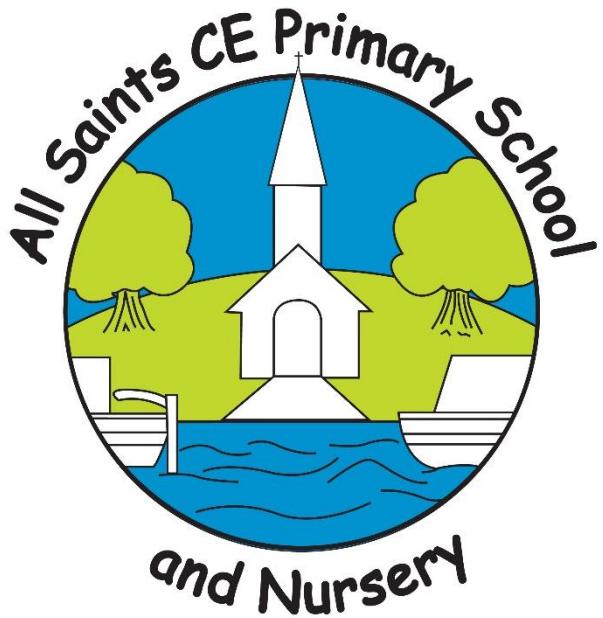


Relationships Education

Relationships and Sex

Education and Health

Education (RSHE)



*'Learning for life,
building a firm foundation'*

Reviewed: November 2020

Chair of Governors:

Headteacher:

Introduction

This policy covers our school's approach to Relationship and Sex education, not only in lessons but through the attitude of our staff and pupils alike, our ethos and approach and commitment to equality both within and outside of the classroom. It was produced with guidance from the Department for Education (DFE) Statutory guidance.

It will be reviewed on a regular basis to ensure that it reflects the attitudes and belief of the school population and remains up to date with both current guidance from Government and the DfES but also remains relevant to the experiences of our pupils.

This policy will be available for all staff to refer to and for parents on the school website.

We recognise that as a school we have a legal responsibility under The Relationships Education, Relationships and Sex Education and Health Education (England) Regulations 2019, made under sections 34 and 35 of the Children and Social Work Act 2017, make Relationships Education compulsory for all pupils receiving primary education. They also make Health Education compulsory in all schools except independent schools. Personal, Social, Health and Economic Education (PSHE) continues to be compulsory in independent schools.

We acknowledge that in order for children to embrace the challenges of creating a happy and successful adult life, pupils need knowledge that will enable them to make informed decisions about their wellbeing, health and relationships and to build their self-efficacy. Pupils can also put this knowledge into practice as they develop the capacity to make sound decisions when facing risks, challenges and complex contexts. Everyone faces difficult situations in their lives. These subjects can support young people to develop resilience, to know how and when to ask for help, and to know where to access support. (DFE Guidance p.8)

As part of the Education Act 2002/Academies Act 2010 all schools must provide a balanced and broad-based curriculum which promotes the spiritual, moral, cultural, mental and physical development of pupils at the

school and of society, whilst also preparing pupils for the opportunities, responsibilities and experiences of later life.

We recognise that we have a responsibility under the Equality Act 2010 to ensure the best for all pupils irrespective of disability, educational needs, race, nationality, ethnic or national origin, sex, gender identity, pregnancy, maternity, religion, sexual orientation or whether they are looked after children. As a result, Relationships Education needs to be sensitive to the different needs of individual pupils and may need to adapt and change as the pupils of the school change. Not only does the teaching need to be sensitive of these needs, but also to help the pupils realise the nature and consequences of discrimination, teasing, bullying and aggressive behaviours or prejudice-based language.

Whilst as a school we are aware we need to be mindful of and respectful to a wide variety of faith and cultural beliefs, and we will make every attempt to be appropriately sensitive; equally it is essential that young people still have access to the learning they need to stay safe, healthy and understand their rights as individuals. This must include clear, impartial scientific and factual information on matters such as; naming their body parts, puberty, menstruation, masturbation, the variety of family structures, gay marriage, gender identity, gender equality, sexuality, contraception, forced-marriage and FGM. Furthermore, all teaching should reflect the law as it applies to relationships, marriage, adoption and care.

