



Sheriffhales Primary School

Relationship and Sex Education Policy

We have based our school's relationship and sex education policy on the statutory guidance from DfE issued under Section 80A of the Education Act 2002 and section 403 of the Education Act 1996. The Relationships Education, Relationships and Sex Education, and Health Education regulations 2019 are made under sections 34 and 35 of the Children and Social Work Act 2017. DfE guidance (2019) states: 'We have made Relationships Education compulsory in all primary schools in England and Relationships and Sex Education compulsory in all secondary schools, as well as making Health Education compulsory in all state-funded schools.'

We refer to RSE (Relationship and Sex Education) and we place the emphasis on relationships and supporting pupils understanding and skill in developing positive and healthy relationships. Our definition is that this work is a lifelong learning process; it is about physical, moral and emotional development. It is about understanding the importance of marriage, stable and loving relationships, respect, love and care. It involves teaching about sex, sexuality and sexual health. RSE in our school is part of the personal, social and health education curriculum. It is our belief that RSE is the responsibility of all staff and should be an integral part of teaching and learning processes. Education for personal growth and self-esteem, including sex and health education, complements and overlaps with the personal, social and emotional development of the child and the general life of the school.

Definition

Ofsted 2002 recommendations have informed our policy and practice, in particular:

'A caring and developmental SRE programme needs to be more than just biology and the fundamentals of reproduction. Young people want reassurance about their body image, behaviour, feelings and relationships. They also need knowledge and skills appropriate to their level of maturity and developmental needs'.

The Lichfield Diocesan Board of Education (Sex and Relationship Guidance: A Christian Perspective 2008) states that

'Sex and Relationship Education is part of a child's broad, balanced curriculum, integral to the basic curriculum of the school and part of the child's all round development'.

Our policy for Relationship and Sex Education is written in accordance with this philosophy. In planning and presenting our RSE programme we provide an opportunity for pupils to express themselves within a trusted and safe environment. Central to our PSHE programme

is the development of pupils' self-esteem. If young people feel positive and good about themselves, they are more likely to take care of themselves, think positively of other people, and therefore develop non-exploitative, caring relationships. They are also less likely to be exploited by others. Our policy and practice is based upon national guidance and good practice, consistent with Shropshire Council recommendations. This policy is cross-referenced and consistent with other policies such as Safeguarding, Bullying, Equal Opportunities, PHSE etc.

This policy has been reviewed and updated in consultation with teaching and support staff, and approved by Governors. It will be reviewed every two years.

At Sheriffhales, School the notion of equality of opportunity is highly valued. The RSE curriculum should offer children the opportunity to clarify and develop their attitudes and values relating to: gender roles, stereotyping, taking into account equality issues (sex, race and culture, disability, ability, religion and sexual orientation).

Child Protection

The Child Protection procedures as laid down by Shropshire County Council will be followed. All referrals, whatever their origin, must be taken seriously and must be considered with an open mind, which does not pre-judge the situation. The procedures adopted for handling cases of neglect, physical, emotional, sexual abuse and failure to thrive involving children and young persons, are based on the principle that the interests and welfare of the child or young person are of paramount importance.

Confidentiality must not prevent action if the child is 'at risk'. Teachers will listen sympathetically to anything a child tells them in confidence. However, if a teacher feels that a child is at risk then the appropriate people will be contacted in accordance with the Child Protection Procedures, a copy of which is available for parents in school.

Moral and Values Framework

The Relationship and Sex Education Policy will be sensitive towards the established morals and values framework of all the major world religions and philosophies. The RSE Policy is complimentary with the Religious Education Policy and the Personal, Social and Health Education Policy.

The Social, Ethnic and Religious Mix of the School

We aim to fulfil the educational needs of the children who are represented in the local community. The children come from a varied cross section of the local community and represent different social, ethnic and religious values, beliefs and customs.

Disability

If the school has any children with special needs who require special assistance their needs will be fully considered. Their parents will be consulted.

