



Aston Hall
Junior & Infant School

RHE at Aston Hall J&I

A guide for parents

June 2025

What is RHE?

- Relationships and Health Education
- Comes under the PSHE (Personal, Social, Health, Emotional) umbrella
- Coverage of the majority of objectives comes within the 'Changing Me' unit from our Jigsaw scheme, but some objectives are covered within Science lessons too.

Safeguarding

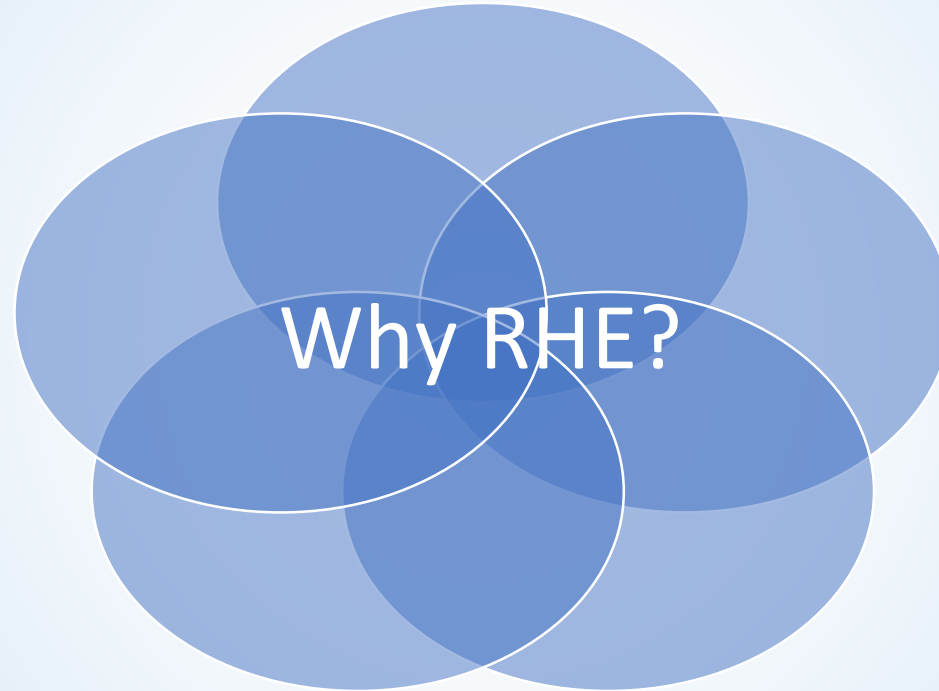
Responsible
citizens

Health and
wellbeing

Why RHE?

Positive
relationships

Preparation for
adulthood



RHE Guidance 2020



- 3 new subjects (Relationships and Sex Education for secondary, Relationships Education for primary, Health Education for both)
- Applies to **all** schools
- Sits within our basic school curriculum

*Revised guidance to the primary RHE content was proposed to schools last year, but this remains in draft stages with no indication from the Government about these updates being put in place.

What is Relationships and Health Education? (RHE)

- RHE is about the emotional, social and cultural development of pupils
- It involves learning about healthy relationships (including friendships), healthy lifestyles, diversity and personal identity.
- RHE involves a combination of sharing information, and exploring issues and values.
- RHE prepares children adequately for puberty.

PSHE – Personal, Social, Health and Economic Education

- RHE sits under the wider subject of PSHE – at Aston Hall, we use the Jigsaw scheme of work
- Provides a framework in which sensitive discussions can take place
- Prepares pupils for puberty, and gives them an understanding of development and the importance of health and hygiene
- Helps pupils to develop feelings of self-respect, confidence and empathy
- Creates a positive culture around issues of relationships
- Teaches pupils the correct vocabulary to describe themselves and their bodies

Primary RHE content:

Relationships Education (Primary)	Health Education (Primary)
<ul style="list-style-type: none">● Families and people who care for me● Caring friendships● Respectful relationships● Online relationships● Being safe	<ul style="list-style-type: none">● Mental wellbeing● Internet safety and harms● Physical health and fitness● Healthy eating● Drugs, alcohol, and tobacco● Health and prevention● Basic first aid● Changing adolescent body

