

Relationships and sex education policy (from 2020)

Fosse Primary School



Approved by:

Date:

Last reviewed on:

Next review due by:

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1. Aims

The aims of relationships and sex education (RSE) 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 sexual 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 RSE, we must have regard to guidance issued by the secretary of state as outlined in section 403 of the Education Act 1996.

At Fosse Primary School we teach RSE 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 attend a meeting about the policy
4. Pupil consultation – we investigated what exactly pupils want from their RSE

5. Ratification – once amendments were made, the policy was shared with governors and ratified

4. Definition

RSE is about the emotional, social and cultural development of pupils, and involves learning about relationships, sexual health, sexuality, healthy lifestyles, diversity and personal identity.

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

RSE 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 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.

Primary sex education will focus on:

- 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 RSE

RSE is taught within the personal, social, health and economic (PSHE) education curriculum. Biological aspects of RSE are taught within the science curriculum, and other aspects are included in religious education (RE).

Pupils also receive stand-alone sex education sessions delivered by a trained health professional.

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 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 policy, and hold the headteacher to account for its implementation.

7.2 The headteacher

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

7.3 Staff

Staff are responsible for:

- Delivering RSE in a sensitive way
- Modelling positive attitudes to RSE
- Monitoring progress
- Responding to the needs of individual pupils
- Responding appropriately to pupils whose parents wish them to be withdrawn from the non-statutory/non-science components of RSE

Staff do not have the right to opt out of teaching RSE. Staff who have concerns about teaching RSE are encouraged to discuss this with the headteacher.

7.4 Pupils

Pupils are expected to engage fully in RSE and, when discussing issues related to RSE, 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-statutory/non-science components of sex education within RSE.

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 RSE 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 or sexual health professionals, to provide support and training to staff teaching RSE.

10. Monitoring arrangements

The delivery of RSE is monitored by PSHE leader through:

Book scrutinises, learning walks and pupil interviews

Pupils' development in RSE is monitored by class teachers as part of our internal assessment systems.

This policy will be reviewed by Fosse Primary School every three years or when legislation changes. At every review, the policy will be approved by the governing body.

Appendix 1: Curriculum map

Relationships and sex education curriculum map

YEAR GROUP	TERM	TOPIC/THEME DETAILS	RESOURCES
EYFS	Throughout the year	<p>Everyone's Welcome – These texts will be used with the accompanying lesson plans throughout the year during PSHE.</p> <p>Learning intentions:</p> <ul style="list-style-type: none"> To say what I think To understand it's ok to like different things To make friends with someone different To understand that all families are different To celebrate my family 	<p>You Choose – Nick Sharrat & Pippa Goodheart</p> <p>Red Rockets and Rainbows – Sue Heap & Nick Sherratt</p> <p>Blue Chameleon – Emily Gravett</p> <p>The Family Book – Todd Parr</p> <p>Mommy, Mama and ME – Leslea Newman & Carol Thompson</p>
	Summer term	<p><u>Family and Friendship</u></p> <p>Caring friendships, being kind & families.</p>	<p>Christopher Winter Project</p>

YEAR GROUP	TERM	TOPIC/THEME DETAILS	RESOURCES
Year 1	Throughout the year	<p>Everyone's Welcome – These texts will be used with the accompanying lesson plans throughout the year during PSHE.</p> <p>Learning intentions:</p> <ul style="list-style-type: none"> To like the way I am To play with boys and girls To accept people are different To understand that our bodies work in different ways To understand that we share the world with lots of people 	<p>That's not how you do it – Ariane Hofman-Maniyar</p> <p>Elmer – David McKee</p> <p>Ten little pirates – Mike Brownlow and Simon Rickerty</p> <p>Max the Champion – Sean Stockdale, Alexandra Strick and Ros Asquith</p> <p>My world, your world – Melanie Walsh</p>
	Spring term	<p><u>Growing and changing</u></p> <p>How to keep myself safe.</p>	<p>PANTS – NSPCC</p> <p>Christopher Winter Project</p>
	Summer term	<p><u>Families and Care</u></p> <p>Growing and changing. Simple life cycle of humans (babies-children-adults)</p> <p>The difference between boy and girl babies. Know that there are different types of families. Know which people we can ask for help.</p>	

YEAR GROUP	TERM	TOPIC/THEME DETAILS	RESOURCES
Year 2	Throughout the year	<p>Everyone's Welcome – These texts will be used with the accompanying lesson plans throughout the year during PSHE.</p> <p><u>Learning intentions:</u></p> <p>To understand what diversity is</p> <p>To understand how we share the world</p> <p>To understand what makes someone feel proud</p> <p>To communicate in different ways</p> <p>To be able to work with everyone in my class</p>	<p>The great big book of families – Mary Hoffman and Ros Asquith</p> <p>The first slodge – Jeanne Willis</p> <p>The odd egg – Emily Gravett</p> <p>Blown away – Rob Biddulph</p> <p>What the jackdaw saw – Julia Donaldson and Nick Sharratt</p>
	Spring term	<p><u>Growing and changing</u></p> <p>How to keep myself safe.</p>	<p>Christopher Winter Project</p> <p>Science Curriculum</p>
	Summer term	<p><u>Differences</u></p> <p>Identify and discuss gender stereotypes. Identify differences between male and female animals. Identify differences between males and females</p> <p>Introduce simple life cycles. Name body parts.</p>	

