



Relationship, Sex and Health Education Policy

Date of Policy Issue:	May 2020
Review Date:	May 2021
Name of Responsible Manager / Headteacher:	Jamie Dodson
Signature of Responsible Manager / Headteacher:	
Signature of Chair of Governors:	
Date:	

Our school is committed to support and prepare our children who are growing up in an increasingly complex world. They need to know how to be safe and healthy, and how to manage their academic, personal and social lives in a positive way. Effective Relationship and Sex Education (RSE) is essential if young people are to make responsible and well-informed decisions about their lives. This is best achieved through a whole school approach. The syllabus, which incorporates Relationship and Sex Education into a Personal, Social and Health Education (PSHE) and Citizenship framework, is carefully planned in consultation with parents, teachers and governors through in-service training and advisory meetings.

Aims and Objectives for the teaching of RSHE at Kings Worthy Primary School

The aims of the Relationship and Sex Education within PSHE and Citizenship are:

- To prepare pupils to cope with the physical and emotional challenges of growing up and to gain an elementary understanding of human reproduction within the context of all living creatures (Living things and their habitats and Animals, including humans) and sexual health.
- To enable children to act responsibly in making and maintaining relationships with others, to feel good about themselves and the choices they make.
- To develop an understanding about the features of healthy friendships, family and other relationships which young children are likely to encounter.
- To encourage children to appreciate the importance of respect and dignity for themselves and others, in the context of their own sexual development, while taking account of sexuality, gender, roles and responsibilities.
- To develop sensitivity and tolerance towards the needs and views of others.
- To acknowledge that some children come from backgrounds which do not reflect such values and experiences and remain sensitive to their needs.
- To have an understanding of the importance of health and hygiene.
- To recognise and respect the views of others in today's world and to be aware of different types of relationships.
- To answer questions openly and honestly, referring to parents when necessary.
- To address online safety and appropriate behaviour in a way that is relevant to pupils' lives.

The teaching of RSHE at Kings Worthy Primary School

A planned, progressive programme of RSHE *gradually and appropriately* begins to prepare our children for adult life. It teaches the skills they need to fully manage the natural physical and emotional changes that will happen to them as they grow and mature into healthy, confident and responsible adults. In line with national recommendations (DFE 2019), RSHE at Kings Worthy will be delivered through 'You, Me and PSHE' a scheme of work for Primary Schools.

RSHE is taught to each year group, starting in Reception and should cover the following areas:

Attitudes and Values

- Learning about the values of family life and stable relationships.
- Learning the value of respect, love and care.
- Exploring, considering and understanding moral dilemmas.
- Developing critical thinking as part of decision making.

Personal and Social Skills

- Learning to manage emotions and relationships confidently and sensitively.
- Developing self-respect and empathy for others.
- Learning to make choices based on understanding of differences and with the absence of prejudice.
- Providing opportunities for young people to develop the ability to understand the consequences of their decisions and actions,
- To manage conflict.

Knowledge and Understanding

- Information about healthier, safer lifestyles
- Physical development
- Emotions, relationships and reproduction.

By the end of Key Stage 1 the children will be able to:-

- Observe how animals, including humans, move, feed, grow, use their senses and reproduce.
- Understand that animals including humans can produce offspring and these grow into adults.
- Recognise similarities and differences between themselves and others and treat others with sensitivity.
- Understand the basic rules for keeping safe and healthy.
- Recognise safe places to play and safe people to be with.
- Understand the needs of babies and young people.
- Understand that families are special for caring and sharing.
- Understand what a relationship is and what a friendship is.
- Understand what family means and who the people are who can support them.
- Show awareness of how to take turns, how to treat each other with kindness, consideration and respect, the importance of honesty and truthfulness, permission seeking and giving, and the concept of personal privacy.
- How to recognise when a relationship is making them feel unhappy or unsafe, and how to seek help or advice from others if needed.
- Understand that there is a normal range of emotions and that all humans experience these in different situations.
- Show an awareness of the benefits of physical exercise and self-care techniques.

