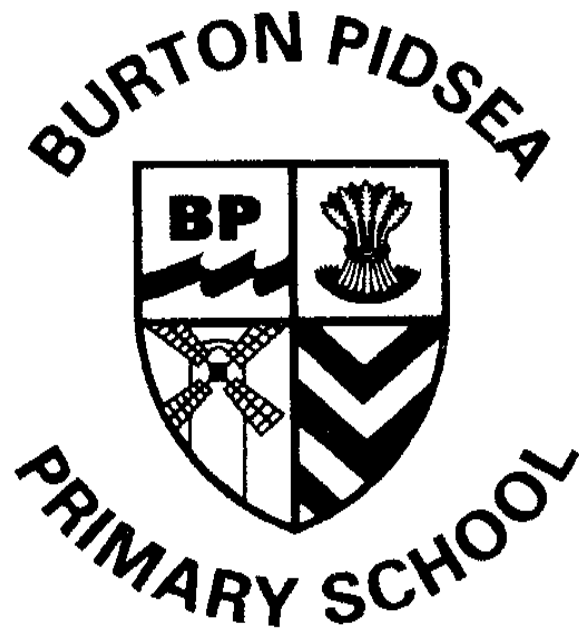




Relationship, Sex and **Health Education** **Policy**

Spring Term 2021

Relationships, Sex and Health Education Policy

Rationale

At Burton Pidsea Primary School we observe to the national curriculum which firmly places formal Sex and Relationships Education into KS3. However we also follow advice from the DfE which recommends that all primary school should have a relationship, sex and health education programme (RSHE) tailored to the age and the physical and emotional maturity of the children.

For the rest of this policy relationship and sex education will be considered as part of our comprehensive Personal Social Health Education (PHSE) and also part of the science curriculum to help pupils understand their physical, moral and emotional development, in order for them to form positive age appropriate relationships, clarify attitudes and values and grow in self-esteem.

Aims

The purpose of our relationship and health education teaching is:

- To enable pupils to understand physical development at appropriate stages.
- To learn the value the value of loving relationships and family life.
- To learn to manage relationships with confidence and sensitivity.
- To develop self-respect, self-esteem and empathy for others.
- To understand the importance of positive relationships online.
- To be aware of their own positive emotional and mental wellbeing and how to protect themselves from abuse.

Values

As a school, we seek to instil core values: pride, co-operation, determination, honesty, resilience, responsibility, courage, love, respect, patience, tolerance & thoughtfulness. We also promote the core British values, including mutual respect and individual liberty.

Equal Opportunities

The provision of the relationship, sex and health education programme is available to all pupils, without exception. The majority of the teaching is delivered to mixed classes. There are however provisions made for single sex sessions to take account of certain issues which need to be addressed e.g. puberty. To make programme appropriate to their needs, girls have time to discuss the practical side of menstruation and boys have time to discuss their own development. Teaching and learning will be adapted to meet the needs of all children

Parent consultation

At Burton Pidsea Primary School we aim to work closely with parents when planning and delivering RSHE.

- The Long Term Curriculum plans are available on the school website, detailing the science curriculum
- Curriculum planning is shared with parents, detailing the science focus
- An RSHE overview information sheet is shared with all parents, which includes an opportunity for questions and comments (see appendices 1 & 2)
- Upper Key Stage 2 parents are informed when their children receive the 'growing up talk', detailing the areas covered and an online link to the teaching materials. Parents are invited to ask questions about this aspect of the curriculum and are reminded of their right to withdraw their child from these additional sessions.
- Parents are able to read the policy on the school website and receive a copy at their request

Coverage and Delivery

The relationship, sex and health education programme is part of the wider PSHE programme and science programme of study; learning will be therefore age appropriate.

EYFS/KS1

- notice that animals, including humans, have offspring which grow into adults
- find out about and describe the basic needs of animals, including humans, for survival (water, food and air)
- describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene.
- identify and share feelings with one another
- recognise safe and unsafe situations and identify someone they are able to talk to and trust.

KS2

- identify that animals, including humans, need the right types and amount of nutrition, and that they cannot make their own food; they get nutrition from what they eat
- differences in life cycles
- describes the changes as humans develop into old age, including focusing on puberty
- learn to express their opinions about relationships and bullying and listen to and support others, including respecting other people's viewpoints and beliefs.

- learn to recognise their own worth and identify positive things about themselves and try to balance the stresses in life in order to promote their own mental health and wellbeing of others.

In line with the Equity Act 2010, teaching materials used are race, religion, gender, sexual orientation, special educational needs and disability appropriate.

Managing difficult questions

Questions asked by children will be answered in an age and maturity appropriate way. Questions will never be avoided as children whose questions go unanswered may turn to inappropriate sources of information (eg the internet.) However, staff will seek appropriate advice if necessary.

Child Protection and confidentiality

Staff need to be aware that effective RSHE programme, which brings an understanding of what is and is not acceptable in a relationship, may lead to disclosure of a child protection issue.

The staff member will inform the designated safeguarding officer in line with the school procedures. A member of staff cannot promise confidentiality.

How will the RSHE programme be monitored and evaluated?

Staff, pupil and parent voice will feed into the review of this policy to ensure ongoing effectiveness and appropriateness. This evaluation will inform future planning.

