

**Relationships Education,  
Relationships and Sex Education  
(RSE) and Health Education at  
Priors Hall – a learning community.**

**Year 4 Information**



# How do we structure our RSE lessons?

Our RSE content is taught through our PSHE lessons. We follow the Kapow scheme of work so our lessons are sequenced and progressive between the years.

The RSE content is distributed between 3 of our PSHE units:

**Family and  
relationships**

**Health and  
wellbeing**

**Safety and the  
changing body**



# How do we structure our RSE lessons?

We also deliver a myHappymind lesson each week. This is a mental health and wellbeing programme which also covers the majority of the RSE statutory guidelines. Opportunities are therefore provided to revisit concepts to help reinforce the learning.



# Which RSE statutory requirements are we meeting in Year 4?

## Families and people who care about me:

- The characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives.
- Others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care for them.
- How to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed.

## Caring friendships:

- The characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties.
- Healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded.



# Which RSE statutory requirements are we meeting in Year 4?

## Respectful relationships:

- The importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs.
- The conventions of courtesy and manners.
- The importance of self-respect and how this links to their own happiness.
- About different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help.
- What a stereotype is, and how stereotypes can be unfair, negative or destructive.
- The importance of permission-seeking and giving in relationships with friends, peers and adults.



# Which RSE statutory requirements are we meeting in Year 4?

## Online relationships:

- How information and data is shared and used online.

## Being safe:

- What sorts of boundaries are appropriate in friendships with peers and others (including in a digital context).
- About the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe.
- How to recognise and report feelings of being unsafe or feeling bad about any adult.
- How to ask for advice or help for self and for others, and to keep trying until they are heard, including having the vocabulary and confidence to report concerns or abuse.





# How is RSE covered in our units?

## Families and relationships:

- Learning that families are varied and differences must be respected.
- Understanding physical and emotional boundaries in friendships.
- The roles of bully, victim and bystander.
- How behaviour affects others.
- Appropriate manners and bereavement.



# How is RSE covered in our units?

## Health and wellbeing:

- Developing emotional maturity.
- Learning that we experience a range of emotions and are responsible for these.
- Appreciating the emotions of others.

## Safety and the changing body:

- Building awareness of online safety and benefits and risks of sharing information online.
- Difference between private and public.
- Age restrictions.
- Physical and emotional changes in puberty.



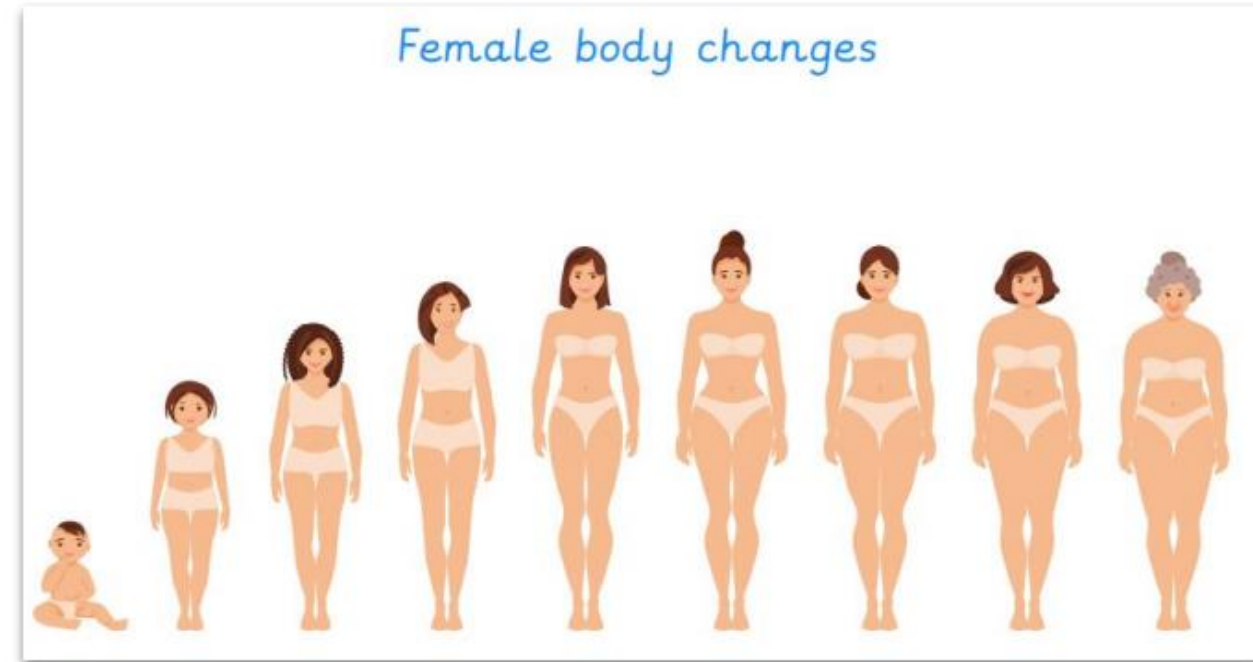


# How is my child taught about puberty and human reproduction?

Each year group will be taught at an appropriate level for their age and developmental stage, building on the previous years' learning.

Children aged 8-9 will:

- Learn about some of the physical changes pupils will experience as they go through puberty.
- Understand that physical change is part of growing up.
- Identify the changes that males and females go through as they grow and develop from being a child to an adult.



# Top Tips: How to help at home

- Children love to receive positive feedback and praise. Knowing they've done something well increases feelings of pride and confidence, which can stick with a child long-term. Providing positive reinforcement for behaviours will often encourage children to repeat that behaviour.
- Parental controls and privacy settings can help you manage how your child spends time online and help to keep them safe. Talk to your child before implementing any new settings and explain to them how different strategies can help to keep them safe.
- Show children it's important to take care of their physical and mental health. Model good habits to them (e.g. "I can feel myself getting a bit wound up about that parking ticket again, so I'm going to have a walk / bath (or both!) to calm myself down!").
- Start talking with your child about relationships, body changes, and growing up from a young age. This helps to normalise conversations and build healthy habits.



# Frequently Asked Questions

Who can my child talk to if they are worried about anything they have learnt?

Every child at Priors Hall has completed a 'Supportive 5' where they have identified 5 trusted adults within the school. Children can talk to any of these adults.

Can children be withdrawn from RSE?

RSHE content is statutory and there is no right to withdraw for parents. The only aspects parents have the right to withdraw children from is sex education. There are two lessons to which this applies: both lessons are taught in year 6 and they cover the science of conception, pregnancy and birth.



# Who can I talk to about RSE at Priors Hall?

Please contact the class teacher on Class Dojo or contact the Personal Development lead, Mrs Barratt, on [katiebarratt@priorshallalc.com](mailto:katiebarratt@priorshallalc.com)

