

Barlborough Primary School Relationships & Sex Education Policy

(Updated May 2019)

Why do we teach Relationships & Sex Education?

The term *relationships and sex education* (RSE) is used in this policy rather than the more common term *sex and relationships education* (SRE.). 'Relationships and Sex Education' relates to essentially the same content and aims as SRE, but demonstrates a commitment to our understanding of the importance of learning about relationships first and foremost.

Our approach goes beyond provision of biological information to focus on clarifying attitudes and values, and developing self-esteem and the skills to manage relationships. It is based on the framework promoted by Derbyshire Children & Young People's Health Promotion Programme (2011) in order to provide a high quality RSE curriculum from EYFS to Y6.

According to the latest DfES guidance SRE is:

'...lifelong learning about physical, moral and emotional development. It is about the understanding of the importance of marriage for family life, stable and loving relationships, respect, love and care. It is also about the teaching of sex, sexuality and sexual health'

DfES 'Sex and Relationship Guidance', 2000.

The DfES 'Sex and Relationship Guidance' (2000) recommends that *'Effective sex and relationship education is essential if young people are to make responsible and well informed decisions about their lives'* and that *'schools should have a sex and relationship education programme tailored to the age and the physical and emotional maturity of the children'*. The school has a key role, in partnership with parents/carers, in providing RSE.

Research has shown that young people who feel good about themselves, and are knowledgeable and confident about sex and relationships, are likely to be more discerning in their relationships and sexual behaviours and more likely to have fulfilling relationships.

What is RSE?

Attitudes and Values

- Learning the importance of values and individual conscience and moral considerations
- Learning the value of marriage, civil partnership, family life, stable and loving relationships for the nurture of children
- Learning the value of respect, love and care
- Exploring, considering and understanding moral dilemmas
- Developing critical thinking as part of decision making
- Learning to respect & value difference & diversity
- Rights and responsibilities, for self and others
- Commitment to their own safety and that of others

- Gender equality
- That violence and coercion in relationships are unacceptable

Personal and Social Skills

- Learning to identify their own emotions and those of others
- Learning to manage emotions and relationships confidently and sensitively
- Learning to manage change
- Developing self-respect and empathy for others
- Learning to make choices based on an understanding of difference and with an absence of prejudice
- Learning how to identify risk
- Learning to make and carry out informed decisions
- Developing an appreciation of the consequences of choices made
- Managing conflict
- Coping with and resisting unwelcome peer pressure
- Learning how to recognise and avoid exploitation and abuse
- Communicating openly and respectfully about sex and relationships
- Asking for help and accessing advice and services

Knowledge and Understanding

- Learning and understanding emotional and physical development at appropriate stages
- Understanding human sexuality, reproduction, sexual health, emotions and relationships
- Learning about a safe & healthy lifestyle based on accurate information
- Learning about seeking appropriate help & advice
- Understanding the positive benefits of loving, rewarding and responsible relationships
- Learning how to resist unwelcome pressures
- Learning about pregnancy
- Understanding legal aspects of RSE

How RSE is provided.

1. Through a caring and committed ethos that models and supports positive relationships between all members of the school community.
2. Within the taught, age appropriate, spiral RSE programme within Personal, Social, Health and Economic (PSHE) Education and also within Science
3. Through other curriculum areas delivering aspects (e.g. Drama, ICT, Literacy etc.)
4. Assemblies
5. Learning Mentor support for pupils who experience difficulties (please see Confidentiality Policy)
6. By the provision of appropriate information through leaflets and books
7. Via targeted intervention where appropriate with vulnerable individuals
8. Delivery in response to incidents

What does our RSE Curriculum Include?

The DfE recognises 5 elements to Relationships Education. These are:

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

In Key Stage 1 (age 5-7) children will learn about recognising naming and managing their emotions; what makes them special and what their strengths are; what makes a good friend; how to be kind to others; what's special about them and their families; about loss and change; what is fair/unfair right and wrong; recognise that their behaviour can affect other people; how families are different; life cycles; about changes and how they have changed since babyhood; how boys and girls bodies are different; the correct names for sexual body parts; that some parts of their body are private; how to ask for help if they are worried or concerned.

