



# PSHE, Health Education, and Relationship Education



**Personal, Social, Health & Economic Education**



# PSHE, Health Education, and Relationships Education

All schools will teach children about good physical and mental health, how to stay safe on and offline, and the importance of healthy relationships under bold new plans published in July 2018 by Education Secretary Damian Hinds.

Under the proposals, all pupils will study compulsory health education as well as new reformed relationships education in primary school and relationships and sex education in secondary school.

The new curriculum will become compulsory in all schools across the country from September 2020, and will put in place the building blocks needed for positive and safe relationships of all kinds. To read the guidance in full, please visit: <https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education>

In light of these new changes, the 1decision team have put together a mapping document to highlight how the 1decision PSHE lessons help schools fulfil the new statutory requirements for Health Education and Relationships Education. To view this document, please visit: [https://issuu.com/1decisiontd/docs/1decision-mapping-document-rse-he-2\\_0eadf1e2ca4fea?e=0](https://issuu.com/1decisiontd/docs/1decision-mapping-document-rse-he-2_0eadf1e2ca4fea?e=0)

Schools are being encouraged to become early adopters and implement these changes from 2019.

Education Secretary Damian Hinds said:

*“I want to make sure that our children are able to grow up to become happy and well-rounded individuals who know how to deal with the challenges of the modern world. Part of this is making sure they are informed about how to keep themselves safe and healthy and have good relationships with others.*

*Many of today’s problems did not exist when we last gave schools guidance on how to teach relationships and sex education 18 years ago. The action we’re taking is important to help support teachers and schools design a curriculum that will enrich their pupils in an age appropriate way.*

*Good physical and mental health is also at the heart of ensuring young people are ready for the adult world. By making health education compulsory we are giving young people the tools they need to be ready to thrive when they leave school.”*

Under the updated guidance, teachers will talk to primary school pupils in an age appropriate way about the features of healthy friendships, family relationships and other relationships they are likely to encounter. At secondary school, teachers will build on the foundation of relationships education in primary and, at the appropriate time, extend teaching to include intimate relationships as well.

At both primary and secondary, pupils will learn about staying safe online – complementing the existing computing curriculum – and how to use technology safely, responsibly and respectfully. Lessons will also cover how to keep personal information private, and help young people navigate the virtual world, challenge harmful content and balance online and offline worlds.

As well as teaching about the benefits of healthy eating and keeping fit, the new compulsory health education will include content on the prevention of health problems. It will help support the development of qualities such as confidence, resilience, self-respect and self-control. Good quality education on wider social and economic issues will continue to be taught in schools across the country through PSHE or other subjects, for example teaching about financial issues through maths and citizenship. <sup>5</sup>

---

5 New relationships and health education in schools, <https://www.gov.uk/government/news/new-relationships-and-health-education-in-schools>