We acknowledge that all young people deserve the right to honest, open and factual information to help better form their own beliefs and values, free from bias, judgement or subjective personal beliefs of those who teach them.

Defining Relationship Education

The Department for Education defines relationships education as, *the key building blocks of healthy, respectful relationships, focusing on family and friendships, in all contexts, including online. This will sit alongside the essential understanding of how to be healthy.* (DFE p.4)

However, we believe comprehensive relationship education is designed to help children to develop the skills to recognise and manage healthy relationships both online and in the real world. It is designed to build self-esteem and to explore personal identity.

It is about helping children understand and make sense of the world they are growing up in; to recognise the differences and similarities between their peers and their families; to understand the fact every human being is unique and has the right to be respected. There are many different family structures and all children have the right to feel safe.

Comprehensive relationship education has been shown to help keep children safe by allowing them to understand appropriate and inappropriate touching, to realise that their body is fantastic and belongs to them. It is about building the foundations of an understanding of consent and personal boundaries; in that no one has the right to touch you in a way you don't like but also the difference between public and private behaviours.

It is important for children to know the names and functions of their body and to be reassured it is natural to be curious about them. Indeed, by teaching children the correct terms for their private parts, children are proven to be safer from abuse.

In addition, we believe comprehensive relationship education helps children to develop their vocabulary and emotional literacy to enable them to talk about and manage their feelings. It helps children build their own support networks and the confidence to ask for help when they feel unsafe. This is a required element of the Health Education Guidance.

Defining Health Education

Health education will cover 'Mental wellbeing', 'Internet safety and harms', 'Physical health and fitness', 'Healthy eating', 'Drugs, alcohol and tobacco', 'Health and prevention', 'Basic first aid' and 'Changing adolescent body'.

Effective health education can make a significant contribution to the development of the personal skills needed by pupils as they grow up. It also enables young people to make responsible and informed decisions about their own and others' health and wellbeing.

Defining Sex Education

Although The Relationships Education, Relationship & Sex Education and Health Education (England) Regulations 2019, made Relationship Education compulsory in all primary schools, Sex education is currently **not** compulsory. However, the Department for Education continues to **recommend** that all primary schools should have a sex education programme tailored to the age and maturity of the pupils.

It is completely natural for children to have questions about sex, their bodies and to be curious about where they came from. In the age of information where children in primary school have access to the internet through mobile technology we believe it is better that children receive age appropriate answers from us than it being left to their peers or the internet.

In our school, sex education is an opportunity to answer children's questions about where they came from, an opportunity to explore their own stories and to be clear about how a baby is conceived and formed as set out in human life cycle set out in the national curriculum for science. Furthermore, it should ensure that all children are prepared for both the physical and emotional changes of puberty including menstruation. Children need to understand how both girls' and boys' bodies function and change as they grow into adults.

We believe that sex education should allow children a safe space to ask the questions they may have without shame or judgement. Evidence states that a graduated age-appropriate spiral curriculum is the best way of preventing the topic of sex, reproduction and private body parts of becoming taboo and children from becoming embarrassed by the topic.

We believe it is the duty of our school to give our young people the learning that will enable them to live safe, fulfilled and healthy lives. This includes ensuring that they have the skills to keep themselves safe from harm and develop positive and healthy relationships, free from exploitation pressure or abuse.

Subject Content

In school we meet the learning objectives as set out in the Relationships Education, Relationship & Sex Education and Health Education (England) Regulations 2019 for primary schools with a whole school approach. Across all year groups we deliver both the *Protective Behaviours: Taking Care* Programme as recommended by Warwickshire's Safeguarding Children's board and *My feelings, friends and family* Programme. Both programmes are based on a spiral curriculum beginning in reception, building on key messages through to year 6.

