

# UNITED SCHOOLS TRUST

## Kingsteignton School



## Relationships and Sex Education (RSE) Policy

Kingsteignton School is a free school and forms part of the United Schools Trust. In each year there are a few children identified with special educational needs and there is a wide social mix.

RSE will be appropriate to the children's age and experience.

This policy is written in line with the statutory Government guidance for Relationships Education, Relationships and Sex Education (RSE) and Health Education which came into effect from September 2020.

### 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.

### Statutory requirements

As an academy we must provide relationships education to all pupils as per section 34 of the Children and Social work act 2017.

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.

We teach RSE as set out in this policy, including some non-statutory elements of sex education.

### Policy development

This policy has been developed in consultation with staff and parents. The consultation and policy development process involved the following steps:

1. Review - a member of staff pulled together all relevant information including relevant national and local guidance

Policy reviewed: September 2022

Next review: September 2023

2. Staff consultation - school staff were given the opportunity to look at the policy and make recommendations

3. Parent/stakeholder consultation - parents were invited to comment on 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 trustees and ratified

## **Aims**

The aims of relationships and sex education (RSE) in our school:

- Is a partnership between home and school
- To prepare pupils for puberty, and give them an understanding of sexual development and the importance of health and hygiene
- To create a positive culture around issues of sexuality and relationships
- To teach pupils the correct vocabulary to describe themselves and their bodies
- Starts early and is relevant to pupils at each stage in their development and maturity.
- Includes the acquisition of knowledge, development of life skills and respectful attitudes and values.
- Has sufficient time to cover a wide range of topics with a strong emphasis on relationships, consent, rights, responsibilities to others, negotiation and communication skills, and accessing services.
- Helps pupils understand on and off-line safety, consent, violence and exploitation and how to keep themselves safe.
- Is both medically and factually correct and treats sex as a normal fact of life.
- Is inclusive of difference, gender identity, sexual orientation, disability, ethnicity, culture, age, faith or belief, or other life experiences.
- Promotes equality in relationships, recognises the challenges, gender inequality and reflects girls' and boys' different experiences and needs.

## **Moral and values framework**

The RSE programme will reflect the school's over-arching aims and demonstrate and encourage the following values:

- respect for self
- respect for others
- responsibility for our own actions
- responsibility for our family, friends, school and wider community

## **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 pupils are fully informed and don't seek answers online.

Policy reviewed: September 2022

Next review: September 2023

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.

## **Delivery of RSE**

RSE is taught within the personal, social, health and economic (PSHE) education curriculum (see PSHE policy). Biological aspects of RSE are taught within the science curriculum.

RSE will be overseen by the Principal in close co-operation with the Personal, Social, Health and Economic (PSHE) Co-ordinator.

Members of teaching staff will deliver the programme.

Single sex groups will be used as appropriate.

Delivery may be through:

- topics
- aspects of science
- planned visits from parents e.g. where there is a new baby
- pastoral time
- small group work
- SEAL (Social and Emotional Aspects of Learning) activities
- PSHE lessons

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).

The curriculum overview used will be made available for parents annually. Individual parents can also view resources by contacting the school direct.

## **Equal Opportunities**

Kingsteignton School is committed to working towards equal opportunities in all aspects of school life. All resources used will support this commitment.

### **The needs of boys and girls**

The needs of boys and girls are equally met and we will use approaches to actively engage them. We shall also be proactive in combating sexism and sexist bullying.

### **Ethnic, cultural and religious diversity**

Different ethnic, cultural and religious groups may have different attitudes to RSE. The school will consult children 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 and religious groups.

### **Varying home backgrounds**

We recognise that our children may come from a variety of family situations and home backgrounds. We shall take care that all children are treated equally regardless of their home circumstances.

### **Sexuality**

Our approach to RSE will have a sensitive, honest and balanced consideration towards sexuality. We shall actively tackle intolerant language and behaviour.

### **Special Educational Needs**

We will ensure that all young people receive relationship and sex education, and we will offer provision appropriate to the particular needs of all our pupils taking specialist advice where necessary.

## **Roles and responsibilities**

### **The Board of Trustees**

The Board of Trustees will approve the RSE policy and hold the Principal to account for its implementation.

### **The Principal**

The Principal is responsible for ensuring that RSE is taught consistently across the school and for managing requests to withdraw pupils from non-statutory components of RSE (see section 'Parents right to withdraw').

