



Ashlands Primary School Relationships and Sex (RSE) Policy

EVERY CHILD HAS THE RIGHT TO SHINE

Date updated: October 2022

Statement of intent:

At Ashlands Primary School, the teaching of Relationships and Sex Education is an important aspect of our pupils' education. Relationships and Sex Education includes supporting young people in developing self-confidence in preparing for physical and emotional changes into adulthood.

"Sex and Relationships Education is lifelong learning about physical, moral and emotional development; understanding the importance of marriage for family life, stable and loving relationships, respect, love and care. It is also about the teaching of sex, sexuality and health. It is not about the promotion of sexual orientation or sexual activity." (DFE July 2000)

The Relationships Education, Relationships and Sex Education and Health Education (England) Regulations 2019, made under sections 34 and 35 of the Children and Social Work Act 2017, make Relationships Education compulsory for all pupils receiving primary education.

Aims and objectives:

Taking account of the age, maturity and needs of the pupils, Relationships and Sex Education aims to teach pupils about:

- the importance of relationships
- the importance of family life
- moral questions
- respect for the views of other people
- the physical development of their bodies as they grow into adults
- the way humans reproduce
- respect for their own bodies and the importance of sexual activity as part of a committed, long term and loving relationship
- what they should do if they are worried about any sexual matters

We aim to do this by:

- providing the correct information which is easy to understand, relevant and appropriate to the age and maturity of the pupils
- delivery of lessons to all children
- developing communication and social skills
- challenging stereotypes and highlighting misconceptions
- encouraging the exploration and clarification of values and attitudes

Moral and values Framework

Relationships and Sex Education will reflect the values of the PHSE and Citizenship programme. In addition, RSE will promote self-esteem and emotional health and well-being. It will also help pupils form and maintain worthwhile and satisfying relationships based on respect for themselves at home, school and work and in the community.

Teaching and learning including delivery of the curriculum:

Relationships and Sex Education is defined as learning about physical, moral and emotional development. RSE aims to support children's emotional development by educating them about relationships and emotions. Lessons will be tailored to the age and maturity of the children. The lessons and units are progressive and will build upon their learning in Science and PE.

Our school ensures that the Relationships and Sex Education (RSE) elements of the PSHE education programme are relevant to all pupils, whatever their gender identity. All pupils learn together about all the changes that someone may experience as they go through puberty to help develop empathy and understanding and to reduce incidences of teasing or stigma. This will also ensure any child that identifies as transgender will have access to RSE that is relevant to the puberty they are likely to experience. Some sessions in Years 5 and 6 may be taught in separate sex groups (the same content taught to each group) depending on the needs of each individual year group.

All staff are committed to delivering lessons in a sensitive manner where children feel supported. There are also opportunities to build upon this work in Science and PE lessons, assemblies and story time. Children will be taught the anatomical terms for body parts all the way through school. Slang or everyday terms used in certain social circles will be discussed; this will enable discussion about what is and isn't acceptable language to use.

Agreed vocabulary used within school:

Vocabulary (Vocabulary may be introduced at the discretion of the maturity of each cohort)	
Year 1	Privates, penis, vulva
Year 2	Penis, vagina, vulva, testicles, nipples
Year 4	Puberty, penis, foreskin, testicles, wet dreams, erection, ejaculation, testosterone, sperm, vagina, breasts, periods, menstruation, egg, fallopian tube, womb, uterus, tampons, sanitary towels/pads, clitoris, labia, pubic hair, scrotum
Year 6	Conception, puberty, pregnancy, birth, ovary, ovum, egg, fallopian tube, womb, uterus, menstruation, period, vagina, vulva, labia, clitoris, cervix, oestrogen, penis, foreskin, testicles, scrotum, epididymis, sperm, prostate gland, urethra, ejaculation, erection, wet dream, testosterone, sexual intercourse, penetration, make love, pleasure, foetus, embryo, umbilical cord, amniotic fluid, placenta, amniotic sac, cells, contractions, love, relationship, family, marriage, support, caring, loving, consent, heterosexual, gay, transgender, lesbian, bisexual, homophobic, transphobic, biphobic, age of consent, surrogacy, IVF, orgasm

EYFS

Children learn to show sensitivity to the needs of others and form positive relationships with adults and other children. Children know about ways to keep healthy and safe, manage their own basic hygiene and personal needs.

