



# Nicholas Hawksmoor Primary School Relationships and Sex Education Policy

**Approved by:**

**Date:**

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### 1. Aims

The aims of sex and relationship education (RSE) at our school are to:

- Provide a framework in which sensitive discussions can take place.
- 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.
- Create a positive culture around issues of sexuality and relationships.
- Teach pupils the correct vocabulary to describe themselves and their bodies.

### 2. Statutory requirements

RSE is not compulsory in primary schools. Academies do not have to follow the National Curriculum and are therefore not required to teach the elements of sex education in the science curriculum.

If primary academies do teach RSE, they are required by their funding agreements to have regard to guidance issued by the secretary of state as outlined in section 403 of the Education Act 1996.

At Nicholas Hawksmoor, we teach RSE as set out in this policy.

### 3. Policy development

This policy has been developed in consultation with staff, pupils and parents. The consultation and policy development process involved the following steps:

1. Review – a member of staff has pulled together all relevant information including relevant national and local guidance.
2. Staff consultation – all school staff were given the opportunity to look at the curriculum and asked for opinions on content and issues that may arise.
3. Parent/stakeholder consultation – parents and any interested parties were invited to attend a meeting about the policy.
4. Pupil consultation – we investigated what exactly pupils want from their RSE.
5. Ratification – once amendments were made, the policy was shared with governors and ratified.

### 4. Definition

RSE is about the emotional, social and cultural development of pupils, and involves learning about relationships, sexual health, sexuality, healthy lifestyles, diversity and personal identity.

RSE involves a combination of sharing information and exploring issues and values.

**RSE is not about the promotion of sexual activity.**

### 5. Delivery of RSE

RSE is taught within the personal, social, health and economic (PSHE) education curriculum. Biological aspects of RSE are taught within the science curriculum, and other aspects are included in religious education (RE).

Pupils also receive stand-alone sex education sessions delivered by a trained health professional.

Across all Key Stages, pupils are supported with developing the following skills:

- Communication, including how to manage changing relationships and emotions.
- Recognising and assessing potential risks.
- Assertiveness.
- Seeking help and support when required.
- Informed decision-making.
- Self-respect and empathy for others.
- Recognising and maximising a healthy lifestyle.
- Managing conflict.
- Discussion and group work.

These skills are taught within the context of family life. See figure 10 for more in depth information.

At Nicholas Hawksmoor all RSE content is delivered through the use of SCARF education planning and resources.

## **6. Roles and responsibilities**

### **6.1 The Governing Board**

The governing board approve the RSE policy and hold the headteacher to account for its implementation.

### **6.2 The Headteacher**

The headteacher is responsible for ensuring that RSE is taught consistently across the school, and for managing requests to withdraw pupils from components of RSE (see section 7).

### **6.3 Staff**

Staff are responsible for:

- Delivering RSE in a sensitive way.
- Modeling positive attitudes to RSE.
- Monitoring progress.
- Responding to the needs of individual pupils.
- Responding appropriately to pupils whose parents wish them to be withdrawn from the components of RSE.

Staff do not have the right to opt out of teaching RSE. Staff who have concerns about teaching RSE are encouraged to discuss this with the headteacher.

### **6.4 Pupils**

Pupils are expected to engage fully in RSE and, when discussing issues related to RSE, treat others with respect and sensitivity.

## **7. Parents' right to withdraw**

Parents' have the right to withdraw their children from the components of RSE.

Requests for withdrawal should be put in writing and addressed to the headteacher. A copy of withdrawal requests is then placed in the pupil's educational record. The headteacher will discuss the request with the parents and take appropriate action.

Alternative work is given to pupils who are withdrawn from RSE.

## **8. Training**

Staff are trained on the delivery of RSE as part of their induction and it is included in our continuing professional development calendar.

The headteacher and SLT invite visitors from outside the school, such as school nurses or sexual health professionals, to provide support and training to staff teaching RSE.

## **9. Monitoring arrangements**

The delivery of RSE is monitored by subject leaders through:

- *Book scrutiny.*
- *Planning scrutiny.*
- *Learning Walks.*

Pupils' development in RSE is monitored by class teachers as part of our internal assessment systems.

This policy is reviewed by the Local Academy Board annually.