### **Staff**

Teaching staff are responsible for:

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

## **Pupils**

Pupils are expected to engage fully in RSE and, when discussing issues related to RSE, treat others with respect and sensitivity.

## **Parents' right to withdraw**

The United Schools Trust is committed to working with parents. Parents do not have the right to withdraw their children from relationships and health education, but parents have the right to withdraw their children from the non-statutory components of sex education within RSE, those that fall outside of compulsory elements of RSE in the National Science Curriculum.

Parents wishing to exercise this right are invited to contact the Principal who will explore the concerns and the possibilities of adjusting the programme or approach. They will discuss the possible impact that withdrawal may have on the pupil and talk with the parents about the pupil's possible negative experiences or feelings that may result from exclusions and ways which these can be minimised. Once a pupil has been withdrawn, they cannot participate in RSE until the request of withdrawal has been removed.

Alternative work will be given to pupils who are withdrawn from sex education.

Kingsteignton School uses Jigsaw to teach PSHE across the school, including all the elements of the RSE curriculum. The lessons which include subject matter that falls outside of the compulsory elements are

Summer 2: Changing Me Year 4, Lesson 2 (Having a baby)

Summer 2: Changing Me Year 5, Lesson 4 (Conception)

Summer 2: Changing Me Year 6, Lesson 3 (Conception, birth)

Parents and carers may, therefore, request that their child be withdrawn from these lessons only.

## **Monitoring arrangements**

The school has a trustee responsible for Curriculum.

The PSHE Coordinator is responsible for:

- monitoring the standards of children's work and the quality of teaching
- supporting colleagues in the teaching of RSE

- providing information about current developments in the subject
- providing a strategic lead and direction for the subject in the school
- giving the Principal an annual summary report, evaluating strengths and areas for development in the subject
- arranging visits from any relevant representative involved in supporting PSHE provision.

This policy will be reviewed by the Board of Trustees annually. At every review, the policy will be approved by the Board of Trustees.

## Appendix 1: Curriculum map

### Relationships and sex education curriculum map

Kingsteignton School uses Jigsaw to teach PSHE. Jigsaw covers all areas of PSHE for the primary phase including statutory Relationships and Health Education and is taught across the school from Reception to Year 6. The table below gives the learning theme of each of the six units and these are taught across the school; the learning deepens and broadens every year.

The main focus for RSE is in the 'Changing me' unit taught in the second half of the Summer term.

Term	Unit	Content
Autumn 1	<b>Being Me in My World</b>	This unit includes understanding my own identity and how I fit well in the class, school and global community. Jigsaw Charter established.
Autumn 2	<b>Celebrating Difference</b>	This unit includes anti-bullying (cyber and homophobic bullying included) and understanding.  Recap on the 'Changing Me' unit from the previous year
Spring 1	<b>Dreams and Goals</b>	This unit includes goal-setting, aspirations, who do I want to become and what would I like to do for work and to contribute to society
Spring 2	<b>Healthy Me</b>	This unit includes drugs and alcohol education, self-esteem and confidence as well as healthy lifestyle choices, sleep, nutrition, rest and exercise  Recap on the 'Changing Me' unit from the previous year
Summer 1	<b>Relationships</b>	This unit includes understanding friendship, family and other relationships, conflict resolution and communication skills, bereavement and loss
Summer 2	<b>Changing Me</b>	This unit includes Relationships and Sex Education in the context of coping positively with change

### Detail of the 'Changing Me' unit

Year Group	Topic/Theme details
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Year R	<p>Lesson 1: My Body</p> <p>Lesson 2: Respecting My Body</p> <p>Lesson 3: Growing Up</p> <p>Lesson 4: Fun and Fears Part 1</p> <p>Lesson 5: Fun and Fears Part 2</p> <p>Lesson 6: Celebration</p>
Year 1	<p>Autumn 2 and Spring 2 - Recap on 'Changing Me' unit from the previous year</p> <p>Lesson 1: Life Cycles</p> <p>Lesson 2: Changing Me</p> <p>Lesson 3: My Changing Body</p> <p>Lesson 4: Boys' and Girls' Bodies</p> <p>Lesson 5: Learning and Growing</p> <p>Lesson 6: Coping with Changes</p>
Year 2	<p>Autumn 2 and Spring 2 - Recap on 'Changing Me' unit from the previous year</p> <p>Lesson 1: Life Cycles in Nature</p> <p>Lesson 2: Growing from Young to Old</p> <p>Lesson 3: The Changing Me</p> <p>Lesson 4: Boys' and Girls' Bodies</p> <p>Lesson 5: Assertiveness</p> <p>Lesson 6: Looking Ahead</p>
Year 3	<p>Autumn 2 and Spring 2 - Recap on 'Changing Me' unit from the previous year</p> <p>Lesson 1: How Babies Grow</p> <p>Lesson 2: Babies</p> <p>Lesson 3: Outside Body Changes</p>

