

Policy for: Relationships and sex education

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*this policy has been adapted from the model policy from The Key

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Contents

1. Aims.....	3
2. Statutory	3
3. Policy development	3
4. Definition.....	3
5. Curriculum	4
6. Delivery of RSE	4
7. Roles and responsibilities	4
8. Parents' right to withdraw	5
9. Training	5
Monitoring arrangement.....	5
 Appendix 1: Curriculum map	6
Appendix 2: By the end of primary school pupils should know	11
Appendix 3: Parents form: withdrawal from sex education within RSE.....	13

1. Aims

The aims of relationships and sex education (RSE) at our school are to:

- Provide a framework in which sensitive discussions can take place
- Prepare pupils for puberty, and give them an understanding of sexual development and the importance of health and hygiene
- Help pupils develop feelings of self-respect, confidence and empathy
- Create a positive culture around issues of sexuality and relationships
- Teach pupils the correct vocabulary to describe themselves and their bodies

RSE will support the development of the skills, attitudes, values and behaviour, which enable pupils to:

- Have a sense of purpose
- Value self and others
- Form relationships
- Make and act on informed decisions
- Communicate effectively
- Work with others
- Respond to challenge
- Become healthy and fulfilled individuals

2. Statutory requirements

As a maintained primary school we must provide relationships education to all pupils as per section 34 of the [Children and Social work act 2017](#).

However, we are not required to provide sex education but we do need to teach the elements of sex education contained in the science curriculum.

In teaching RSE, we must have regard to [guidance](#) issued by the secretary of state as outlined in section 403 of the [Education Act 1996](#).

At Newdigate Primary School we teach RSE as set out in this policy.

3. Policy development

This policy is being developed in consultation with governors, staff, pupils and parents. The consultation and policy development process involved the following steps:

Review – the RSE and PSHE coordinator has pulled together all relevant information including relevant national and local guidance

Staff consultation – all school staff will be given the opportunity to look at the policy and make recommendations

Parent/stakeholder consultation – parents, governors and any interested parties will be invited to share their opinions about the policy and recommendations regarding the teaching of RSE at Newdigate Primary School

Pupil consultation – we will investigate what exactly pupils want from their RSE

Ratification – once amendments have been made, the policy will be shared with governors again and ratified

4. Definition

RSE is about the emotional, social and cultural development of pupils, and involves learning about relationships, sexual health, sexuality, healthy lifestyles, diversity and personal identity.

The children are taught about positive relationships and respect for others and how these link to promoting good mental health and well-being. They learn to understand and respect our common humanity; diversity and differences so that they can go on to form the effective, fulfilling relationships that are an essential part of life and learning.

RSE is not about the promotion of sexual activity.

5. Curriculum

Our curriculum is set out as per Appendix 1 but we may need to adapt it as and when necessary. We have developed the curriculum in consultation with parents, pupils and staff, considering the age, needs and feelings of pupils. If pupils ask questions outside the scope of this policy, teachers will respond in an appropriate manner so they are fully informed and don't seek answers online.

Relationships Education is statutory in all primary schools and this includes learning about puberty and the changing body. Sex education remains non-statutory in all primary schools. However, at Newdigate, we will continue to deliver additional content on sex education to meet the needs of our pupils which includes 'conception' and 'human reproduction'. We will inform parents by letter when these topics are being taught and parent/carers have the right to request their child is withdrawn from these specific lessons (see section 8).

6. Delivery of RSE

RSE is taught within the personal, social, health and economic (PSHE) education curriculum. Biological aspects of RSE are taught within the science curriculum, and other aspects are included in religious education (RE). Kapow is used to support the planning of these lessons.

If it is considered appropriate during consultations with parents, pupils, staff and governors the Upper Key Stage 2 pupils will also receive stand-alone sex education sessions, at a level appropriate to their age and understanding, delivered by a trained health professional.

Relationships education focuses on teaching the fundamental building blocks and characteristics of positive relationships including:

- Families and people who care for me
- Caring friendships
- Respectful relationships
- Online relationships
- Being safe

These areas of learning are taught within the context of family life taking care to ensure that there is no stigmatisation of children based on their home circumstances (families can include single parent families, LGBT parents, families headed by grandparents, adoptive parents, foster parents/carers amongst other structures) along with reflecting sensitively that some children may have a different structure of support around them (for example: looked after children or young carers).

For more information about our RSE curriculum, see Appendices 1 and 2.

Safeguarding

Teachers are aware that sometimes disclosures may be made during these sessions; in which case, safeguarding procedures must be followed immediately. Sometimes it is clear that certain children may need time to talk one-to-one after the circle / lesson closes. It is important to allow the time and appropriate staffing for this to happen. If disclosures occur, the school's safeguarding policy is followed.

7. Roles and responsibilities

7.1 The governing board

The governing board will approve the RSE policy, and hold the headteacher to account for its implementation.

7.2 The headteacher

The headteacher is responsible for ensuring that RSE is taught consistently across the school, and for managing requests to withdraw pupils from non-statutory/non-science components of RSE (see section 8).

7.3 Staff

Staff are responsible for:

- Delivering RSE in a sensitive way
- Modelling positive attitudes to RSE
- Monitoring progress
- Responding to the needs of individual pupils
- Responding appropriately to pupils whose parents wish them to be withdrawn from the non-science components of RSE

Staff do not have the right to opt out of teaching RSE. Staff who have concerns about teaching RSE are encouraged to discuss this with the headteacher.

7.4 Pupils

Pupils are expected to engage fully in RSE and, when discussing issues related to RSE, treat others with respect and sensitivity.

