

# Understanding Relationships, Sex and Health Education in Primary and Secondary Schools

From September 2020 the National Curriculum is changing. All primary age children will be taught Health and Relationships Education and all Secondary age children will be taught Health, Relationships and Sex Education.

We want to ensure that anyone working with children and young people understand what topics are being taught and know where to signpost children and young people should they require further information or support.

High quality Health, Relationships and Sex Education is essential in enabling all children to grow up healthy, happy, safe and able to manage the challenges and opportunities of modern Britain.

Schools will be able to choose how they teach the subjects to ensure that they are taught appropriately and sensitively to the needs of their pupils.



## Primary school pupils

By the end of primary school pupils will have been taught age appropriate content on the following topics;

### Relationships Education

- Families and people who care for me
- Caring friendships
- Respectful relationships
- Online relationships
- Being safe

### Health Education

- Mental wellbeing
- Internet safety and harms
- Physical health and fitness
- Healthy eating
- Facts and risks associated with drugs, alcohol and tobacco
- Health and prevention
- Basic first aid
- Changing adolescent body

## Secondary school pupils

By the end of secondary school pupils will have been taught age appropriate content on the following;

### Relationships and Sex Education

- Families
- Respectful relationships including friendships
- Online media
- Being safe
- Intimate and sexual relationships, including sexual health

### Health Education

- 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



## Further information and support services

The Department for Education website has a range of information on the curriculum including leaflets for parents and carers.

[www.gov.uk/government/publications/relationships-sex-and-health-education-guides-for-schools](http://www.gov.uk/government/publications/relationships-sex-and-health-education-guides-for-schools)

For further information on a wide range of local and national support services available to children and young people on the topics included in the curriculum please see the Essex County Council Youth Service website.

[youth.essex.gov.uk/schools/relationships-and-sex-education](http://youth.essex.gov.uk/schools/relationships-and-sex-education)