



Newbridge Primary School

Relationships and Sex Education (RSE) Policy

Author: Liz Keynes
Role: PSHE team
Date written: December 2017
Review date: September 2020 (every 3 years)

Policy Review dates

Review Date	Changes made	By whom	Date Shared with staff
January 2016	Aims / knowledge	J.Cumpson	
November 2017	Policy redrafted	Liz Keynes	

Introduction

Newbridge Primary School considers that Relationship and Sex and education (RSE) is an integral part of the Personal, Social, Health Education and Citizenship curriculum, and is linked to the Science curriculum. We aim to offer pupils a carefully planned programme on human development, relationships, family life and sexuality within a safe, comfortable atmosphere and in a well-established relationship between teacher and pupil. The programme is set within a moral framework and matched to the pupil's level of maturity. This policy is based upon the Sex and Relationship Education Guidance,

What is Relationship and Sex education?

Relationship and Sex education (RSE) is learning about the emotional, social and physical aspects of growing up, relationships, sex, human sexuality and health. It should equip children and young people with the information, skills and values to have safe, fulfilling and enjoyable relationships and take responsibility for their sexual health and well-being. We teach a curriculum that builds upon prior age appropriate information in a careful and sensitive way.

Aims

RSE in our school aims for pupils to:

- develop confidence in talking, listening and thinking about feelings and relationships
- provide children with skills necessary to keep themselves happy and safe
- have confidence and self-esteem to value themselves and others.
- understand about the range of relationships, including the importance of family for the care and support of children
- be able to name parts of the body and describe how their bodies work
- be able to protect themselves and ask for help and support
- be prepared for puberty
- to understand the consequences of their actions and behave responsibly within relationships
- to be able to recognise unsafe situations and be able to protect themselves and ask for help and support
- learn skills to manage peer pressure
- understand their right to bodily autonomy
- challenge media stereotypes, oppression and prejudice and promote equal opportunities
- counteracts myths and misinformation
- to understand the role the media and internet plays in informing attitudes and keeping safe
- to understand how safe routines can reduce the spread of viruses
- develop the confidence to seek help, support and advice

Why should RSE be taught?

In a world where children receive information about relationships and sex from a variety of sources, many of which are inaccurate or 'unhealthy', RSE aims to counterbalance these messages by providing accurate information as part of a supportive programme. RSE is about helping children to develop and maintain successful relationships, about providing them with information that will support them with the process of puberty and helping them understand issues relating to sex and reproduction.

RSE is about demonstrating to children that matters relating to the body and sex can be spoken about in a sensitive and positive way. This helps children feel more comfortable communicating about these matters. This therefore will undoubtedly increase the likelihood of them behaving

responsibly in any sexual relationship they go on to have, as such responsibility usually requires some kind of communication – with a partner and/or sexual health services

How is RSE provided?

Pupils need to be given accurate information and helped to develop skills to enable them to understand difference and respect themselves.

A planned, progressive programme of RSE, which will be age and stage appropriate, will be taught. It will begin to prepare our children for adult life. It teaches the skills they need to fully manage the natural physical and emotional changes that will happen to them as they grow and mature into healthy, confident and responsible adults. We aim to provide accurate information and to help to develop skills to enable them to understand the differences and respect themselves and others. We hope to prevent and remove prejudice. RSE should contribute to promoting the spiritual, moral, cultural, mental and physical development of pupils at school and within society, thus preparing them for the responsibilities and experiences of adult life. We will work towards this aim in partnership with parents/carers.

In line with national recommendations, RSE at Newbridge Primary School will be delivered through the PSHE, Science, SEAL and Citizenship frameworks.

RSE is taught to each year group, starting in Reception.

RSE at Newbridge Primary School should cover the following areas:

Attitudes and Values

- learning about the values of family life and stable relationships.
- learning the value of respect, love and care.
- exploring, considering and understanding moral dilemmas.
- developing critical thinking as part of decision making.
- learning to manage emotions and relationships confidently and sensitively.
- developing self-respect and empathy for others.
- learning to make choices based on understanding of differences and with the absence of prejudice.
- providing opportunities for young people to develop the ability to understand the consequences of their decisions and actions.
- develop critical thinking as part of decision making.

