



Relationships and Health Education – Years 3 and 4



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 includes 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 3 and 4 will learn about:

- How feelings are experienced in the body and how this might impact on behaviour.
- How to help ourselves and others when experiencing strong feelings.
- Factors that can impact on our wellbeing.
- What self-esteem is and how to reflect on achievements, qualities and skills.
- The difference between teasing and bullying and the different forms bullying may take.

Physical Health and Wellbeing

Children will learn:

- How rules help keep us safe and how different rules and laws apply to different situations.
- Some ways to manage risks or emergencies we may encounter.
- What personal hygiene means and why it is important.
- What germs are and how they can cause illnesses.
- Choices we can make to contribute to a healthy lifestyle, including a balanced diet, sugar intake and everyday substances such as caffeine and.
- Some changes that happen to our bodies during puberty (Year 4 only).

We will always inform you before teaching the puberty elements of the curriculum, so that you can be prepared to respond to any questions your child may have. This does NOT constitute sex education and is part of the statutory curriculum content for Health Education.

Digital and Media Literacy

In years 3 and 4, this topic covers:

- How to use the internet safely, including which information should be kept private.
- Knowing that sometimes people can appear or behave differently online.
- Understanding that not all information online is reliable and strategies for checking whether something is true.
- How to get help if someone is unkind while using the internet or if something inappropriate happens.

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:

- Body safety and the rights we have about our bodies and privacy.
- Safety within relationships - how we know whether we feel safe with someone, and who can help us if we are worried or feeling unsafe.
- Healthy friendships.
- Peaceful ways to solve conflicts.
- Understanding the different types of relationships that we might be involved in (family, friends, marriage etc.) and that relationships in all forms are two-way.

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.

All content in years 3 and 4 is statutory. Our curriculum follows the Department for Education guidance and ensures that children at Langley Green Primary School learn all the required curriculum content by the time they leave year 6.