



Believe Achieve Succeed

## St Peter's C of E (Aided) Primary School

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### RELATIONSHIPS, SEX AND HEALTH EDUCATION POLICY

Members of Staff Responsible for RSHE:	SLT and Governors
Status:	Statutory
Date adopted:	Autumn Term 2020
Next Review:	Autumn Term 2021 Then, every 3 years or in-light of new regulations

All school personnel, parents/carers and pupils have been consulted on this policy. The policy is available to parents via the School Office and website.

#### **Our Vision Statement**

*"At St Peter's we have high expectations where everyone achieves and succeeds within a safe, inclusive Christian community. We promote independence, respect and empathy. Through an exciting curriculum, children are inspired to become lifelong learners and active world citizens."*

*We undertake to follow the principles in the Church of England Charter for faith sensitive and inclusive relationships education, relationships and sex education (RSE) and health education (RSHE).*

*The Diocesan Board of Education (DBE) fully supports and endorses the new RSE statutory guidance for schools and encourages its school leaders, governors and clergy to embrace the teaching of RSE in line with the new requirements.*

Personal, Social, Health and Economic (PSHE) education is a school subject through which pupils develop the knowledge, skills and attributes they need to manage their lives, now and in the future. It helps children and young people to stay healthy and safe, while preparing them to make the most of life and work. When taught well, PSHE education also helps pupils to achieve their academic potential. From September 2020 all schools have a statutory duty to deliver Relationships and Health Education at key stages 1 and 2 as part of their broader PSHE curriculum, in line with the Equalities Act 2010. At St Peter's we refer to these sessions as Learning for Life.

#### **Definition of RSE**

The Relationships Education, RSE, and Health Education (England) Regulations 2019 have made Relationships Education compulsory in all primary schools. Sex education is not compulsory in primary schools, however the Department for Education continues to recommend that all primary schools should have a sex education programme tailored to the age and physical maturity of the pupils. As a school, we have agreed to offer an additional sex education programme in Year 6. Beyond what is covered in the RSE framework and the Science National Curriculum, is detailed later in this policy, and in the Defining Sex Ed document on the school website..

The focus in primary school should be on teaching the fundamental building blocks and characteristics of positive relationships. Learning will include:

- Friendships, family relationships, relationships with other children and with adults.
- 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.
- Establishing personal space and boundaries, unsafe physical, and other, contact.
- Positive relationships, including online relationships.

- Online safety and appropriate behaviour.
- Respect of families of many forms (families can include for example, single parent families, LGBT parents, families headed by grandparents, adoptive parents, foster parents/carers amongst other structures)
- Positive emotional and mental wellbeing, including how friendships can support mental wellbeing.
- How to recognise and report abuse, including emotional, physical and sexual abuse.
- Facts and risks associated with drugs, alcohol and tobacco.
- Basic first aid.
- Changes to the body.

## **Content of St Peter's School RSE Programme**

### **EYFS:**

- To learn how important friendships are in making us feel happy and secure.
- To recognise that all families are different.
- To understand why hygiene is important and how to keep themselves clean.

### **Key stage 1 (Years 1 and 2):**

- To learn about growing and changing and new opportunities and responsibilities that increasing independence may bring.
- To begin to explore the concept of male and female and gender stereotypes.
- To understand that animals, including humans, grow and change.
- To name the main parts of the body (including external genitalia) and the similarities and differences between boys and girls.
- To know the difference between a surprise and a secret and to know which people we can ask for help.

### **Key stage 2 (Years 3-5):**

- To know about the physical and emotional changes that happen in puberty.
- To know how to take care of their body, understanding that they have autonomy and the right to protect their body from inappropriate and unwanted contact; understanding that actions such as female genital mutilation (FGM) constitute abuse, are a crime and how to get support if they have fears for themselves or their peers.
- To describe the main stages of the human lifecycle.