## 10. Relationships Education Expectations

From September 2020, all schools with a primary phase will need to provide:

By the end of primary, pupils will need to know:

### **Families and People who Care For the Pupil**

That families are important for children growing up because they can give love, security and stability.

The characteristics of healthy family life: commitment to each other, including in times of difficulty; protection and care for children and other family members; the importance of spending time together and sharing each other's lives.

That others' families, either in school or in the wider world, sometimes look different from their family, but they should respect those differences and know that other children's families are also characterised by love and care.

That stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up.

That marriage (available to both opposite and same sex couples) and civil partnerships represent a formal and legally recognised commitment of two people to each other which is intended to be lifelong.

How to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed.

### **Caring Friendships**

How important friendships are in making us feel happy and secure, and how people choose and make friends.

The characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences, and support with problems and difficulties.

That healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded.

That most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right.

How to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed.

### **Respectful Relationships**

The importance of respecting others, even when they're very different (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs.

Practical steps they can take in a range of different contexts to improve or support respectful relationships.

The conventions of courtesy and manners.

The importance of self-respect and how this links to their own happiness.

That in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority.

About different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help.

What a stereotype is and how stereotypes can be unfair, negative or destructive.

The important of permission-seeking and giving in relationships with friends, peers and adults.

### **Online Relationships**

That people sometimes behave differently online, including by pretending to be someone they're not.

That the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online including when we are anonymous.

Then rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them.

How to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met.

How information and data is shared and used online.

### **Being Safe**

What sorts of boundaries are appropriate in friendships with peers and others (including in a digital context).

About the concept of privacy and the implications of it for both children and adults, including that it's not always right to keep secrets if they relate to being safe.

That each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact.

How to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know.

How to recognise and report feelings of being unsafe or feeling bad about any adult.

How to ask for advice or help for themselves or others, and to keep trying until they're heard.

How to report concerns or abuse, and the vocabulary and confidence needed to do so.

Where to get advice (eg. family, school and/or other sources).

## **11. Health Education Expectations**

By the end of primary, pupils will need to know:

### **Mental wellbeing**

That mental wellbeing is a normal part of daily life, in the same way as physical health.

That there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations.

How to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings.

How to judge whether what they're feeling and how they're behaving is appropriate and proportionate.

The benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness.

Simple self-care techniques, including the importance of rest, time spent with friends and family, and the benefits of hobbies and interests.

Isolation and loneliness can affect children and that it's very important for children to discuss their feelings with an adult and seek support.

That bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing.

Where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they're worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online).

It's common for people to experience mental ill health. For many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough.

### **Internet safety and harms**

That for most people the internet is an integral part of life and has many benefits.

About the benefits of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and other's mental and physical wellbeing.

How to consider the effect of their online actions on others and know how to recognise and display respectful behaviour online and the importance of keeping personal information private.

Why social media, some computer games and online gaming, for example, are age restricted.

That the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health.

How to be a discerning consumer of information online including understanding that information, including that from search engines, is ranked, selected and targeted.

Where and how to report concerns and get support with issues online.

## **Physical Health and Fitness.**

The characteristics and mental and physical benefits of an active lifestyle.

The importance of building regular exercise into daily and weekly routines and how to achieve this; for example walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise.

The risks associated with an inactive lifestyle (including obesity).

How and when to seek support including which adults to speak to in school if they're worried about their health.

## **Healthy Eating**

What constitutes a healthy diet (including understanding calories and other nutritional content).

The principles of planning and preparing a range of healthy meals.

The characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (eg. the impact of alcohol on diet or health).

## **Drugs, Alcohol and Tobacco**

The facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking.

## **Health and Prevention**

How to recognise early signs of physical illness, such as weight loss or unexplained changes to the body.

About safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer.

The importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn.

About dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist.

About personal hygiene and germs including bacteria, viruses, how they're spread and treated, and the importance of handwashing.

The facts and science relating to immunisation and vaccination.

## **Basic First Aid**

How to make a clear and efficient call to emergency services if necessary.

Concepts of basic first aid, for example dealing with common injuries, including head injuries.

## **Changing Adolescent Bodies**

Key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes.

About menstrual wellbeing including the key facts about the menstrual cycle.