

RSHE (Relationship, Sex and Health Education) Policy



Headteacher

December 2023

Review 2024

Aims

Through our PSHE programme, we aim to provide children with the knowledge, skills and understanding they need to lead confident, healthy, independent lives and to become informed, active and responsible citizens. In providing children with an understanding of healthy and respectful relationships and appropriate boundaries, we consider effective RSE to be a fundamental part of our approach to supporting pupils to grow into confident, caring, responsible and respectful young citizens.

At Trinity St Stephens, RSHE is taught within the Personal, Social, Health and Economic (PSHE) education curriculum. In addition, some aspects of the RSE programme will be covered through:

- Science curriculum
- Computing
- Circle times
- Assemblies
- Visitors
- Stories
- PE in the context of health and hygiene

RSHE is lifelong learning about personal, physical, moral and emotional development. It should teach children and young people to develop and form positive values, attitudes, personal and social skills, and increase their knowledge and understanding of how to make informed decisions and life choices.

The aims of Relationships, Sex and Health education (RSHE) at our school are to:

- Provide a consistent standard of relations, sex and health education across the school
- Help pupils develop feelings of self-respect, confidence and empathy
- Promote responsible behaviour
- Create a positive culture of communication around issues of relationships
- Teach pupils the correct vocabulary to describe themselves and their bodies
- Provide a framework in which sensitive discussions can take place
- Prepare pupils for puberty, and give them an understanding of sexual development and the importance of health and hygiene
- To provide all pupils with knowledge, skills, and attitudes that will enable them to make positive and healthy choices concerning relationships as they grow up and deal with risk.

Statutory Requirements

As a maintained first school, we must provide relationships education to all pupils as per section 34 of the Children and Social work act 2017. This policy has been written in accordance with the statutory guidance document “Relationships and Sex Education (RSE) and Health Education” (DfE, 2019). Department for Education guidance states that by the summer term 2021, all primary schools must teach Relationships and Health Education. The teaching of Sex Education in primary schools remains non-statutory, with the exception of the elements of sex education contained in the science national curriculum: including knowledge of the main external body parts; the changes as humans develop to old age and reproduction in some plants and animals.

Curriculum

Our RSHE curriculum is embedded within our PSHE curriculum and is set out as follows:

Term	Puzzle name	Content
Autumn 1:	Being Me in My World	Includes understanding my place in the class, school and global community as well as devising Learning Charters
Autumn 2:	Celebrating Difference	Includes anti-bullying (cyber and homophobic bullying included) and diversity work
Spring 1:	Dreams and Goals	Includes goal-setting, aspirations, working together to design and organise fund-raising events
Spring 2:	Healthy Me	Includes drugs and alcohol education, self-esteem and confidence as well as healthy lifestyle choices
Summer 1:	Relationships	Includes understanding friendship, family and other relationships, conflict resolution and communication skills
Summer 2:	Changing Me	Includes Sex and Relationship Education in the context of looking at changes

Differentiation/SEN

RSHE is for all children with the concept of inclusivity being a core part of its philosophy. Teachers will tailor each piece of learning to meet the needs of the children in their classes. To support this differentiation, there are many creative learning activities incorporated in our RSHE planning that allow the children to choose the media with which they work and give them scope to work to their full potential.

Delivery of RSHE

Our Relationships, Sex and Health Education programme will be delivered in an age appropriate and sensitive manner by class teachers. We aim to provide a learning atmosphere where children feel safe and relaxed, and where they feel confident to engage in discussions around potentially sensitive subjects and themes.

Ground rules in class and across the school are essential when discussing sensitive subject matter and teaching RSHE. Clear ground rules are established in partnership with the class, then reinforced at the start of each relevant lesson. As a minimum, ground rules are likely to include the following basic guidelines:

- Listen politely to each other
- Everyone gets a turn to speak, if they want to
- Everyone has a right not to speak
- Everyone's contribution is respected
- We don't ask or have to answer any personal questions
- We use anatomically correct language when we have learnt it

Safeguarding

Teachers need to be aware that sometimes disclosures may be made during these sessions; in which case, safeguarding procedures must be followed immediately. If disclosures occur, the school's Safeguarding policy is followed.

Roles and Responsibilities

The PSHE co-ordinator alongside the Head Teacher is responsible for ensuring that RSHE is taught consistently across the school, and for managing requests to withdraw pupils from non-statutory components of RSHE.

The PSHE co-ordinator will also:

- Ensure that members of staff are given sufficient training, so that they can teach effectively and handle any difficult issues with sensitivity
- Monitors this policy on a regular basis and reports to governors on the effectiveness of the policy

All staff are responsible for:

- Delivering RSE in a sensitive way
- Modelling positive attitudes to RSHE
- Responding to the needs of individual pupils

- Responding appropriately to pupils whose parents wish them to be withdrawn from the non-statutory components of RSHE
- Monitoring the progress of pupils

Monitoring and evaluation

The PSHE co-ordinator will monitor the delivery of RSHE through observation and discussion with teaching staff to ensure a consistent and coherent curriculum provision.

Evaluation of the programme's effectiveness will be conducted on the basis of:

- Pupil and teacher evaluation of the content and learning processes
- Staff meetings to review and share experience
- Pupils' development in RSHE as monitored by class teachers through our internal assessment systems

Involving parents and carers

We wish to build a positive and supporting relationship with the parents and carers of children at our school through mutual understanding, trust and co-operation. In promoting this objective, we:

- Carry out our statutory duty to consult with parents and governors on the content of this policy
- Inform parents about the school's RSHE policy and practice
- Answer any questions that parents may have about the RSHE of their child; this includes providing opportunities for parents to view the resources that are used in lessons
- Take seriously any issue that parents raise with teachers or governors about this policy or the arrangements for RSHE in the school
- Acknowledge parents have the right to withdraw their children from the non-statutory components of sex education within RSHE. However, this rarely happens as, by working in partnership with parents, they recognise the importance of this aspect of their child's education

Parents' right to withdraw

RSHE curriculum consists of both statutory and non-statutory elements and as a result:

- Parents do not have the right to withdraw their children from statutory relationships education, health education or the science curriculum.
- Parents who have concerns are invited to speak initially to the class teacher. The class teacher will explore the concern of the parents and the possibility of adjusting the programme or approach and will discuss any impact that withdrawal may have on the child.

- If the parent wishes to withdraw the child from any non-statutory elements of the curriculum, then requests for withdrawal should be put in writing and addressed to the Head Teacher.

Equalities and Diversity

Schools, like all public institutions, have specific responsibilities in relation to equality and protected characteristics. Planning and resources are reviewed to ensure they comply with equalities legislation and the school's equal opportunities policy. All RSHE is taught without bias and in line with legal responsibilities such as those contained within the Equality Act (2010). Topics are presented using a variety of views and beliefs so that pupils are able to form their own, informed opinions but also respect others that may have different opinions.

Links to other policies and curriculum areas

We recognise the clear link between RSHE and the following policies and staff are aware of the need to refer to these policies when appropriate.

- Teaching and Learning Policy
- Marking and Feedback Policy
- Equal Opportunities Policy
- Safeguarding Policy
- SMSC Policy
- PSHE Policy