Whole School approach

It is our belief that RSE is the responsibility of all staff and is integral to teaching a broad and balanced curriculum, educating the whole child and adhering to the 'Keeping Children Safe in Education' statutory guidance.

Pupils' questions will be responded to by all staff (teaching and non-teaching) as they arise in a straightforward way. Factual, simple and correct information will be provided using correct terminology for body parts and functions appropriate to the age of the child.

School staff have the right not to feel under pressure to answer difficult questions on the spot and will use distancing techniques such as referring the question to a question box. This allows time for reflection about the most appropriate way to respond. Staff have been provided with a process for responding to questions.

Any concerns arising concerning a child or any indications that a child or children are at risk of harm or in danger will be discussed with the head teacher or child protection lead in accordance with the Child Protection policy. The use of sexualised language, swear and slang terms, including homophobic language will be addressed with pupils and as appropriate parents/carers.

Organisation

The main delivery of RSE is through PSHE, but some aspects are also taught through other subject areas such as science and PE. It is taught by the class teacher, and where possible other members of staff to provide a gender balance, whenever possible. Work in single and mixed gender groups and small groups will be used based on learning and developmental need.

We use the **Shropshire Respect Yourself: Eat Better, Move More**, RSE programme alongside other appropriate resources. This teaches children to understand and respect themselves and their bodies as part of a healthy lifestyle approach. Whilst this resource is the main focus of our RSE work each summer term, other work on relationships education occurs throughout the school year as part of the PHSE scheme of work. This is to ensure that all pupils have regular and consistent teaching in relationships education rather than it being an 'add-on' extra.

The RSE summer term topic has three sections; Choices and Challenges, Changes and Care and Commitment. In years 4, 5 & 6 there is a greater emphasis on the changes that occur in puberty. Year 6 uses the Shropshire RSE Transition Programme.

Pupils are taught about relationships and encouraged to discuss issues. We teach the parts of the body, using the correct terminology, how these work and how we change as we grow. We encourage children to ask for help, providing reassurance that change is part of life's cycle.

In science lessons in Key Stage, the children are taught about how humans change and grow and how a baby is born. The focus is on changes and growing, keeping our bodies and ourselves healthy and safe. For this aspect we follow the guidance material in the national scheme of work for science. In Key Stage 2, we teach about life processes and the main stages of the human life cycle in greater depth.

Aims

RSE in our school is part of the personal, social and health education curriculum. This is integrated within the wider school curriculum and complements and overlaps with the general ethos and life of the school. We aim to provide a planned, age appropriate scheme of work, designed to capitalise on the fascination and interest that children have about

themselves, their own growth and development and to offer reassurance that such changes are normal and natural.

In planning and presenting our RSE programme we provide the opportunity for pupils to express themselves within a trusted and safe environment, following agreed ground rules. We want to reassure children of their value and self-worth including aspects of dignity, self-respect and self-restraint, help them to have a responsible attitude towards personal relationships including mutual respect and care, and to develop sensitivity towards the needs of others, providing knowledge of loving relationships and the human reproductive process.

We aim to inform children on matters of personal hygiene and related health issues, encourage exploration of values and moral issues taking into account physical and moral risks associated with certain behaviour, educate against discrimination and prejudice and help prepare children to make informed choices about relationships.

We offer a planned and appropriate scheme of work, devised to meet the following aims and objectives:

Our Scheme of work aims to:

- Raise and promote positive self esteem
- Help pupils develop their skills and confidence in making decisions, communication, assertiveness, self-expression, respect for themselves and others
- Help pupils communicate and understand their feelings and emotions
- Provide pupils with skills necessary to keep themselves happy and safe
- Prepare pupils for the physical and emotional changes of growing up
- Offer opportunity for pupils to develop and clarify their attitudes and values
- Counteract myths and misinformation
- Challenge media stereotypes, oppression and prejudice and promote equal opportunities
- Explain the meaning of words in a sensible and factual way, using correct names for body parts and functions
- Provide reassurance that change is part of the life cycle and help pupils accept variations
- Develop the confidence to seek help, support and advice.

