

# Relationships and sex education policy

Tanners Brook Primary School

<b>Approved by:</b>	Academy Committee	<b>Date:</b> 09.02.2023
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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 relationships
- › Teach pupils the correct vocabulary to describe themselves

## 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 Tanners Brook 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 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 ask questions and raise queries if they wished
4. Pupil consultation – we continually investigate what pupils want from their RSE through ongoing pupil feedback and monitoring engagement during lessons
5. Ratification – once amendments were made, the policy was shared with the Academy Committee 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.

RSE is not about the promotion of sexual activity.

### 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 taking into consideration comments of parents, pupils and staff, taking into account the age, needs and feelings of pupils, as well as the school statutory obligations. 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.

Resources used to teach the curriculum content are considered by the year teams alongside their Phase Leader to ensure they are appropriate and suit the needs of the children. The PSHE Leaders might be called upon to offer further support when considering a new resource. We **will** consider whether any resources we plan to use:

- Are aligned with the teaching requirements set out in the statutory RSE guidance
- Would support pupils in applying their knowledge in different contexts and settings
- Are age-appropriate, given the age, developmental stage and background of our pupils
- Are evidence-based and contain robust facts and statistics
- Fit into our curriculum plan
- Are from credible sources
- Are compatible with effective teaching approaches
- Are sensitive to pupils' experiences and won't provoke distress

Parents can review the resources used in lessons if they feel it will support them in a decision on withdrawing.

Primary sex education will focus on:

- Preparing boys and girls for the changes that adolescence brings as part of our statutory curriculum.

- › How a baby is conceived and born as part of our non-statutory curriculum. Parents will have the right to withdraw their children from this section of the curriculum.

For more information about our curriculum, see our curriculum map in Appendix 1 which highlights RSE foci within our PSHE curriculum.

## 6. Delivery of RSE

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

Pupils in year 5 and 6 also receive some time in single sex groups, facilitated by a trusted member of staff, to ask questions related to their own development.

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).

### 6.1 Inclusivity

We will teach about these topics in a manner that:

- › Considers how a diverse range of pupils will relate to them
- › Is sensitive to all pupils' experiences
- › During lessons, makes pupils feel:
  - Safe and supported
  - Able to engage with the key messages

We will also:

- › Make sure that pupils learn about these topics in an environment that's appropriate for them, for example in:
  - A whole-class setting
  - Small groups or targeted sessions
  - 1-to-1 discussions
  - Digital formats
- › Give careful consideration to the level of differentiation needed, reflecting on children's individual needs for them to be able to access the learning appropriately

## 7. Roles and responsibilities

### 7.1 The Governing Body (Academy Committee)

The Academy Committee will approve the RSE policy and hold the Head of School to account for its implementation.

### 7.2 The Head of School

The Head of School 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 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 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 Head of School.

RSE will be taught by the class teacher. Team teaching may occur to support the quality of provision.

### 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 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 Head of School.

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 our continuing professional development calendar.

The Head of School may also invite visitors from outside the school, such as school nurses or sexual health professionals, to provide support and training to staff teaching RSE if deemed necessary.

## 10. Monitoring arrangements

The delivery of RSE is monitored by the senior leadership team and the PSHE leader through:

Planning scrutiny, work scrutiny, pupil interviews, learning walks and staff consultations.

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

This policy will be reviewed by the Head of School working in conjunction with the PSHE leader annually. At every review, the policy will be approved by the Academy Committee.

## Appendix 1: Curriculum map

Health and Wellbeing	Relationships	Living in the Wider World
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### RSE foci:

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	Who is special to us?	What helps us stay healthy?	What can we do with money?	Who helps keep us safe? <b>RSE – Underwear rule</b>	What is the same and different about us? <b>RSE – Body parts – which make us male and female?</b>	How can we look after each other and the world?
Year 2	What makes a good friend? <b>RSE – When physical contact makes you unhappy</b>	What helps us stay safe?	What helps us grow and stay healthy?	What is bullying?	What jobs do people do?	How do we recognise our feelings?
Year 3	How can we be a good friend?	What keeps us safe? <b>RSE – My body belongs to me – private parts should remain covered</b>	Why should we eat well and look after our teeth?	What makes a community?	Why should we keep active and sleep well?	How do we treat each other with respect? <b>RSE – How to respond to inappropriate behaviour</b>
Year 4	What strengths, skills and interests do we have?	How can we manage our feelings?	What are families like? <b>RSE – How to seek advice if a family relationship makes me unhappy</b>	How can drugs common to everyday life affect health?	How can we manage risk in different places?	How can our choices make a difference to others and the environment?
Year 5	What makes up a person's identity?	What decisions can people make with money?	How will we grow and change? <b>RSE - Puberty</b>	How can friends communicate safely? <b>RSE – How to respond if a friendship makes me uncomfortable</b>	How can we help in an accident or emergency?	What jobs would we like?
Year 6	How can we keep healthy as we grow?		How can the media influence people?		What will change as we become more independent? How do friendships change as we grow? <b>RSE – Conception and birth</b>	

## **Taught as part of the Computing Curriculum**

YEAR GROUP	TOPIC/THEME DETAILS
Year 1	<ul style="list-style-type: none"><li>- What information is private and should not be shared online</li></ul>
Year 2	<ul style="list-style-type: none"><li>- Simple rules for staying safe online;<ul style="list-style-type: none"><li>o Do not share personal information</li><li>o Treat people the same way as you would in real life</li><li>o People may not be who they say they are</li><li>o Who to go to if we have worries and need help</li></ul></li></ul>
Year 3	<ul style="list-style-type: none"><li>- How to use technology respectfully and safely, such as by keeping personal information private</li><li>- Where to go for help and support if they have any concerns about online content</li><li>- Learning to question whether what is online is trustworthy or real</li></ul>
Year 4	<ul style="list-style-type: none"><li>- Potential dangers online and how to avoid them including not disclosing personal information and that some people may not be what they say they are</li></ul>
Year 5	<ul style="list-style-type: none"><li>- Understanding why caution is sometimes needed when accessing the internet</li><li>- Ways to stay safe online</li></ul>



## Appendix 2: Relationships education - 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"> <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>

TOPIC	PUPILS SHOULD KNOW
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> <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>

## From Physical health and mental wellbeing

TOPIC	PUPILS SHOULD KNOW
Changing adolescent body	<ul style="list-style-type: none"><li>• key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes</li><li>• about menstrual wellbeing including the key facts about the menstrual cycle</li></ul>

### 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	