

Support for Schools: RSHE Education

In September 2020, the government introduced compulsory Relationships and Health Education at primary. This was introduced to put in place the building blocks needed for positive and safe relationships of all kinds. It is not compulsory to include extended sex education (beyond national curriculum for science) in primary schools.

However, the DfE does strongly encourage primary schools to deliver sex education to help prepare children for their transition to secondary school. They provide the following advice:

“when a school chooses to teach aspects of sex education (which go beyond the national curriculum for science), the school must set this out in their policy and all schools should consult with parents on what is to be covered.

Primary schools that choose to teach sex education must allow parents a right to withdraw their children. Unlike sex education in RSE at secondary, in primary schools, headteachers must comply with a parent’s wish to withdraw their child from sex education beyond the national curriculum for science. Schools will want to draw on the good practice for conversations with [parents around the right to withdraw](#).

Schools must also ensure that their teaching and materials are appropriate having regard to the age and religious backgrounds of their pupils. Schools will also want to recognise the significance of other factors, such as any special educational needs or disabilities of their pupils.”

The LifeWise curriculum and government guidance.

At LifeWise, we believe that it is important for your PSHE and RSHE curriculum to be tailored according to the needs of your school, taking into account your school demographic and, of course, taking into account the thoughts of your parents.

When writing our curriculum we have followed the government guidance for ‘what pupils should know’ in relation to Relationships and Health Education. We have not extended our curriculum to cover sex education that goes beyond the national curriculum for science.

However, we understand that you may receive questions from parents about your RSHE curriculum and in this document, we will provide further details to support you to answer those questions with confidence.

We always recommend that you review the DfE guidelines and the LifeWise lessons yourself to make decisions that are right for your school.

The DfE have also put together a document to help you navigate parental engagement for Relationships education, [click the link here to read the full article](#).

Statutory content: Relationships and Health Education

By following the LifeWise Curriculum your students will cover the following goals for Relationships and Health Education.

Relationships Education

Relationships Education will put in place the building blocks needed for positive and safe relationships, including with family, friends and online. Your child will be taught what a relationship is, what friendship is, what family means and who can support them. In an age-appropriate way, we will cover how to treat each other with kindness, consideration and respect.

By the end of primary school, your child will have been taught content on:

- Families and people who care for me
- Caring friendships
- Respectful relationships
- Online relationships
- Being safe

The LifeWise curriculum includes teaching on LGBTQ under the **Caring and Respectful Relationship** categories of **Relationship Education**. This is in line with the DfE guidelines and parents **cannot opt** out of these lessons.

"In teaching Relationships Education and RSE, schools must ensure that they comply with the relevant provisions of the Equality Act 2010 and The Equality Act 2010: advice for schools, under which sexual orientation and gender reassignment are amongst the protected characteristics.

Schools should ensure that all of their teaching is sensitive and age appropriate in approach and content. At the point at which schools consider it appropriate to teach their pupils about LGBT, they should ensure that this content is fully integrated into their programmes of study for this area of the curriculum rather than delivered as a stand-alone unit or lesson. Schools are free to determine how they do this, and we expect all pupils to have been taught LGBT content at a timely point as part of this area of the curriculum."

The LifeWise curriculum also includes naming parts of the body under **Being Safe** category of **Relationships Education**. This is in line with the DfE guidance (*students must know how to report concerns or abuse, and the vocabulary and confidence to do so*), as well as National Curriculum Science. Parents **cannot opt** out of these lessons. However, if you feel that your pupils are not ready for this information in the year group it has been suggested within the LifeWise curriculum, then you have the flexibility to deliver the lesson in a later year, when you feel it would best meet your pupils' needs.

The lessons in question are listed below and should be reviewed to ensure they are in line with your school policies and safeguarding guidelines.

LifeWise Lessons: Naming parts of the body

- [Year 1 - My Growing Body](#)
- [Year 2 - My Private Body](#)
- [Year 3 - My Body, Your Body - Keeping Healthy](#)
- [Year 4 - My Body, Your Body - Keeping Safe](#)
- [Year 5 - My Body Changes - The Human Body](#)

LifeWise Lessons: LGBTQ+

- [Year 4 - Identity and Gender](#)
- [Year 6 - Identity, Gender and Sexuality](#)

Statutory content: Relationships and Health Education

Health Education

Health education aims to give your child the information they need to make good decisions about their own health and wellbeing, to recognise issues in themselves and others, and to seek support as early as possible when issues arise.

