

Littledean Church of England Primary School

Relationships, Health and Sex Education (RHSE) Policy

At Littledean C of E Primary School we understand that children must be provided with an education that prepares them for the opportunities, responsibilities and experiences of adult life.

Relationships education focuses on giving children the knowledge they need to make informed decisions about their wellbeing, health and relationships, and to build self-efficacy. Health education focuses on equipping children with the knowledge they need to make good decisions about their own health and wellbeing.

We understand our responsibility to deliver high-quality, age-appropriate and evidence-based relationships, sex and health education for all of our children. This policy sets out the framework for our relationships, sex and health curriculum, providing clarity on how it is informed, organised and delivered.

Legal Framework

This policy has due regard to legislation and statutory guidance including, but not limited to, the following:

- Section 80A of the Education Act 2002
- Children and Social Work Act 2017
- The Relationships Education, Relationships and Sex Education and Health Education (England) Regulations 2019
- Equality Act 2010
- DfE (2019) 'Relationships Education, Relationships and Sex Education (RSE) and Health Education'
- DfE (2013) 'Science programmes of study: key stages 1 and 2'
- DfE (2020) 'Teaching about relationships, sex and health'

Aims

At Littledean C of E Primary school we aim to:

- **Work with parents and carers** in regards to policy development as well as discussing the resources used to teach their children and how they can contribute at home. It must, however, be recognised that the law specifies *what* is taught whilst *how* it is taught is ultimately a decision for the school.
- **Deliver RHSE professionally** and as an identifiable part of the curriculum. It will be led, resourced and reported to parents in the same way as any other curriculum area. There will be a planned programme delivered in a carefully sequenced way. Staff will receive regular training. Any expert visitors or trainers invited into the school to enhance and supplement the programme will be expected to respect the school's published RHSE policy.
- **Deliver RHSE in a way that affords dignity and shows respect** to all who make up our diverse community. It will not discriminate against any of the protected characteristics in the Equality Act 2010 and will be sensitive to the faith and beliefs of those in the wider school community. RHSE will seek to explain fairly the tenets

and varying interpretations of religious communities on matters of sex and relationships and teach these viewpoints with respect. It will encourage children to develop the skills needed to disagree without being disagreeable, to appreciate the lived experience of other people and to live well together.

- **Build resilience in our children** to help them form healthy relationships, to keep themselves safe. It will give children opportunities to reflect on values and influences, including their peers, the media, the internet, faith and culture that may have shaped their attitudes to gender, relationships and sex. It will promote the development of the wisdom and skills our children need to make their own informed decisions.
- Ensure that RHSE is based on **honest and medically accurate information** from reliable sources, including about the law and legal rights. It will distinguish between different types of knowledge and opinions so that children can learn about their bodies and sexual reproductive health as appropriate to their age and maturity.
- Take particular care to **meet the individual needs of all children** including those with SEND. It will ensure that lessons and any resources used will be accessible and sensitive to the learning needs and life experiences of the child.

Organisation of the Curriculum

Every primary school is required to deliver statutory relationships education and health education. For the purpose of this policy, **‘relationships and sex education’** is defined as teaching children about healthy, respectful relationships, focusing on family and friendships, in all contexts, including online, as well as developing an understanding of human sexuality.

For the purpose of this policy, **‘health education’** is defined as teaching children about physical health and mental wellbeing, focusing on the link between the two and being able to make healthy lifestyle choices.

Relationships and Sex Education

Age appropriate lessons are delivered on a two year rolling programme from Reception to Year 6. The key elements that are taught have been split into five sections:

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

Health Education

Health Education is a skills and knowledge based curriculum embedding life skills to help children make good choices about how they live their lives. The key elements of physical, health and mental wellbeing curriculum have been divided into eight sections:

- Mental health and wellbeing
- Internet safety and harms
- Physical health and fitness
- Healthy eating
- Drugs, alcohol and tobacco

- Basic first aid
- Changing adolescent body

At Littledean C of E Primary School we will use the following lessons to deliver the RHSE curriculum in a meaningful way to our children:

- Science
- PHSCE (Personal, Social, Health and Citizenship Education)
- Physical Education

Delivery of the Curriculum

We will ensure that:

- Core knowledge is sectioned into units of manageable size.
- The required content is communicated to children clearly, in a carefully sequenced way, within a planned scheme of work.
- Teaching includes sufficient and well-chosen opportunities and contexts for children to embed new knowledge so that it can be used confidently in real-life situations.

