

Rowdown Primary School Relationship Education Policy including non-compulsory Sex Education



Date	October 2024
Edited by:	Cordelia Roy (PSHE Coordinator)
Sections edited:	<p>This document has been amended to take into account the most recent updates (13 September 2021) to the Department of Educations document 'Statutory guidance on relationships education, relationships and sex education (RSE) and health education. The most current updates make it clear that this guidance is now statutory.</p> <p>I have made the distinction between Relationship Education(compulsory at Primary School) and Relationship and Sex Education (non compulsory at Primary School) clearer.</p> <p>Took out reference to Covid 19 procedures.</p> <p>Organised information into tables rather than list.</p> <p>After a parents' consultation more detail has been added outlining the Year 5 teaching content relating to Puberty and what the non-statutory aspect of this could be. More detail has also been added about SEN provision.</p>
Review date:	November 2027

Introduction and Purpose:

At Rowdown Primary school we understand the importance of regular teaching of relationship education to help all our children to become healthy and happy individuals and to help them stay safe as they grow and become members of a wider community. Through relationship education we aim to equip all our children with life skills that they can use in their adult lives. The Department of Education emphasises the following:

' From 2020, the following subjects will become compulsory in applicable schools in England.

- relationship education in primary schools
- relationship and sex education in secondary schools
- health education in state funded primary and secondary schools'

Aspects of relationship education will be taught through Science. As the National Curriculum for Science is compulsory, parents will not be able to withdraw their children from these lessons. Though it is not compulsory to teach sex education at primary school, we have chosen to support our children by teaching age appropriate aspects to children in Upper Key Stage 2. Parents will be consulted. The content of these lessons will be made available to the parents before teaching any aspect of sex education. Parents will be able to withdraw their children from these additional lessons as this content is not compulsory.

Policy development:

This policy has been developed in accordance with the DFE 2021 Relationships Education, Relationships and Sex Education (RSE) and Health Education document. Please refer to the PSHE policy for further information on the teaching of relationship education.

This policy has been developed in consultation with our governing body, members of staff and parents to reflect the needs of the community we serve.

Definition:

Relationship Education is lifelong learning about physical, moral and emotional development. It is about the understanding of the importance of loving and caring relationships and promotes British Values. Relationship Education promotes self-esteem, emotional, social and cultural development and wellbeing. It enables children to form and maintain worthwhile and satisfying relationships throughout their lives. This is based on having respect for themselves and for others in all the communities that they are part of e.g. home, school, work or wider community.

Teaching children about healthy relationships supports them to make sound decisions when facing risks, challenges and complex contexts. Children will know how and when to ask for help, and will know where to access support.

Aims and Objectives for Relationship Education

The aim of Relationship Education is to provide children with age appropriate information, explore attitudes and values and develop skills in order to empower them to make positive decisions about their health related behaviour. This will take place with consideration of the qualities of relationships within families. Relationship education such as friendships, emotions, bullying etc will also be explored as part of the PHSE curriculum

The objectives of Relationship Education are:

- To provide the knowledge and information to which all pupils are entitled
- To raise pupils' self-respect, confidence, and empathy for themselves and in their relationships with others;
- To help pupils' develop skills (language, decision making, choice, assertiveness) and make the most of their abilities.
- To provide a framework in which sensitive discussion can take place;
- To teach pupils the correct vocabulary to describe themselves and their bodies;
- To develop skills for a healthier, safer lifestyle;

- To respect and care for their bodies
- To be prepared for puberty and adulthood;
- To help pupils learn about the full range of different relationships in modern Britain;
- To be complementary and supportive to the role of parents;

Withdrawing from the subjects

Relationship and Health Education is statutory in primary schools. Parents therefore do not have the right to withdraw their child from any part of our Relationship Education Curriculum. Parents do have the right to withdraw their children from the non-statutory components of Sex Education that we have chosen to teach in addition to Relationship Education. When teaching these additional Sex Education lessons support will be offered to parents who find that their children may ask more challenging questions. Some parts of the PSHE and Relationship Education curriculum are covered in the Science curriculum. This content is compulsory and children cannot be withdrawn from the teaching of it.

Curriculum

Relationships Education is delivered through a wide range of subjects which includes our PSHE programme Dot Com, computing, science and PE. The curriculum has been developed taking into account the age, needs and feelings of our pupils. Our additional Sex Education lessons are adapted as and when necessary to meet the needs of pupils.