By the end of primary school, your child will have been taught content on:

- Mental wellbeing
- Internet safety and harms
- Physical health and fitness
- Healthy eating
- Facts and risks associated with drugs, alcohol and tobacco
- Health and prevention
- Basic first aid
- Changing adolescent body

As part of the **Changing adolescent body** category of **Health Education**, the LifeWise curriculum includes **naming parts of the body**, including internal and external, male and female genitalia. This is part of the National Science Curriculum for sex education and **parents cannot opt out**.

The LifeWise curriculum introduces the naming of body parts in Year 1 to support safeguarding. The words are used in conjunction with the wider concept of children understanding that these are private parts of their bodies. If you feel that your students are not ready for this information in the year group it has been suggested within the LifeWise curriculum, then you have the flexibility to deliver the lesson in a later year, when you feel it would best meet your student's needs.

Menstruation and **Puberty** are part of Health education and **parents cannot opt out**.

The LifeWise curriculum introduces menstruation in Year 5. However, the NHS states that children can start menstruating from 8 years old (Year 3). If you feel that your students would benefit from discussing menstruation before it has been suggested within the LifeWise curriculum, you have the flexibility to deliver the lesson in an earlier year, when you feel it would best meet your student's needs.

The lessons in question are listed below and should be reviewed to ensure they are in line with your school policies and safeguarding guidelines.

LifeWise Lessons: Naming parts of the body

- [Year 1 - My Growing Body](#)
- [Year 2 - My Private Body](#)
- [Year 3 - My Body, Your Body - Keeping Healthy](#)
- [Year 4 - My Body, Your Body - Keeping Safe](#)
- [Year 5 - My Body Changes - The Human Body](#)

LifeWise Lessons: Menstruation, Puberty and the Changing Adolescent Body

- [Year 5 - My Body Changes - The Human Body](#)
- [Year 6 - My Amazing Body](#)

Support for Schools: Sex Education

LifeWise and Sex Education

Under the National Curriculum, **the basics of Sex Education fall within the Science curriculum**. The statutory content requires maintained schools to teach children about human development, including puberty, and reproduction.

In Key Stage 1, pupils will:

Be introduced to the process of reproduction and growth in animals. They should be introduced to the concepts of reproduction and growth, but not how reproduction occurs.

Key Stage 2, pupils will:

Be taught about different types of reproduction, including sexual and asexual reproduction in plants and sexual reproduction in animals. Pupils should draw a timeline to indicate stages in the growth and development of humans. They should learn about the changes experienced in puberty.

As mentioned on page 1, when writing our curriculum we have followed the government guidance for 'what pupils should know' in relation to Relationships and Health Education. We have not extended our curriculum to cover sex education that goes beyond the national curriculum for science.

However, we will add some further context on the subject of **reproduction** and **conception**, as we are aware this is a sensitive topic for many primary schools. Additional information is shared below:

The government guidance includes that sex education at primary schools covers '**how a baby is conceived and born**'.

We believe that to understand conception and birth, students must have the knowledge to support those concepts. They need to know that babies are created by combining sperm and eggs, that sexual interaction enables sperm and egg to come close enough to fertilise, and that babies develop in their mother's uterus and are usually born through them. The facts here are purely physical, and government guidance acknowledges that all of this could be covered by the **National Science Curriculum**.

It is statutory to teach pupils about the changes that occur as humans develop and about sexual reproduction in some plants and animals. Describing the changes as humans develop must include teaching about puberty, which is a principal change for humans as they develop and grow older. Puberty is about developing sexual maturity and the ability to reproduce, which for humans is sexual reproduction. The curriculum does not specify which animals to use in learning about sexual reproduction.

Within the LifeWise curriculum, we address sperm production and the fertilisation of the female egg cell; that sex, reproduction and the process of birth are biological processes that require mature understanding; and that the fertilisation of an egg can lead to implantation, and a foetus growing. **We do not believe these lessons are opt out.**

However, if you feel that this is a grey area for your school, the lessons in question are listed below and it should be down to your discretion for final classification.

LifeWise Lessons: Reproduction and Conception

- [Year 5 - My Body Changes - The Human Body](#)
- [Year 6 - My Amazing Body](#)

Parent's Right to Withdraw

Parents do have the right to withdraw their children from extended sex education lessons that fall outside of the National Curriculum for Science.

If you need to consult and review internally, here are some helpful links:

[Parental Engagement](#)

[Statutory Guidance for Relationships Education](#)

[FAQ for Relationships education, relationships and sex education \(RSE\) and health education](#)

LifeWise and the Right to Withdraw

LifeWise has been written in line with the government guidance for 'what pupils should know' in relation to Relationships and Health Education. We have not extended our curriculum to cover sex education that goes beyond the national curriculum for science.

However, we understand that you may receive questions from parents about your RSHE curriculum and in this document, we will provide further details to support you to answer those questions with confidence.