Children will be taught the facts and law about sex, sexuality, sexual health and gender in an age-appropriate, inclusive and respectful way. The school will make sure that all teaching resources and materials are appropriate for the ages of the children, their religious backgrounds, their developmental stages and any additional needs such as SEND.

Classes may be taught in smaller groups, dependent on the topic being covered at the time. Teachers will stop full class or group discussions where children begin to reveal personal, private information related to any sensitive issues. If teachers feel concerned about anything shared by a child, they will follow the guidelines laid out in the school Safeguarding/Child Protection Policy

Roles and Responsibilities

The Governing Body is responsible for:

- Ensuring that the curriculum is well led, effectively managed and well planned.
- Evaluating the quality of provision through regular and effective self-evaluation.
- Ensuring teaching is delivered in ways that are accessible to children with SEND.
- Providing clear information for parents on subject content and their rights to request that their children are withdrawn.

The Head Teacher is responsible for:

- The overall implementation of this policy.
- Ensuring that staff are suitably trained to deliver subjects.
- Ensuring that parents are fully informed of this policy.
- Reviewing requests from parents to withdraw children from the subjects.
- Discussing requests for withdrawal from parents.
- Organising alternative education for children, where necessary, that is appropriate and purposeful.
- Reporting to the Governing Body on the effectiveness of this policy.
- Reviewing this policy.

The Relationships, Sex and Health Education Lead is responsible for:

- Overseeing delivery of the subject areas.
- Ensuring the subjects are age-appropriate and high-quality.
- Ensuring teachers are provided with adequate resources to support the teaching of the subjects.
- Ensuring the school meets its statutory requirements in relation to the relationships, sex and health curriculum.
- Ensuring the relationships, sex and health curriculum is inclusive and accessible for all.
- Monitoring and evaluating the effectiveness of subjects and providing reports to the Head Teacher/Governing Body.

The Class Teachers are responsible for:

- Delivering high-quality and age-appropriate relationships, sex and health lessons in line with statutory requirements.
- Using a variety of teaching methods and resources to provide an engaging curriculum that meets the needs of all children.
- Ensuring that they do not express personal views or beliefs when delivering the programme.
- Modelling positive attitudes to relationships, sex and health education.
- Responding to any safeguarding concerns in line with the school Safeguarding/Child Protection Policy.
- Acting in accordance with planning, monitoring and assessment requirements for the subjects.

Consultation with Parents

The school understands the important role that parents play in enhancing their children's understanding of relationships, sex and health. Similarly, we also understand how important parents' views are in shaping the curriculum.

Parents are provided with the following information:

- The content of the relationships, sex and health curriculum
- The delivery of the relationships, sex and health curriculum, including what is taught in each class
- The legalities surrounding withdrawing their child from subjects
- The resources that will be used to support the curriculum

The school aims to build positive relationships with parents by inviting them into school to discuss what will be taught, address and concerns and help parents manage conversations with their children on the issues covered by the curriculum.

Withdrawing from the Subjects

Relationships and health education are statutory at primary and parents do not have the right to withdraw their child from these subjects.

As sex education is not statutory at primary level, other than what must be taught as part of the science curriculum, parents have the right to request to withdraw their child from all or part of the sex education curriculum.

The Head Teacher will discuss any such requests with parents and keep a record of the discussion.

Where a child is withdrawn from sex education, the Head Teacher will ensure that the child receives appropriate alternative education.

Equality of Opportunity

All children have equal access to the RSHE curriculum. All staff at Littledean C of E Primary School are responsible for ensuring that all children, irrespective of gender, learning ability, physical disability, ethnicity and social circumstances, have access to the whole curriculum. Where appropriate work will be adapted to meet the needs of individuals or groups of children and if necessary extra support will be given. Gender and cultural differences will be reflected positively in et teaching materials used.

This policy should be read in conjunction with the following policies:

- Safeguarding and Child Protection
- Accessibility
- Anti-bullying and Hate
- Attendance
- Behaviour Regulation
- Drug Education
- E-Safety
- Intimate Care
- Medical Needs
- SEND
- Teaching and Learning

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