

Relationships and Growing Up Education

What is RGE ?

(Relationships and Growing Up Education)

- RGE forms part of the PSHE (personal, social, health and economic) curriculum)
- It is taught throughout the year. Lessons on puberty and body changes are usually taught in the Summer Term.
- Lessons about keeping safe, good and bad touch, people who help us, good friendships and peer pressure are taught throughout the year.



Growing up



Our bodies



Keeping Safe



Relationships
and family
life

The Facts

- Our curriculum is the same as other primary schools Ealing
- The curriculum has been provided and approved by Ealing
- Our RGE policy is available on our school website at:
<https://www.perivale.ealing.sch.uk/wp-content/uploads/2021/04/Relationships-and-Growing-Up-Education-Policy.pdf>
(includes: curriculum overview, vocabulary, learning objectives)
- We will not be using videos to deliver lessons
- Content is age appropriate and child friendly

RGE content

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

Health Education content

- 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

RGE Themes

Respect

Emotions

Friendship

Saying NO

Good and bad touch

Differences

Puberty

Building self esteem

Empathy

Keeping safe

Communicating

Families and people who care for me

Why is RGE important?

- Develops confidence in talking, listening and thinking about feelings and relationships
- Gives our pupils the skills, language and confidence to protect themselves
- Children are able to name parts of the body and describe how the body works
- Preparation for puberty.

Where do children learn about RGE issues?

TV

Magazines

Radio

Music videos

Gaming

Social Media

Apps

Siblings

Parents



School



Internet

Disney

Films

Friends and peers

There is an important link between RGE and Safeguarding

Children can use a universal
language and easily
communicate

Children understand how to
stay safe online and the risks
of online grooming

Children understand the
difference between appropriate
and inappropriate touch

Promoting healthy relationships

Sex education in primary schools

- One lesson, in year 6 only, covers sex education which is in line with the science curriculum.
- If you wish to withdraw your child from this one lesson, this request must be made in writing to the Head Teacher, clearly stating your reasons.
- Please be aware that we cannot guarantee that your child will not hear other children talking about the lesson or they may seek information from the internet or other unreliable sources. In our view it is better that your child is taught this subject in a professional and safe environment.