

# Relationship and Sex Education Policy

## School: Wallsend Jubilee Primary School

Date of Policy: September 2022

Member of staff responsible: S Anderson\ F Tait

Review date: September 2024

### Links to Other Policies/Guidance

Safeguarding, Child Protection, Confidentiality, Science, SEMH

#### 1. Rationale

We have based our school's Relationships and Sex Education (RSE) on the updated statutory guidance from the DFES 'Relationships Education' documents (July 2019) Relationship and Sex Education is part of the personal, social and health education (PHSE) programme of study. It focuses on relationships, equality, friendships, family life, marriage, communication, safety, respect, trust and caring for others. Details about life cycles and reproduction are included in our Relationship and Sex Education and are generally addressed in the Science curriculum.

#### 2. Definition

Within this policy, as in the DfE guidance, [Relationships Education](#) is defined as teaching about the fundamental building blocks and characteristics of positive relationships, with particular reference to respectful friendships, family relationships, and relationships with other children and with adults, including online.

For the purpose of this policy, [Health Education](#) is defined as teaching pupils about physical health and mental wellbeing, focusing on recognising the link between the two and being able to make healthy lifestyle choices

[Sex Education](#) is defined as teaching children how human reproduction occurs, including how a baby is conceived and born. This draws on knowledge of the human life cycle set out in the national curriculum for science. For the purposes of this policy, we specifically identify any non-statutory Sex Education that falls outside of Science and those related elements (the physical changes associated with puberty) within statutory Health Education.

RSE is not about the promotion of sexual activity.

#### 3. Aims and Objectives

##### We aim to:

- Nurture a responsible attitude towards personal relationships and friendships including aspects of mutual respect, trust and care.
- Develop sensitivity towards the needs of others.
- Learn about the importance of family life.
- Learn about the physical development of their bodies as they grow into adults.
- Provide knowledge about life cycles of living things including humans.
- Encourage exploration of values and moral issues taking into account physical and moral risks associated with certain behaviour.
- Educate against discrimination and prejudice.
- Empower children to make informed choices about their safety and wellbeing and to recognise their responsibility for their actions.
- Let pupils explore their own and others attitudes.
- Develop the skills that enable informed healthy living.

#### **4. Context**

We teach Relationship and Sex education in the context of the school's aims and values. In particular, we teach Relationship and Sex education in the belief that: it should be taught in the context of marriage and family life; it is part of a wider social, personal, spiritual and moral education process; children should be taught to have respect for their own bodies; children should learn about their responsibilities to others, and be aware of the consequences of their actions; it is important to build positive relationships with others, involving trust and respect.

#### **5. Organisation and Approach**

We teach Relationship and Sex education through different aspects of the curriculum from Early Years through to Year 6. The Relationship and Sex education teaching is in our personal, social and health education (PSHE) curriculum. We also teach some Relationship and Sex education through other subject areas (for example, science, PE R.E and SEAL)

Our Relationships and Sex Education programme will be delivered in an age appropriate and sensitive manner by class teachers. Teaching is normally taught in mixed gender groups, though some content is covered in single sex groups e.g. menstrual hygiene, single sex question sessions, etc.

We aim to provide a learning atmosphere where children feel safe and relaxed, and where they feel confident to engage in discussions around potentially sensitive subjects and themes.

Pupils will know that they are free to ask further questions and to discuss issues with their teacher and support staff. They will answer pupil's questions in an open, factual and appropriate way but will not enter into discussions about personal issues. Governors and staff are agreed that staff will answer questions as long as they are age appropriate. Staff will also encourage the children to discuss questions with their parents.

#### **6. Inclusion/Difference and Diversity**

RSE will meet the needs of all pupils, including those who are marginalized and vulnerable. High quality teaching that is differentiated and personalised is the starting point to ensure accessibility. We work in partnership with the SENCO and parents to ensure that all students experience a quality RSE program. We also consult with students and parents who may have different needs due to religious or cultural beliefs.

**7. Equality:** In line with the Equality Act 2010 and schools we use RSE to actively promote equal opportunities for all. Please refer to our Equal Opportunities policy for further details.

#### **8. Safeguarding**

School safeguarding procedures must be followed when any disclosures about abuse are made.

## **9. Statutory Content**

Our RSE curriculum is embedded within our PSHE curriculum and this will be adapted when necessary. We have developed the curriculum 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 age appropriate manner so they are fully informed and do not seek answers online.

