



BOLTON PRIMARY SCHOOL



RELATIONSHIP, HEALTH AND SEX EDUCATION POLICY

Name of RHSE Coordinator - Rebecca Hodgson

Rebecca is a local specialist teacher of Relationship, Sex and Health Education who has extensive experience delivering this area of the curriculum.

1. SCHOOL CONTEXT

Bolton Primary School is a small, rural school and has pupils aged from 4 yrs to 11yrs.

2. INTRODUCTION

Today's children and young people are growing up in an increasingly complex world and living their lives seamlessly on and offline. This presents many positive and exciting opportunities, but also challenges and risks. In this environment, children and young people need to know how to be safe and healthy and how to manage their academic, personal and social lives in a positive way. As a result of this Relationship Education is now compulsory in all primary schools in England as is Health Education.

This policy outlines our commitment to provide effective RHSE for all pupils. It has been written with regard to the Department of Education's RHSE guidance 2019 (updated 2021), and other relevant guidance documents and statutory requirements.

The RSHE teaching in this school contributes to our statutory duty to safeguard children and prepare them for the responsibilities and experiences of adult life. RSHE is taught in an age-appropriate way throughout the school.

3. WHAT IS RHSE?

Relationships Health and Sex Education (RHSE) is lifelong learning about physical, moral and emotional development.

We want to be able to provide children and young people with key building blocks of being physically and mentally healthy,

understanding relationships, including online contact and good digital wellbeing.

Pupils will learn about the benefits and importance of having hobbies and interests, daily exercise, good nutrition and sufficient sleep, we also aim to give pupils the language and knowledge to understand the normal range of emotions that everyone experiences.

They will also cover healthy relationships, different families, respect, love and care, reproduction, puberty, hygiene, the body, how a baby is made and sexuality. There is often concern that RHSE will encourage sexual experimentation however, evidence shows that those who receive effective RHSE at school are more likely to delay first sexual activity.

In the primary school, we are building the foundations of skills and knowledge that will be developed further at secondary level.

Through delivery of RHSE we aim to give your child the information they need to make good decisions about their own health and wellbeing, to recognise issues in themselves and others, and to seek support as early as possible when issues arise.

4. AIMS AND OBJECTIVES

Our key aim is to safeguard our pupils. Throughout their time at Bolton school, children will learn key knowledge skills to help them keep safe and embrace the challenges of creating a happy and successful life. To do this we aim to:

- To promote spiritual, moral, cultural, mental and physical development of young people at school, and help prepare them for the opportunities, responsibilities and experiences of adult life;
- To enable young people to make responsible and informed decisions. To equip children with the necessary communication and decision making skills;
- To develop and use communication skills and assertiveness skills to cope with the influences of their peers and social media;
- To help and support young people through their physical, emotional and moral development;
- To help young people to develop the skills and understanding they need to live confident, healthy and independent lives;

- To provide accurate information and help young people to develop skills to enable them to understand difference and respect themselves and others, and for the purpose also of preventing and removing prejudice;
- To use respectful language which challenges sexism, homophobia and other forms of prejudice;
- To foster an understanding and acceptance that relationships can be formed in diverse and varied ways, for example, people of the same gender.
- To develop resilience and positivity when responding to influences that may affect body image;
- To respect and care for their bodies;
- To understand the importance of safe and stable relationships that promote respect, love and care.

5. CONTEXT

We teach RHSE in the context of the school's aims and values framework. While RSHE in our school means that we give children information about sexual behaviour, we do this with an awareness of the moral code and values which underpin all our work in school. In particular, we teach RHSE in the belief that:

- RHSE is part of a wider social, personal, spiritual and moral education process;
- children should be taught to have respect for their own bodies;
- children should learn about their responsibilities to others, and be aware of the consequences of sexual activity;
- children should know that it is important to build positive relationships with others, involving trust and respect;
- RHSE is inclusive and as a school we ensure that it is accessible to all children to promote understanding and respect.
- Personal beliefs and attitudes of teachers will not influence the teaching of RHSE

6. CONTENT

(See appendices for areas that must be covered by both key stages in the national curriculum)

<https://www.bolton.cumbria.sch.uk/relationship-health-and-sex-education-rhse-at-bolt/>

From Y1 onwards, RHSE will be taught in each class throughout the school. The curriculum that is to be delivered is progressive, building the children's knowledge, understanding and skills year on year in KS1 and 2.

The curriculum will also be delivered through opportunities that are provided beyond the curriculum such as, extra curriculum clubs, School Council, charity events etc.

Assemblies or Class Workshops will also be periodically used to address the whole school on major health issues, for example awareness of and how to report and respond to cyber-bullying.

