



# **Relationships and Sex Education and Health Education Policy May 2022**

## 1. Aims

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The aims of relationships and sex education and health education (RSE & HE) 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 physical 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

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

At Helpringham Primary School we teach Relationships and Health Education as set out in this policy.

## 3. Policy development

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

1. Review – a member of staff or working group pulled together all relevant information including relevant national and local guidance
2. Staff consultation – all school staff were given the opportunity to look at the policy and make recommendations
3. Parent/stakeholder consultation – parents and any interested parties were invited to comment on the proposed policy
4. Pupil consultation – we investigated what exactly pupils want from their Relationships and Health Education
5. Ratification – once amendments were made, the policy was shared with governors and ratified

## 4. Definition

RSE & HE are about the emotional, social and cultural development of pupils, and involves learning about relationships, sexuality, healthy lifestyles, diversity and personal identity.

RSE & HE involves a combination of sharing information and exploring issues and values.

RSE & HE 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 will have developed the curriculum in consultation with parents, pupils and staff, taking into account 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 & Sex Education and Health Education will include:

- Preparing boys and girls for the changes that adolescence brings
- How a baby is conceived and born

For more information about our curriculum, see our curriculum map in Appendix 1.

## 6. Delivery of Relationship and Health Education

RSE & HE are taught within the personal, social, health and economic (PSHE) education curriculum. Helpringham Primary School use 1Decision to support the teaching and learning of PSHE. Biological aspects of RSE & HE are taught within the science curriculum, and other aspects are included in religious education (RE).

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

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

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).

## 7. Roles and responsibilities

### 7.1 The governing board

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

### 7.2 The Headteacher

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

### 7.3 Staff

Staff are responsible for:

- Delivering Relationships and Health Education in a sensitive way
- Modelling positive attitudes to Relationships and Health Education

- 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 & HE.

Staff do not have the right to opt out of teaching RSE & HE Staff who have concerns about teaching RSE & HE are encouraged to discuss this with the Headteacher. Class teachers will be responsible for the delivery of RSE & HE.

## **7.4 Pupils**

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

## **8. Parents' right to withdraw**

Parents do not have the right to withdraw their children from relationships education.

Parents have the right to withdraw their children from the non-science components of sex education within RSE & HE.

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 Relationships and Health Education 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 to provide support and training to staff teaching Relationships and Health Education.

## **10. Monitoring arrangements**

The delivery of Relationships and Health Education is monitored by the Headteacher through:

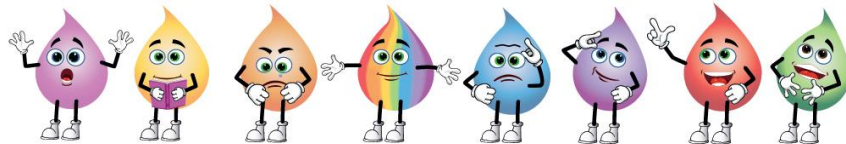
- Learning Walks
- Work scrutiny
- Pupil Interview

This policy will be reviewed by the Headteacher annually. At every review, the policy will be approved by the governing body.

Appendix 1: Curriculum map

Relationships and health education curriculum map

	Year A	Year B
Autumn	Health and wellbeing	Health and wellbeing
Nursery/ Reception	Green stays in hospital Green's Greens Purple is poorly Yellow learns about germs Rainbow's food journey Red visits the dentist Red needs the toilet  Blue Dilema Drops	Green gets glasses Orange brushes her teeth Purple the passenger Yellow's Bedtime Pink's screentime Red's hearing aid Red's Nut Allergy  Green Dilema Drops
Year 1/2	Road safety  Tying shoelaces  Healthy eating	Hazard Watch: Is it safe to eat or drink? Is it safe to play with?  Washing hands  Brushing teeth
Year 3/4	Staying safe  Medicine  Leaning out of windows	Cycle safety  Healthy living
Year 5/6	Peer pressure  Smoking	Water safety  Alcohol