Sex Education

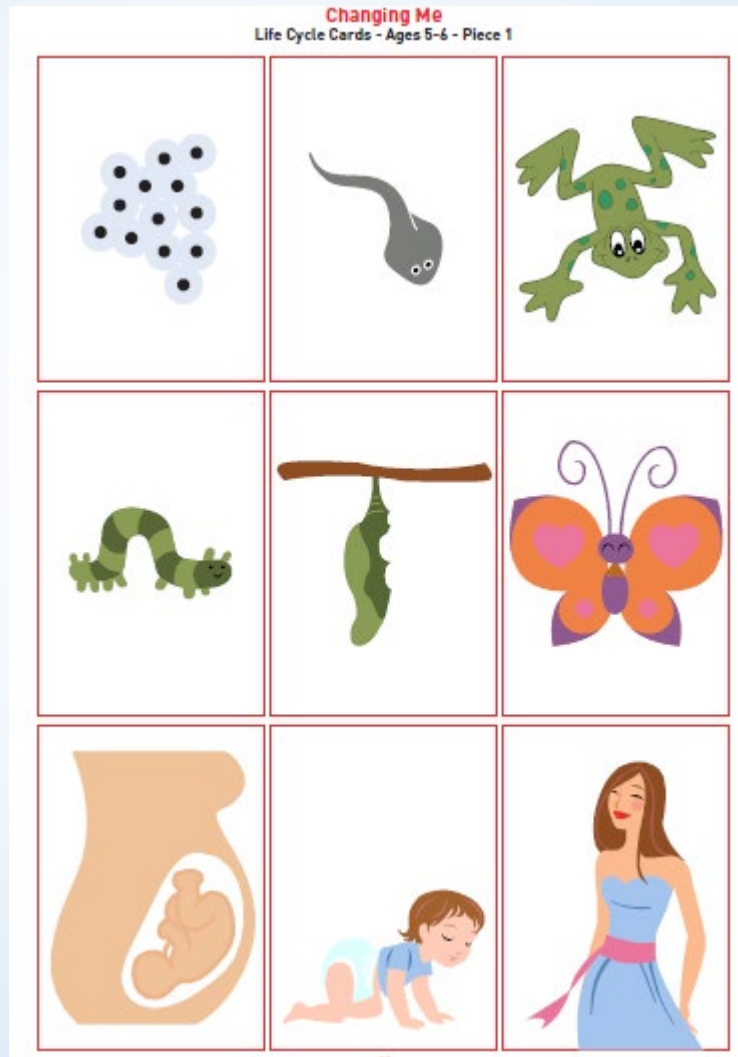
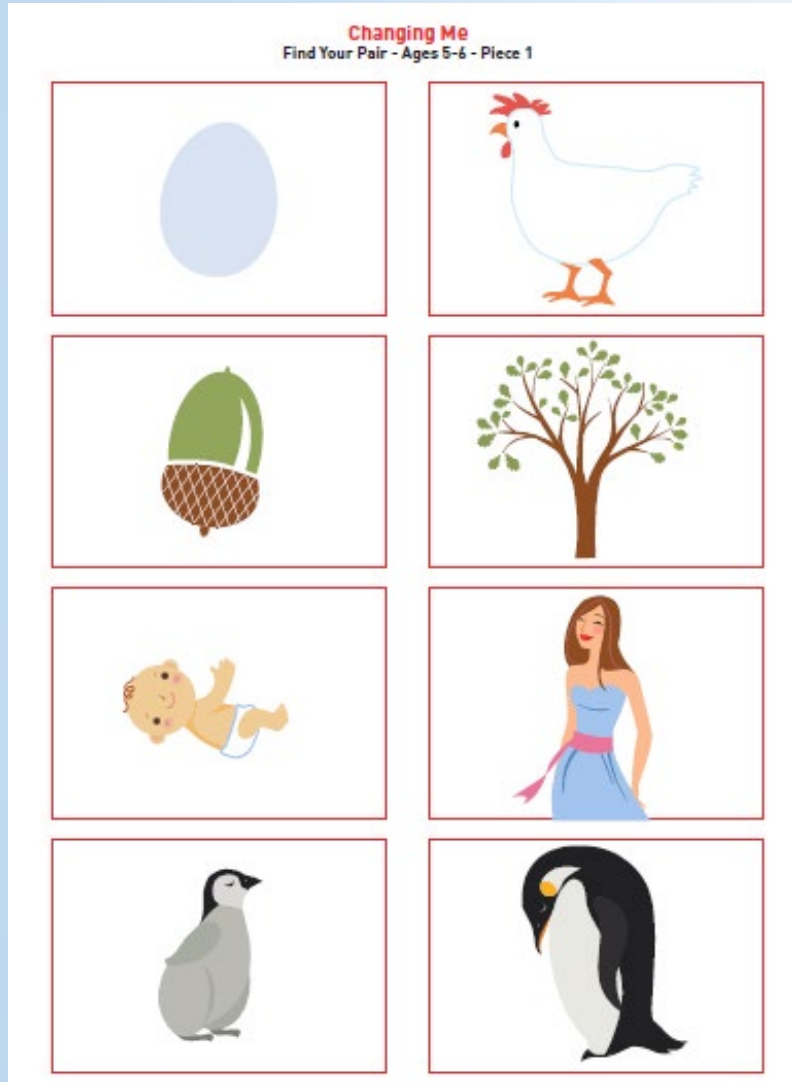
- We conclude that sex education refers to human reproduction
- Parents have the right to request that their child be withdrawn from some or all of sex education delivered as part of statutory Relationships and Health Education, but not from the essential content covered in relationships education. (DfE Guidance p.17)
- If you wish to withdraw your child, please inform their class teacher.
- PSHE lessons from our Jigsaw scheme relating to sex education are;
 - Year 4, Lesson 2 (Having a baby)
 - Year 5, Lesson 4 (Conception)
 - Year 6, Lesson 4 (Conception, birth)