We always recommend that you review the DfE guidelines and the LifeWise lessons yourself to make decisions that are right for your school.

To support you, we have included a more detailed summary of the lessons that cover sensitive topics and whether they are eligible for **opt out**.

If we have marked the lesson with a **Consult internally** tag, this means, that we would recommend you review this internally to ensure that the lesson does not conflict with any other pre-existing guidelines in place.

We believe that **all our lessons** fit the government guidelines for Relationships and Health Education, and Sex Education (for National Curriculum Science); but we are happy, and support the right for an individual school to curate their own curriculum.

If you have any questions, please contact the Managing Director, Larissa Foster at schools@lifewise.co.uk

For more information, please see our Appendix on pages 6 - 10.

Thank you!

Appendix: LifeWise: Relationships, Health and Sex

Lesson details

Year 1 – My Growing Body

Cannot opt out

- Naming, labelling and drawing main body parts eg: neck, chest, legs, toes, stomach, bottom, back.
- It talks about looking after our body and how parents, carers or people we trust may help us keep clean by helping us to wash or bathe
- It talks about times when our body may be looked at or touched eg: by being washed, applying cream, by being examined by a doctor or nurse
- It talks about saying ‘no’ if we don’t want our bodies to be touched and who to talk to if we feel uncomfortable or unhappy about our body being touched
- It talks about respecting ourselves and respecting others
- This lesson introduces the scientific body parts of the anus, nipples, vulva, vagina, penis and testicles
- This lesson discusses which body parts belong to male and female bodies and where they are located.
- The teacher reinforces that these body parts are private and are usually covered and they are not to be touched unless we are comfortable with this
- This lesson reminds pupils that their body is their own and they can say ‘no’ if they do not wish to be touched
- This lesson reminds pupils to talk to someone they trust if they are unhappy or uncomfortable with anyone touching any part of their body
- The teacher reminds pupils that they can talk to them or an adult they trust if they have questions about what they have learned
- This lesson talks about the human life cycle and how our bodies change as we grow.

Year 2 – My Private Body

Cannot opt out

- This lesson recaps on the names of external genitalia taught in Year 1.
- The teacher reinforces that these body parts are private and are usually covered and they are not to be touched unless we are comfortable with this
- The teacher reminds pupils that they can talk to them or an adult they trust if they have questions about what they have learned
- The lesson discusses that adults asking children to keep secrets, particularly secrets around bodies and touching are not ok and what they should do if this happens.
- This lesson discusses how to respond if physical touch leaves them feeling uncomfortable or unsafe.
- It talks about respecting ourselves and respecting others
- This lesson reminds pupils that their body is their own and they can say ‘no’ if they do not wish to be touched
- This lesson reminds pupils to talk to someone they trust if they are unhappy or uncomfortable with anyone touching any part of their body

Appendix LifeWise: Relationships, Health and Sex

Lesson details

Year 3 – My Body, Your Body: Keeping Healthy

Cannot opt out

- The resources discuss how we can keep our bodies healthy in a variety of ways such as needing the right types and amount of nutrition
- They talk about the human skeleton and its functions in terms of movement, support and protection and the names and locations of systems and major organs inside the human body
- They address the characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (eg: the impact of alcohol on diet or health)
- They advise about how and when to seek support including which adults to speak to in school if they are worried about their health
- Lessons emphasise the important fact that everyone has the right to decide who can touch their body, as well as where, and in what way

Year 3 – Different Kinds of Friendships

Cannot opt out

- They discover the values of different types of friendship and as they experience an even wider range of relationships, they will establish the differences in qualities and behaviours that they should expect and exhibit within them.
- They build on sessions about friendships in Key Stage One and children navigate some of the challenges of developing friendships based in respect, kindness, trust and honesty. They are encouraged to think about the boundaries of different friendships in preparation to explore how friendships can change from platonic to romantic

Year 3 – Gender

Cannot opt out

- Gender based lessons build on an understanding of the differences between biological sex and gender and explore the ideas that social or cultural beliefs influence gender roles
- They encourage children to respect the different ways that people think of themselves and for them to be confident that the way they describe themselves to others is a matter for their personal choice and that uniqueness should be respected
- Lessons underline the fact that, sometimes unconscious expectations about gender can lead us to treat people badly.

Year 4 – My Body, Your Body, Keeping Safe

Cannot opt out

- Pupils fully understand the meaning of 'body rights' and 'body autonomy', identifying which parts of the body are private.
- They should develop the confidence and know how to respond if someone is touching them in a way that makes them feel uncomfortable and they learn how to talk to a parent/guardian or trusted adult if they are feeling uncomfortable about being touched.
- Pupils know that they are within their rights to speak up if someone is making them feel uncomfortable, and what to say if they experience unwanted touch

Continued...