Both Protective Behaviours and *My feelings, Friends and Family* are delivered by the classroom teacher. The local authority delivers ongoing support and training to all staff to ensure they are confident and competent to deliver the materials appropriately and safely. This includes training around safeguarding and answering children's questions age appropriately.

We believe it is important that this material is delivered by the classroom teacher as it highlights to the children that relationship and sex education is something we can all talk about. We believe it is important that all staff are able to deliver this material to their class also. Furthermore, our staff know our children. This means they are more likely to be aware of any additional needs, support or particularly sensitive topics that may make a child in their form vulnerable due to some of the sensitive nature of the

topic. We believe this makes them ideally placed to deliver the material sensitively to all children in their class.

Protective Behaviours

Protective Behaviours is a practical and down to earth approach to personal safety. It is a process which encourages self-empowerment and brings with it the skills to avoid being victimised. This is achieved by helping children recognise and trust their intuitive feelings (Early Warning Signs) and to develop strategies for self-protection. The Protective Behaviours Process encourages an adventurous approach to life which satisfies the need for fun and excitement without violence and fear.

Theme 1: We all have the right to feel safe all the time.

Theme 2: we can talk with someone about anything, even if it feels awful or small.

Protective Behaviours using a Rights and Responsibility approach, and encourages children to recognise their Early Warning Signs (EWS) and develop their own support networks of safe adults who they can share their worries with.

Protective Behaviours is delivered across the entire school from Reception to year 6. There are four lessons in each year group. Lessons are delivered over 4 weeks.

As a school Protective Behaviours is delivered in the Autumn term, across all year groups.

An overview of the Programme content. For more details please see the school's Protective Behaviour Manuals for each year group. These can be made available on request.

Protective Behaviours - Taking Care Programme Infants: Reception, Year 1 & Year 2				
Reception	Feelings: There is no such things as good or bad feelings Theme 1,	Body Awareness: Naming Private body parts: Penis, Vulva, & anus. mouths are private too	EWS/Scary body feelings: identifying children's EWS	Telling & Secrets: Theme 2 , Children will construct their own support networks hands.

Year 1	<p>Feelings: Feelings are feelings, not good or bad, it is how we behave when we have feelings that matters Theme 1.</p>	<p>Unsafe Feelings & Body Awareness: Our bodies warn us if we feel unsafe - we call these feelings EWS</p>	<p>Body Privacy & Secrets: Naming Private body parts: Penis, Vulva, & anus. mouths are private too. Safe & unsafe secrets</p>	<p>Telling & Networks: Theme 2, Children will construct their own support networks hands.</p>
Year 2	<p>Feelings, Rights & Responsibilities: What are Rights & Responsibilities? Theme 1.</p>	<p>Unsafe Feelings, Problem Solving: recognising EWS. Is my fun, fun for everyone?</p>	<p>Body Awareness & Personal Space: my body belongs to me. No one has the right to touch me in a way i don't like. Theme 2.</p>	<p>Networks & Using Them: Children will construct their own support networks hands. Theme 2.</p>

Protective Behaviours - Taking Care Programme Juniors: Years 3,4,5,& 6				
Year 3	Feelings, Rights & Responsibilities: A feeling is a feeling, not good or bad, right or wrong. What are Rights & Responsibilities? Theme 1.	Unsafe Feelings: identifying children's EWS. Strategies as to what to do when experiencing their EWS.	Body Awareness & Telling: my rules for safety & my body. My body belongs to me.	Networks & Using Them: Children will construct their own support networks hands. Theme 2.
Year 4	Rights & responsibilities, Feelings: exploring children's Rights & responsibilities that come with them. Theme 1.	Safe & Unsafe Feelings: exploring Situations when it feels fun to feel scared. Recognising EWS.	Exploring Theme 2, Secrets: safe & unsafe secrets. Theme 2	Networks & Using Them: Children will construct their own support networks hands. Theme 2.
Year 5	Rights & responsibilities, Feelings: exploring the Rights of the child. Theme 1.	Safe feelings, Fun to Feel Scared & EWS: exploring & creating safe places. Situations when it feels fun to feel scared. Recognising EWS.	Theme 2, Secrets & Networks: safe & unsafe secrets. exploring Theme 2 and creating support network hands.	Using Networks: Network review, Who makes a good network person. Keep telling.
Year 6	Rights & responsibilities, Feelings: exploring the Rights of the child. Emotions Theme 1.	Safe feelings, Fun to Feel Scared & EWS: Theme 1. is my fun fun for everyone. Recognising EWS.	Theme 2, Secrets & Networks: safe & unsafe secrets. exploring Theme 2 and creating support network hands.	Using Networks: Network review, Who makes a good network person. Keep telling.

