



## **Relationship, Health and Sex Education (RHSE) Policy**

### **Policy Status**

Statutory

### **Purpose**

This policy statement outlines the purpose, nature and management of the Relationship, Health and Sex Education taught and learnt in Parkend School. The children's and families' needs, in context of local and national issues, were considered and the content of the policy and curriculum have been brought into line with the new DfE requirements for Primary Relationship Education, which will become statutory from September 2020.

### **Consultation**

The staff, parents and governors were consulted during the writing of this policy.

### **Aims**

At Parkend Primary School Relationship, Health and Sex Education (RHSE) is viewed as part of our lifelong learning about ourselves - our emotions, relationships, sexuality, sexual health and behaviour. All adults will work towards achieving these aims for RHSE in our school. RHSE aims to equip children and young people with the information, skills and values which they will need to lead a safe, fulfilling, enjoyable relationship and which will help them go on, beyond primary school, to take responsibility for their sexual health and wellbeing.

In line with the DfE 2019 Guidance, the focus of RHSE at Parkend Primary School will be on teaching the fundamental building blocks and characteristics of positive, healthy, respectful relationships, with particular reference to friendships, family relationships, and relationships with other children and with adults in all contexts, including online. This will sit alongside the essential understanding of how to be healthy and how totally interlinked physical and mental health are.

The key elements of Relationship Education have been divided into five sections:

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

### **Why RHSE?**

The overall aim of the school is to promote pupils spiritual, moral, social and cultural development and to prepare all pupils for the opportunities, responsibilities and experiences of life.

Research has shown that a comprehensive RHSE curriculum can help young people to feel more positive about themselves and to understand what a healthy relationship looks like, as well as to delay the age at which they become sexually active. Young people who feel good about themselves

are more knowledgeable and confident about relationships, more likely to be more discerning in their relationships and sexual behaviours and also more likely to have healthy, safe and fulfilling relationships.

Keeping Children Safe in Education (KCSIE) 2022 sets out that all schools and colleges should ensure children are taught about safeguarding, including how to stay safe online, as part of providing a broad and balanced curriculum, and our RHSE curriculum at Parkend Primary School is key to this provision.

This may include covering relevant issues through Relationships Education (from 2020) and through Personal, Social, Health and Economic education (PSHE). At the heart of these subjects there is a focus on keeping children safe, and schools can play an important role in preventative education.

### **Statutory Requirements**

The Relationships Education, RSE, and Health Education (England) Regulations 2019 have made Relationships Education compulsory in all primary schools from September 2020. Sex Education is not compulsory in primary schools however puberty is covered in the Relationships and Health Education content and the Department for Education (DfE) continues to recommend that all primary schools should have a sex education programme tailored to the age and physical and emotional maturity of the pupils. In addition, the National Curriculum for science includes subject content in related areas, such as the main external body parts, the human body as it grows from birth to old age (including puberty) and reproduction in some plants and animals.

At Parkend, we link this work in science to our PSHE curriculum around health and relationships and respond to our children's questions in an age appropriate way. However, if a parent wishes to withdraw their child from sex education beyond the national curriculum for science, we uphold that right and would welcome a discussion around any concerns.

### **Equal Opportunities**

The law now states that all pupils should have access to Relationships Education and Health Education that is relevant to their particular needs. To achieve this, Parkend Primary School's approach to RHSE will take account of:

### **Ethnic and Cultural Diversity**

Different ethnic and cultural groups may have different attitudes to RHSE. The school will consult pupils and parents/carers about their needs, take account of their views and promote respect for, and understanding of, the views of different ethnic and cultural groups.

### **Varying home backgrounds**

We recognise that our pupils may come from a variety of family situations and home backgrounds. We shall always endeavour to prevent stigmatisation of children based on their home circumstances.

### **Sexuality**

Some of our pupils will go on to define themselves as lesbian, gay, bi-sexual, transgender or questioning (LGBTQ). Pupils may also have LGBTQ parents/carers, brothers or sisters, other family members and/or friends. Eventually all our pupils will meet and work with LGBTQ people. Our approach to RHSE will include sensitive, honest and balanced consideration of sexuality and we shall actively tackle homophobic or sexist bullying. We are working towards creating a gender-neutral environment, where each child is seen as an individual.