Our Relationship Education curriculum is covered through weekly PSHE lessons using the Dot Com programme which based on the following themes:

RELATIONSHIP EDUCATION

	EYF S	KS1	KS2
Families and People who Care for Me	✓	✓	✓
Caring Friendships	✓	✓	✓
Respectful Relationships	✓	✓	✓
Online Relationships		✓	✓
Being Safe	✓	✓	✓

PHYSICAL HEALTH AND MENTAL WELLBEING

	EYF S	KS1	KS2
Mental Wellbeing	✓	✓	✓
Internet Safety and Harms	✓	✓	✓

Physical Health and Fitness	✓	✓	✓
Healthy Eating	✓	✓	✓
Drugs, Alcohol, Tobacco		✓	✓
Health and Prevention		✓	✓
Basic First Aid			✓
Changing Adolescent Body			Y5*

* In Year 5, children will learn about the emotional and physical changes during puberty, including managing confusing emotions and understanding how puberty affects boys' and girls' bodies. They will be introduced to the correct terms for external and internal sex organs, the menstrual cycle, periods, and the use of sanitary products, alongside the importance of hygiene. The concept of privacy, including the message that "our pants are private," will also be reinforced. Parents will be informed of the content of these lessons prior to their implementation and the opportunity to view the teaching material will be offered in advance. Where possible this will be taught by the nurses at Croydon Health Services. Boys and Girls will receive the same information, but question and answer sessions will be split into gender groups. At Rowdown Primary we may choose to teach additional content about human reproduction in a sensitive and age-appropriate way. This could include understanding the process of reproduction in humans, including conception and the union of egg and sperm. If this non-statutory sex education is taught, parents will be notified in advance, and they have the right to withdraw their children from these lessons.

Delivery of Relationship education within PSHE:

Class teachers and designated Dot Com leads will take responsibility for:

- Teaching Relationships Education and PSHE from the EYFS to Year 6 in line with statutory requirements. These lessons are set out in the school curriculum and include the Dot Com scheme and Zones of Regulation.
- Using a variety of teaching methods and resources to provide an engaging curriculum that meets the needs of all pupils.
- Ensuring they do not express personal views or beliefs when delivering the programme.
- Modelling positive attitudes to relationships, sex and health education.
- Responding to any safeguarding concerns in line with the Child Protection and Safeguarding Policy.
- Acting in accordance with planning, monitoring and assessment requirements for the subjects.
- Liaising with the SENCO to identify and respond to individual needs of pupils with SEND.
- Working with the relationships, sex and health education subject leader to evaluate the quality of provision.

Teachers, Teaching Assistants, Dot Com leads and pupils will agree and set the ground rules to ensure that each pupil feels comfortable and safe during these lessons.

Sex and relationship education is usually delivered in mixed gender groups. However, there may be occasions where single gender groups are more appropriate and relevant, and this will be decided by the person delivering the session.

Staff Training

All staff members at the school will undergo training on a termly basis to ensure they are up-to-date with the relationship, sex and health education programme and associated issues and ensure they are fully equipped to teach the subjects effectively.

Confidentiality/Safeguarding

Confidentiality within the classroom is an important component of Relationship and Health Education, and teachers are expected to respect the confidentiality of their pupils as far as is possible. Teachers will, however, alert the Head Teacher/Safeguarding Lead about any suspicions of inappropriate behaviour or potential abuse as per the school's Child Protection and Safeguarding Policy. Pupils will be fully informed of the school's responsibilities in terms of confidentiality and will be aware of what action may be taken if they choose to report a concern or make a disclosure.

In order to support the teacher's role in delivering Relationship Education or additional Sex Education lessons appropriate/ experienced professionals might be invited into school to deliver specific information for example the NSPCC and Lives not knives. All visitors must follow our safeguarding procedures.

Inclusion

Every child is entitled to receive Relationship Education regardless of ethnicity, gender, religion, age, culture, disability, sexuality, language, special needs, or if they are disadvantaged or looked after children (see Inclusion Policy for further information). It is our intention that all children have the opportunity to experience a programme of Relationship Education at a level which is appropriate for their age and physical development with adapted provision if required. Furthermore, Relationships Education lessons will be adapted to meet the developmental needs of SEN children, utilising clear language, visual aids, and interactive activities to ensure accessibility and engagement. Open communication with parents and individualised support will help create a safe, inclusive environment for teaching key themes such as relationships, boundaries, and emotions.

Monitoring

The delivery of Relationship Education and additional Sex Education lessons will be monitored by the Healthy Schools /PSHE Coordinator, Zones of Regulation Coordinator and Science Coordinator to ensure consistency and continuity. Pupils' development in Relationship Education will be monitored by their Class Teacher as part of our internal assessment systems.

Links with other policies

This policy should be read in conjunction with the following policies and documents: PSHE policy, Anti-bullying policy, Child Protection and Safeguarding policy and Inclusion policy.

Date: January 2024

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