In Lower Key Stage 2 (age 7-9) pupils learn about change in friendships, relationships and different families; how to be a good friend online and offline; managing conflict in friendships; bullying; how and why their bodies are changing; staying safe online; about gender stereotypes and their impact; about feelings and how to cope with them; knowing where to go for help; ; that a male and a female are needed to make a baby; what a baby needs; about privacy, boundaries and secrets and who to talk to if they feel anxious or unhappy.

In Upper Key Stage 2 (age 9-11) pupils learn about the important relationships in their life; about how to show love to others; the different kinds of families and partnerships; about marriage and stable loving relationships and their importance for having babies and bringing up children; how to recognise healthy and unhealthy relationships; the different types of bullying, why they are unacceptable and how to respond; the physical and emotional changes in puberty, including menstruation and how to cope with them; how babies are conceived, how they develop and are born; the impact of social media on self-esteem, body image, health and safety and ways to manage this.

Some elements of sex education are statutory. Learning about 'the changing adolescent body' is part of statutory Health Education. Children will learn key facts about puberty including physical and emotional changes, about menstruation and the key facts about the life cycle.

National Curriculum Science is also statutory. This includes:

Key Stage 1

- Identify, name, draw and label the basic parts of the body and say which sense the part of the body is associated with each sense
- That animals, including humans, have offspring that grow into adults

Key Stage 2

- Describe the differences in the life cycle of a mammal, an amphibian an insect and a bird
- Describe the life process of reproduction in some plants and animals
- Describe the changes as humans develop to old age
- Recognise the impact of diet, exercise, drugs and lifestyle on the way their bodies function

Teaching Methods & Resources

Continuity and Progression

Continuity and progression will be generated through the adoption of a whole school approach to the planning and delivery of clearly defined and progressive learning objectives covering knowledge, skills and understanding developed in response to needs assessment of pupils' existing knowledge, experience and understanding. The PSHE matters scheme lists learning outcomes for every year group and suggests activities and resources for the teacher to select from to suit the particular needs of their class. It builds on the content from the previous cycle and further develops it in order to achieve a spiral, age appropriate curriculum.

Safe Learning Environment

RSE is conducted in a safe learning environment through the use of ground rules and distancing techniques so that pupils are not put 'on the spot' or expected to discuss their own personal issues in class. For example:

- Nobody (teacher or pupil) should be expected to answer a personal question
- No one will be forced to take part in a discussion
- From Reception the correct names for body parts will be used
- The meanings of words will be explained in a sensible and factual way
- Questions on sensitive matters will be raised by use of a question box
- Any questions asked which teachers feel are not age appropriate will be passed on to the parent, or the child will be spoken to individually. (A booklet is being developed to help parents answer some of these trickier questions.)

Active Learning

Active learning methods that support participation and encourage reflection will be used including group work, talking and using thinking skills

Answering and Asking Questions

In most cases teachers will attempt to answer children's questions and concerns in a sensitive, age and development appropriate manner. Individual teachers will use their skill and discretion in these situations and if necessary refer to the PSHE Education Co-ordinator for advice and support. Teachers will also follow the following guidance:

- Teachers will establish clear parameters about what is appropriate and inappropriate in a whole-class setting
- If a child's question is inappropriate to address with the whole class, the teacher should acknowledge the question and attend to it later on an individual basis
- If a question is too personal the teacher should remind the pupils of the ground rules
- Teachers will set the tone by speaking in a matter-of-fact way and ensuring that pupils discuss issues in a way which encourages thoughtful participation
- Pupils may have opportunities to write down questions anonymously and post them in a question box. The teacher will have time to prepare answers to questions before the next session, and can choose not to respond to any questions which are inappropriate to address in whole class lessons
- If a teacher is concerned that a pupil is at risk of sexual abuse the Head teacher should be informed and the usual child protection procedures followed

A Normative Approach

See PSHE Education Policy

Groupings

RSE takes place within mixed sex classes or single gender groups as deemed appropriate and relevant, with the pupils' usual class teacher.

Visitors

A visitor such as a school nurse does at times supplement the RSE curriculum as a planned event with the teacher present.

Resources

Teaching resources are selected on the basis of their appropriateness to pupils. BBC Active and Living and Growing are the main resources we use. Real Love Rocks is an additional resource used with Upper Key Stage.