Key objectives of the statutory Relationships Education curriculum are outlined below:

### **Families and people who care for me**

Pupils should know:

- 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**

Pupils should know:

- 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

### **Respectful relationships**

Pupils should know:

- 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**

Pupils should know:

- 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**

Pupils should know:

- 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, for example family, school or other sources

**Non-Statutory sex-education content includes the following:**

As part of statutory Health Education, children are taught in an age appropriate way about puberty and the associated physical and emotional changes from Year 4 onwards. As part of the science curriculum, children learn in Year 2 that animals, including humans, have offspring which grow into adults. In Year 5, they describe the changes as humans develop to old age and about how reproduction occurs in some plants and animals.

Alongside this, children in Year 4 are taught to recognise the signs and changes that may occur during the onset of puberty, in preparation for further lessons on this subject which also focus on emotional changes and menstruation in Year 5. These lessons form part of the statutory requirements for Health Education.

The DfE guidance 2019 also recommends that all primary schools have a sex education programme tailored to the age and the physical and emotional maturity of pupils, and this should include how a baby is conceived and born. Although sex education is not compulsory in primary schools, we believe children should understand the facts about human reproduction before they leave primary school. We therefore provide some non-statutory sex education, covering how human reproduction and conception occurs. This is taught in Years 4, 5 and 6. Children are taught:

- that for a baby to begin to grow, part comes from a mother and part comes from a father; that in most animals including humans the baby grows inside the mother
- that when a sperm and egg meet, this is called conception; that conception usually occurs as a result of sexual intercourse, and what sexual intercourse means
- how a baby develops in the womb and how babies are born

We believe that teaching this additional content to pupils will ensure that they are better prepared for transition to secondary school and also support their personal and social development as they grow into young adults. As is legally prescribed, parents have a right to withdraw their children from these additional non-statutory sex education lessons – please see the relevant section within this policy in regard to this process.

The resources we use when teaching the non-statutory sex education units are available for parents/carers to view on request to the PHSE Co-ordinator.

### **10. The role of parents**

The school is well aware that the primary role in children's Relationship and Sex education lies with parents and carers. We wish to build a positive and supporting relationship with the parents of children at our school through mutual understanding, trust and co-operation. In promoting this objective we answer any questions that parents may have about the Relationship and Sex education of their child. We also take seriously any issue that parents raise with teachers or governors about our policy or the arrangements for Relationship and Sex education in the school.

We believe that, through the exchange of knowledge and information, children will benefit from being given consistent messages about their changing body and their increasing responsibilities.

Parents do not have the right to withdraw their children from Statutory Relationships Education as it is vital children receive this content. Parents do have the right to request that their child be excused from Sex Education. However, we strongly advise parents to consult with us to discuss their concerns.

### **11. The role of pupils**

Feedback from students is used to evaluate and change programme.

### **12. The role of other members of the community**

We encourage other valued members of the community to work with us to provide advice and support to the children with regard to health education.

### **13. Confidentiality**

Teaching Staff conduct Relationship and Sex education lessons in a sensitive manner and in confidence. It is their responsibility to create a safe environment through ground rules and distancing techniques. However, if a child causes the teacher /HLTA reason for concern, then the teacher/HLTA will take the matter seriously and deal with it as a matter of child protection. Teachers will respond in a similar way if a child indicates that they may have been a victim of abuse. In these circumstances the teacher/HLTA will talk to the child as a matter of urgency. If the teacher /HLTA has concerns, they will draw their concerns to the attention of the designated person who will then deal with the matter in consultation with health care professionals.

### **14. The role of the Head teacher/PSHE Co-ordinator**

It is the responsibility of the head teacher or RSE Lead to ensure that both staff and parents are informed about our Relationship and Sex education policy, and that the policy is implemented effectively. It is also the headteacher's responsibility to ensure that members of staff are given sufficient training, so that they can teach effectively and handle any difficult issues with sensitivity.

The head teacher or RSE Lead liaises with external agencies regarding the school Relationship and Sex education programme, and ensures that all adults who work with children on these issues are aware of the school policy, and that they work within this framework. The head teacher monitors this policy on a regular basis and reports to governors, when requested, on the effectiveness of the policy.

## 15. Assessment/Evaluation

Varying forms of assessment are used such as peer, self, reflective, observational and teaching. Assessment is used to identify what learners already know and what areas need to be developed further. Lessons are planned to ensure that pupils of differing abilities are suitably challenged and assessments will show where pupils need further support. PSHE coordinators will monitor quality of teaching and learning through work observations of lessons, discussions with pupils and work scrutinies.

## 16. Monitoring and review

The governing body monitors our Relationship and Sex education policy on a biannual basis. The Governors gives serious consideration to any comments from parents about the Relationship and Sex education programme, and make a record of all such comments.

Signed S Anderson & F Tait (PSHE Coordinator) Date 19.9.22

Signed \_\_\_\_\_ (PSHE Governor) Date \_\_\_\_\_

Signed \_\_\_\_\_ (Head teacher) Date \_\_\_\_\_