Spring	Relationships/Feelings and emotions	Relationships/Feelings and emotions
<b>Nursery/ Reception</b>	Blue's best friend Blue's Indoor Voice Green's Daddy Moves Out Orange sleeps over Why does purple play differently? Rainbow feels angry Pink goes to school Pink has a new brother Pink Dilema Drops	Blue learns to share Green is moving up a year Orange feels worried Orange helps out Yellow play fights Pink misses Mummy Pink feels sad  Purple Dilema Drops
<b>Year 1/2</b>	Bullying Friendships Jealousy	Body language Anger Worry
<b>Year 3/4</b>	Appropriate Touch Jealousy	Touch Grief
<b>Year 5/6</b>	Worry Anger	Puberty Conception  *Science – Timeline to show growth in humans as they grow from birth to old age.

Summer	Living in the wider world	Living in the wider world
<b>Nursery/ Reception</b>	Blue explores road safety Purple's Pet Bird Yellow wants to play with orange Rainbow visits the seaside Rainbow's Day Out  Red dilemma Drops Rainbow dilemma drops x2	Blue gets lost Purple watches the news Yellow goes on holiday Rainbow helps at home Red goes swimming  Yellow dilemma drops
<b>Year 1/2</b>	Practice makes perfect  Online bullying  Image sharing	Helping someone in need  Water spillage  Growing/Living in our world
<b>Year 3/4</b>	Stealing Computer safety documentary Making friends online Working in our world. Look after our world	Coming home on time Online bullying Chores at home Breaking down Barriers
<b>Year 5/6</b>	Looking out for others  Image sharing  Enterprise  Inclusion and Acceptance	Stealing  Making friends online  In App purchases  British Values

Appendix 2: By the end of primary school pupils should know

TOPIC	PUPILS SHOULD KNOW
<p>Families and people who care about me</p>	<ul style="list-style-type: none"> <li>• That families are important for children growing up because they can give love, security and stability</li> <li>• 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</li> <li>• 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</li> <li>• 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</li> <li>• That marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong</li> <li>• How to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed</li> </ul>
<p>Caring friendships</p>	<ul style="list-style-type: none"> <li>• How important friendships are in making us feel happy and secure, and how people choose and make friends</li> <li>• The characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties</li> <li>• That healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded</li> <li>• 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</li> <li>• 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</li> </ul>



TOPIC	PUPILS SHOULD KNOW
Respectful relationships	<ul style="list-style-type: none"> <li>• 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</li> <li>• Practical steps they can take in a range of different contexts to improve or support respectful relationships □ The conventions of courtesy and manners</li> <li>• The importance of self-respect and how this links to their own happiness</li> <li>• 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</li> <li>• 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</li> <li>• What a stereotype is, and how stereotypes can be unfair, negative or destructive</li> <li>• The importance of permission-seeking and giving in relationships with friends, peers and adults</li> </ul>
Online relationships	<ul style="list-style-type: none"> <li>• That people sometimes behave differently online, including by pretending to be someone they are not</li> <li>• 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</li> <li>• The rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them</li> <li>• How to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met</li> <li>• How information and data is shared and used online</li> </ul>

TOPIC	PUPILS SHOULD KNOW
Being safe	<ul style="list-style-type: none"><li>• What sorts of boundaries are appropriate in friendships with peers and others (including in a digital context)</li><li>• 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</li><li>• That each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact</li><li>• How to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know</li><li>• How to recognise and report feelings of being unsafe or feeling bad about any adult</li><li>• How to ask for advice or help for themselves or others, and to keep trying until they are heard</li><li>• How to report concerns or abuse, and the vocabulary and confidence needed to do so</li><li>• Where to get advice e.g. family, school and/or other sources</li></ul>

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

TO BE COMPLETED BY PARENTS			
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	