There will be cross curriculum learning from many other subjects such as our physical activity programme, PHSE and the science curriculum.

The themes that make up the framework for RHSE include:

Families and people that care for me	Caring friendships
Respectful relationships	Online relationships
Being safe	Mental wellbeing
Internet safety and harm	Physical health and fitness
Healthy eating	Drugs alcohol and tobacco
Health and prevention	Basic First Aid
Changing adolescent body	

More details on the lesson content for each year group see appendix 1.

National Curriculum links can be found in appendix 2.

The Programme of Study can be found in appendix 3.

In particular, at KS2 there will be designated sessions each term where the children will focus particularly on the RSHE curriculum. Mrs Hodgson will cover a range of specific areas in the sex and relationships curriculum. Pupils in Y5 & Y6, in mixed groups will look at other aspects highlighted in the curriculum - puberty, relationships, sexual intercourse and the birth and needs of a baby. Pupils have the opportunity to ask their own questions throughout

sessions and through a question box. Wherever possible questions will be answered honestly and sometimes pupils' questions are not answered in class and are handled confidentially. Parents will be informed when these sessions are taking place, how the work will be covered and any specific medical vocabulary that will be used. The correct medical vocabulary for parts of the body will be used throughout. Parents are asked for their opinions of our RHSE curriculum via a survey every few years.

7. ORGANISATION/DELIVERY

- The identified person with responsibility for co-ordination is Mrs Hodgson.
- It will also be taught in Science and PHSE to class groups by class teachers and in some specific sessions led by Mrs Hodgson.
- Ground rules will be set up in agreement with the pupils to help create and maintain a safe learning environment.
- RHSE is delivered on a rolling programme, following a scheme and resources produced by Islington Borough Council, running through from year 1 and revisited at different levels through the school.
- We also use the Real Love Rocks resources from Barnardos with Y5/6 biannually (see website).
- A variety of teaching methods will be used including: - Circle Time, Philosophy for Children, video, discussion and direct teaching.

8. CONFIDENTIALITY

Teachers/other professionals conduct sex education lessons in a sensitive manner and in confidence. However, if a child makes a reference to being involved, or likely to be involved in sexual activity, then the teacher/health professional will take the matter seriously and deal with it as a matter of child protection. Teachers will respond in a similar way if a child indicates that they may have been a victim of abuse. In these circumstances the teacher will talk to the child as a matter of urgency. If the teacher has concerns, they will draw their concerns to the attention of the head teacher. The head teacher (DSL) will then deal with the matter in consultation with health care professionals.

9. EQUAL OPPORTUNITIES

The RHSE programme will be delivered in accordance with the school's Inclusion Policy and the Equality Act (2010).

Implicit in the school's curriculum, pupils will learn from an early age that there are many different types of 'family'. In KS2, pupils will be taught that the term 'relationship' may refer to two people of the same or different: gender, ethnicity, religion/belief, or ability/disability. The promotion of any type of relationship shall not occur.

10. RIGHT TO BE EXCUSED FROM SEX EDUCATION

We believe that RHSE should be a partnership with parents and carers. Parents will be routinely consulted and informed about RHSE through the school prospectus and letters to explain when RHSE will take place in different year groups.

Parents have the right to request that their child be withdrawn from some or all of the sex education delivered as part of the statutory RHSE however, *Relationship Education and Health Education* is compulsory for all pupils receiving primary education **therefore there is no right to withdraw from Relationship or Health Education.**

Before granting any such request, the head teacher will discuss the request with parents and, as appropriate, with the child to ensure that their wishes are understood and to clarify the nature and purpose of the curriculum. The head teacher will also discuss with parents the benefits of receiving this important education and any detrimental effects that withdrawal might have on the child. This could include any social and emotional effects of being excluded, as well as the likelihood of the child hearing their peers' version of what was said in class, rather than what was directly said by the teacher.

Following the discussion, headteachers will automatically grant a request to withdraw a pupil from any sex education delivered in primary school, other than what has to be covered as part of the science curriculum.

11. MONITORING AND EVALUATION

- Monitoring of the RHSE Policy is the responsibility of the head teacher and the governing body.
- There is a governor linked to the teaching of RHSE.
- The school will assess the effectiveness of the aims, content and methods in promoting pupils learning by lesson observation, sampling teachers planning and feedback from parents.
- The effectiveness of the RHSE programme will be evaluated by assessing children's learning and implementing change if required.
- Governors will monitor the subject regularly.
- This policy document is available to view on the school website.

REVIEW

This policy was reviewed in Autumn 2024 and is due for a further review in Aut 2025