

Relationships and Sex Education Policy December 2019

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1. Aims

The aims of relationships and sex education (RSE) at our school are to:

- 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
- Help pupils develop feelings of self-respect, confidence and empathy
- Create a positive culture around issues of sexuality, gender and relationships
- Teach pupils the correct vocabulary to describe themselves and their bodies

We aim to provide an entrepreneurial education which develops:

- creativity
- determination
- passion
- problem solving
- risk taking
- team work

And to:

- develop children as whole and rounded human beings
- learning reflects accurately the world children are growing up in
- understand the importance of equality and respect
- ensure children make excellent progress across the curriculum
- celebrate every child as a unique individual
- provide a safe and positive environment
- to normalise a diverse range of trusted people in children's lives
- develop strong moral values in all of our pupils
- teach our pupils to be independent and interdependent learners
- develop children's social conscience

2. Statutory requirements

As a primary academy school we must provide relationships education to all pupils as per section 34 of the [Children and Social work act 2017](#).

We do not have to follow the National Curriculum but we are expected to offer all pupils a curriculum that is similar to the National Curriculum including requirements to teach science which would include the elements of sex education contained in the science curriculum.

In teaching RSE, we are required by our funding agreements to have regard to [guidance](#) issued by the secretary of state as outlined in section 403 of the [Education Act 1996](#).

At Sudell Primary School we teach RSE as set out in this policy.

3. Policy development

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

1. Review – a member of staff or working group pulled together all relevant information including relevant national and local guidance

2. Staff consultation – all school staff were given the opportunity to look at the policy and make recommendations
3. Parent/stakeholder consultation – parents and any interested parties were invited to attend a meeting about 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 governors and ratified

4. 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.

5. 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 they are fully informed and don't seek answers online.

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.

6. Delivery of RSE

RSE is taught within the personal, social, health and economic (PSHE) education curriculum. Biological aspects of RSE are taught within the science curriculum, and other aspects are included in religious education (RE). Long term and medium term planning is accessed through Coram Life Education- See Appendix 1.

Pupils also receive stand-alone sex education sessions delivered by a trained health professional (Year 4,5 and 6)

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).

7. Roles and responsibilities

7.1 The governing board

The governing board will approve the RSE policy, and hold the Principal to account for its implementation.

7.2 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/non-science components of RSE (see section 8).

7.3 Staff

Staff are responsible for:

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

Staff do not have the right to opt out of teaching RSE. Staff who have concerns about teaching RSE are encouraged to discuss this with the Principal.

Class teachers are responsible for teaching RSE in school.

7.4 Pupils

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

8. Parents' right to withdraw

Parents do not have the right to withdraw their children from relationships education.

Parents have the right to withdraw their children from the non-statutory/non-science components of sex education within RSE.

Requests for withdrawal should be put in writing using the form found in Appendix 3 of this policy and addressed to the Principal.

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

9. Training

Staff are trained on the delivery of RSE as part of their induction and it is included in our continuing professional development calendar.

The Principal will also invite visitors from outside the school, such as school nurses or sexual health professionals, to provide support and training to staff teaching RSE.

10. Monitoring arrangements

The delivery of RSE is monitored by L.Brookes, PDBA Lead through:

