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# 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.



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# 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.




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# 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 image shows two line drawings of a boy and a girl. The boy is on the left and the girl is on the right. Each figure has several empty rectangular boxes with lines pointing to specific body parts. The labels for the boy's body parts are: ankle, shoulder, elbow, forehead, penis, thigh, hip, and testicles. The labels for the girl's body parts are: ankle, shoulder, elbow, forehead, vulva, waist, and thigh. The labels 'ankle', 'elbow', 'forehead', 'shoulder', and 'thigh' are shared between both figures.

## 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

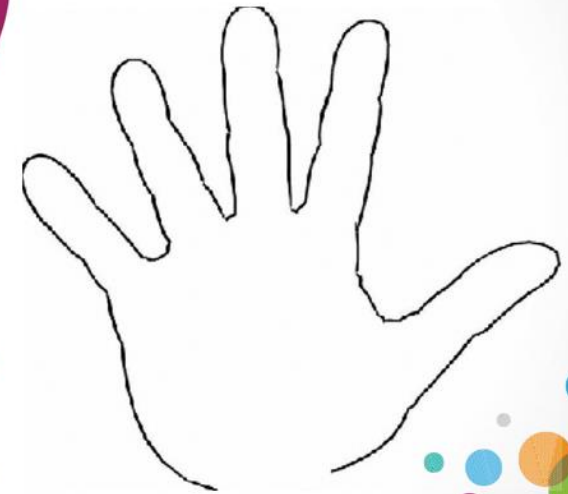
**Orange** circle – **Acquaintances** (people I've met before)

**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



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# 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.**

