



## Relationships and Health Education – Years 5 and 6



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 5 and 6 will learn about:

- Some health and wellbeing issues that can affect us and those around us.
- The differences between physical, emotional and mental health.
- How self-esteem can impact behaviour and achievement, and how to develop positive self-esteem.
- How setting goals can be helpful, how to identify our strengths and weaker areas, and how mistakes can help us learn.
- How emotions may change as we grow and strategies for managing this including when to seek help.
- Preparing for transition (for example to secondary school).

### Physical Health and Wellbeing

Children will learn:

- What a healthy lifestyle involves, and how we can make informed choices about health, including food, exercise and rest.
- How our behaviour and choices can be impacted by others and strategies to manage this, including handling peer pressure.
- That some drugs are medicines and the benefits and risks of taking them.
- Risks, laws and consequences relating to smoking or other harmful substances.
- The importance of sleep and how to help ourselves sleep well.
- Physical and emotional changes that happen during puberty and how to manage these changes.
- The stages of the human life cycle.

## Digital and Media Literacy

In years 5 and 6, this topic covers:

- The difference between our online and offline identities, and how our behaviour online can affect others.
- Understanding that not all information online is reliable and strategies for checking whether something is true.
- How to get help if experiencing difficulties online or if something inappropriate happens.
- Keeping safe online - including information sharing, identities and, in year 6, online grooming (taught in a child friendly way).

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 and Sex Education

This topic covers:

- Body safety and the rights we have about keeping our bodies private.
- Safety within relationships - how we know whether we feel safe with someone, and strategies for if we are worried or feeling unsafe.
- How to maintain healthy, respectful relationships with others and how to seek support if necessary.
- Sex education (year 6 only - details provided nearer the time). **This is non statutory and you may withdraw your child from sex education if you wish.**

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.

The sex education content will only be taught in Year 6; we will provide more information nearer the time about the specific content and are happy to discuss any worries you may have about this.

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