## **Special Educational Needs**

We shall take account of the fact that some pupils may have learning, emotional or behavioural difficulties or physical disabilities that result in particular RHSE needs

## **A whole School Approach**

**Teaching staff** are all involved in the school's RHSE provision; as well as delivering the curriculum, they all play an important pastoral role by offering support to pupils. Teachers will be consulted about the school's approach to RHSE and aided in their work by provision of resources, background information, and access to appropriate training, support and advice from experienced members of staff.

**Non-teaching staff** may be involved in a supportive role in some RHSE lessons and also play an important (formal or informal) pastoral support role with pupils. They will have access to information about the RHSE programme and be supported in their pastoral role.

**Governors** have responsibilities for school policies. They will be consulted about the RHSE provision and policy.

**Parents/carers** have a legal right to have information about the school's RHSE provision. They may have access at any point to the programme of work and are invited to come into school to discuss the content of the lessons and to view the resources used. The class teacher or PSHE subject leaders would be willing to work with them at any point. However, under the new statutory guidance, parents cannot withdraw their children from Relationships Education. Parents may only withdraw their child from sex education beyond the national curriculum for science. The school will, however, seek and take account of parent/carer views and endeavour to adopt a partnership approach with parents/carers; we will take time to address concerns and allay any fears.

**Outside agencies and speakers** may be involved in contributing to RHSE lessons. The school will only work with agencies and speakers who are appropriate to the pupils' needs.

**Pupils** have an entitlement to RHSE and pastoral support appropriate to their age and circumstance. They will be consulted about their RHSE needs and their views will be central to developing the provision.

## **The Taught RHSE Programme**

We follow the GHLL (Gloucestershire Healthy Living and Learning) Primary RHSE scheme of work, which is a graduated, age-appropriate programme. There are four key lessons in each year group, from Reception to Year 5, with five lessons in Year 6. Some further elements of RHSE are taught through other areas of the PSHE programme and some through science. The four key lessons in each year group are delivered as a discrete unit within our wider PSHE curriculum. Some further elements of RHSE are taught through other areas of the PSHE programme and some through science.

## **By the end of KS1 pupils will:**

- know the basic rules for keeping themselves safe and healthy
- understand about safe places to be and safe people to be with
- know why families and carers are special for caring and sharing

- be able to recognise and compare the main external parts of human bodies
- know the names of the main external parts of the body including agreed names for reproductive organs
- know and understand the ways they are similar and different to others
- know and understand that they have control over their actions and bodies
- recognise the pressure of unwanted physical contact and know ways of resisting it

**By the end of Key Stage 2 pupils will:**

- be able to recognise and compare the main external parts of male and female human bodies including agreed names for reproductive organs
- know the names of the main internal parts of the body including agreed names for reproductive organs
- know about the physical changes that take place at puberty, why they happen and how to manage them
- understand why it is important to know how to keep themselves clean
- understand that safe routines can stop the spread of viruses
- understand genetic inheritance
- understand there are different types of families to theirs
- be able to challenge gender stereotyping
- be able to identify the adults they can trust and ask for help
- be self-confident in a wide range of situations
- recognise their own worth
- be able to discuss moral questions
- recognise the pressure of unwanted physical contact and know ways of resisting it
- know how to keep themselves safe when involved in risky situations, including online

**The main RHSE programme** will be taught within PSHE lessons. With four key lessons per year group, from Reception to Year 6, it is delivered as a discrete unit within our wider PSHE curriculum. In addition, certain biological aspects will be taught through science lessons and further elements of RHSE will arise in other areas of the curriculum.

Should a teacher be absent, it would not be undertaken by a short-term supply teacher.

**Ground rules** Teachers are careful to ensure that their personal beliefs and attitudes do not influence the teaching of RHSE. To this end, ground rules are always agreed upon to provide a common values framework within which to teach. There are clear parameters as to what will be taught in whole class setting and what will be dealt with on an individual basis.

