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## Relationships and Sex Education (RSE) Policy

### 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 students for puberty, and give them an understanding of sexual development and the importance of health and hygiene
- Help students develop feelings of self-respect, confidence and empathy
- Create a positive culture around issues of sexuality and relationships
- Teach students the correct vocabulary to describe themselves and their bodies

### Statutory requirements

As a primary academy school we must provide relationships education to all students 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 students 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 this school we teach RSE [as part of science and PSHE](#), as set out in this policy.†

### Policy development

This policy has been developed in consultation with staff, students and parents and approved by the Trust Education Committee. The consultation and policy development process involved the following steps:

1. Review – The Trust Head of Legal reviewed all relevant information including relevant national and local guidance to produce a draft template. This was reviewed by the Trust Education Executive Team and then approved by the Trust Education Committee.
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 sent information about the policy and were invited to ask questions and make comments
4. Student consultation – we investigated what exactly students want from their RSE
5. Ratification – once amendments were made in light of the consultations, the policy was shared with senior Trust staff and the Local Governing Body and ratified

### Definition

RSE is about the emotional, social and cultural development of students, and involves learning about relationships, sexual health, healthy lifestyles, diversity and personal identity.

RSE involves a combination of sharing information and exploring issues and values.

RSE is not about the promotion of sexual activity.

### 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, students and staff, taking into account the age, needs and feelings of students. If students 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.

### Delivery of RSE

RSE is taught within the personal, social, health and economic (PSHE) education curriculum. The programme used at Gladstone Park Primary is called Jigsaw PSHE. Biological aspects of RSE are taught within the science curriculum.

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 Appendix 1

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).

### Roles and responsibilities

#### The Trust Education Committee

The Trust Education Committee will approve the RSE policy and hold the Headteacher to account for its implementation.

### The Headteacher

The Headteacher is responsible for ensuring that RSE is taught consistently across the school, and for managing requests to withdraw students from non-statutory/ non science components of RSE (see **Parents' right to withdraw**).

### Staff

Staff are responsible for:

- Delivering RSE in a sensitive way
- Modelling positive attitudes to RSE
- Monitoring progress
- Responding to the needs of individual students
- Responding appropriately to students 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 headteacher.

### Students

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

### 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 headteacher.

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

### 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 Headteacher 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.

### Monitoring arrangements

The delivery of RSE in our school is monitored by Vanlata Nathu through:

Planning scrutinies, lesson observations, learning walks and pupil voice.

Students' development in RSE is monitored by class teachers as part of our internal assessment systems.

This policy will be reviewed by the Trust every two years annually. At every review, the policy will be approved by the Trust Education Committee.

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## Relationships and Sex Education Policy

Appendix 1: Relationships and sex education curriculum map

Year group	Term	Topic/theme details	Resources
Year 1	Summer 1	Relationships: <ul style="list-style-type: none"> <li>• Families</li> <li>• Making friends</li> <li>• Greetings</li> <li>• People who help us</li> <li>• Being my own best friend</li> <li>• Celebrating special relationships</li> </ul>	JIGSAW lesson plans
Year 2	Summer 1	Relationships: <ul style="list-style-type: none"> <li>• Families- importance of sharing and cooperating</li> <li>• Keeping safe- exploring physical contact</li> <li>• Friends and conflict</li> <li>• Secrets</li> <li>• Trust and appreciation</li> <li>• Celebrating special relationships</li> </ul>	JIGSAW lesson plans

Year group	Term	Topic/theme details	Resources
Year 3	Summer 1	Relationships: <ul style="list-style-type: none"> <li>• Families- roles and responsibilities</li> <li>• Friendship skills</li> <li>• Keeping myself safe online</li> <li>• Being a global citizen</li> <li>• Celebrating my web of relationships</li> </ul>	JIGSAW lesson plans
Year 4	Summer 1	Relationships: <ul style="list-style-type: none"> <li>• Jealousy</li> <li>• Love and loss</li> <li>• Memories</li> <li>• Getting on and falling out</li> <li>• Celebrating relationships with people and animals</li> </ul>	JIGSAW lesson plans Books: Can you hear the Sea by Richard Palmer Badger's Parting Gifts by Susan Varley Goodbye Mousie by Robbie H. Harris