YEAR GROUP	TERM	TOPIC/THEME DETAILS	RESOURCES
Year 3	Throughout the year	<p>Everyone's Welcome – These texts will be used with the accompanying lesson plans throughout the year during PSHE.</p> <p><u>Learning intentions:</u></p> <ul style="list-style-type: none"> To use my pupil voice To understand what 'discrimination' means To find a solution to a problem To use strategies to help someone who feels different To be welcoming 	<p>This is our house – Michael Rosen</p> <p>Two monsters – David McKee</p> <p>The Hueys in the new jumper – Oliver Jeffers</p> <p>Beegu – Alexis Deacon</p> <p>Big Bob, Little Bob – James Howe</p>
	Summer term	<p><u>Differences</u></p> <p>Know some of the similarities and differences between males and females Name the body parts using agreed words.</p> <p><u>Personal Space</u></p> <p>Identify types of touch that people like/dislike. Discuss importance of personal space. Discuss how to deal with unwanted touch. Understand who to go to for help.</p> <p><u>Different families</u></p> <p>Explore different types of families.</p>	<p>Christopher Winter Project</p>

YEAR GROUP	TERM	TOPIC/THEME DETAILS	RESOURCES
Year 5	Throughout the year	<p>Everyone's Welcome – These texts will be used with the accompanying lesson plans throughout the year during PSHE.</p> <p><u>Learning intentions:</u></p> <ul style="list-style-type: none"> To learn from our past To justify my actions To recognise when someone needs help To exchange dialogue To accept people who are different from me <p><u>Puberty</u></p> <p>Explain the main physical and emotional changes in more detail. Ask questions about puberty with confidence Male and female changes Understand how puberty affects the reproductive organs. Describe how to manage physical and emotional changes. Explore how to keep clean during puberty. To know how to get support during emotional changes.</p>	<p>Where the poppies grow – Hilary Robinson and Martin Impey</p> <p>How to heal a broken wing – Bob Graham</p> <p>And Tango makes three- Justin Richardson and Peter Parnell</p> <p>The crow who climbed a tree – Gemma Merino</p> <p>Rose Blanche – Ian McEwan & Roberto Innocenti.</p> <p>Christopher Winter Project</p> <p>Science curriculum</p>

YEAR GROUP	TERM	TOPIC/THEME DETAILS	RESOURCES
Year 6	Throughout the year	<p>Everyone's Welcome – These texts will be used with the accompanying lesson plans throughout the year during PSHE.</p> <p><u>Learning intentions:</u></p> <ul style="list-style-type: none"> To promote diversity To welcome difference and stand up to discrimination To challenge the causes of racism To overcome fears about difference To recognise my freedom 	<p>The Thing – Simon Puttock and Daniel Egneus</p> <p>Leaf – Sandra Diekman</p> <p>King of the Sky – Nicola Davies and Laura Carlin</p> <p>The Island – Armin Greder</p> <p>My Princess boy – Cheryl Kilodavis</p> <p>Dreams of Freedom – Amnesty International</p>
	Summer term	<p><u>Puberty and reproduction</u></p> <p>Describe how and why the body changes during puberty in preparation for reproduction. Talk about puberty and reproduction with confidence.</p> <p><u>Communication in relationships</u></p> <p>Discuss different types of adult relationships with confidence. Know what form of touching is appropriate.</p> <p><u>Families, conception and pregnancy</u></p> <p>Describe decisions that have to be made before having a baby. Know some basic facts about pregnancy and conception.</p> <p><u>Communicating in relationships</u></p> <p>To have considered when it is appropriate to share personal/private information in a relationship. To know how and where to get support if a relationship goes wrong.</p>	Christopher Winter Project

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

TOPIC	PUPILS SHOULD KNOW
Families and people who care about me	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • 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

TOPIC	PUPILS SHOULD KNOW
Respectful relationships	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • 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 e.g. family, school and/or other sources

TOPIC	PUPILS SHOULD KNOW
Intimate and sexual relationships, including sexual health	<ul style="list-style-type: none"> • How to recognise the characteristics and positive aspects of healthy one-to-one intimate relationships, which include mutual respect, consent, loyalty, trust, shared interests and outlook, sex and friendship • That all aspects of health can be affected by choices they make in sex and relationships, positively or negatively, e.g. physical, emotional, mental, sexual and reproductive health and wellbeing • The facts about reproductive health, including fertility and the potential impact of lifestyle on fertility for men and women • That there are a range of strategies for identifying and managing sexual pressure, including understanding peer pressure, resisting pressure and not pressurising others • That they have a choice to delay sex or to enjoy intimacy without sex • The facts about the full range of contraceptive choices, efficacy and options available • The facts around pregnancy including miscarriage • That there are choices in relation to pregnancy (with medically and legally accurate, impartial information on all options, including keeping the baby, adoption, abortion and where to get further help) • How the different sexually transmitted infections (STIs), including HIV/AIDs, are transmitted, how risk can be reduced through safer sex (including through condom use) and the importance of and facts about testing • About the prevalence of some STIs, the impact they can have on those who contract them and key facts about treatment • How the use of alcohol and drugs can lead to risky sexual behaviour • How to get further advice, including how and where to access confidential sexual and reproductive health advice and treatment

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	