Knowledge and Understanding

- information about healthier, safer lifestyles.
- learning and understanding physical development at appropriate stages.
- physical development.
- emotions, relationships and reproduction,

Personal and social skills

- learning to manage emotions and relationships confidently and sensitively;
- developing self-respect and empathy for others;
- learning to make choices based on an understanding of difference and with an absence of prejudice
- developing an appreciation of the consequences of choices made;
- managing conflict
- learning how to recognise and avoid exploitation and abuse.

Pupils will also develop their sensitivity and understand the need to treat each other equally, respecting differences through:

- RE and collective worship.
- Circle Time.
- SEAL

Working in Partnership with Parents:

The school believes that the primary role in children's sex and relationship education lies with the parents and carers. We wish to build a positive and supporting relationship with the parents of the children at our school through a mutual understanding, trust and co-operation. In promoting this objective we will:

- inform parents about the school's sex and relationship education policy, its practice and the resources used in its teaching;
- answer any questions that parents may have about the sex and relationship education of their child;
- take seriously any issues that parents raise with teachers or governors about this policy or the arrangements for sex and relationship education within the school;
- inform parents about the best practice known with regard to sex and relationship education so that the teaching in school supports the key messages that parents and carers give to children at home. We believe that, through this mutual exchange of knowledge and information, children will benefit from being given consistent messages about their changing body and their increasing responsibilities.
- parents have the right to withdraw their child from all or part of the relationships and sex education programme that we teach in school. If a parent wishes their child to be withdrawn from sex and relationship education lessons, they should discuss this with the head teacher, and make it clear which aspects of the programme they do not wish their child to participate in. The school always complies with the wishes of parents in this regard

The school is committed to working with parents and carers and informs parents by letter when pupils will be studying RSE. Parents are invited to attend an RSE Information Meeting.

Parents have the right to withdraw their children from all or part of the RSE provided except for those parts included in the statutory National Curriculum. Parents are asked to contact the Head Teacher who will be available to discuss any concerns.

Working with the Wider Community

Elements of relationship and sex education are also provided by a range of people in the wider community including health professionals, social workers, youth workers and visitors. If people other than school staff support RSE provision, they will be made aware of and agree to abide by our RSE policy before any support is given.

Confidentiality, Safeguarding and Child Protection

RSE will take place in a secure and supportive environment; however, the children will be made aware that teachers **cannot** offer unconditional confidentiality. All staff involved in delivering and supporting RSE should be alert to the signs of abuse, neglect and exploitation.

Safeguarding - RSE may bring about disclosures of safeguarding children issues and all staff are conversant with the procedures for reporting their concerns. In these cases please refer to the

school's safeguarding policy. As a general rule a child's confidentiality is maintained by the teacher or member of staff concerned. If this person believes that the child is at risk or in danger, they talk to the named Designated Safeguarding Lead (DSL) or alternate DSL who will take the appropriate action.

Questions by Pupils

Staff at Newbridge Primary School answer questions that relate directly to the agreed programme/lesson.

- make it clear, through ground rules, that nobody should ask personal questions
- be prepared to modify the programme if a certain question recurs (perhaps because of media coverage)
- Encourage pupils to ask their parents/carers any question outside the planned programme. (Staff will answer age and stage appropriate questions)
- Tell pupils that their question will be answered in a later part of the RSE Programme.

Language and Ground Rules

- Respect will be shown at all times.
- No personal questions are acceptable in RSE lessons.
- Use the correct terms for all body parts as this is deemed good practice.

Review and Monitoring

The Relationships and sex Education Policy is reviewed every two years by governors. The RSE programme is monitored by the PSHE Co-ordinator.

Equal Opportunities

The school is committed to the provision of RSE to all of its pupils. Our programme aims to respond to the diversity of children's cultures, faiths and family backgrounds.

Chair of Governors _____ Date: _____

Chair of Curriculum Committee _____ Date: _____

Headteacher _____ Date: _____