
Relationships & Health Education Parent Meeting

Year 3





Relationships & Health Education

We want all children to grow up healthy, happy, safe, and able to manage the challenges and opportunities of modern Britain. That is why the teaching of **Relationships and Health Education** to primary school children is **statutory**. These subjects are designed to equip your child with knowledge to make informed decisions about their wellbeing, health and relationships as well as preparing them for a successful adult life.



Relationship 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.



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 Year 3, pupils will have been taught content on:

- families and people who care for me
- caring friendships
- healthy relationships
- managing feelings and emotions
- similarities and differences between themselves and others
- similarities and differences between boys and girls
- correct body part names
- understanding which body parts are 'private'
- healthy diets
- keeping safe at home and online

Lesson 1 - What are the similarities between girls and boys? (body parts)

ankle	elbow	penis	hip	ankle	elbow	vulva	waist
shoulder	forehead	thigh	testicles	shoulder	forehead		thigh

The diagram shows two human figures, a boy on the left and a girl on the right. Each figure has several empty rectangular boxes connected to their body parts by lines. The boy's body parts are labeled with lines pointing to boxes for: forehead, shoulder, hip, testicles, thigh, and ankle. The girl's body parts are labeled with lines pointing to boxes for: forehead, shoulder, hip, vulva, thigh, and ankle.

Lesson 2 - What is personal space?

Don't be a space invader...



yellow circle – **Family** can enter this circle but only when I say it's ok

Green circle - **family** and **close friends** can enter if I say its ok

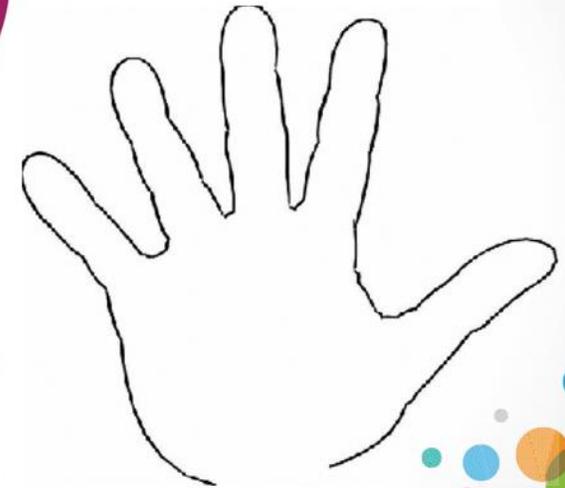
Orange circle – **Acquaintances** (people I've met before)

Blue circle – People we might **not know** but **help** us

Red circle – **Strangers**. We don't talk to them alone & they don't enter our personal space



Hand of Trust



Draw around your hand

In each finger write down the people that you would talk to if worried or upset

Lesson 3 - What does a healthy relationship look like?

Healthy and unhealthy relationships card sort activity

Being shown affection such as a kiss or hug



Name calling



Someone helping us



Feeling safe and secure



Hitting or being hurt by someone



Having fun together



Feeling loved and happy



Feeling respected



Feeling scared

Make your own poster with the main qualities you would like your ideal friend to have.

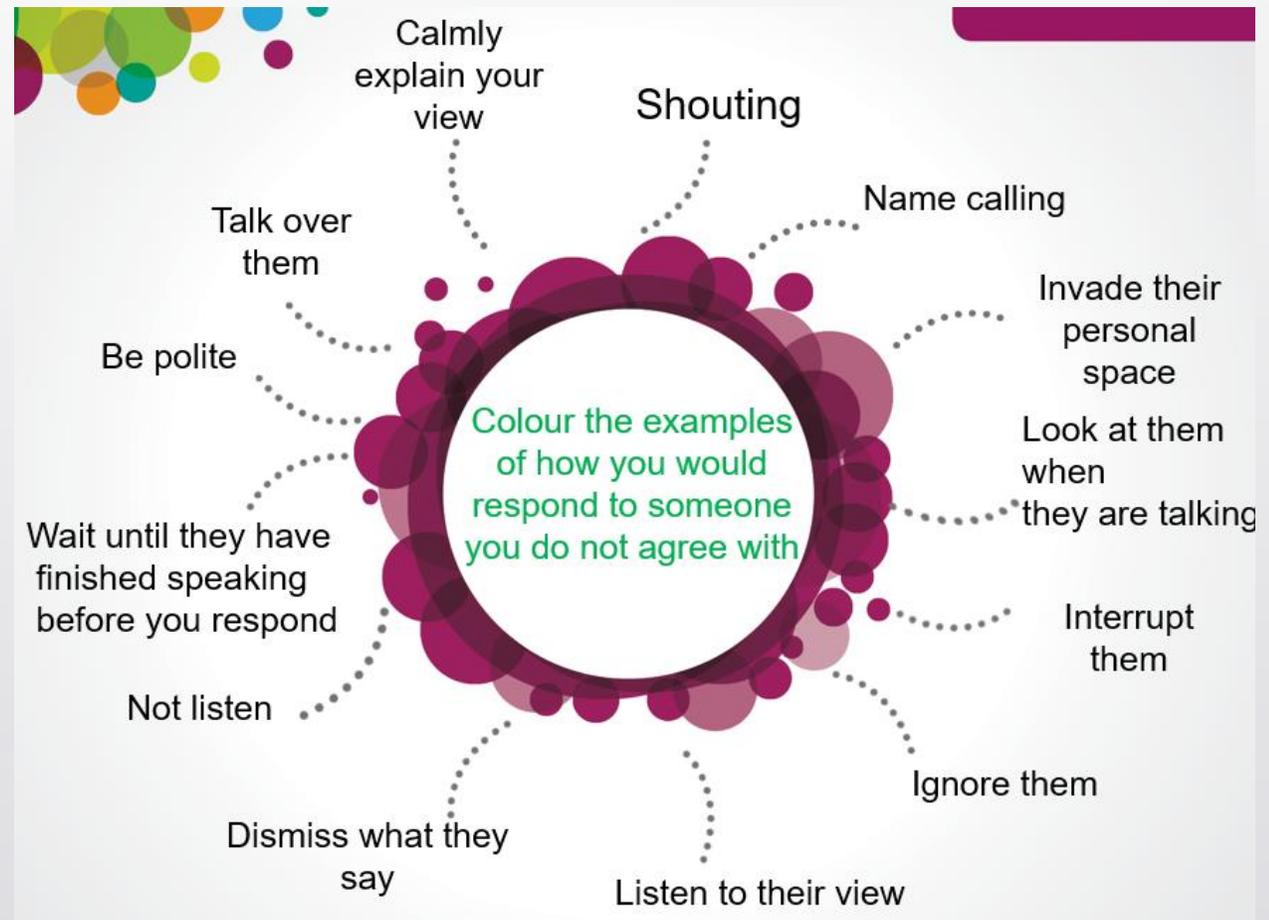
WANTED
FRIEND

Must have....

- A good sense of humour
- Needs to be kind
- Must be loyal

Lesson 4 - Why is being equal important in relationships?

We are all different but one thing we all have in common is that we have a right to be treated fairly and with respect



Frequently asked questions:

- **When will my child be taught Relationship and Health Education?**

These lessons will take place in the final term throughout July.

- **Can I withdraw my child from Relationship and Health Education?**

No. This is a statutory part of the curriculum.

- **Will my child be taught Sex Education?**

No. This is non-statutory and we have made the decision not to teach these lessons.

- **Where can I find more detail on the content of the lessons?**

Please attend a parent workshop or visit our website for more information

If you have any additional questions please feel free to stay and speak with a member of staff.