- Informal learning walks
- SMSC/PSHE Book Looks
- Pupil, parent and staff voice

Appendix 1

School Curriculum Map

*Covers LGBT identities

Year group	Autumn Term	Spring Term		Summer Term	
Reception	<p>Health and Wellbeing Healthy Lifestyles: Move your body, A good night's sleep, Scrummy snacks, Sleepover, Hold on Harold! I'm sad sometimes All about me: What makes me special My Special People: Me and my special people, Who can help me? * My Feelings</p> <p>Keeping Safe online</p>	<p>Valuing Difference Same and Different: I'm special, you're special, Same and different Different Families and Homes: Same and different families, Same and different homes Kindness and Caring</p> <p>Keeping Safe online</p>	<p>Keeping Myself Safe Keeping my Body Safe: What's safe to go onto my body, Keeping Myself Safe - What's safe to go into my body (including medicines) Safe indoors and outdoors Listening to my Feelings People who Help Keep me Safe: Keeping safe online, People who help to keep me safe</p> <p>Keeping Safe online</p>	<p>Being my Best Bouncing Back (growth mind-set): Bouncing back when things go wrong Yes, I can!</p> <p>Healthy eating</p> <p>Exercise and Sleep: Move your body, A good night's sleep</p> <p>Keeping Safe online</p>	<p>Growing & Changing Changes: Seasons, Life stages - plants, animals, humans Life Stages: Human life stage - who will I be? Where do babies come from? Changing bodies: Getting bigger, Me and my body - girls and boys</p> <p>Keeping Safe online</p>
Year 1	<p>Health and Wellbeing Healthy Lifestyles: Eat well, Our feelings, Harold's wash and brush up, Catch it! Bin it! Kill it! I can eat a rainbow, Healthy me Super sleep</p> <p>Keeping Safe: Harold loses Geoffrey, Who can help? Harold's school rules, What could Harold do? Growing and Changing: Harold learns to ride his bike, Then and now, Inside my wonderful body! Keeping privates private Taking care of a baby</p> <p>Keeping Safe online</p>	<p>Relationships Healthy Relationships: Surprises and secrets, Good or bad touches? Unkind, tease or bully? Who can help? How are you listening? Pass on the praise! Sharing opinions: cross-curricular skills Feelings and Emotions: Thinking about feelings, Harold has a bad day, Who are our special people? Feelings and bodies</p> <p>Families of many forms, LGBT, families headed by grandparents adoptive, foster parents, single parent families</p> <p>Valuing Difference: It's not fair! Good friends, Same or different? Keeping Safe online</p>		<p>Living in the Wider World Rules, Rights and Responsibilities: Why we have classroom rules, Taking care of something, Our special people balloons, Basic first aid Caring for the Environment Around and about the school</p> <p>Money: Harold's money, How should we look after our money? Keeping Safe online</p>	
Year 2	<p>Health and Wellbeing Healthy Lifestyles: My day, Harold's bathroom Harold's postcard - helping us to keep clean and healthy, My body needs... What does my body do?</p> <p>Keeping Safe: How safe would you feel? What should Harold say? Harold's picnic, Respecting privacy Growing and Changing: You can do it! Sam moves house Haven't you grown! My body, your body</p> <p>Keeping Safe online</p>	<p>Relationships Healthy Relationships: Should I tell? Solve the problem, A helping hand, I don't like that! Bullying or teasing? Don't do that! Types of bullying, Some secrets should never be kept, Feeling safe, Sharing opinions: cross-curricular skills</p> <p>Families of many forms, LGBT, families headed by grandparents adoptive, foster parents, single parent families</p> <p>Feelings and Emotions: How are you feeling today? How do we make others feel? My special people*, Being a good friend, Let's all be happy! Fun or not?</p>		<p>Living in the Wider World Rules, Rights and Responsibilities: Our ideal classroom, Our ideal classroom, When I feel like erupting, When someone is feeling left out, Getting on with others, Basic first aid Caring for the Environment: How can we look after our environment? Money: Harold saves for something special, Harold goes camping</p> <p>Keeping Safe online</p>	



		<p>Valuing Difference: An act of kindness, What makes us who we are? Keeping Safe online</p>	
<p>Year 3</p>	<p>Health and Wellbeing Healthy Lifestyles: Derek cooks dinner! (healthy eating) Poorly Harold, Body team work</p> <p>Keeping Safe: The Risk Robot, Safe or unsafe? Helping each other to stay safe, Getting on with your nerves! Alcohol and cigarettes: the facts, Help or harm? None of your business! Raisin challenge</p> <p>Growing and Changing: My special pet, Top talents , I am fantastic!* My changing body</p> <p>Keeping Safe online</p>	<p>Relationships Healthy Relationships Tangram team challenge, Looking after our special people*, Danger or risk? Body space, How can we solve this problem? Friends are special , Zeb*, Relationship Tree*</p> <p>Families of many forms, *LGBT, families headed by grandparents adoptive, foster parents, single parent families</p> <p>Feelings and Emotions: Secret or surprise? Dan's dare Valuing Difference: Family and friends*, Respect and challenge, Let's celebrate our differences *</p> <p>Keeping Safe online</p>	<p>Living in the Wider World Rules, Rights and Responsibilities: As a rule Our friends and neighbours, For or against? Thunks, Recount task, Super Searcher, Basic first aid</p> <p>Caring for the Environment: Let's have a tidy up! My community, Our helpful volunteers, Harold's environment project Possible visitor from the community to visit school. Money: Can Harold afford it? Earning money Keeping Safe online</p>
<p>Year 4</p>	<p>Health and Wellbeing Healthy Lifestyles: Making choices (formerly Conformatron control)</p> <p>SCARF Hotel (formerly Diversity World Hotel)</p> <p>Keeping Safe: Danger, risk or hazard? Who helps us stay healthy and safe? Know the norms (formerly Tell Mark II) Medicines: check the label, Picture Wise, Keeping ourselves safe, When feelings change, Under pressure, Raisin challenge</p> <p>Growing and Changing: An email from Harold! Moving house, My feelings are all over the place! All change! Period positive Keeping Safe online</p>	<p>Relationships Healthy Relationships: Ok or not ok? Islands, Human machines Can you sort it? , Together *</p> <p>Families of many forms, LGBT, families headed by grandparents adoptive, foster parents, single parent families</p> <p>Feelings and Emotions: Different feelings, Secret or surprise? How dare you! Valuing Difference: Friend or acquaintance? What makes me ME! (formerly Diversity World) What would I do?</p> <p>Keeping Safe online</p>	<p>Living in the Wider World Rules, Rights and Responsibilities: How do we make a difference? In the news! The people we share our world with, Safety in numbers, That is such a stereotype! It's your right, Basic first aid</p> <p>Caring for the Environment: Logo quiz, Volunteering is cool, My school community , Harold's Seven Rs Money: Harold's expenses, Why pay taxes?</p> <p>Keeping Safe online</p>



