



Relationships and Sex Education Policy (RSE)

Approved by: Stivichall Governing Body

Last reviewed on: October 2023

Frequency: Every 3 years

Next review due by: October 2026

Learning at Stivichall is a passport for life



Relationships and Sex Education Policy (RSE)

Introduction

We have based our school's RSE Policy on the DFEE guidance document, Relationships Education, Relationships and Sex Education (RSE) and Health Education Statutory Guidance.

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. It is also about understanding the importance of family life, stable relationships, respect and care. RSE involves a combination of sharing information and exploring issues and values. RSE is not about the promotion of sexual activity or any form of sexual orientation.

The RSE Policy will be sensitive towards the cultural and religious values of the pupils in our school. RSE provision is inclusive of all pupils and consistent with our school's equal opportunity policies. RSE themes are taught within the context of family life taking care to ensure 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).

Aims and Objectives

- To further develop personal awareness, confidence and responsibility
- To nurture a responsible attitude towards personal relationships including aspects of mutual respect, care and to develop sensitivity towards the needs of others
- To provide knowledge of loving and supportive relationships, the nature and importance of family life
- To teach pupils the correct vocabulary to describe themselves and their bodies
- To provide knowledge of human reproductive processes
- To inform children on matters of personal hygiene and related sexual health issues
- To provide knowledge and understanding of keeping safe and the recognition and management of risk

- To develop positive relationships and respect for difference and diversity, avoiding prejudice and stereotyping.

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

The Teaching Programme for RSE

Legal Requirements

As a maintained primary school, we must provide relationship education to all pupils as stated in 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 as part of the Science National Curriculum; parents do not have the right to withdraw their child/children.

Whilst sex education is not a legal requirement, at Stivichall, we feel that it is our duty to provide sex education in a positive and factual way. We are aware that in the modern world there are many places where children may access mixed messages and false information. By ensuring that our curriculum is both age and developmentally appropriate for the children we teach, we aim to provide an open, safe and inclusive environment for children to learn and ask questions.

‘The Department continues to recommend that all primary schools should have a sex education programme tailored to the age and the physical and emotional maturity of the pupils. It should ensure that both boys and girls are prepared for the changes that adolescence brings and – drawing on knowledge of the human life cycle set out in the national curriculum for science - how a baby is conceived and born.’ (Relationships Education, Relationships and Sex Education (RSE) and Health Education – Department for Education Statutory Guidance)

Science National Curriculum Statutory Requirements

EYFS (through Personal, Social and Emotional Development and Physical Development)

- Self- confidence and self-awareness
- Managing feelings and behaviour
- Making relationships
- Health and self-care

KS1

Year 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

Year 2 - notice that animals, including humans, have offspring which grow into adults

-describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene.

KS2

Year 5 - 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.

Year 6 - recognise the impact of diet, exercise, drugs and lifestyle on the way their bodies function

Curriculum Delivery

There is a designated teacher with responsibility for leading relationship and sex education. There is a designated named governor with responsibility for monitoring the relationship and sex education.

Relationships and sex education is delivered through stand-alone lessons following the Christopher Winter Project alongside lessons in Science, RE, PSHE (Jigsaw Scheme), Protective Behaviours, Online Safety and We All Belong. We follow curriculum guidance for these lessons whilst also adapting our teaching to meet the needs of our pupils and cover any current, local, national or international issues.

Relationship and sex education is taught by classroom teachers and if appropriate, outside visitors such as the school nurse. A range of teaching methods are used, these include use of books, videos, physical and visual resources, discussion, looking at case studies, and role play. The correct medical vocabulary for parts of the body will be used throughout.

We encourage children to ask questions, including the use of an anonymous question box. Where possible, teachers will address these questions, either with the individual child, or as a whole class,

maintaining anonymity for the child who posed the question. Questions that class teachers feel are inappropriate to the lesson will be redirected to parents and carers.

Pupils are provided with a safe learning environment to ensure they feel able to engage fully in RSE, to learn, share feelings and explore values. In RSE it is paramount that they treat others with respect and sensitivity.