The Science Curriculum

- Knowledge of the human life cycle set out in the curriculum for Science – ‘how a baby is conceived and born’. This is alongside learning about plant and animal life cycles.
- This is under the ‘Growth and Reproduction’ topic in Science.
- It is a statutory requirement and pupils cannot be withdrawn from this subject.

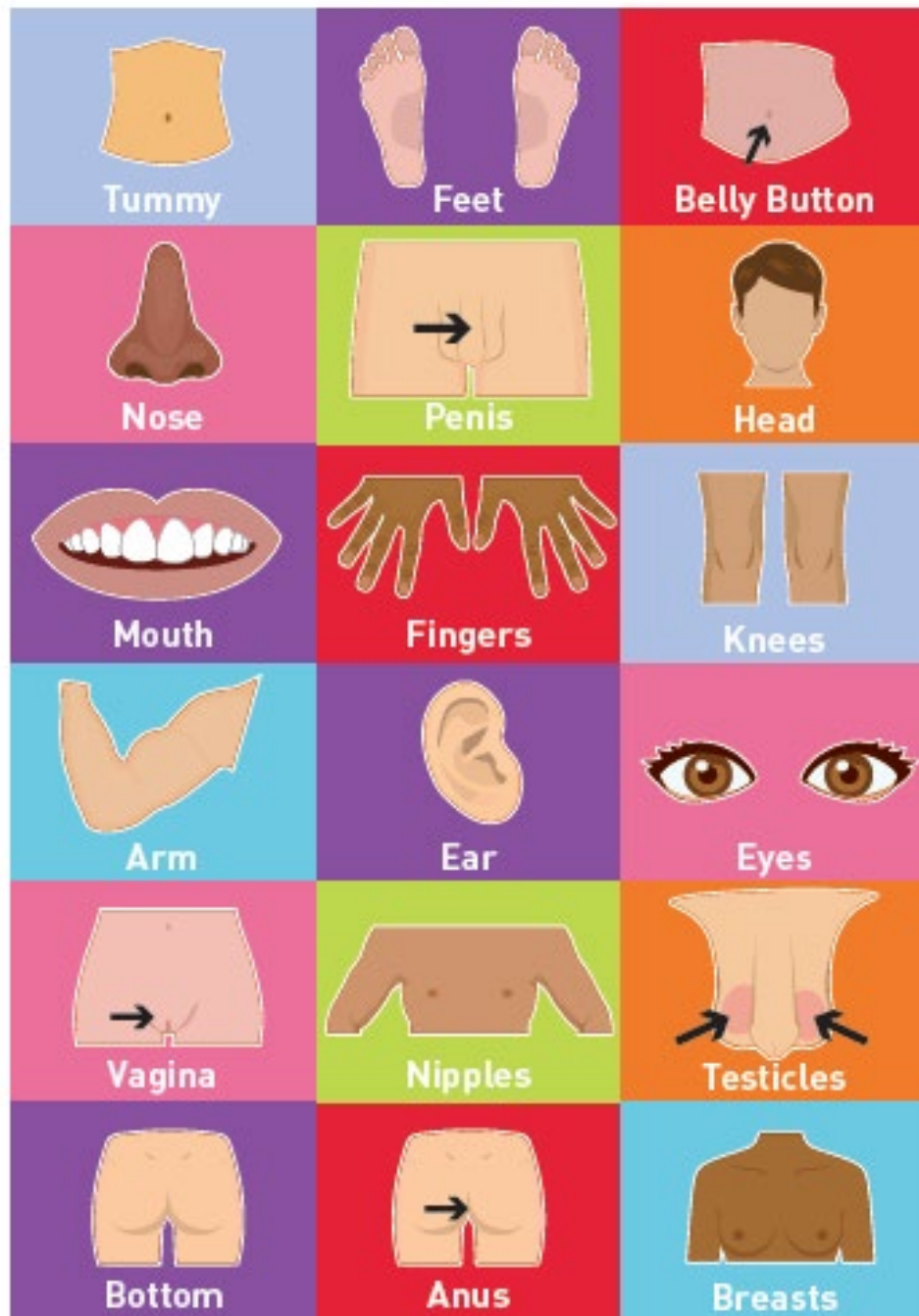
A look at some resources we
use in these lessons...