Appendix LifeWise: Relationships, Health and Sex

Lesson details

Year 4 – My Body, Your Body, Keeping Safe (continued)

- Lessons explore when touch might be necessary but it doesn't always feel good - like when a Doctor needs to examine them or when a parent has to react quickly to keep them out of an immediate danger
- They learn that, even in these cases, it is their right to have someone they trust present or to express to a parent or carer how they feel about protecting themselves and their rights to privacy and respect.

Year 4 – What's Love?

Cannot opt out

- Lessons prompt pupils to consider different kinds of love and how we can express it. In the English language we use the word love to represent so many different feelings - but what do we mean when we say we love another person?

Year 4 – Identity and Gender

Cannot opt out

- Lessons explore how we can be accepting of the rights of everyone to choose their own identity. They support all pupils to be exactly who they feel they should be.
- They allow the opportunity to consider the different compositions of families, and offer respect for LGBTQ+ especially those children who have family members who identify as LGBTQ.

Year 4 – Understanding Consent

Cannot opt out

- As children mature, modesty may become more linked to their self-esteem and children who grow up with a strong sense of respect and appreciation for their bodies will have a greater sense that they are in charge. They can be taught that their bodies are beautiful and precious yet private - even in front of their parents.
- They must always tell a trusted adult when they feel vulnerable. Although they will have seen the Pantosaurus video before, it is a gentle way to emphasise this
- There are opportunities to discuss how culture and family values impact modesty - there is nothing shameful about the human body, but there are socially acceptable norms when it comes to covering up in public.

Year 5 – My Body Changes, The Human Body

Consult internally

- Lessons use the terminology for the genitals/private parts and assign them to a boy, a girl or both using diagrams
- They discuss changes in physical bodies both inside and out - and understand why these changes occur
- Lessons address how puberty and the menstrual cycle might affect both mind and body
- Lessons discuss sperm production and fertilisation of the female egg cell
- They discuss how the penis may feel hard and grow bigger at times but that this is normal and the penis will return to its usual state
- Mood swings, emotions, embarrassment and feelings of insecurity are discussed and pupils learn that these are normal feelings around the time of puberty
- They address the human life cycle.

Appendix LifeWise: Relationships, Health and Sex

Lesson details

Year 5 – Expressing Love Differently As They Grow

Cannot opt out

- Pupils learn that maintaining respectful relationships is vital for our well-being; they influence and impact our sense of self and identity...
- Intimacy, passion and commitment are addressed through age-appropriate topics exploring shared passions, appreciating more intimate, trustworthy connections and developing commitments to a purpose
- They learn about the biology behind their emotions to understand how to navigate themselves into healthier relationships.
- They address the considerations to be made before creating an embryo

Year 5 – Keeping My Body The Same

Cannot opt out

- Lessons ensure pupils know about the procedure called Female Genital Mutilation and to understand that FGM is illegal in the UK
- Pupils will know that there is someone to talk to about FGM and there are organisations that can provide help and support.

Year 6 – My Amazing Body

Consult internally

- Pupils learn more about how growing up is a biological and emotional process
- Lessons explore in greater detail how the body makes changes to prepare for being an adult.
- Pupils learn that the biology and emotions do not always progress at the same time, which is why the law protects them
- Sex, reproduction and the process of birth are biological processes that require mature understanding.
- There are a lot of responsibilities to consider before having an intimate relationship.

Year 6 – The Power of Love

Cannot opt out

- Pupils learn about coercion in relationships and how to protect themselves from it
- They begin to consider what unwanted sexual attention is. Pupils will be able to explain that, especially during puberty, privacy about one's body and private space become even more important for both boys and girls. They will be able to define unwanted sexual attention, feel confident in their intuition and be assertive in their communication about it.

Appendix LifeWise: Relationships, Health and Sex

Lesson details

Year 6 – Consent

Cannot opt out

- They will believe that unwanted sexual attention towards both boys and girls is a violation of privacy and that it challenges their rights to decide about their own body.
- Lessons help them to establish boundaries in personal relationships and prepare them for the fact that future relationships have the potential to be intimate.
- They consider these additional factors of healthy relationships and understand more about the laws that protect them.

Year 6 – Identity, Gender and Sexuality

Cannot opt out

- Lessons explore ways that laws about gender discrimination have changed in the last thirty years.
- They require pupils to think critically about the changes that are still required; despite the Equality Act and new parliamentary law on RSHE, discrimination and prejudice still exist.
- Pupils will begin to understand the power and responsibility they have to change this.