KS1

Children will learn:

- about what makes themselves and others special
- about roles and responsibilities at home and school
- about being co-operative with others
- about different types of feelings
- about managing different feelings
- to understand and respect the differences and similarities between people
- about the biological differences between male and female animals and their role in the life cycle
- the biological differences between male and female children
- about growing from young to old and that they are growing and changing
- that everybody needs to be cared for and ways in which they care for others
- about different types of family and how their home-life is special
- be able to identify parts of the body that are private and ways in which they can be kept private.
- that genitals help make babies when we are older, and know that we mostly have the same body parts, but how they look is different from person to person.

KS2 (Mostly Years 4, 5 and 6)

Children will learn:

- about the way we grow and change throughout the human lifecycle
- about the physical changes associated with puberty
- about menstruation and wet dreams
- about the impact of puberty in physical hygiene and strategies for managing this
- how puberty affects emotions and behaviour and strategies for dealing with the changes associated with puberty
- strategies to deal with feelings in the context of relationships
- to answer each other's questions about puberty with confidence, to seek support and advice when they need it.
- about prejudice and discrimination and how this can make people feel
- about the changes that occur during puberty
- to consider different attitudes and values around gender stereotyping and sexuality and consider their origin and impact
- what values are important to them in relationships and to appreciate the importance of friendship in intimate relationships
- about human reproduction in the context of the human lifecycle
- about roles and responsibilities of carers and parents
- to answer each other's questions about sex and relationships with confidence
- where to find support and advice when they need it

Year 6

Children will learn:

- the variety of ways in which a couple can create a family (including through sexual intercourse), and how it can be prevented. They learn the legal age of consent and what it means.

Liaising with parents:

Parents will be given advance notice of any RSE lessons so that they can encourage follow up questions/discussions at home. Parents will be able to see an overview of the RSE curriculum on the school website which includes a summary of the subjects taught in each year group. KS2 (Year 4 – Year 6) parents will also be invited in for an information evening where they will have the opportunity to ask questions and view any resources. Parents are welcome into school at an arranged time to discuss their child's RSE.

The Role of parents:

The school is well aware that the primary role in children's Relationship and Sex Education lies with the parents and carers. We wish to build a positive and supportive relationship with the parents of children at our school through mutual understanding, trust and co-operation. In promoting this objective we:

- understand that the teaching of some aspects of the programme may be of concern to parents/carers.
- will ensure that no teachers express their personal views or beliefs when delivering the programme.
- inform parents when aspects of the Sex and Relationship programme are taught and provide opportunities for parents to discuss the content of the lessons and to view the videos and resources being used.
- answer any questions that the parents might have.
- ensure that parents have the right to withdraw their children from particular aspects of Sex Education not included in the Science National Curriculum - alternative work will be set.

Procedures for withdrawal of pupils:

Parents and carers have the right to withdraw their child from some, or all, Sex Education lessons, but not statutory Science lessons. However, should you be considering such a step, first talk it through with your child and their class teacher, and then, if necessary, contact the Headteacher.