Year 1



These are Year 1 resources showing the changes that take place as part of the life cycle of living things.

The images are child friendly and are used to guide a discussion of the changes that have taken place between one picture and the next.



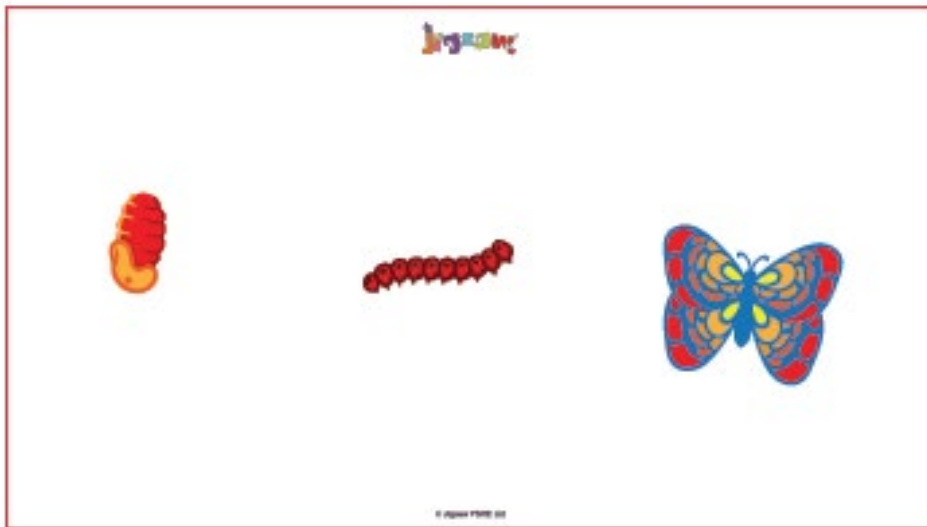
These resources are to be used as part of a carefully managed lesson with firm rules and boundaries.

It is important for children to be equipped with the correct technical language to describe body parts. This allows some of the 'embarrassment factor' that children may experience as they get older to be lessened as this is familiar vocabulary to them.

We also feel that children being equipped with the correct terminology is a valuable tool in safeguarding them.

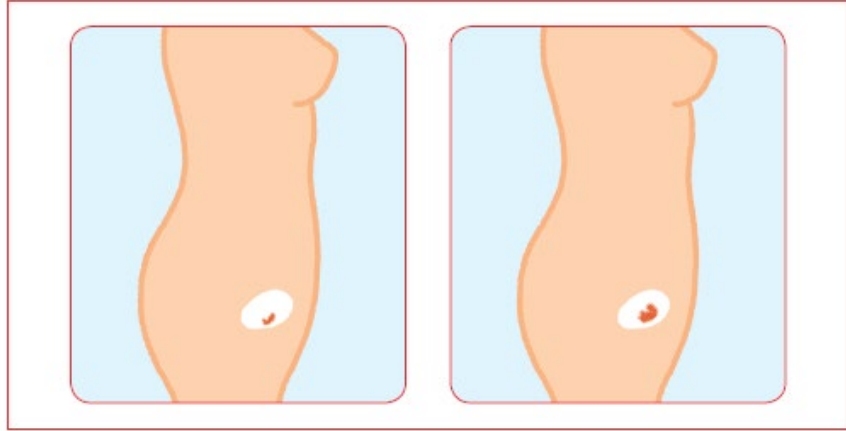
Discussions will be held around the similarities and differences between boys and girls using these resources.

Year 2

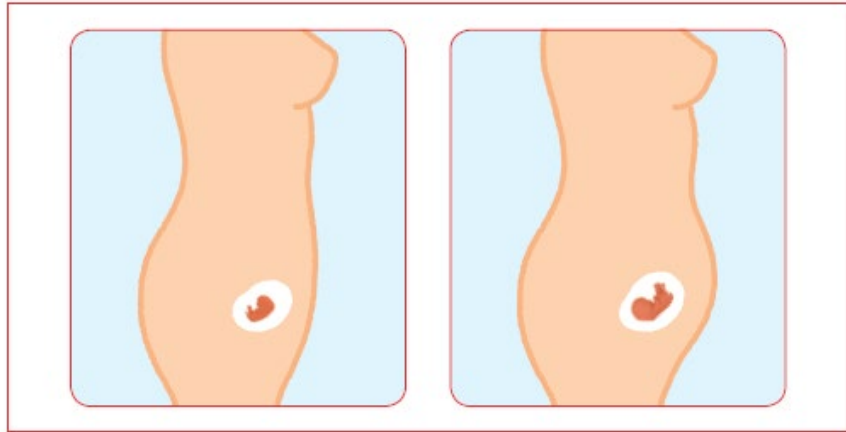


Teaching on life cycles becomes more detailed. Body parts are revisited and the same resource is used as in Year 1 so that the children become familiar with the terminology. Gender stereotypes will be challenged where children think about how it is not possible to tell people apart by the kinds of games they play, clothes they wear, toys they like or jobs they do.