In line with guidance from the National Children's Bureau, Mencap and the Sex Education Forum, we support learners with SEND to access RSE sessions through differentiation, additional in-class support and small group sessions as appropriate. Particular consideration is given to ensuring our RSE curriculum meets the social and communication needs of learners with Autistic Spectrum Characteristics.

Overview of Topics covered through RSE Christopher Winter Project (For lessons taught in each year group see Appendix 1)

The curriculum is progressive and age appropriate, with each new topic recapping and building on previous learning. The scheme has built in points of assessment to provide insight into the understanding and knowledge gained.

Living and Growing

Reception – Our Lives

Year 1 – Growing and Caring for Ourselves

Year 2 – Differences

Year 3 – Valuing difference and Keeping Safe

Relationships and Education - RSE

Year 4- Growing Up

Year 5 – Puberty

Year 6 – Puberty, Relationships and Reproduction

A Parents' Information Meeting will be held on an annual basis, giving an overview of the topics to be taught and giving an opportunity for resources and lesson plans to be viewed. There is also an opportunity to ask questions and discuss concerns.

Where possible pupils will be taught as a whole class in their appropriate year group. In mixed classes the year groups will be separated, with each group being taught the relevant curriculum. As with all curriculum areas, resources for the teaching of RSE will be differentiated for all children's needs, with additional support provided where necessary.

Child Withdrawal Procedures

Parents cannot withdraw their children from relationship education, however they have the right and if they feel it necessary, they can withdraw a child from sex education lessons, other than the statutory requirements of the science curriculum. They will be encouraged to communicate with the school and discuss their concerns, and make it clear which aspects of the programme they do not wish their child to participate in. In the event of a child being withdrawn from a lesson that child must stay in school and will be assigned to another class until the RSE lesson is over.

Training

Staff are trained in the delivery and teaching and learning of RSE as part of our continuing provision. All staff are kept up to date with changes to government guidelines. Subject leaders attend training and disseminate relevant information to staff. Teachers are supported to feel confident in their delivery of the curriculum and are provided with additional help and guidance where needed.

Safeguarding

Teachers will conduct RSE lessons in a sensitive manner and in confidence, showing respect to the varying faiths and beliefs of children in the school. However, if a child raises concerns about their safety or well being through their comments, behaviour or questions then the teacher will take this matter seriously and deal with it as a matter of child protection. (See Child Protection and Safeguarding Policy)

Monitoring and Evaluation

Monitoring is the responsibility of the Governors, head teacher and teacher with responsibility for RSE. The effectiveness of the RSE programme will be evaluated by assessing children's learning and implementing change if required.

Linked Policies

Teaching of RSE is supported by issues covered in the following policies:

Online Safety Policy

Social Media Guidance

Mental Health and Well Being Policy

Child Protection and Safeguarding Policy

Equality Information and Objectives

Healthy Eating Policy

Updated: October 2023

This policy will be reviewed: May 2026

RSE and Living and Growing Curriculum Overview

Living and Growing

Reception Our Lives	Lesson 1: Our Day
	Lesson 2: Keeping Ourselves Clean
	Lesson 3: Families
Year 1 Growing and Caring for Ourselves	Lesson 1: Keeping Clean
	Lesson 2: Growing and Changing
	Lesson 3: Families and Care
Year 2 Differences	Lesson 1: Differences: Boys and Girls
	Lesson 2: Differences: Male and Female
	Lesson 3: Naming the Body Parts
Year 3 Valuing Differences and Keeping Safe	Lesson 1: Differences: Male and Female
	Lesson 2: Personal Space
	Lesson 3: Family Differences

RSE

Year 4 Growing Up	Lesson 1: Growing and Changing
	Lesson 2: What is Puberty?
	Lesson 3: Puberty Changes and Reproduction
Year 5 Puberty	Lesson 1: Talking about Puberty
	Lesson 2: Male and Female Changes
	Lesson 3: Puberty and Hygiene
Year 6 Puberty, Relationships and Reproduction	Lesson 1: Puberty and Reproduction
	Lesson 2: Understanding Relationships
	Lesson 3: Conception and Pregnancy
	Lesson 4: Communication in Relationships