



Relationships and Sex Education Policy		Associated Policies
Last reviewed	May 2024	Curriculum policy
Next review	May 2027	Teaching and Learning Policy
Gov. sub-committee	Education Committee	Child Protection and Safeguarding Policy
Owner	Senior Lead Teaching & Learning	

## Introduction

Relationships and Sex Education (RSE) is lifelong learning about personal, physical, moral and emotional development. It is set in the context of clear values about the understanding of the importance of stable and loving relationships, respect, love and care for family life. It should teach children and young people to develop and form positive values, attitudes, personal and social skills, and increase their knowledge and understanding of how to make informed decisions and life choices.

RSE is taught as part of the Personal, Social, Health and Economic education (PSHEe) programme based on the 'You, Me PSHE' scheme adopted at RHS.

RSE also complements and builds on the Science curriculum, which teaches about human reproduction, the human life cycle and puberty. Links are made with PE – health and well-being, being active and computing – keeping safe online.

## Roles and responsibilities

The DFE guidance of 2019 recommends that all primary schools have a sex education programme tailored to the age and physical and emotional maturity of the pupils and this should include how a baby is conceived and born. We believe that pupils should understand the facts about human reproduction before they leave primary school.

Relationships and Sex education (RSE) forms part of the Personal, Social, Health and Economic education (PSHEe) curriculum. The RSE programme is led by the PSHEe lead with the support of the SLT and Governors.

The PSHEe lead will ensure planning is consistent between classes and that there is continuity and progression of the subject throughout the school.

It is the responsibility of the Headmaster to ensure that Governors, staff and parents are fully informed of the RSE policy.

PSHEe, of which RSE is part, is taught by class teachers as a timetabled lesson each week. All staff teaching RSE will be supported, trained and advised by the PSHe lead, and SLT where necessary.

## Subject content

Relationship and sex education is one of the 7 strands of the 'You, Me PSHE' scheme of work:

- Physical health and wellbeing
- Identity, society and equality
- Mental health and emotional wellbeing
- Drug, alcohol and tobacco education

- Keeping safe and managing risk
- Careers, financial capability and economic wellbeing
- Sex and relationship education

The units on RSE are taught specifically in Year 2, 5 and 6 (see Appendix one).

### **Teaching and learning strategies**

We aim to provide an environment and atmosphere for RSE where pupils feel safe, unintimidated and focused. Pupils need to feel confident about engaging in age appropriate discussions around potentially sensitive topics and themes.

PSHEe is taught in a supportive environment by teachers who have positive relationships with their own class. This ensures that delicate handling of specific subjects or pupils can be achieved as required. A range of teaching strategies are employed such as: teacher-led lessons, stories, discussions, presentations, drama, problem-solving activities, appropriate videos, books and role play.

We teach PHSEe and RSE to all pupils, whatever their ability, providing learning opportunities that are matched to their individual needs. The tasks and learning opportunities will be both differentiated and open ended. There will be appropriate adult support and supportive resource materials. The content will be dovetailed with that of the Science curriculum to ensure full coverage without overlaps. (See Appendix One).

### **Equal Opportunities**

We will ensure that all pupils will have an equal opportunity to develop their potential within PSHEe, regardless of gender, ability, cultural or religious background in line with the school's policy on equal opportunities. Materials and resources for lessons are chosen carefully avoiding stereotypical images. Teaching activities are aimed to ensure that they engage both boys and girls.

### **Monitoring and evaluation**

Monitoring of the standards of pupils' work and the quality of teaching in RSE are the responsibility of the PSHEe lead. This will be undertaken through staff discussions, reviewing the units of work on an ongoing basis, lesson observations and evaluation of written work.

Assessment will include the use of questionnaires, pupil self-assessments, discussion, and teacher assessment, both formal and informal.

The effectiveness of the RSE programme will be evaluated by assessing pupils' learning and implementing changes as required.

### **Role of parents**

The school will look to involve parents from the outset of the teaching within the subject area, given the sensitivities around it and because parents and carers are key people in:

Teaching their children about relationships and sex

Maintaining the culture and ethos of the family

Helping their children cope with the emotional and physical aspects of growing up

Preparing their children for the challenges and responsibilities that sexual maturity brings

The school will invite parents in to review the RSE materials used in Years 5 and 6 prior to commencement of the teaching of these topics. The Year 5 and 6 teachers will inform parents of when these topics are going to be taught, a few weeks before teaching begins.

Parents have the right to withdraw their children from certain aspects of RSE programme not included in the National Curriculum for Science. We will inform parents of the right to withdraw by letter in advance of the non-statutory sex education lessons being taught in Year 6.

**All schools must teach RSE and elements of the National Curriculum for Science; parents/carers do not have the right to withdraw their child/children from this.**

### **Review**

The RSE policy will be reviewed regularly so that the RSE programme takes account of new initiatives and legislation, changes in the curriculum and developments in technology. Staff will be made aware of any changes to the teaching and learning of this curriculum area and necessary changes will be implemented and included in the revised policy document.

This policy will be reviewed every three years, or sooner if there are changes in legislation, by PSHEe lead in consultation with the Headteacher and the Governors.

Signed:



Headteacher



Chair of Governors

## Appendix One:

### The units on RSE are taught specifically in Year 2, 4 and 6

#### Year 2: The objectives for the topic 'Boys, girls, families':

Pupils learn to understand and respect the differences and similarities between people  
Pupils learn about the biological differences between male and female animals and their role in the life cycle  
Pupils learn the biological differences between male and female children  
Pupils learn about growing from young to old and that they are growing and changing  
Pupils learn that everybody needs to be cared for and ways in which they care for others  
Pupils learn about different types of family and how their home-life is special

#### Year 5: The objectives for the topic 'Growing up and changing':

Pupils learn about the way we grow and change throughout the human lifecycle  
Pupils learn the physical changes associated with puberty  
Pupils learn about menstruation and wet dreams  
Pupils learn about the impact of puberty on physical hygiene and strategies for managing this  
Pupils learn how puberty affects emotions and behaviour and strategies for dealing with the changes associated with puberty  
Pupils learn strategies to deal with feelings in the context of relationships  
Pupils learn to answer each other's questions about puberty with confidence, to seek support and advice when they need it

#### Year 6: The objectives for the topic 'Healthy relationships' and 'How a baby is made':

Pupils learn about the changes that occur during puberty  
Pupils learn to consider different attitudes and values around gender stereotyping and sexuality and consider their origin and impact  
Pupils learn what values are important to them in relationships and to appreciate the importance of friendship in intimate relationships  
Pupils learn about human reproduction in the context of the human lifecycle  
Pupils learn how a baby is made and grows  
Pupils learn about roles and responsibilities of carers and parents  
Pupils learn to answer each other's questions about sex and relationships with confidence, where to find support and advice when they need it

There are two objectives about HIV and one objective about contraception – which we do not teach in Year 6 - they are noted as Additional topics in the scheme.

### Statutory aspects of Sex Education within the National Curriculum Science:

#### Key Stage 1:

- identify, name, draw and label the basic parts of the human body and say which part of the body is associated with each sense
- notice that animals, including humans, have offspring which grow into adults
- describe the importance for humans of hygiene

#### Key Stage 2:

- describe the differences in the life cycles 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