	<p>Lesson 4: Inside Body Changes</p> <p>Lesson 5: Family Stereotypes</p> <p>Lesson 6: Looking Ahead</p>
Year 4	<p>Autumn 2 and Spring 2 - Recap on 'Changing Me' unit from the previous year</p> <p>Lesson 1: Unique Me</p> <p>Lesson 2: Having a Baby</p> <p>Lesson 3: Girls and Puberty</p> <p>Lesson 4: Circles of Change</p> <p>Lesson 5: Accepting Change</p> <p>Lesson 6: Looking Ahead</p>
Year 5	<p>Autumn 2 and Spring 2 - Recap on 'Changing Me' unit from the previous year</p> <p>Lesson 1: Self and Body image</p> <p>Lesson 2: Puberty for Girls</p> <p>Lesson 3: Puberty for Boys</p> <p>Lesson 4: Conception</p> <p>Lesson 5: Looking Ahead 1</p> <p>Lesson 6: Looking Ahead 2</p>
Year 6	<p>Autumn 2 and Spring 2 - Recap on 'Changing Me' unit from the previous year</p> <p>Lesson 1: My Self Image</p> <p>Lesson 2: Puberty</p> <p>Lesson 3: Babies: Conception to Birth</p> <p>Lesson 4: Boyfriends and Girlfriends</p> <p>Lesson 5: Real self and Ideal self</p> <p>Lesson 6: The Year Ahead</p>

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

<b>Families and people who care for me</b>	<p>Pupils should know</p> <ul style="list-style-type: none"><li>•that families are important for children growing up because they can give love, security and stability.</li><li>•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.</li><li>•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.</li><li>•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.</li><li>•that marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong.</li><li>•how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed.</li></ul>
<b>Caring friendships</b>	<p>Pupils should know</p> <ul style="list-style-type: none"><li>•how important friendships are in making us feel happy and secure, and how people choose and make friends.</li><li>•the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties.</li><li>•that healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded.</li><li>•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.</li></ul>

	<ul style="list-style-type: none"> <li>•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.</li> </ul>
<b>Respectful relationships</b>	<p>Pupils should know</p> <ul style="list-style-type: none"> <li>•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.</li> <li>•practical steps they can take in a range of different contexts to improve or support respectful relationships.</li> <li>•the conventions of courtesy and manners.</li> <li>•the importance of self-respect and how this links to their own happiness.</li> <li>•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.</li> <li>•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.</li> <li>•what a stereotype is, and how stereotypes can be unfair, negative or destructive.</li> <li>•the importance of permission-seeking and giving in relationships with friends, peers and adults.</li> </ul>
<b>Online relationships</b>	<p>Pupils should know</p> <ul style="list-style-type: none"> <li>•that people sometimes behave differently online, including by pretending to be someone they are not.</li> <li>•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.</li> <li>•the rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them.</li> <li>•how to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met.</li> <li>•how information and data is shared and used online.</li> </ul>
<b>Being safe</b>	<p>Pupils should know</p> <ul style="list-style-type: none"> <li>•what sorts of boundaries are appropriate in friendships with peers and others (including in a digital context).</li> </ul>

	<ul style="list-style-type: none"><li>•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.</li><li>•that each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact.</li><li>•how to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know.</li><li>•how to recognise and report feelings of being unsafe or feeling bad about any adult.</li><li>•how to ask for advice or help for themselves or others, and to keep trying until they are heard.</li><li>•how to report concerns or abuse, and the vocabulary and confidence needed to do so.</li><li>•where to get advice e.g. family, school and/or other sources.</li></ul>
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