The purpose of relationship and sex education includes the following:

- To understand the value of family life, the implications of parenthood and the need for the proper care of all young things
- To develop skills in personal relationships, e.g. communication, assertiveness, decision-making
- To build and develop the self-esteem of all young people
- To promote equal opportunities for all
- To help pupils to accept the variation in rates of growth and development and to provide reassurance that change is part of life's cycle; to give support in adjusting to these changes
- To counteract misleading folklore, myth, playground rumours and false assumptions
- Develop the confidence to seek help, support and advice.
- To give accurate and objective information and dispel some of the hotchpotch of mixed messages which children may have received from a variety of sources from pre-school onwards. This information will be presented in the context of family life, of loving relationships and respect for others as well as their own bodies.

- To capitalise on the fascination that primary school children have for wanting to study themselves, their own pattern of growth and development and reassure them that such changes are normal.
 - To work with parents to provide a well-balanced viewpoint on all aspects of RSE for children so that their social, emotional and physical health is safeguarded.
 - Foster a culture of acceptance and openness where questions and discussion can take place without embarrassment.
 - Develop skills in personal relationships, e.g. communication, assertiveness, decision-making, and build and develop self-esteem by helping children to understand their responsibilities, rights, opportunities and choices.
 - Help children to understand the value of family life, understand the need for the proper care of all young things.
 - Ensure children are able to understand the information that they acquire and provide them with contexts where they are able to consider and evaluate the information they receive.
 - Help children develop the confidence to seek help, support and advice.
- Home-school Partnership

Children are exposed to information and messages from T.V., Internet, film, music videos, books and magazines. They are influenced by family and friends and significant adults. Part of our role is to ensure that children are able to understand and interpret the information they receive.

We believe that parents have the primary role in delivering relationship and sex education.

We aim to provide a programme in partnership, ensuring all pupils receive high quality provision in line with national good practice recommendations and statutory requirements. It's hoped that the school curriculum and ethos of the school complements and enhances home teaching & values, giving regard to the value of family life & loving, stable relationships.

The Relationships Education, Relationships and Sex Education, and Health Education regulations 2019 (made under sections 34 and 35 of the Children and Social Work Act 2017) confirms the 1996 Education Act, that parents have the right to withdraw their child from part, or all of the sex education programme that does not form part of the national science or health education curriculum. There is no parental right of withdrawal, from September 2020, from the science (life cycles and reproduction; naming body parts), relationships or health education curriculum, which includes understanding the changing adolescent body and puberty. In reality, drawing a line between the different elements of RSE is difficult as pupils will ask questions and content often overlaps. Although the 'sex education' elements of our scheme are focused in our summer term units, questions may naturally arise at other times and therefore, parents should be aware of this when considering the right to withdraw. At Upper Key Stage 2, reproduction, conception and birth are taught as part of the human life cycle including how the body prepares for sexual maturity.

If a parent wishes to withdraw their child from specific aspects they should discuss this with the head teacher.

We would encourage parents to discuss any concerns at the earliest opportunity with class teacher and head. The Head will discuss the implications and likely consequences of withdrawal from the non- statutory part of the curriculum. Parents should make it clear which aspect of the programme they do not wish their

child to participate in and will be asked to put this in writing.

Resources and information regarding further support and help can be made available. Any parents with concerns about this policy should discuss this directly with the head teacher.

Role of Head Teacher

It is the responsibility of the head to ensure that:

- policy and practice is developed in accordance with good practice guidelines and recommendations
- the policy is reviewed and monitored and approved by governors
- staff and parents are informed about policy
- staff receive appropriate training and support

Complaints Procedure

If parents have any cause for concern about RSE Policy they will be asked to come into school to resolve the problem. In the unlikely event that the concern cannot be dealt with, the Governors can be contacted and the Complaints Policy utilised.