Ground rules will ensure that:

- Pupils are given preparation so that they will know how to minimise any embarrassment they feel.
- No one (teacher nor pupil) should be expected to answer a personal question.
- No one will be forced to take part in a discussion.
- The school's confidentiality/safeguarding policies are adhered to.

**Answering difficult questions** When delivering the RHSE objectives, teachers will always consider how children of the same age may be developmentally at different stages, leading to differing types of questions or behaviours. Teaching methods should take account of those developmental differences (including when these are due to specific special educational needs or disabilities) and recognise the potential for discussion on a one-to-one basis or in small groups. Schools should

consider what is appropriate and inappropriate in a whole-class setting, as teachers may require support and training in answering questions that are better not dealt with in front of a whole class. On occasion, an individual child will ask an explicit or difficult question in the classroom. Questions do not always have to be answered immediately; it may be more appropriate to address them later. At Parkend Primary School we believe that individual teachers must use their skill and discretion in these situations and could refer to the PSHE subject leader.

### **Dealing with questions**

- Teachers should establish clear parameters about what is appropriate and inappropriate in a whole-class setting.
- Teachers should set the tone by speaking in a matter-of-fact way and ensure that pupils discuss issues in a way which does not encourage giggling and silliness.
- Pupils should be encouraged to write down questions anonymously and post them in a 'problem/worry box'. The teacher will then have time to prepare age-appropriate answers to all questions before the next session and will choose not to respond to any questions which are inappropriate.
- Teachers should respond to questions where they can, always bearing in mind that pupils who do not have their questions answered may go online to find answers.
- Teachers should not be drawn into providing more information than is appropriate to the age of the child.
- If a verbal question is too personal, the teacher should remind the pupils of the ground rules.
- If a question is too explicit, feels too old for a pupil, is inappropriate for the whole class or raises safeguarding concerns, the teacher should acknowledge the question and promise to attend to it later, on an individual basis.
- Pupils must not be given the impression that teenagers inevitably have sex. The view that sex should be between two people who are mature enough to make informed decisions should be emphasised.
- If a teacher is concerned that a pupil is at risk of sexual abuse the headteacher should be informed and the usual safeguarding/child protection procedures followed.

### **Monitoring and Evaluation**

The RHSE programme and policy will be evaluated every two years and reviewed by staff and governors. The views of pupils, parents, staff and governors are used to make changes and improvements to the programme on an ongoing basis.

### **Confidentiality and Safeguarding**

Teachers conduct RHSE lessons in a sensitive manner and in confidence.

Good RHSE practice allows children an open forum to discuss potentially sensitive issues. Such discussions can lead to increased safeguarding reports. Children should be made aware of how to raise their concerns or make a report and how any report will be handled. School staff cannot promise absolute confidentiality if approached by a pupil for help and must make this clear to pupils. Should disclosures be made to a member of staff by a child, regarding their (or a peer's) possible involvement in sexual activity or a concern about a friend or peer, the school's Confidentiality and Safeguarding Policies should be referred to.

### **Support available to pupils**

The school takes its role in the promotion of pupil wellbeing seriously. Staff endeavour to make themselves approachable and to provide caring, sensitive support for pupils in a variety of ways. Staff may be approached for help on an individual basis, offering a listening ear and, where appropriate, information and advice. In addition to class teachers and class TAs, the school employs a Family Support Worker. She is available four days a week to support Emotional Health and Wellbeing needs of all pupils. Where appropriate, pupils are referred to the school nurse and/or outside helping agencies. The school will keep up to date with the development of local services and national helplines for young people and form working relationships with local agencies that are relevant to pupil needs.

### **Links with other policies**

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

Anti-bullying and Hate policy

Attendance

Child Protection and Safeguarding

Confidentiality

Complaints

Equal Opportunity

Intimate Care

Pupil Premium

Disability, Race and Gender Equality

Online safety / Acceptable users

Whistleblowing

**Written by K.Burke and Staff**

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