



# Health, Relationship and Sex Education Policy



CURRENT

APPROVED – MAY 2016  
REVIEWED – MAY 2018  
PERSON RESPONSIBLE – HEADTEACHER

## Introduction

At Hillside Primary School we recognise that Health, Relationship and Sex Education (“HRSE”) is a vital part of a child’s education, ensuring they are well prepared to deal with the social and emotional challenges of growing up. HRSE is an integral element of a broader PHSE programme alongside the wider curriculum offer to ensure a broad and balanced curriculum that:

- Promotes the spiritual, moral, cultural, mental and physical development of pupils
- Prepares pupils for the opportunities, responsibilities and experiences of later life.

A balance between knowledge, skills and understanding and values and attitudes is essential to provide a holistic approach that supports all children’s development.

## Aims and Objectives

The aim of HRSE is to equip children and young people with the information, skills and values to have safe, fulfilling and enjoyable relationships as well as taking responsibility for their own health and well-being. Good quality HRSE promotes the core values of respect, love and care. It also provides young people with an opportunity to reflect on their own attitudes and beliefs and those of their peers and others. Pupils will be encouraged to respect the views of others and to develop the skills of listening and empathy, as well as talking about feelings and relationships at school and with their friends and families.

Pupils will learn about the importance of family in bringing up children, recognising the wide variety of loving and supportive family structures that are represented at Hillside and in the wider community. The importance of love, respect and care for one another will be paramount, rather than the promotion of any one particular family structure or sexual orientation.

We aim to ensure that all pupils:

- 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 (pupils will be encouraged to use the correct medical terms for parts of the body)
- Can protect themselves and ask for help or support
- Are prepared for puberty

## Curriculum content

The main HRSE programme is based on the Christopher Winters Project – Teaching SRE with confidence in Primary Schools. Content will be re-organised following consultation with parents and to cater for Hillside’s mixed age classes:

**Reception:** Ourselves - Understanding how to keep clean, look after ourselves, identify different members of the family and how they help each other.

**Years 1 & 2:** Growing and caring for ourselves, Differences – Understand that babies grow into children and adults; know there are different types of families and different people who can care for us and help us; be able to name some male and female animals (eg lions); know female animals usually feed babies; be able to recognise similarities and differences between boys and girls; name parts of the body using correct language; be able to discuss and challenge gender stereotypes

**Years 3 & 4:** Valuing difference and keeping safe – Know the correct names for parts of the body; understand the need for personal space and privacy; recognise different types of families and family members; know which family members we can talk to and who can help us; describe the main changes in human and animal lifecycles

**Year 5:** Puberty – Understand the physical and emotional changes that take place during puberty, know how to stay clean and healthy

**Year 6:** Puberty, Relationships and Reproduction – Understand the changes that take place during puberty; understand the need for good relationships and how to keep ourselves safe; understand human reproduction

Following consultation with parents and pupils we have decided that class teachers will teach the majority of HRSE lessons. Senior Leaders and/ or external agencies (eg School Nurse, health professionals, youth workers, domestic violence charities, faith group representatives etc) will be used for support if it is deemed appropriate. Parents will be informed before planned lessons with sexual content are delivered.

Curriculum links will be made where possible, such as in PHSE and Science lessons as well as specific Computing content (eg sexting / keeping safe online).

### **Assessment**

Assessment of HRSE will take place formatively through discussion, observation, questioning and work produced. Assessment for learning, including self-assessment, will be used. Monitoring Teaching and Learning, including pupil voice, will be conducted by the PHSE/HRSE co-ordinator (team) and SLT.

### **Safeguarding**

HRSE plays a very important part in developing pupils' understanding of the difference between safe and abusive relationships, and equips them with the skills to get help if they need it. Effective HRSE may lead to disclosures of child protection issues, which must be dealt with immediately in line with usual child protection procedures. If any child discloses to an adult that they have been or are considered to

be sexually active, this MUST be deemed a child protection issue and reported to the DSL immediately.

### **Equalities, Inclusion and Differentiation**

HRSE will be taught to all pupils, whatever their ability or individual needs (unless withdrawn by parents) as part of our broad, balanced and inclusive curriculum offer. Learning opportunities will be matched to the needs of pupils as far as possible to ensure all pupils have access to HRSE at a level appropriate to their understanding. HRSE will be delivered in a way that promotes inclusion and does not subject any pupils to discrimination or prejudice, including homophobia and transphobia bullying.

To meet the needs of all our pupils from many different backgrounds, elements of HRSE may be taught in smaller groups to allow all pupils to engage fully and gain the most understanding. This will be decided by the Head Teacher in consultation with class teachers, based on the needs of groups of pupils / staffing ratios available. Question boxes will be provided in classes for pupils to post questions anonymously before and following HRSE lessons.

### **Parents / Carers**

We recognise that parents / carers are the key people in teaching their children about sex, relationships and growing up. We also understand that some parents / carers may find this subject difficult to discuss with their children and may require support. We aim to work in partnership with parents and carers in order to promote openness in discussing sex and relationships, and helping to support children and young people..

Parents / carers have the right to see, discuss and contribute towards the HRSE policy. Parents / carers and pupils have been consulted during policy development, and a copy of the policy is available from school or via the school website. Parents /carers do have the right to withdraw their child from planned HRSE lessons that are not part of National Curriculum Science content. We encourage any parent wishing to withdraw their child from HRSE to first arrange a meeting with the Head Teacher to discuss their concerns. Withdrawal from HRSE must be by written request from the parent / carer. Parents / carers should be aware that occasionally HRSE issues could arise as part of discussions in other subject areas and it is not possible to withdraw pupils from these unplanned discussions.

### **Governors**

The Governing Body has the statutory duty to ensure implementation of HRSE.