
Relationships & Health Education Parent Meeting

Year 4



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.





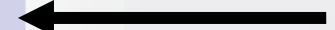
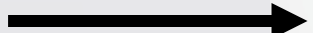
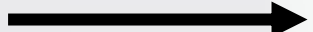
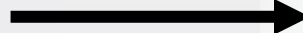
By the end of Year 4, pupils will have been taught content on:

- Identify similarities and differences between people.
- Recognise diversity within our communities
- Describe different groups to which we are part of in our communities.
- Identify simple gender stereotypes
- Define the meaning of the words 'stereotype' and 'discrimination'
- To reflect on what we feel about difference and that different things contribute to our identity
- Challenge stereotypical thinking
- Demonstrate respect for difference and communicate this to others
- Describe some body changes when men and women become adults
- Explain some steps required to maintain personal hygiene into adulthood



Ground Rules

- G** Giggling is okay!
- R** Remember to ask questions if you are unsure about anything.
- R** Respect what others say; no put-downs.
- U** Use the correct names for body parts – ask if you can't remember.
- O** Okay to pass on a question or activity if something feels too private.
- L** Let the teacher know if you want to speak to them privately.
- U** Understand others' feelings, be sensitive, listen and respect their differences.
- E** Encourage others to participate and get involved.
- N** No personal questions or stories from pupils or teachers.
- S** Speak up; take part in today's lesson.
- D** Discuss puberty topics responsibly outside the classroom.



Lesson 1 - What is diversity?

What groups am I a part of?
Draw your groups on your jigsaw piece

Football club

Islam

My Year 4 Class

Brownies

Lesson 2 - Do boys and girls have different roles?

Task 2

What words or phrases do you think of when you hear 'man' and 'woman'? Share ideas with your partner...

Man	Woman

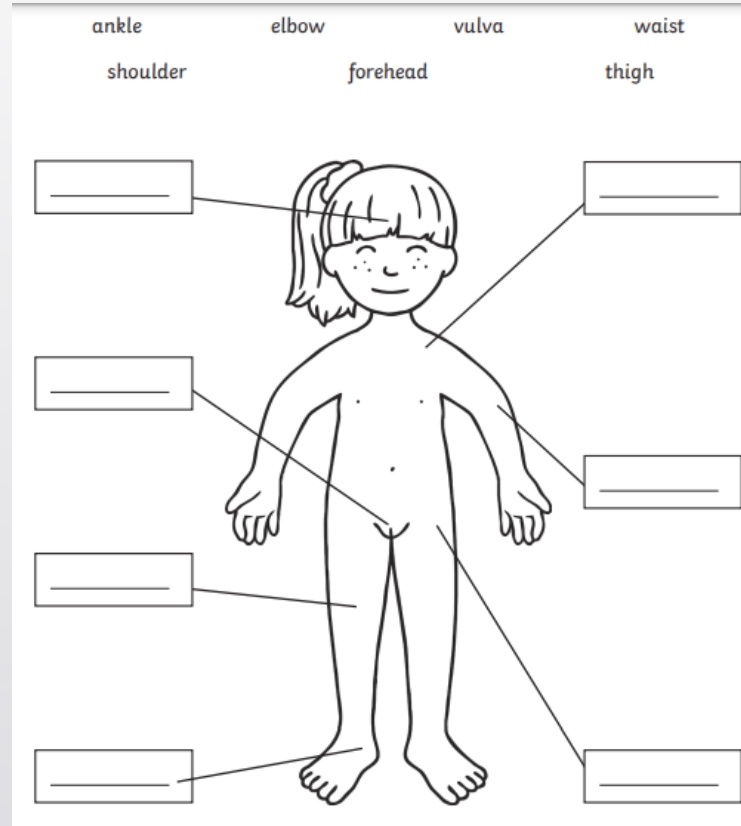
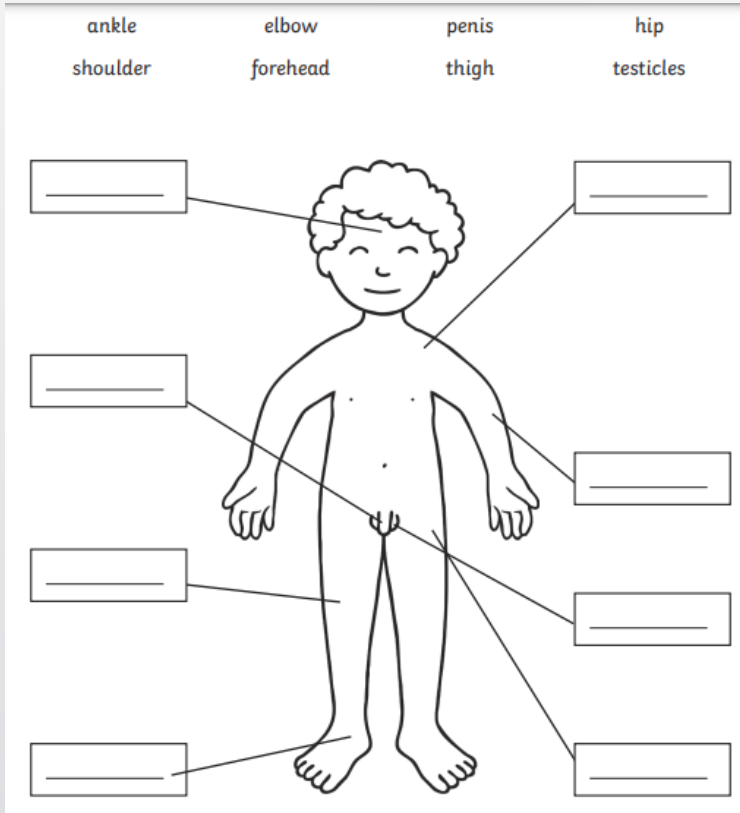
Task 3

How can I challenge gender stereotyping?

How can we respond?

- 1) You hear a boy in the playground shout '**you run like a girl!**' to someone in your class.
- 2) A girl laughs when your friend says their dad is a nurse and says '**that's a job for women!**'
- 3) When a girl says they want to be a firefighter when she is older a boy says '**you can't be a firefighter, girls aren't strong enough!**'
- 4) Another girl says '**I want to be a mummy as everyone in my family says that is the best job there is!**' when asked what job she wants to have when she is older.
- 5) A boy is crying in class and gets angry at himself saying '**boys aren't supposed to cry!**'

Lesson 3- What changes happen to my body? (body parts) (Separate gender groups)



Relationships Education

Task 2

What changes happen when we become adults?


Before puberty During puberty Adulthood

twinkl.com

The illustration shows three female figures representing different stages of development. The first figure is labeled 'Before puberty' and is the smallest. The second figure is labeled 'During puberty' and is medium-sized. The third figure is labeled 'Adulthood' and is the largest. The figures show the development of secondary sexual characteristics and body shape over time.



Lesson 4 - What happens to females during puberty? (Separate gender groups)




Why do periods start?

During puberty, your brain produces hormones that tell the body to start changing into an adult.

Your body changes so that when you are older, you can have a baby.

Periods are a normal part of growing up and nothing to worry about.



What Are Periods?

Even before birth, a female has 1 – 2 million tiny ova (eggs) in her ovaries.

Periods happen once your body has started going through puberty.

The hormones in your body tell the ovaries to release one of these ova a month.

The ovum moves from the ovary and along the fallopian tube, down into the uterus.

The lining of the uterus and the ova leave your body through your vagina in the form of blood: this is called having a 'period'.

Frequently asked questions:

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

These lessons will take place in the final term throughout June and 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 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.

