines and use them appropriately.
- What being 'healthy' means in terms of food, exercise and rest.

Digital and Media Literacy

In Key Stage 1, this topic covers:

- Different ways to go online and devices we might use to do this.
- How to use the internet safely, including which information should be kept private.
- Knowing that sometimes people can appear or behave differently online.
- How to get help if someone is unkind while using the internet.

We will always encourage children to ensure that their parents know exactly what they are doing online and not to keep any secrets about this.

Relationships Education

This topic covers:

- Ideas about different families.
- Who the important people in our lives are.
- What makes a good friend?
- How to identify bullying behaviour and what we should do about it if it happens.
- Body safety (including the NSPCC's PANTS rule and naming parts of the body)
- Safety within relationships - how we know whether we feel safe with someone and who can help us if we are worried or feeling unsafe.

Respect is one of our school values, and our teaching on the topic of relationships, just like on any other topic, is rooted in this value. We teach children to be respectful to everyone regardless of their family situation, culture, religion, or any other feature. We teach that a family can be different things to different people and that it is important to be kind to everyone, even if their beliefs or ideas are different to yours.

We will always inform you before teaching the NSPCC 'PANTS rule' lessons, so that you can be prepared to respond to any questions your child may have.