Year group	Term	Topic/theme details	Resources
Year 5	Summer 1	Relationships: <ul style="list-style-type: none"> <li>• Recognising me- personal qualities and characteristics</li> <li>• Safety with online communities</li> <li>• Being in an online community</li> <li>• Online gaming- rights and responsibilities</li> <li>• My relationship with technology- screen time</li> </ul>	JIGSAW lesson plans
Year 6	Summer 1	Relationships: <ul style="list-style-type: none"> <li>• What is mental health?</li> <li>• My mental health- taking care of my mental health</li> <li>• Love and loss- grief</li> <li>• Power and control</li> <li>• Being online- real or fake? Safe or unsafe?</li> <li>• Using technology responsibly</li> </ul>	JIGSAW lesson plans
Year 1	Summer 2	Changing Me: <ul style="list-style-type: none"> <li>• Life cycles</li> <li>• Changing me- some things that have changed and some things that are the same</li> <li>• Changes since I was a baby</li> <li>• Boys and girls body parts- includes penis and vagina and that some are private</li> <li>• Coping with changes</li> </ul>	JIGSAW lesson plans

Year group	Term	Topic/theme details	Resources
Year 2	Summer 2	Changing Me: <ul style="list-style-type: none"> <li>• Life cycles in nature</li> <li>• Growing from young to old</li> <li>• Boys and girls body parts- includes penis and vagina and that some are private</li> <li>• Assertiveness- different types of touch, ones you like and ones you don't</li> </ul>	JIGSAW lesson plans
Year 3	Summer 2	Changing Me: <ul style="list-style-type: none"> <li>• How babies grow</li> <li>• What a baby needs to live and grow – vocabulary 'uterus' is introduced in terms of where a baby grows</li> <li>• Outside body changes e.g. hair,</li> <li>• Family stereotypes</li> </ul>	JIGSAW lesson plans
Year 4	Summer 2	Changing Me: <ul style="list-style-type: none"> <li>• Unique me- some personal characteristics come from your birth parents</li> <li>• Know the internal and external body parts necessary to make a baby</li> <li>• Girls puberty /menstruation</li> </ul>	JIGSAW lesson plans



Year group	Term	Topic/theme details	Resources
Year 5	Summer 2	Changing Me: <ul style="list-style-type: none"> <li>• Self and body image</li> <li>• Puberty for girls</li> <li>• Puberty for boys</li> </ul>	JIGSAW lesson plans
Year 6	Summer 2	Changing Me: <ul style="list-style-type: none"> <li>• My self-image</li> <li>• Puberty</li> <li>• Babies: conception to birth (<a href="#">Science</a>)</li> <li>• Boyfriends and girlfriends</li> <li>• Positive self-esteem</li> </ul>	JIGSAW lesson plans

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

Topic	Students should know
Families and people who care about me	<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>
Caring friendships	<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> <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>
Respectful relationships	<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> </ul>

Topic	Students should know
	<ul style="list-style-type: none"> <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>
Online relationships	<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>
Being safe	<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> <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>

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

<u>To be completed by parents</u>			
<u>Name of child</u>		<u>Class</u>	
<u>Name of parent</u>		<u>Date</u>	
<u>Reason for withdrawing from sex education within relationships and sex education</u>			
<u>Any other information you would like the school to consider</u>			
<u>Parent signature</u>			

<u>To be completed by the school</u>	
<u>Agreed actions from discussion with parents</u>	<u><i>Include notes from discussions with parents and agreed actions taken.</i></u> <u><i>e.g. 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></u>