

Relationships, Sex and Health Education (RSHE) Policy

UNCRC – Article 2 (non-discrimination), Article 3 (best interests of the child), Article 13 (freedom of expression), Article 14 (freedom of thought, belief and religion), Article 17 (Access to information from media), Article 28 (right to education), Article 29 (Goals of education), Article 30 (minority groups), Article 31 (leisure, play and culture), Article 42 (knowledge of rights)

Policy Development

This policy covers our school's approach to Relationships, Sex and Health Education and has been developed in consultation with staff, pupils and parents.

The consultation and policy development process involves the following steps:

- Review –The PSHE coordinator pulls together all relevant information including relevant national and local guidance
- Staff consultation – all school staff are given the opportunity to look at the policy and make recommendations
- Parent/stakeholder consultation – The policy is made available to parents on the website and they are invited to discuss any points
- Ratification – once amendments are made, the policy is shared with governors and ratified

Rationale and Ethos

RSHE is about the emotional, social and cultural development of pupils, and involves learning about relationships, sexual health, sexuality, healthy lifestyles, diversity and personal identity. RHSE involves a combination of sharing information and exploring issues and values.

Charter Primary School is a Rights Respecting School, therefore the values that underpin this policy are:

- Respect for self
- Respect for others
- Responsibility for ones actions

We want our pupils to develop healthy positive behaviours that will support them through life and have the knowledge and skills to make safe positive decisions. We are committed to safeguarding all children and our provision of RSHE supports this commitment. We provide children with the opportunity to learn about healthy relationships, respect for themselves and where to seek help if needed. We teach children about their bodies and about relationships so that they have both information and skills that will be useful when they grow up.

Aims

The aims of Relationships, Sex and Health Education (RSHE) at Charter Primary School are to:

- Develop the personal skills needed by pupils for them to establish and maintain relationships
- Provide a framework in which sensitive discussions can take place

- Help pupils develop feelings of self-respect, confidence and empathy
- Create a positive culture around issues of sexuality and relationships
- Teach pupils the correct vocabulary to describe themselves and their bodies
- Prepare pupils for puberty, by giving them an understanding of the importance of health and hygiene
- Enable children to make responsible choices and informed decisions about their health and well-being

Legislation and Statutory Requirements

Current regulations and guidance from the Department for Education states that from September 2020 all primary schools in England must deliver Relationships Education and Health Education. There is no statutory requirement for primary schools to teach sex education beyond what is required in the Science National Curriculum. However, the Department of Education recommends that children are taught about how a baby is conceived and born prior to leaving primary school.

Documents that inform the school's RSHE policy include:

- Education Act (1996)
- Learning and Skills Act (2000)
- Education and Inspections Act (2006)
- Equality Act (2010)
- The National Curriculum in England (2014)
- Relationships Education, Relationships and Sex Education (RSE) and Health Education (2019)
- PSHE Association: Programme of study for PSHE Education (2019)
- Keeping Children Safe in Education (2021)

Roles and Responsibilities

The Headteacher is responsible for ensuring that RSHE is taught consistently across the school, and for discussing any concerns or issues parents may have.

The PSHE coordinator will:

- Develop a suitable curriculum and programme of learning
- Provide strategic leadership and direction
- Promote the subject and provide opportunities to enhance the subject
- Ensure appropriate coverage of the curriculum
- Provide guidance, support and advice
- Monitor pupil progress in this area
- Ensure sufficient and up to date resources
- Provide training and CPD as per the CPD calendar and/or when the need arises
- Keep up to date with new developments and resources
- Review and monitor the implementation of the policy and curriculum
- Report to Governors

Staff are responsible for:

- Delivering RSHE in a sensitive way
- Modelling positive attitudes to RSHE

- Monitoring progress
- Responding to the needs of individual pupils

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

Delivery of RSHE

At Charter Primary School, RSHE is delivered within the Personal, Social, Health and Economic Education (PSHE) curriculum. Some biological aspects of Sex Education are taught within the Science Curriculum. It also compliments content covered in Computing, PE and RE. Sex Education is taught discreetly, generally in the Summer Term.

Children are taught PSHE, including Relationship, Sex and Health Education by their class teacher. A school nurse or trained health professional may work alongside class teachers in lessons on occasions. Older children may work in single sex groups with a teacher or health professional of the same sex for some of the time.

All RSHE lessons are taught in a sensitive manner respecting the needs of all pupils. Teachers and pupils will agree ground rules for lessons promoting a positive supportive learning environment. RSHE lessons may lead to a disclosure from a pupil. If this is the case, staff are to follow our safeguarding/child protection policy informing the schools safeguarding lead if needed.

RSHE will ensure quality of access for all pupils, regardless of gender, race or disability, so giving equal opportunities and avoiding discrimination.