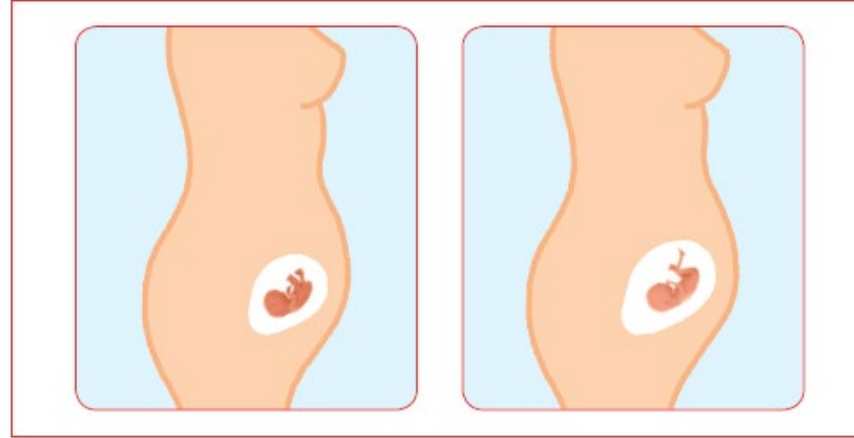
Year 3



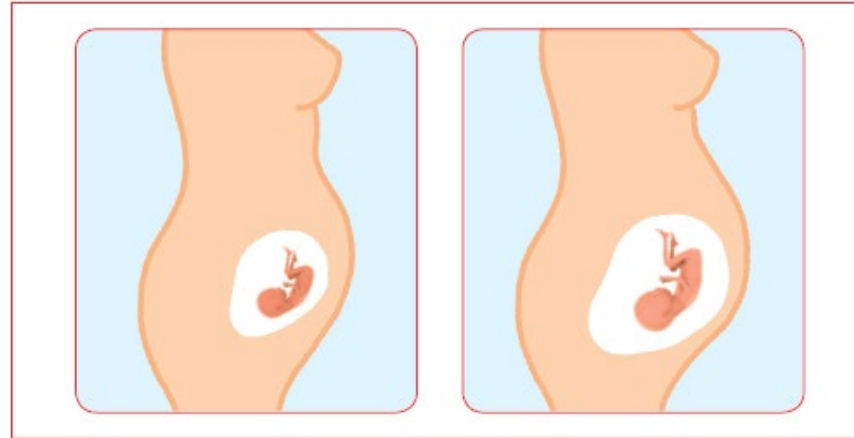
Slide 4



Slide 5

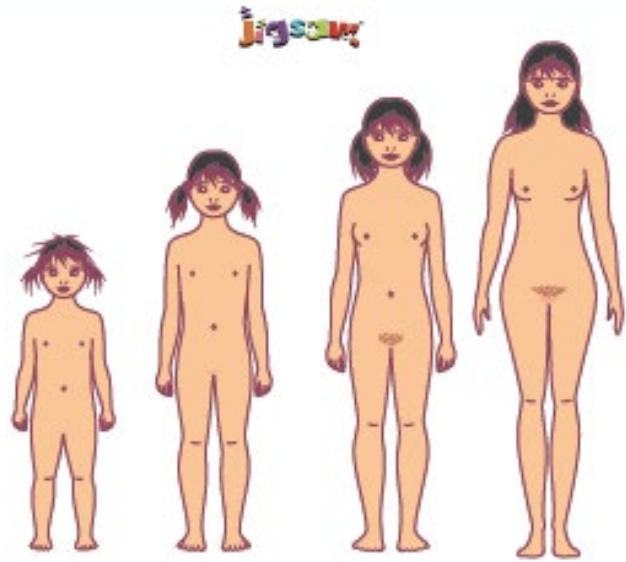


Slide 6



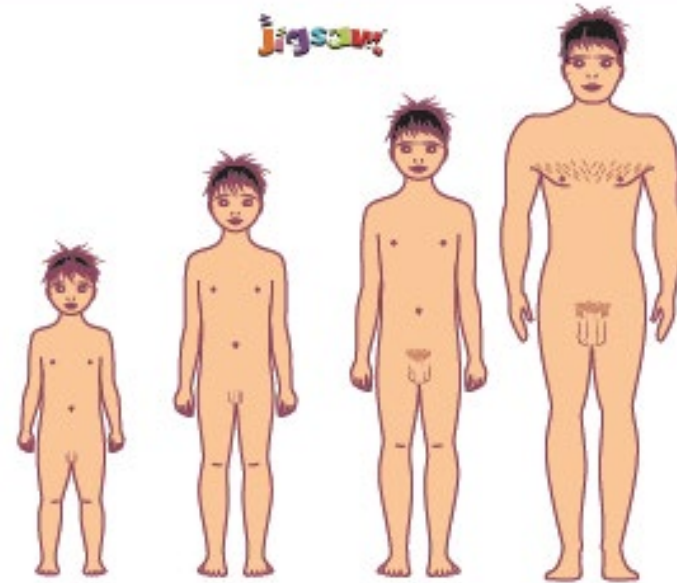
This lesson focuses on healthy growth and what a baby and young person needs to grow.

This is a discussion not just about nutritional aspects of health, but also about love and care.