The policy will be monitored by the Head Teacher and the governors

Related Documents

PSHE Policy, Anti-bullying policy, Safeguarding Policy, Teaching and Learning

Appendix 1



Relationships and Sex Education

At Burton Pidsea Primary School we follow the national curriculum which firmly places formal Sex and Relationships Education into Key Stage 3 (secondary Schools). However we also follow advice from the DfE which recommends that all primary school should have a relationship and health education programme (RHE) tailored to the age and physical & emotional maturity of our children.

Aims

The purpose of our relationship and health education teaching is:

- To enable pupils to understand physical development at appropriate stages.
- To learn the value the value of loving relationships and family life.
- To learn to manage relationships with confidence and sensitivity.
- To develop self-respect, self-esteem and empathy for others.
- To understand the importance of positive relationships online.
- To be aware of their own positive emotional and mental wellbeing and how to protect themselves from abuse.

Values

As a school, we seek to instil core values: pride, co-operation, determination, honesty, resilience, responsibility, courage, love, respect, patience, tolerance & thoughtfulness. We also promote the core British values, including mutual respect and individual liberty.

Equal Opportunities

The provision of the relationship and sex education programme is available to all pupils, without exception. In line with the Equity Act 2010, teaching materials used are race, religion, gender, sexual orientation, special educational needs and disability appropriate.

Coverage and Delivery

The relationship and health education programme is part of the wider PSHE programme (*Jigsaw*) and science programme of study; learning will be therefore age appropriate.

Details of the science curriculum can be found on the school website



EYFS/Key Stage 1

Children will:

- notice that animals, including humans, have offspring which grow into adults
- find out about and describe the basic needs of animals, including humans, for survival (water, food and air)
- describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene.
- identify and share feelings with one another
- understand the value of friends and family
- recognise safe and unsafe situations and identify someone they are able to talk to and trust.

KS2

Children will:

- identify that animals, including humans, need the right types and amount of nutrition, and that they cannot make their own food; they get nutrition from what they eat
- differences in life cycles
- describes the changes as humans develop into old age, including focusing on puberty
- learn to express their opinions about relationships and bullying and listen to and support others, including respecting other people's viewpoints and beliefs.
- learn to recognise their own worth and identify positive things about themselves and try to balance the stresses in life in order to promote their own mental health and wellbeing of others.

The majority of the teaching is delivered to mixed classes. Occasionally provision is made for single sex sessions to take account of specific issues which need to be addressed eg puberty

Managing difficult questions

Questions asked by children will be answered in an age and maturity appropriate way. Questions will never be avoided as children whose questions go unanswered may turn to inappropriate sources of information (eg the internet.) However, staff will seek appropriate advice if necessary.

If you have any further questions or comments, please contact the school

Email: burtonpidsea.primary@eastriding.gov.uk

Appendix 2

Understanding Relationships and Health Education in your child's primary school: a guide for parents

We want all children to grow up healthy, happy, safe, and able to manage the challenges and opportunities of modern Britain. That is why, from September 2020, all primary age children will be taught Relationships and Health Education.

These subjects are designed to equip your child with knowledge to make informed decisions about their wellbeing, health and relationships as well as preparing them for a successful adult life. The world for all young people looks very different from the way it did 20 years ago when this curriculum was last updated – these changes bring the content into the 21st century, so that it is relevant for your child.

Your child's school will have flexibility to deliver the content in a way that is age and developmentally appropriate and sensitive to the needs and religious background of its pupils.

Relationships Education

Relationships Education will put in place the building blocks needed for positive and safe relationships, including with family, friends and online.

Your child will be taught what a relationship is, what friendship is, what family means and who can support them. In an age-appropriate way, your child's school will cover how to treat each other with kindness, consideration and respect.

By the end of primary school, pupils will have been taught content on:

- families and people who care for me
- caring friendships
- respectful relationships
- online relationships
- being safe

You can find further detail by searching **'relationships and health education'** on GOV.UK.

Health Education

Health Education aims to give your child the information they need to make good decisions about their own health and wellbeing, to recognise issues in themselves and others, and to seek support as early as possible when issues arise.



By the end of primary school, pupils will have been taught content on:

- mental wellbeing
- internet safety and harms
- physical health and fitness
- healthy eating
- facts and risks associated with drugs, alcohol and tobacco
- health and prevention
- basic first aid
- changing adolescent body

You can find further detail by searching **'relationships and health education'** on GOV.UK.

Your rights as a parent

The important lessons you teach your child about healthy relationships, looking after themselves and staying safe, are respected and valued under this new curriculum. Teaching at school will complement and reinforce the lessons you teach your child as they grow up.

Your child's school is required to consult with you when developing and renewing their policies on Relationships Education. These policies must be published online and be available to anybody free of charge.

You can express your opinion, and this will help your child's school decide how and when to cover the content of the statutory guidance. It may also help them decide whether to teach additional non-statutory content. Schools are required to ensure their teaching reflects the age and religious background of their pupils.

Some schools will start to teach these subjects from September 2019 – if you'd like to know more, please speak to your child's school about what they plan to teach.



Right to withdraw your child

You cannot withdraw your child from Relationships Education because it is important that all children receive this content, covering topics such as friendships and how to stay safe.

Your child's primary school can choose to teach Sex Education. If you'd like to know more about this, we recommend speaking to the school to understand what will be taught and when. If you do not want your child to take part in some or all of the lessons on Sex Education, you can ask that they are withdrawn. At primary level, the head teacher must grant this request.

The science curriculum in all maintained schools also includes content on human development, including reproduction, which there is no right to withdraw from.



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If you want to know more about what will be taught as part of the new subjects, the best thing to do is speak to your child's school.