Pupils with special educational needs will be given the opportunity to fully participate in RSHE lessons, and a differentiated program will be provided where necessary, to ensure that all pupils gain a full understanding. Pupils in Dragon Hubs will receive an adapted RSHE curriculum as appropriate for their needs.

Since RSHE incorporates the development of self-esteem, positive self-image and relationships, pupils' learning does not just take place through the taught curriculum but through all aspects of school life including the playground. If children value themselves then they can reasonably be expected to value others, showing respect and responsibility in their actions now and in the future. Adults show these principles in the community life of the school by:

- Valuing all talents and achievements
- Applauding kind and helpful actions
- Challenging thoughtless and unkind behaviour
- Treating children with respect
- Avoiding and challenging stereotypes

Curriculum Design and Implementation

We have developed the PSHE curriculum to incorporate RSHE, taking into account the age, needs and feelings of our pupils. We use lesson plans and resources from Kapow Primary, an online provider of resources for primary schools, as a basis for our PSHE teaching including RSHE while ensuring that we follow our own Charter Small Steps Curriculum. These lessons cover the statutory requirements and are carefully planned to be age appropriate. They also give

opportunities to revisit topics in different year groups. This is important as they will learn more and see things differently as they mature.

We aim to support children's emotional development and the children are encouraged to ask questions and are taught where to go if help is needed. Children are given opportunities to work collaboratively, and are entrusted with responsibilities appropriate to their age. Teaching methods that encourage discussion and participation are used to consider issues such as: family relationships, right and wrong actions, showing respect, stereotyping, feelings, emotions and moods, responsibilities, recognising and valuing individual differences.

Our PSHE curriculum is divided into overarching themes:

- Families and Relationships (including different types of families, respectful relationships, dealing with conflict, stereotypes)
- Health (including mental and physical health)
- Wellbeing (including relaxation techniques)
- Safety (including staying safe online, road safety and asking for help when needed)
- Citizenship (including democracy, diversity, community)
- Economic Wellbeing (including career choices, making decisions when budgeting, spending and saving money)
- Our Changing Body (including physical and emotional changes)

Through our Science Curriculum work on plants and animals (described fully in the National Curriculum for Science) important themes are considered, such as growth, male and female body parts, reproduction, and life cycles. Children learn about themselves and the rest of the natural world.

Sex Education at Charter Primary will focus on:

- Their bodies, sexual difference and naming body parts
- Preparing boys and girls for the changes that adolescence brings (physical, emotional and social)
- Exploring the impact of puberty on the body and the importance of physical hygiene
- Understanding that menstruation and wet dreams are a normal part of growing up
- Human reproduction, how a baby is conceived and born, and the skills and responsibilities involved in being a parent, considered in the context of relationships

Monitoring, Reporting and Evaluation

The delivery of RSHE is monitored by the PSHE coordinator, SLT and the Headteacher through: Learning Walks, planning scrutiny, pupil voice and book looks.

Pupils' development in RHSE is monitored by class teachers.

This policy will be reviewed by the PSHE Coordinator annually. At every review, the policy will be approved by the Headteacher.

Parent Involvement

We believe that successful teaching around RSHE can only take place when parents and school work together in partnership. We all want children to grow up safe and happy in healthy relationships, with the ability to manage their emotions and speak up when they feel unsafe. Therefore, we are committed to working together with parents.

We recognise the importance of parents knowing about the content of the lessons so they can carry on the conversations at home and have an opportunity to talk to their children about their own families, beliefs and values. To this end, in the development of this policy, parents have been given information about the RSHE programme, the opportunity to consider the policy and to see the resources that are used.

Parents do not have the right to withdraw their children from Relationships and Health Education. The Science Curriculum also includes content on human development, including reproduction, which there is no right to withdraw from. Parents do have the right to withdraw their children from any or all parts of the non-statutory school's programme of Sex Education within RSHE (conception and birth). If they wish to do this, parents will need to speak to the Headteacher.

Resources

Kapow Primary PSHE, RSE and wellbeing resources

'Living and growing' Channel 4 series and resources

Books including: 'What's happening to my body?' (Boys/Girls) by Lynda Madarais, 'Have you started yet?' by Ruth Thomson, 'I am Jazz' by Jessica Herthel & Jazz Jennings, 'And Tango makes three' by Justin Richardson, Usborne 'All About Families' by Felicity Brooks, 'The Great Big Book of Families' by Mary Hoffman and Ros Asquith and 'Introducing Teddy' by Jessica Walton
BBC 'I am Leo' video available online.

Policy written: September 2020

Consultation with parents: October 2020

Policy updated: September 2021

Ratified by Governors: October 2020, and with updates October 2021

Review Date: September 2022

Policy Updated: February 2024

Please read in conjunction with:

Charter Safeguarding and Child Protection

Charter Staff Behaviour Policy

Keeping Children Safe in Education

Online Safety Policy

Teaching and Learning Policy