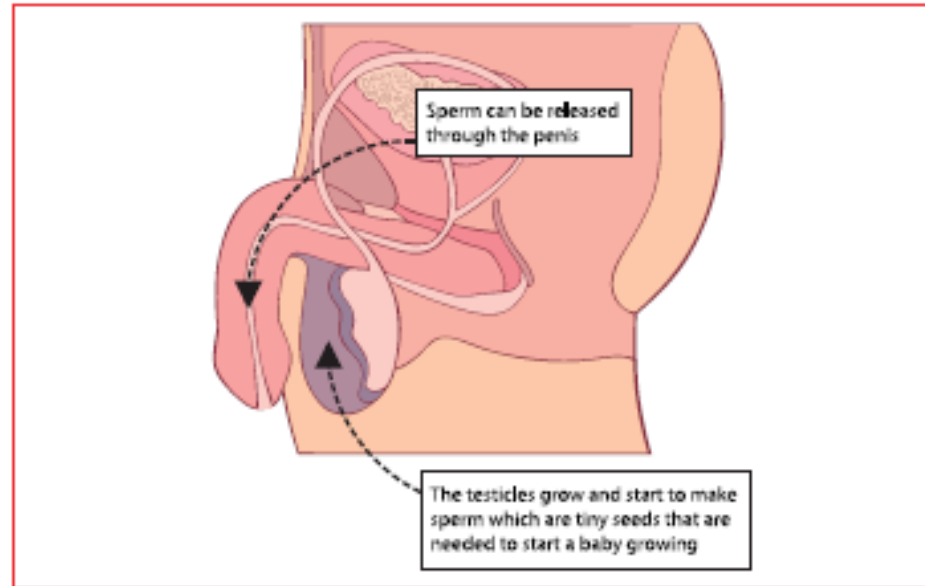
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Changes in the body are introduced in Year 3 in preparation for the onset of puberty. This is discussed in the wider concept of changes and consideration is given to things that they can control and cannot control.