By the end of Key Stage 2 the children will be able to:-

- Recognise changing emotions with friends and family and be able to express their feelings positively.
- Identify adults they can trust and who they can ask for help.
- Discuss moral questions and decision-making.
- Recognise the pressure of unwanted and/or inappropriate physical contact and know ways of resisting it.
- Know about the life processes of humans and other animals including both growth and reproduction.
- Know the main stages of the human life cycle.
- Know about the physical changes that take place at puberty, why they happen and how to manage them, including personal hygiene.
- Know and understand the many relationships in which they are all involved.
- Recognise how to keep safe when involved in risky activities.
- Show awareness of safety when online (how information is shared and used in all contexts, including online; for example, sharing pictures, understanding that many websites are businesses and how sites may use information provided by users in ways they might not expect).
- Show awareness of boundaries and privacy and that they have rights over their own bodies.
- Be aware of how to report concerns and seek advice when they suspect or know that something is wrong.
- Show an understanding of the different types of bullying, the impact of bullying and how to seek help.
- Understand what a stereotype is and how stereotypes can be unfair.
- Show an awareness of facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug taking.
- Know about menstrual wellbeing including key facts about the menstrual cycle.

In Years 5 and 6 Relationship and Sex Education follows 'Living and Growing' units of work, developed by the Channel 4 Learning, together with compulsory National Curriculum Science programmes across the primary range (Living things and their habitats and Animals including humans). The 'Living and Growing' units follow a developmental process beginning in the early years and involve:

- Giving information and knowledge
- Challenging beliefs
- Forming positive attitudes and values
- Developing sexual identity
- Promoting the necessary skills for effective communication, loving, caring, and happy relationships, and positive behaviour.

Two units of 'Living and Growing' are used, the units are supported by a DVD which explore physical and emotional changes, life cycles and reproduction and the development of relationships.

Organisation of the teaching of RSHE

The Headteacher and staff will be responsible for the planning and delivery of the Relationship and Sex Education programme within the context of the National Curriculum, either as part of a specific programme or incidentally, as appropriate in response to questions. RSHE will be discretely taught throughout the school through planned schemes of work in PSHE, and Science (with human reproduction dealt with in years 5 and 6).

Teachers will answer children's questions honestly and sensitively, again taking account of the age and maturity of the child. It may be inappropriate to answer some questions in class; such questions will be answered on a one-to-one basis or referred to parents. .

Questions will be answered sensitively and professionally on a whole class, small group or individual basis as appropriate. Any very controversial issues will only be discussed after taking advice from the Headteacher or other appropriate person.

The teacher has the right not to answer inappropriate questions. If during the course of the programme, a child's questions cause such concern that a teacher believes the child to be distressed or in danger, these may be referred to the designated safeguarding lead. Parents will be consulted if it is felt appropriate and not detrimental to the well-being of the pupil.

Parental Involvement of RSHE

Kings Worthy Primary School is committed to the involvement of parents and carers in the implementation of our RSE policy.

We recognise parents are key people in:-

- Teaching their children about sex and relationships
- Maintaining the culture and ethos of the family
- Helping their children cope with the emotional and physical aspects of growing up
- Preparing them for the challenges and responsibilities that sexual maturity brings.

All parents will be given the opportunity to watch all the relevant DVDs being used in the classroom to support the RSHE programme within Years 5 and 6. There will also be the chance to discuss the RSHE programme with relevant members of staff.

Right of Withdrawal from RSHE

The majority of the programme is specified in the National Curriculum and is thereby compulsory. However, parents will be informed in advance of any additional content to this and invited to preview materials/resources to be used. Any parent who has concerns or questions related to this is asked to discuss them with the Headteacher/class teacher, and, should they wish to do so, may exercise their right to withdraw their child/ren from parts that are outside the National Curriculum. Any child withdrawn after these discussions will be catered for in other classes with appropriate work and activities for the duration of the specific sex education units.

Whenever changes are planned, parents will be informed in advance and consulted on the programme and materials/resources to be used. Within the programme, facts are presented in an objective, balanced and sensitive manner, appropriate to the age and maturity of the children, and set within a clear framework of the value of stable family life, the responsibilities of parenthood and an awareness of the law on sexual behaviour.