Monitoring and Review

The Curriculum Committee of the governing body monitors our relationship and sex education policy on a regular basis. This committee reports its findings and recommendations to the full governing body, as necessary, if the policy needs modification.

The Curriculum Committee gives consideration to any comments from parents about the relationship and sex education programme, and makes a record of all such comments.

Governors require the Headteacher to keep a written record, giving details of the content and delivery of the relationship and sex education programme that we teach in our school.

Key Websites

www.teachersnet.gov.uk/pshe

www.pshe-association.org

www.ncb.org.uk/sef

Review date: June 2023

Appendix

Summary of relationships and sex education units of work at Sheriffhales

Year Group	Term	Focus
Year 1 & 2	Autumn Year A	How can I be listened to and how can I listen to others? <i>Includes secrets and the underwear rule.</i>
Year 1 & 2	Spring Year A	How can we be kind? <i>Includes hurtful behaviour, bullying and differences</i>
Year 1 & 2	Spring Year B	How do families and friends care for one another? <i>Includes how families and friendships are different.</i>
Year 1	Summer	How do I grow and change? <i>Identify and recognise their skills and abilities Understand the difference between boys' and girls' bodies, naming the external body parts Babies and adults</i>
Year 2	Summer	How do I grow and change? <i>Identify and recognise their skills and abilities Understand the difference between boys' and girls' bodies, naming the external body parts Growing up from baby to adult.</i>
Year 3 & 4	Autumn Year A	What makes a good friend and how do I look after my friendships? What is personal space and how do I look after mine? <i>Includes conflict and negotiation in friendships, Underwear rule and personal space including consent.</i>
Year 3 & 4	Spring Year A	What makes a family? <i>Includes different types of family and relationship such as marriage, self-families, same-sex families.</i>
	Spring Year B	What is discrimination and why is it wrong? <i>Includes equality, and discrimination and how communities are the same and different.</i>
Year 3	Summer	What happens to my body and feelings as I grow up? <i>Prepare for and understand changes that occur as part of puberty. Recognise physical and emotional changes. The human life cycle.</i>
Year 4	Summer	What happens to my body and feelings as I grow up? <i>Know that during puberty a body changes from a child to an adult; it is part of the life cycle. Develop the skill of recognising and understanding emotional changes as well as physical changes. Become confident in awareness of life cycle changes, that conception and birth are features. Begin to know that each person experiences puberty differently. Beginning to understand why the body changes in puberty. Understand some basic facts about pregnancy Establish pupils' knowledge and understanding of menstruation, and clarify any myths or misconceptions, reassure and help prepare both girls and boys.</i>
Year 5 & 6	Autumn Year A	How can I deal with challenges in relationships? <i>Includes body privacy and understanding pressure and consent</i>
Year 5 & 6	Spring Year B	How can we deal with discrimination, prejudice and stereotyping at school, home and in the wider world? <i>Includes a more in-depth focus on discrimination and equality.</i>
Year 5	Summer	How do my body and feelings change as I grow up? <i>Know and understand the physical and emotional changes that take place during puberty, why they happen and how to manage them</i>

		<p><i>Know and understand life processes common to humans, including reproduction</i></p> <p><i>Know and understand about personal hygiene</i></p> <p><i>Know and understand the main stages of the human life cycle.</i></p>
Year 6	Summer	<p>How do my body and feelings change as I grow up?</p> <p><i>Know and understand about the physical and emotional changes that take place at puberty, why they happen and how to manage them.</i></p> <p><i>Know that body changes are a preparation for sexual maturity</i></p> <p><i>Learn the correct names for body parts and their functions</i></p> <p><i>Know how changes at puberty affect body hygiene</i></p>

In addition, our overall PHSE scheme also covers health education, economic education and other aspects relating to living in the world around them such as environmental issues.