Within our specialist puberty and relationships sessions that are delivered in the summer term in Years 4, 5 and 6, sexual reproduction is referred to in the context of how and why our bodies change as we go through puberty. Key safeguarding messages are also delivered in these sessions. Parents have the right to withdraw their children from aspects of sex education taught as part of the Relationships Education or PSHE curriculum. We strongly recommend that parents of children in Years 4, 5 and 6 attend the parent information session which is held in the spring/summer term so that they are fully aware of the content of the sessions before considering withdrawing their child from any part of these lessons. We have found that parents who attend the information session are fully supportive of the specialist lessons that are delivered

Dealing with difficult questions/sensitive issues:

Children are encouraged to take an active part in RSE lessons, however staff are aware that children may become embarrassed when taking part in discussions and they will always take this in to consideration. To avoid embarrassment and to help deal with sensitive issues, ground rules will be established for each class. Ground rules are one of the main ways of ensuring there is a safe learning environment. Teachers will also have the use of an anonymous question box as a distancing technique. Teachers will endeavour to answer questions as honestly as possible, but questions they do not feel comfortable answering within the classroom or ones which are not age appropriate and beyond the Key Stage 2 objectives, will not be answered or explored.

Children with special needs:

Teaching and resources will be differentiated as appropriate to address the needs of these children in order for them to have full access to the content of Relationships and Sex Education.

Child Protection / Confidentiality:

Confidentiality within the classroom is an important component of Relationships and Sex Education, and teachers are expected to respect the confidentiality of their pupils as far as is possible.

Teachers need to be aware that effective Relationships and Sex Education, which brings an understanding of what is and is not acceptable in a relationship, may lead to disclosure of a child protection issue. The staff member will inform the Headteacher/Designated Child Protection person in line with the LEA procedures for child protection. A member of staff cannot promise confidentiality if concerns exist.

Equal opportunities:

The school understands and abides by The Equality Act 2010, and fully respects the rights of pupils and staff members, regardless of any protected characteristics that he/she may have.

The school is dedicated to delivering the Relationships and Sex Education programme with sensitivity and respect, avoiding any derogatory or prejudicial terms which may cause offence.

Monitoring and Evaluation:

This policy will be reviewed by the PSHE coordinator in conjunction with the Headteacher on an annual basis. Any changes needed to the policy, including changes to the programme, will be implemented by the Headteacher in conjunction with the appropriate staff. Any changes to the policy will be clearly communicated to all members of staff involved in the Relationships and Sex Education programme.

The effectiveness of the RSE programme will be evaluated by assessing children's learning and implementing change if required.

This policy document will be available to parents via our website or via requesting a paper copy from the school office.

Review.

This policy has been developed in liaison with school staff and governors. It will be reviewed every 3 years, or when relevant national or local guidance indicates additional need or when a change within the curriculum requires.

Approval Committee: School Development Committee

Approval Date: July 2022

Review Frequency: every 3 Years

Next Review Date: July 2025

Appendix A

Content of the specialist puberty and relationships lessons delivered by educators from CORAM Education:

Year 4

Time for Change puberty workshop:

Children will:

- Explore what the term puberty means
- Understand that everyone is unique and feels a sense of worth
- Understand that puberty involves physical, emotional and physiological changes
- Recognise the names of female and male reproductive organs, and begin to understand their function
- Identify ways girls and boys change during puberty including physical changes and possible emotional changes
- Understand that emotions are affected by hormonal changes and these can be confusing at first
- Understand the term 'menstruation' and know that this starts during puberty for girls but that different girls start at different ages
- Develop resilience to deal with situations they may face as they reach puberty.

Growing and Changing and Keeping Safe workshops

Year 5 (some prior knowledge of puberty is required).

Children will:

- Be introduced to the theme of human reproduction
- Understand and empathise with how some children may struggle during puberty and body changes
- Know the correct terminology for reproductive organs and external sexual body parts
- Know and understand the meaning of consent in relation to their body.

Year 6 (some prior knowledge of puberty is required).

Children will:

- Learn the correct terminology for reproductive organs.
- Know how sexual reproduction occurs between humans and other ways to create families
- Know when to share information and when to keep it private
- Reflect on and reinforce key information around privacy (in relation to their body).

Where possible, these lessons are taught in their usual mixed-sex classes. Depending on the needs of the children, they may be delivered in separate workshops for boys and girls, though the content will still be the same for both genders.