



St Mary's CE Primary School

The Relationship, Sex Education and Health Education (RSHE) Policy

Adopted: September 2021

Next Review: September 2024

"Blessed are those who find wisdom, those who gain understanding" Proverbs 3:13

Statutory Framework

The Relationships, Sex Education and Health Education (RSHE) aspects of Personal, Social, Health and Economic Education (PSHE) are now compulsory within all schools.

RSHE covers broad areas of particular relevance and concern to children and young people today - mental health and wellbeing, physical health (including healthy lifestyles and first aid) and learning about safe, healthy relationships, including understanding consent and negotiating life online. These new statutory requirements do not extend to sex education at KS1 and KS2 (beyond the biological/reproductive aspects schools are already required to cover in science). Parents of UKS2 pupils will have the right to withdraw their child from puberty talks but not from statutory Relationships Education or Health Education. In developing a RSHE scheme of work at St Mary's we have taken objectives from the RSHE Association programme of study, as well as DfE guidance which can be found here;

<https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education>

Definition of RSE

We define RSE (within PSHE) as being part of lifelong learning about the emotional, social and physical aspects of growing up, relationships, sex, human sexuality and sexual health. It aims to give pupils essential skills for building positive, enjoyable, respectful and non-exploitive relationships and to stay safe on and offline. It enables exploration of attitudes and values, helps build self-esteem and confidence to view their sexuality positively.

Relationship and Sex Education is not just learning about growing up, changes and reproduction. It is also about enabling children to make and maintain relationships with others, to understand about human sexuality and to feel good about themselves and the choices they make. This involves helping children to gain knowledge, develop skills and form positive beliefs and attitudes.

1. Knowledge and Understanding including; emotional, social and physical aspects of growing up, puberty, reproduction and pregnancy, similarities and differences between males and females, parts of the human body including the male and female reproductive parts, gender stereotyping and discrimination, different families, different types of relationships, healthy and unhealthy relationships and where to get help if needed
2. Personal and Social Skills including; talking and listening to others, managing emotions, making friends and managing friendships, forming and maintaining loving, caring and respectful relationships, developing self-respect and empathy for others, respecting the differences between people, resilience to cope with change, making responsible and safe decisions, including on line
3. Attitudes and Values including; feeling positive about growing up, the importance of respect, care and love, the value of family life, the importance of stable and loving relationships, including marriage and civil partnerships, respect for rights and responsibilities in relationships, understanding that exploitation and violence in relationships is unacceptable, acceptance of difference and diversity, promoting gender equality.

Aims

At St Mary's, we believe that RSHE helps to give pupils the knowledge, skills and understanding they need to lead confident, healthy, independent lives, in order to become informed, active and responsible citizens.

The aims of the RSHE curriculum at St Mary's are to:

- Promote the spiritual, moral, cultural, mental and physical development of all pupils
- Prepare pupils for the opportunities, responsibilities and experiences of later life
- Encourage pupils to value themselves and others
- Allow pupils to acknowledge and appreciate difference and diversity
- Teach pupils how to make informed choices
- Prepare pupils to be positive and active members of a democratic society
- Teach pupils to understand what constitutes a safe and healthy lifestyle
- Provide a framework in which sensitive discussions can take place
- Promote safety in forming and maintaining relationships
- Provide pupils with a toolkit for understanding and managing their emotions
- Provide pupils with the opportunities to consider issues which may affect their own lives and/or the lives of others
- Help pupils to identify the characteristics of healthy relationships, how relationships may affect mental and physical health; and how to stay safe online
- 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
- Teach pupils the correct vocabulary to describe themselves and their bodies

Delivery of PSHE (including RSHE)

The curriculum for RHE is organised by themes and topics. These include:

- Physical Health
- Mental Wellbeing
- Growing and Changing
- Keeping Safe
- Families and Friendships
- Safe Relationships
- Respecting Ourselves and Others

RSE will be taught through a planned programme in PSHE as well as in science. This will ensure that it covers the statutory biological aspects, but also the social and emotional aspects. At primary school level, sex and relationship education should contribute to the foundation of PSHE and Citizenship by ensuring that all children:

- Develop confidence in talking, listening and thinking about feelings and relationships
- Are able to name parts of the body and describe how their bodies work
- Can protect themselves and ask for help and support; and
- Are prepared for puberty

At St Mary's we have a statutory duty to teach the RSE elements of the Science National Curriculum. Through National Curriculum Science the children will learn:

Key Stage 1

1. That animals including humans, move, feed, grow, use their senses and reproduce
2. To recognise and compare the main external parts of the bodies of humans
3. That humans and animals can produce offspring and that these grow into adults
4. To recognise similarities and differences between themselves and others and treat others with sensitivity

Key Stage 2

1. That the life processes common to humans and other animals include nutrition, growth and reproduction
2. The main stages of the human life cycle

Upper Key Stage 2

1. To recognise that living things produce offspring of the same kind, but normally offspring vary and are not identical to their parents.
2. To understand the role of evolution and inheritance in the development of the human race as well as understanding how physical characteristics may become more or less developed through reproduction over time.

What is taught in each year group?

The RSE curriculum is an integral part of the St Mary's school PSHE education provision and will be part of the lessons based on learning opportunities for Health and Wellbeing, and Relationships. It is taught throughout each year from Reception to Year 6, see Appendix 1 for more detail.

The curriculum for each year group covers knowledge, skills and attitudes and is appropriate to the age and maturity of pupils. It progresses from one year to another, building on what has been learnt in previous years. We ensure that the same messages about being safe online are taught through PSHE as in ICT.

Who teaches RSE?

RSE will be taught by the class teacher but sometimes health professionals or other visitors will help deliver RSE, such as the school nurse.

How is RSE taught?

Pupils are taught in mixed groups to ensure that boys and girls learn the same information. Resources, such as DVDs and leaflets are chosen to ensure that they are appropriate to the age and maturity of pupils. These links will be available to the children and parents before the lessons. The curriculum will be taught in a 2 year cycle in mixed age classes. (See Appendix 1)

Confidentiality, safeguarding and child protection

Although RSE is not about personal disclosures and personal issues, it is possible that a pupil may disclose personal information. Staff understand that they cannot promise pupils absolute confidentiality, and pupils know this too. If teachers are concerned in any way that a pupil is at risk of sexual or any other kind of abuse, they will talk to the Designated Safeguarding Lead (Mrs G Woodward, Head Teacher) and follow the school's Safeguarding Policy.