<p>Year 5</p>	<p>Health and Wellbeing Healthy Lifestyles: Smoking/vaping: what is normal? Getting fit, It all adds up! Keeping Safe: 'Thinking' about habits, Jay's dilemma Independence and responsibility, Our emotional needs , Would you risk it? Being assertive, Drugs: true or false? Spot bullying, Communication, Decision dilemmas</p> <p>Growing and Changing: Different skills, How are they feeling? Growing up and changing bodies Star qualities? Dear Hetty, Changing bodies and feelings*, Help! I'm a teenager - get me out of here!</p> <p>Keeping Safe online</p>	<p>Relationships Healthy Relationships: It could happen to anyone, Taking notice of our feelings, Collaboration Challenge! Give and take, Relationship cake recipe, Stop, start, stereotypes*</p> <p>Families of many forms, LGBT, families headed by grandparents adoptive, foster parents, single parent families</p> <p>Feelings and Emotions: How good a friend are you? Dear Ash, Ella's diary dilemma, Is it true?*</p> <p>Valuing Difference: Qualities of friendship, Kind conversations, Happy being me</p> <p>Keeping Safe online</p>	<p>Living in the Wider World Rules, Rights and Responsibilities: Local councils, What's the story? Fact or opinion? The land of the Red People, Basic first aid Caring for the Environment: Rights, responsibilities and duties</p> <p>My school community (2) Mo makes a difference</p> <p>Money: Spending wisely, Lend us a fiver!</p> <p>Keeping Safe online</p>
<p>Year 6</p>	<p>Health and Wellbeing Healthy Lifestyles: Five Ways to Wellbeing project, I look great! We have more in common than not*, What is HIV? Keeping Safe: It's a puzzle, Rat Park, What sort of drug is...? Think before you click! What's the risk? Drugs: it's the law! Alcohol: what is normal? Joe's story (part 1) Traffic lights, Joe's story (part 2) What's the risk? (2) To share or not to share? Pressure online</p> <p>Growing and Changing: Is this normal? This will be your life! Helpful or unhelpful? Managing change, Boys will be boys? - challenging gender stereotypes, transgender issues Media manipulation, Making babies</p> <p>Keeping Safe online</p>	<p>Relationships Healthy Relationships: Solve the friendship problem, Working together, Let's negotiate, Behave yourself Assertiveness skills (formerly Behave yourself - 2) Don't force me*, Acting appropriately</p> <p>Families of many forms, LGBT, families headed by grandparents adoptive, foster parents, single parent families</p> <p>Feelings and Emotions: Dear Ash, Dan's day Valuing Difference: Advertising friendships! Respecting differences, OK to be different</p> <p>Keeping Safe online</p>	<p>Living in the Wider World Rules, Rights and Responsibilities: Captain Coram 1 - Gin Lane: children's rights in the 18th century</p> <p>Captain Coram 2 - Thomas Coram and the Foundling Hospital</p> <p>Captain Coram 3 - Funds for Foundlings: 18th century artists raise money for the 1st children's charity</p> <p>Captain Coram 4 - Hetty Feather, fictional founding: children's rights in the 19th century</p> <p>Captain Coram 5 - Life for Foundlings in the 20th century</p> <p>Captain Coram 6 - Coram today: children's rights in the 21st century</p> <p>Two sides to every story, Fakebook friends, Tolerance and respect for others, Democracy in Britain 1 - Elections, Democracy in Britain 2 - How (most) laws are made, Basic first aid</p> <p>Caring for the Environment: Project Pitch (parts 1 & 2), Community art, Action stations!, Happy shoppers Money: What's it worth? Jobs and taxes</p> <p>Keeping Safe online</p>



Year 4 Workshop Lead by Coram Life Education	<ul style="list-style-type: none"> • Know and understand correct terminology of reproductive organs and external sexual body parts • Begin to understand the idea of body ownership • Know and understand that no one has the right to touch their body if they don't want them to • Know a range of appropriate responses to unwanted touch Reflect on and reinforce key learning around privacy, and safe and unsafe touches (in relation to their body) • Reinforces key messages about identifying and talking to trusted adult
Year 5 Workshop Lead by Coram Life Education	<ul style="list-style-type: none"> • Introducing 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 Workshop Lead by Coram Life Education	<ul style="list-style-type: none"> • Introducing the theme of human reproduction • Know correct terminology for reproductive organs How sexual reproduction occurs between humans • Know when to share information and when to keep it private • Reflect on and reinforce key learning around privacy (in relation to their body)

