

ROCKCLIFFE CE SCHOOL



RELATIONSHIPS, SEX AND HEALTH EDUCATION 2021 - 2024

Introduction

This policy outlines Rockcliffe CE School's commitment to provide effective Relationships, Sex and Health Education (RSHE) for all pupils in support of that offered by parents, who are the first educators of their children in this area. It has been written with regard to the DfE Relationships Education, Relationships and Sex Education (RSE) and Health Education guidance 2019 and other relevant guidance documents and statutory requirements.

To meet the needs of our pupils we will also deliver sex education to children in Year 6.

The RSHE teaching in this school contributes to our statutory duty to safeguard children and prepare them for the responsibilities and experiences of adult life.

RSHE is taught in an age-appropriate manner throughout the school.

What is RSHE?

RSHE is lifelong learning about physical, moral and emotional development. Through RSHE children learn about relationships, diversity, respect, healthy lifestyles, safety, the body and how it changes, reproduction and birth in a sensitive and age-appropriate way. In primary school we are building the foundations of skills and knowledge that will be developed further at secondary level.

Our key aim in providing RSHE throughout the school is to safeguard our pupils. During their time at Rockcliffe, children will learn key knowledge and skills to help keep them safe and prepare them for adult life.

Below is a list of topics covered by our RSHE programme (referenced to the appropriate scheme of work):

- Families and people who care for me (RSHE1)
- Caring friendships (RSHE2)
- Respectful relationships (RSHE3)
- Online relationships (RSHE4)
- Being safe (RSHE1)
- Mental wellbeing (RSHE7)
- Internet safety and harms (RSHE8)
- Physical Health and fitness (RSHE6)
- Healthy eating (RSHE6)
- Drugs, alcohol and tobacco (RSHE6)
- Health and prevention (RSHE6)
- Basic First Aid (RSHE6)
- Changing adolescent body (RSHEEx)

Aims

- Develop knowledge and understanding of positive and healthy relationships and the importance of commitment
- Make pupils aware of their rights especially in relation to their bodies
- Enable the development of social and relationship skills and protective behaviours
- Prepare pupils for the physical and emotional changes of puberty
- Develop understanding of reproduction and birth within the context of loving and caring relationships
- Explore a range of attitudes, values and faith perspectives around aspects of relationships and sex
- Support pupils to use the internet safely and to recognise the benefits and risks that it brings
- Develop pupils' skills around assessing risk and keeping safe
- Enable children to gain the skills and understanding to support the development of healthy bodies and minds
- Enable pupils to recognise and manage their emotions
- Provide pupils with the knowledge and skills to access appropriate support

The RSHE programme is based on the needs of pupils in the school with learning outcomes appropriate to their age, ability and level of maturity. RSHE will be embedded within our broader curriculum areas, including Science and PE, in addition to more focused learning through RSHE sessions, circle-time and assemblies.

Pupils will be helped to appreciate difference and to respect themselves and others.

As a school we will deliver RSHE in a factual, non-judgmental way ensuring that teachers do not promote one faith or cultural viewpoint but rather provide a balanced approach that acknowledges the wealth of views and opinions of our community and teaches tolerance. Parents and carers are key partners in RSHE and are best placed to support their children to understand how their learning at school fits with their family's faith, beliefs and values. Knowing what is to be taught each half term allows parents the opportunity to discuss issues or concerns with their children and school staff.

To support this process, we will ensure that parents are made aware of what will be taught and when. We want every child and family to feel included, respected and valued.

Teachers will plan in different ways and use a variety of teaching strategies to meet the needs of individuals. For some children, particularly those with special educational needs and disabilities, a differentiated approach may be necessary to ensure learning outcomes are met – this will be discussed with parents/carers and an individual support plan developed.

Some pupils may have experienced adverse childhood experiences that may impact on their ability to engage with RSHE in a variety of ways. Care will be taken to ensure that, where this is the case parents/carers are consulted about the most appropriate way for the pupil to access the curriculum. A range of different families and relationships will be explored within RSHE. All children need to feel that RSHE is relevant to them and sensitive to their needs.

The curriculum we deliver is age appropriate and progressive, building the children's knowledge, understanding and skills year on year. We work to objectives that support the outcomes outlined in the government RSHE guidance.

Some elements of RSHE are delivered through National Curriculum Science:

Year 2

- notice that animals, including humans, have offspring which grow into adults
- describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene.

Year 5

- pupils should be taught to describe the changes as humans develop to old age.
- describe the life process of reproduction in some plants and animals.

Year 6

- recognise the impact of diet, exercise, drugs and lifestyle on the way their bodies function
- recognise that living things produce offspring of the same kind, but normally offspring vary and are not identical to their parents.

Identity and Equality

We are required to comply with the requirements of the Equality Act 2010. Rockcliffe CE School values diversity, encourages respect for all and promotes tolerance for, and celebration of, difference. We do not discriminate against pupils because of any protected characteristic (age, sex, race, disability, religion or belief, gender reassignment, pregnancy or maternity, marriage or civil partnership, or sexual orientation). At times, when there is an identified need, we may take positive action through our planning and delivery of RSHE to deal with disadvantages facing those with a particular characteristic. RSHE will be accessible to all regardless of their gender. Through the delivery of RSHE teachers will explore gender stereotypes and how they may limit a person's potential and ensure that people of all genders receive information that is relevant to their needs.

A range of different families and relationships will be explored within RSHE. All children whatever their identity, developing identity, or family background need to feel that RSHE is relevant to them and sensitive to their needs. This means that resources and books used will show families of all kinds, including (but not restricted to) mum/dad, two parents of the same gender, fostering, adoption, single parent, extended family and others. This reflects both our school community and wider society.

Sex Education

In addition to Relationships and Health Education we also cover sex education in Year 6. The content of sex education includes learning about reproduction, pregnancy and birth as well as consent. Parents are able to withdraw their child from this learning if they choose to.

Right to withdraw from sex education

Whilst we always try to work with parents to explore their views, we also accept that parents can exercise their right to withdraw their child from the sex education elements of our programme (other than that which comes within the Science curriculum). There is no right to withdraw from Relationships Education or Health Education. Parents can exercise their right to withdraw their child from sex education in Year 6 by informing their child's class teacher.

Menstrual well-being

Some pupils will begin menstruation in primary school. To support pupils who are menstruating we have in place the following:

- Sanitary disposal units are available in the KS2 toilets
- Class teachers and staff can help children to access sanitary protection.

Our RSHE programme covers basic information about menstruation in year 4, with more detailed input in years 5 and 6. If your child has difficulties managing their periods at school, please inform their class teacher for support.