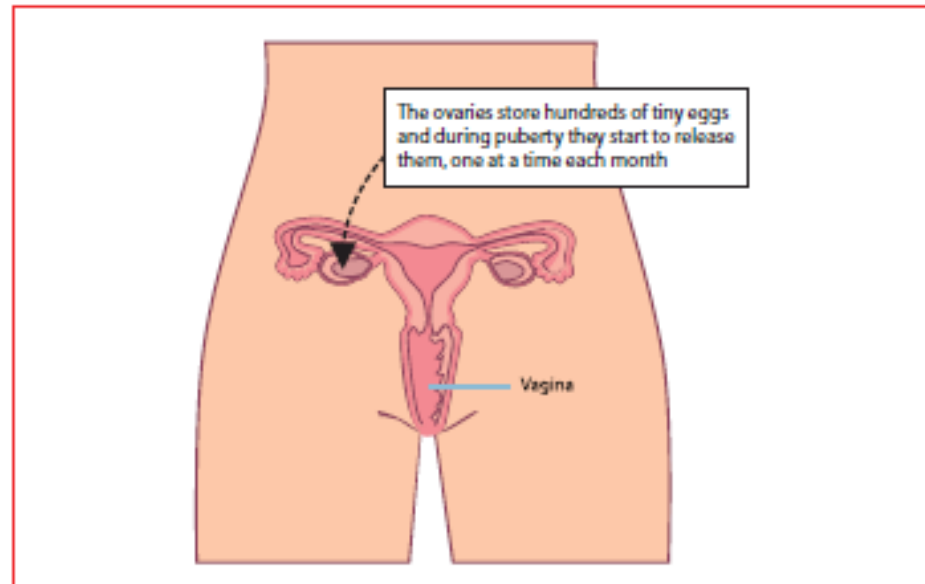


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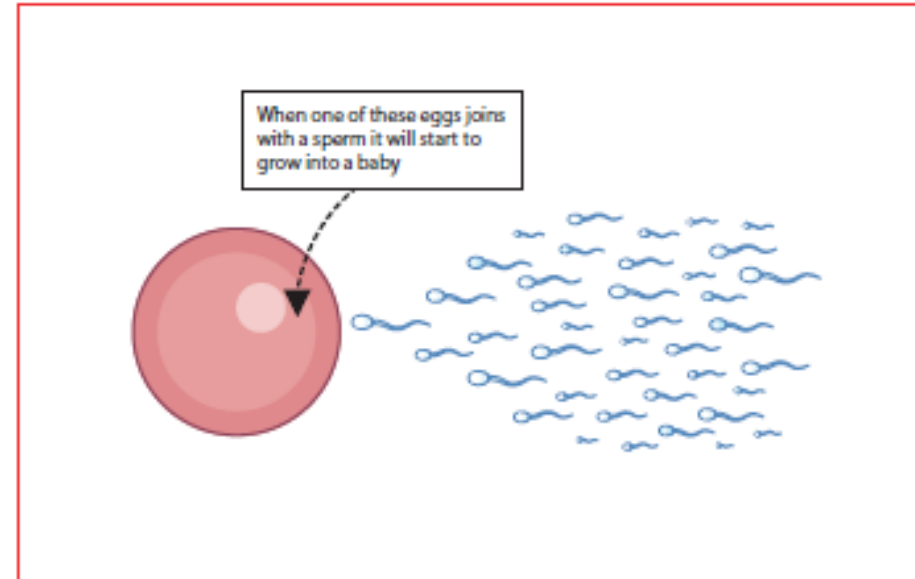
Slide 3



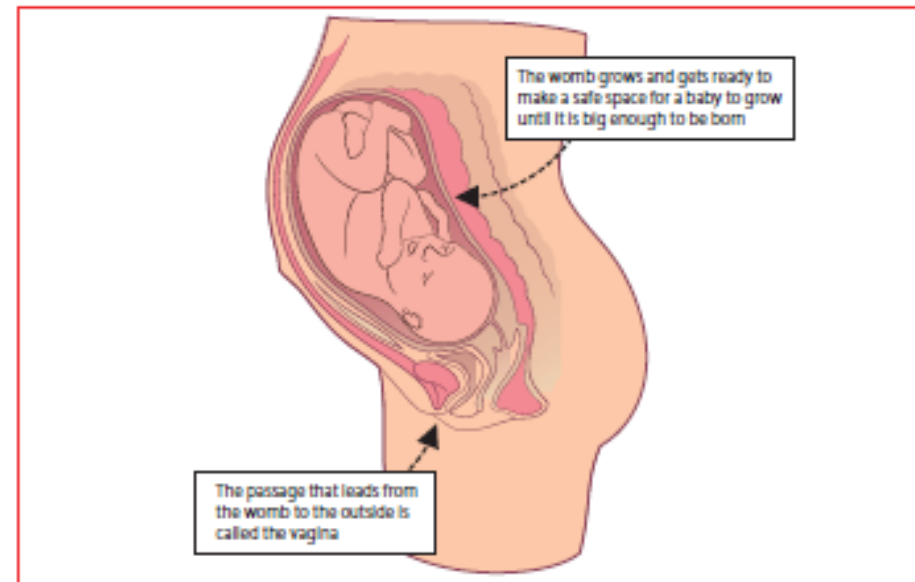
Slide 4



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Slide 6



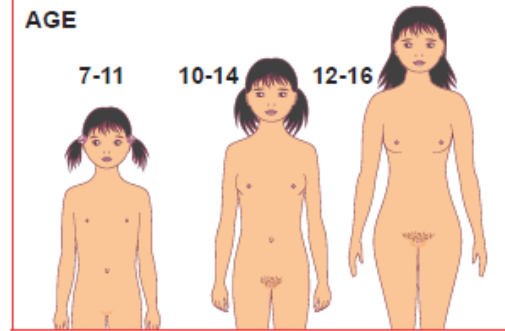
Changes on the outside and on the inside of the body are considered.

This is taught alongside animal reproduction.

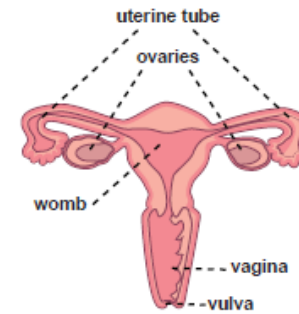
At this stage, there is no mention of conception.

Year 4

The same resources are used in Year 4 but supplemented with an animated video. This shows further detail about how the egg travels through the female body, how the sperm travel in the male body, what happens if fertilisation occurs and what happens if not.