Vocabulary

Year 1	<ul style="list-style-type: none"> • Head • Neck • Ears • Eyes • Private parts 	<ul style="list-style-type: none"> • Arms • Legs • Knees • Face 	<ul style="list-style-type: none"> • Elbows • Hair • Mouth • Teeth
Year 2	<ul style="list-style-type: none"> • baby • toddler • child • grow • comfortable • Private parts 	<ul style="list-style-type: none"> • teenager • adult • pregnant • feelings • uncomfortable 	<ul style="list-style-type: none"> • elderly • life • cycle • love/care • hygiene
Year 3	<ul style="list-style-type: none"> • Pollen /pollination • Reproduction 	<ul style="list-style-type: none"> • Male • Ovule 	<ul style="list-style-type: none"> • Female • seed
Year 4/5	<ul style="list-style-type: none"> • Gestation • Period of time • Pregnancy • Live birth • Eggs • embryo • Excited • Up and down • Attraction • Worried • Internal fertilization • Inside • Reproductive • Organs • Menstruation 	<ul style="list-style-type: none"> • Cervix • Menstruation • Cycle • Period • Blood • Discharge • Adams apple • Penis • Testicles • Scrotum • Puberty • Change • Grow • Penis • Vulva Ovaries/ovary 	<ul style="list-style-type: none"> • Erection • Ejaculation • Wet dream • Masturbation • Sweat • Body odour • Sanitary towel • Tampon • Sperm • Semen • Mature • Private parts • Genitals • Vagina • Labia



	<ul style="list-style-type: none"> • Uterus • Fallopian tubes 	<ul style="list-style-type: none"> • Testicles • Breasts 	<ul style="list-style-type: none"> • Feelings • womb
Year 6	<ul style="list-style-type: none"> • Puberty • Change • Grow • Mature • Private part • Genitals • String feelings • Reproductive organs • Menstruation • Uterus • Fallopian tubes • Heterosexual • gay 	<ul style="list-style-type: none"> • Ovary/ovaries • Cervix • Vagina • Labia • Clitoris • Vulva • Penis • Testicles • Scrotum • Sperm • Semen • Homosexual • transgender 	<ul style="list-style-type: none"> • Erection • Ejaculation • Egg • Sexual intercourse • Conception • Embryo • Pregnant • Birth • Contraception • Condom • Consent • Lesbian • Bisexual •

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

TOPIC	PUPILS SHOULD KNOW
Families and people who care about me	<ul style="list-style-type: none"> • That families are important for children growing up because they can give love, security and stability • 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 • 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 • 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 • That marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong • How to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed



TOPIC	PUPILS SHOULD KNOW
Caring friendships	<ul style="list-style-type: none">• How important friendships are in making us feel happy and secure, and how people choose and make friends• The characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties• That healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded• 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• 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
Respectful relationships	<ul style="list-style-type: none">• 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• Practical steps they can take in a range of different contexts to improve or support respectful relationships• The conventions of courtesy and manners• The importance of self-respect and how this links to their own happiness• 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• 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• What a stereotype is, and how stereotypes can be unfair, negative or destructive• The importance of permission-seeking and giving in relationships with friends, peers and adults
Online relationships	<ul style="list-style-type: none">• That people sometimes behave differently online, including by pretending to be someone they are not• 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• The rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them• How to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met• How information and data is shared and used online



TOPIC	PUPILS SHOULD KNOW
Being safe	<ul style="list-style-type: none">• What sorts of boundaries are appropriate in friendships with peers and others (including in a digital context)• 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• That each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact• How to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know• How to recognise and report feelings of being unsafe or feeling bad about any adult• How to ask for advice or help for themselves or others, and to keep trying until they are heard• How to report concerns or abuse, and the vocabulary and confidence needed to do so• Where to get advice e.g. family, school and/or other sources

Appendix 3: Parent form: withdrawal from sex education within RSE

TO BE COMPLETED BY PARENTS			
Name of child		Class	
Name of parent		Date	
Reason for withdrawing from sex education within relationships and sex education			
Any other information you would like the school to consider			
Parent signature			

TO BE COMPLETED BY THE SCHOOL	
Agreed actions from discussion with parents	<i>Include notes from discussions with parents and agreed actions taken. Eg: Joe Bloggs will be taking part in all relationships lessons and during the sex education lessons, he will be working independently on a project in the Year 5 classroom</i>