

## Parent Guide: What Is Taught in Primary Relationships Education

This document explains what children will learn in **Primary Relationships Education**, which is designed to help pupils grow into **kind, respectful, confident and safe individuals**. All teaching is **age-appropriate** and focuses on **wellbeing and safety**.


The overall aim is to help children:

- Build positive relationships
- Understand emotions
- Stay safe (including online)
- Know where to go for help

### 1. Families and People Who Care for Me

Children learn that:


- Families are important because they provide **love, care and stability**
- Families can look **different** (for example single parents, grandparents, foster or adoptive families, same-sex parents)
- What matters most is **care, commitment and kindness**
- Marriage and civil partnerships are recognised as **formal commitments**
- It's okay to talk to a trusted adult if family relationships make them feel **unhappy or unsafe**

 *The focus is on helping children feel secure and understand that all loving families deserve respect.*

### 2. Caring Friendships

Children are taught:

- Why friendships matter and how friendships begin
- What a **healthy friendship** looks like (kindness, honesty, including others)
- That friendships sometimes have disagreements, and how to repair them
- How to manage conflict **without violence**
- That feeling lonely sometimes is normal
- How to recognise unhealthy friendships and ask for help

 *This supports emotional development and helps children form positive social skills.*

### 3. Respectful and Kind Relationships

Children learn:

- To consider other people's feelings and needs
- How to set and respect **healthy boundaries**
- How to express feelings clearly and calmly
- The difference between being **assertive** and being controlling
- The importance of **self-respect and self-esteem**
- That everyone deserves respect, including those who are different
- What bullying is, including online bullying, and how to report it
- What stereotypes are and why they can be harmful

💡 *This builds confidence, empathy and resilience.*

## 4. Online Safety and Awareness

Children are taught how to:

- Be respectful online, just as they would be in real life
- Stay safe when using the internet and social media
- Understand that **people may not always be who they say they are online**
- Recognise harmful or upsetting content
- Know that sharing images or information online can be permanent
- Use privacy settings and protect personal information
- Get help if something online makes them feel worried or unsafe

💡 *This prepares children for the digital world in a practical, protective way.*

## 5. Being Safe

Children learn:

- That their body belongs to them
- The difference between **safe and unsafe contact**
- What personal boundaries are, both offline and online
- That some secrets should not be kept if they affect safety
- How to recognise when something doesn't feel right
- How and who to tell if they feel unsafe
- That it is **never a child's fault** if something inappropriate happens
- To keep asking for help until someone listens

💡 *This is about safeguarding, confidence and knowing how to get support.*

## How This Is Taught

- Teaching is **carefully age-appropriate**
- There is **no explicit sexual content**
- Correct names for body parts are used only to support **health and safeguarding**

- Schools are expected to be sensitive to children's backgrounds
- Parents are informed if schools plan to cover sensitive topics

## In Summary

Primary RSHE helps children:

- Build kindness and empathy
- Develop healthy friendships
- Understand emotions and boundaries
- Stay safe online and offline
- Know where to seek help

The emphasis is always on **wellbeing, respect and protection**, helping children feel confident and supported as they grow.