

Relationships and Sex Education (RSE) Policy

Aims

Hollygirt School believes that RSE is an educational entitlement of all pupils and an integral part of each pupil's emergence into adulthood. Teaching stresses the importance of a secure family unit and emphasises the need to gain a sense of responsibility, self-respect and self-discipline in line with **Relationships Education, Relationships and Sex Education (RSE) and Health Education guidance 2020**.

Lessons covering RSE aim to give the pupils a sound knowledge of their own bodies and sufficient information about the subjects under discussion, so that they are able to make informed choices as responsible, disciplined and independent members of society. Questions are always answered truthfully and openly, appropriate to the age, ability and background of the pupils.

Organisation

Relationships Education is now compulsory in primary schools in England and Relationships and Sex Education (RSE) compulsory in all secondary schools.

Junior School

RSE in Years 1 - 6 is taught as part of our PSHE curriculum. Other aspects may also be covered through Science lessons and other subjects where cross curricular links exist. Many of the principles taught through PSHE lessons are embedded throughout interactions in school. In EYFS, areas of Personal, Social and Emotional Development and Understanding the World are closely linked to our PSHE curriculum and for children in EYFS, their daily experiences will cover many of the objectives.

In Years 1 - 6, children have a dedicated weekly PSHE lesson which is taught by Form Teachers. Objectives will also be covered through assemblies, form times, workshops or other lessons where appropriate, for example, external speakers and the DARE programme in Years 5 and 6.

Under the provisions of the Equality Act, we will not unlawfully discriminate on the grounds of age, sex, race, disability, religion or belief, gender reassignment, pregnancy or maternity, marriage or civil partnership, or sexual orientation.

Relationships Education, RSE and Health Education is accessible for all pupils. This is particularly important when planning teaching for pupils with special educational needs and disabilities. Teaching is differentiated, personalised, sensitive, age-appropriate, developmentally appropriate and delivered with reference to the law.

Relationships Education

Relationships Education focuses on educating the children on healthy and respectful relationships. We learn about building positive relationships, particularly with family and friends. Children will learn how to keep safe, boundaries and how to ask for help and advice. This topic will also include educating the children about safe online relationships. Teaching about wellbeing is key to this and developing resilience in order to achieve goals.

Relationships Education, as set out in DfE guidance, focuses on these key areas.

- Families and people who care for me
- Caring friendships
- Respectful relationships
- Online relationships
- Being safe

The following document sets out the statutory requirements by the end of Year 6: <https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education/relationships-education-primary>

Health Education

Children are taught about healthy lifestyles, providing them with the information that they need to make good decisions about their own health and wellbeing.

Health Education, as set out in DfE guidance, focuses on the following areas.

- Mental wellbeing
- Internet safety and harms
- Physical health and fitness
- Healthy eating
- Drugs, alcohol and tobacco
- Health and prevention
- Basic first aid
- Changing adolescent body

Curriculum Overview

A variety of teaching approaches are used to give pupils relevant information, to enable moral issues to be explored through discussion, and to acquire appropriate skills.

In Years 1-6, to teach these objectives, we follow a PSHE scheme of work from The PSHE Association; it consists of three strands and the topics are further broken down as follows:

Relationships

- Families and Relationships
- Safe Relationships

- Respecting Ourselves and Others

Living in the Wider World

- Belonging to a Community
- Media Literacy and Resilience
- Money and Work

Health and Wellbeing

- Physical Health and Wellbeing
- Growing and Changing
- Keeping Safe

An overview of this PSHE programme is available.

Topics of puberty and sex education are delivered through planned aspects within Science and PSHE, through the Health, Growing and Changing topic, in an age-appropriate manner.

Withdrawal

Parents have the right to withdraw their children from some or all of sex education that is not part of the Science curriculum. For lessons which do not fall under Science, parents will be written to, prior to sex education lessons, with more information on topics and when the lessons take place, giving parents the opportunity to withdraw their child. Parents requesting withdrawal will be invited to discuss their concerns with the Headteacher.

Moral and ethical issues, arising from apparently unrelated topics in all National Curriculum subjects will continue to be discussed within the context of the subject, and as such will not be deemed as part of the sex education programme and therefore will not be subject to the parent right of withdrawal.

Safeguarding

If there is any disclosure of suspicions of possible abuse, the school's child protection procedures will be invoked.

Monitoring and Evaluation

The quality of RSE and PSHE education is monitored through our Quality Assurance cycle. This includes lesson observations, book scrutiny and regular reviews of the programme.

Review

This policy will be reviewed annually by the PSHE co-ordinator in discussions with the Head of Juniors and Headteacher. Parents will be given the opportunity to



discuss this. The final policy is approved by the Headteacher and ratified by trustees.

Complaints Procedure

Any complaints about the RSE curriculum should be made to the Headteacher who will inform the Trustees.