8. Parents' right to withdraw

Parents do not have the right to withdraw their children from relationships education this includes learning about puberty and the changing body.

If it is agreed to be necessary to include any non-science components of sex education within our RSE curriculum when all consultation have been completed, parents will have the right to withdraw their children from the non-science components of sex education within RSE.

Requests for withdrawal should be put in writing using the form found in Appendix 3 of this policy and addressed to the headteacher.

Alternative work will be given to pupils who are withdrawn from sex education.

9. Training

Staff are trained on the delivery of RSE as part of their induction and it is included in our continuing professional development calendar.

The headteacher will also invite visitors from outside the school, such as school nurses or sexual health professionals, to provide support and training to staff teaching RSE.

10. Monitoring arrangements

The delivery of RSE is monitored by the PHSE lead, Linda Hutchinson, through:

- Learning walks
- Pupil voice
- Floor books
- Discussions with teaching staff

Pupils' development in RSE is monitored by class teachers as part of our internal assessment systems.

This policy will be reviewed annually by the PHSE lead and Senior Leadership Team. At every review, the policy will be approved by the headteacher and/ or the governing board.

11. Links with other policies

- PSHE Policy
- Safeguarding and Child Protection Policy
- ICT and Online Safety Policy
- Whistleblowing Policy
- Anti-Bullying Policy
- Behaviour Policy
- SEND Policy and Information Report
- Equalities Policy

Appendix 1: Curriculum coverage

In Foundation, children will:

- Learn to explore and understand their feelings, identify when they may be feeling something, and begin learning how to communicate and cope with their feelings
- Explore why families and special people are valuable, understand why it is important to share and develop strategies to help with this, see themselves as valuable individuals and explore diversity by recognising similarities and differences.
- Understand how to be a kind friend
- Learn about growth and change and how humans change from babies to adults

Within cycle A/B for KS1, children will:

- Explore how families can be different
- Learn that families are composed of different people who offer each other care and support.
- Understand the characteristics and impact of positive friendships
- Learn how other people show their feelings and how to respond to them.
- Learn that people show feelings differently and that stereotyping is unfair.
- Develop an understanding of self-respect.
- Distinguish secrets from surprises
- Name body parts and look at the concept of privacy
- Learn how to respond to adults in different situations; distinguishing between appropriate and inappropriate physical contact

Within Cycle A/B for lower KS2, children will: (Yr4 content only in blue)

- Learn that families are varied and differences must be respected
- Learn how to resolve relationship problems
- Learn about effective listening skills and non-verbal communication.
- Understand physical and emotional boundaries in friendships
- Look at the impact of bullying and what action can be taken
- Explore the roles of bully, victim and bystander

- Explore trust and who to trust
- Learn about cyberbullying and identify unsafe digital content
- Build awareness of online safety and the benefits and risks of sharing information online
- Identify the difference between private and public
- Explore influences and make independent choices
- Explore the physical and emotional changes in puberty

In Year Five, children will:

- Develop an understanding of families, including marriage and what to do if someone feels unsafe in their family
- Learn that dealing with issues can strengthen a friendship
- Explore the impact of bullying and what influences a bully's behaviour
- Explore the emotional and physical changes of puberty, including menstruation
- Learn about online safety
- Learn strategies to overcome potential dangers

In Year Six, children will:

- Learn ways to resolve conflict, through negotiation and compromise
- Learn about respect, understanding that everyone deserves to be respected
- Explore ways in which people try to gain control over someone else
- Learn about the changes experienced during puberty
- Learn how a baby is conceived and develops
- Explore personal identity and body image

Appendix 2: Relationships Education in Primary schools – DFE Guidance 2019

The focus in primary school should be on teaching the fundamental building blocks and characteristics of positive relationships, with particular reference to friendships, family relationships, and relationships with other children and with adults.

The guidance states that, by the end of primary school:

TOPIC	PUPILS SHOULD KNOW
Families and people who care about me	• That families are important for children growing up because they can give love, security and stability • The characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives • That others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care • That stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up • That marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong • How to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed
Caring friendships	• How important friendships are in making us feel happy and secure, and how people choose and make friends • The characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties • That healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded • That most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right • How to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed

TOPIC	PUPILS SHOULD KNOW
Respectful relationships	• The importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs • Practical steps they can take in a range of different contexts to improve or support respectful relationships • The conventions of courtesy and manners • The importance of self-respect and how this links to their own happiness • That in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority • About different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help • What a stereotype is, and how stereotypes can be unfair, negative or destructive • The importance of permission-seeking and giving in relationships with friends, peers and adults
Online relationships	• That people sometimes behave differently online, including by pretending to be someone they are not • That the same principles apply to online relationships as to face-to face relationships, including the importance of respect for others online including when we are anonymous • The rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them • How to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met • How information and data is shared and used online
Being safe	• What sorts of boundaries are appropriate in friendships with peers and others (including in a digital context) • About the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe • That each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact • How to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know • How to recognise and report feelings of being unsafe or feeling bad about any adult • How to ask for advice or help for themselves or others, and to keep trying until they are heard • How to report concerns or abuse, and the vocabulary and confidence needed to do so • Where to get advice e.g. family, school and/or other sources

Appendix 3: Parent form: withdrawal from sex education within RSE

TO BE COMPLETED BY PARENTS			
Parent Withdrawal form from Sex Education within RSE			
Name of child		Class	
Name of parent		Date	
Reason for withdrawing from sex education within relationships and sex education			
Any other information you would like the school to consider			
Parent signature			

TO BE COMPLETED BY THE SCHOOL	
Agreed actions from discussion with parents	