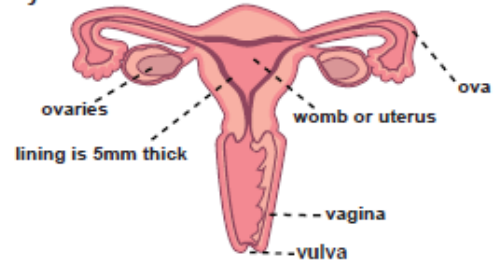


A girl reaches puberty usually between the ages of 10 and 14, though it can be earlier or later than this. At this time she starts to produce one egg every month from her ovaries.



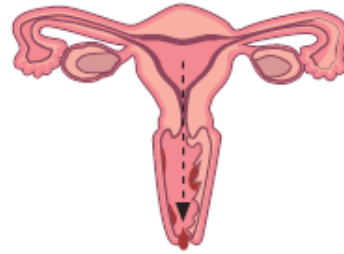
Many thousands of eggs are stored in the ovaries. A woman will release one each month for most of her adult life. Most will not be fertilised, so they pass down the tube into the womb and out of the body through the vagina.

Day 21



However, every month the womb has to get ready in case the egg is fertilised. It makes a thick, soft, spongy lining with an extra supply of blood to provide the food and oxygen that a baby would need.

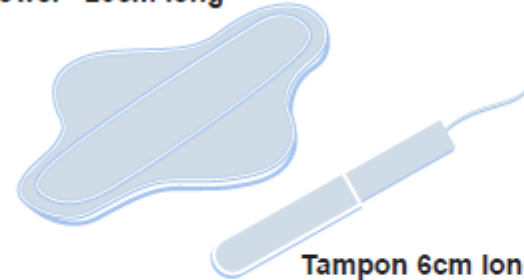
Menstrual Flow



If the egg is not fertilised the extra lining isn't needed so it breaks up. For a few days the womb lining and the spare blood it contained will come out of the body through the vagina. This is what is called 'having a period'.

All children are taught about the menstrual cycle and sanitary products that can be used.

Towel - 20cm long



Tampon 6cm long

Girls and women need to soak up the menstrual flow as it comes out of the vagina. They use either an absorbent towel which they wear in their pants or a tampon which they insert into the vagina. Both need to be changed regularly.



The amount of blood leaving the body varies from person to person but on average it's about two tablespoonfuls or an eggcup full. Most women have periods until they are in their fifties, when they gradually stop.

Year 5

When it comes to puberty, boys have less to worry about than girls

It's better to be an early starter on puberty than a late starter

The thought of having babies when I'm older is very scary

If there's something you want to know but are embarrassed to ask about, you can always get reliable information on the internet

If you have a worry about how your body is changing, it's easier to talk to your friends than your parents or carers

Age 10 is too young for boys and girls to start going out together

It's normal to start fancying people as you get older

When boys grow up they have to learn to be less emotional than girls

In Year 5, children recap their previous learning of puberty and the menstrual cycle. They have the opportunity to discuss any worries they may have about the changes they are facing in a secure environment with firm boundaries and expectations. They will explore information that they may encounter which may be true or false.

Only when this recap has taken place will learning move forward to look at conception. This is discussed in the context of a loving relationship. Children are shown a simple animation to support their understanding. Discussion will also take place around IVF where couples find it difficult to conceive a child.

Year 6

If you get spots during puberty it's because you have a bad diet.

Myth! The changes in hormone levels in your blood mean you're more liable to spots - but you can help by eating well and washing and cleansing your skin thoroughly.

Girls get hairy legs, just like boys do.

Truth! Girls and women do grow hair on their legs, though probably not so much as boys. You might not realise it, since they often shave their legs because they think they look better without hair.

A girl should avoid having baths when she has a period.

Myth! Keeping clean is more important than ever when you have a period, so bathing and hair washing are the right thing to do - and swimming and other forms of exercise are fine too.

Most boys have wet dreams at some time during puberty.

Truth! Wet dreams are a very common part of the way the body adjusts to new feelings and to changes like starting to produce semen. It usually settles down after a while - there's nothing wrong with it.

Puberty is revisited again in Year 6 and looks at common misconceptions around puberty. Again, children will have the opportunity to discuss any concerns they may have in a safe environment. They can ask questions in confidence using an anonymous question box.

The full journey from conception to birth is taught. It is important to note that we will not shy away from using the correct terminology to describe any of the elements taught. Pupils need to be able to articulate themselves in all subjects, Relationship and Health Education included.

In summary...

- PSHE is an integral part of the school curriculum
- RHE is part of the PSHE curriculum
- It prepares pupils for the changes during puberty
- It promotes healthy, positive relationships

If you would like to discuss the RHE content or 'Changing Me' lessons further, please contact your child's class teacher.