Online Safety

See Online Safety policy

Equal Opportunities

Children may have varying needs regarding RSE depending on their circumstances and background. The school strongly believes that all pupils should have access to RSE that is relevant to their particular needs. To achieve this, the school's approach to RSE will take account of:

The Needs of Boys as well as Girls

Girls tend to have a greater access to RSE than boys, both through the media (particularly magazines) and the home. We will consider the particular needs of

boys, as well as girls, and approaches that will actively engage them. We shall also be proactive in combating sexism and sexist bullying.

Ethnic and Cultural Diversity

Different ethnic and cultural groups may have different attitudes to RSE. The school will consult pupils and parents/carers about their needs, take account of their views and promote respect for, and understanding of, the views of different ethnic and cultural groups in line with Safeguarding.

Varying Home Backgrounds

We recognise that our pupils may come from a variety of family situations and home backgrounds. We will take care to ensure that there is no stigmatisation of children based on their home circumstances and deliver the curriculum sensitively and inclusively.

Sexuality

On average, about 10% of our pupils will go on to define themselves as lesbian, gay, bi-sexual or trans (LGBT). Some pupils may have LGBT parents/carers, brothers or sisters, other family members and/or friends. All our pupils will meet and work with LGBT people. Our approach to RSE will include sensitive, honest and balanced consideration of sexuality. We actively tackle homophobic bullying.

Special Educational Needs

Children in Care, Vulnerable and Statemented children may well require additional support in this subject due to the sensitive nature of some of the topics covered. It is of utmost importance that they have a clear understanding of the issues covered at a level appropriate to them. Parents and carers will be made aware of the knowledge and skills taught so they can support their children at home.

Parental concerns and withdrawal of pupils

Parents have a legal right to withdraw their children from dedicated 'sex education' lessons delivered outside of the Science curriculum. They do not have a right to withdraw their children from those aspects of RSE that are taught in National Curriculum Science, Relationships Education, Health Education or where RSE issues arise incidentally in other subject areas.

We work in active partnership with parents/carers, value their views and keep them informed about our RSE provision. If a parent/carer has any concerns about the RSE provision, we will take time to address their concerns and allay any fears they may have. If any parents/carers decide to withdraw their child, we shall work with them and their child to explore possible alternative provision. In the event of a request to withdraw we will document this process and ensure a record is kept.

Assessment

Pupils existing knowledge needs to be the starting point for all RSE work. Needs assessments is built into some lesson planning as each group may have different knowledge, experience and understanding. **Baseline, formative and summative assessments will contribute to the effective delivery of RSE**

The elements of RSE that form part of the Science curriculum are assessed in accordance with the requirements of the National Curriculum. The learning from the other elements of RSE is assessed as part of the PSHE Education provision and builds on existing systems. (Questions for Reflection and Assessment.) See PSHE Education Policy.

Personnel and Training

There is an RSE co-ordinator of sufficient status and training. RSE is part of the PSHE co-ordinators responsibilities. To ensure a quality delivery of RSE, the staff who deliver RSE have received appropriate training.

The RSE coordinator is Miss C Edwards

Consultation & Training

The school is committed to ensuring that everyone involved with teaching, or supporting the teaching of RSE receives appropriate and ongoing professional development in order to maintain whole school consistency and high standards for the children in our care.

In order for everyone to be consulted effectively it may be necessary to ensure that governors and parents receive awareness training and/or information about RSE.

The school ensures parents/ carers are:

- Made aware of the school's approach and rationale for RSE through the policy.
- Involved in the planning and review of the RSE programme and policy.
- Encourage to support their child's learning at home through shared learning activities.

Monitoring and Evaluation

The programme is regularly evaluated by the RSE co-ordinator. The views of pupils and teachers who deliver the programme are used to make changes and improvements to the programme on an ongoing basis.

Policy Development & Review

This policy document was produced in consultation with the entire school community, including pupils, parents, school staff, Governors, and DCC Health and well-being consultant (Yvonne Wright).

This document is freely available to the entire school community. It has also been made available on the school web-site.

Last Reviewed: May 2019

Policy Links

PSHE Education

Drugs Education
Safeguarding
Confidentiality
Science
External Contributors
Emotional Health and Well Being