### **Key stage 2: Year 6**

- To know how puberty relates to growing from a child to an adult.
- To know how a baby is conceived, what happens during sexual intercourse before an egg/sperm meet. (non statutory)

### **How is Relationships and Sex Education taught?**

RSE is not delivered in isolation, but firmly embedded in all curriculum areas including Personal, Social, Health and Economic (PSHE) education, Citizenship, Science and Computing. At St Peter's our PSHE curriculum is delivered in Learning for Life (LfL) sessions to all year groups. It is a planned and continuous programme, which is appropriate to pupils' needs and stages of development

RSE will be delivered by the class teacher or a teacher familiar with the class, in mixed gender groups.

PSHE Ground Rules are used in all LfL and RSE lessons. We have strategies in place to ensure that pupils are able to ask anonymous questions if they need to.

Resources used are flexible in order to meet the needs of the pupils and curriculum. We follow the PSHE Association Scheme of Work and aim to use picture story books and many resources endorsed by the PSHE

Association. When the materials are of a more explicit nature parents will be informed and will have the opportunity to watch any video material prior to it being shared with the children.

Correct scientific and medical vocabulary will be used throughout the RSHE and LfL curriculum.

External agencies or visitors (e.g. Heartstart, NSPCC, Police Officers, School Nurse) may be invited in to school to help deliver aspects of the curriculum if appropriate. This will be done alongside the class teacher in line with the school's RSE and safeguarding policies.

### **Parental Involvement**

St Peter's School is committed to working with parents and believes that it is important to have the support of parents and the wider community for the LfL and RSE and Health Education programme. Parents are and will be provided with the opportunity to find out about and discuss our programme through parent awareness sessions, parents' evenings, involvement in policy development, involvement in curriculum development, the school website and prospectus, displays and an open-door policy.

To promote effective communication and discussion between parents and their children we notify parents through information evenings, termly curriculum maps and the school website about when particular aspects of RSHE will be taught. We also encourage an open-door policy to help ensure that parents can discuss issues with the school staff in a positive, sensitive and proactive manner.

### **Parental rights to withdraw their children**

Parents have no right to withdraw their children from Relationships and Health Education which includes puberty, reproduction and birth. All of these areas are included in the Health Education or Science National Curriculums so are statutory. **However, parents do have the right to withdraw their children from the part of the Sex Education curriculum which teaches conception as this is not part of the RSHE or Science curriculum.**

Requests for withdrawal should be put in writing using the 'Right to withdrawal' form found on the school website or from the office and addressed to the headteacher.

Alternative work will be given to any child withdrawn from sex education.

### **HOW THE SCHOOL RESPONDS TO SPECIFIC ISSUES RELATED TO RELATIONSHIPS AND SEX EDUCATION**

If we have any reason to believe a pupil is at-risk we are required to follow our safeguarding and child protection procedures as set out in our policy which is available on the school website.

### **HOW THE RELATIONSHIPS AND SEX EDUCATION PROGRAMME IS MONITORED, EVALUATED, AND ASSESSED**

We ensure that all pupils have equal access to the RSHE programme through a thorough process of monitoring, evaluation and assessment, which takes into consideration pupils' needs, maturity, age, ability and personal circumstances.

The planning and delivery of the RSHE programme is monitored by the LfL leader through scrutiny of lesson plans, lesson observations and pupil voice on a termly cycle.

Pupil voice will be influential in adapting and amending planned learning activities. The school will complete the biannual Schools Health Related Behaviour Questionnaire and results will be used to inform future planning.

### **PROFESSIONAL DEVELOPMENT FOR STAFF**

All teaching staff at school are members of the PSHE Association where they have access to up-to-date research, guidance and recommended resources. The LfL leader will keep abreast of any changes to the delivery of a successful curriculum by monitoring advice from the Surrey PSHE advisor, attending appropriate training and disseminating information to staff. Teaching staff will have opportunities to identify any training needs they have in delivering a successful RSE curriculum All staff receive annual Safeguarding training.

#### **LINKS TO OTHER POLICIES AND ADVICE**

This RSE Policy is supported by, but not limited to:

- Behaviour Policy
- SMSC Policy
- Safeguarding/Child Protection Policy
- Confidentiality Policy
- Equality Policy
- Anti-bullying Policy
- Intimate Care Policy
- E-safety Policy
- Sex and Relationship Education Guidance – DfES
- Statement of British Values
- Wellbeing Policy
- Worship Policy