Relationships Education, Relationships and Sex Education and Health Education Programme

We follow the programme, **My Feelings, Friends and Family (MFFF)** which is a programme of resources designed by Going off the Rails: GOTR SRE Consultancy Limited. It is an evidence-based programme of Comprehensive Relationship & Sex Education based on good practice.

- **My Feelings, Friends and Family (MFFF)** is designed on a spiral curriculum and based on a values and human rights approach. It is built on the premise that it is much better to drip feed positive messages and have little conversations, to ensure that children will feel prepared for the changes of puberty and for the challenges of moving on to high school.
- We deliver the programme through weekly lessons, interventions, group work and on a daily basis if needed. We cover all the themes which we link to our PHSE programme (SCARF) themes throughout the year. Please see table below.

- This programme is designed to review and reinforce all of the key messages from Protective Behaviours, allowing children to refresh their support networks and build on previous learning. We deliver Protective Behaviours in the Autumn term.

Whole School PSHE Themes Overview of when the PSHE/RSHE themes are taught in the school year					
Autumn Term		Spring Term		Summer Term	
Autumn 1 Keeping Myself Safe MFFF- Being Safe	Autumn 2 Me and My Relationships MFFF- Caring Friendships	Spring 1 Growing and Changing MFFF-Changing adolescent bodies, Internet safety and harms and answering questions about sex?	Spring 2 Valuing Difference MFFF- Respectful Relationships	Summer 1 Rights and Responsibilities MFFF-Families and people care for me	Summer 2 Being my Best MFFF-Mental well being

*My Feelings, Friends and Family (MFFF)

- The programme has also been designed so it can be delivered on a one-to-one basis as a vertical programme, to support young people who are struggling and may need some additional support, with a particular focus on supporting children who may be struggling with emotional literacy, have suffered a bereavement or family changes or are displaying low level Harmful Sexual Behaviours (HSB).
- The lessons are all activity based and pupil led, meaning that whilst the sessions are designed to be an hour long each, they can end up taking much longer. There are art activities, circle time discussions, stand up-sit down, move around games, pair work, group work and scenario-based activities.

Changing adolescent bodies is all about coping positively with change and includes:

Changing Adolescent Bodies includes:

Years 3, 4 and 5 and 1 lesson in year 6 are taught: How babies grow and how boys' and girls' bodies change as they grow older. Introduction to puberty and menstruation. Internal and external reproductive body parts. Recap about puberty and menstruation. Conception explained in simple terms. Puberty for boys and girls in more detail including the social and emotional aspects of becoming an adolescent. Conception explained in simple biological terms. Puberty for boys and girls revisited. Understanding conception to the birth of a baby. Becoming a teenager.

All lessons are taught using correct terminology and child-friendly language.

Answering questions about sex? Includes:

Year 1/2-Where do babies live and where are they from? How do babies grow? How are babies born? And After birth? What happens now?

Year 3-Who's who?, Where do babies live before they are born? How do you make a baby? IVF, how do babies grow? How are babies born?

Year 6- Where do we learn about and get our ideas of sex from? What is sex? Sex vocabulary (age appropriate) Question box

All lessons are taught using correct terminology and child-friendly language

We believe that by tackling children's questions around sex as part of a wider programme focused around relationships, family, self-awareness, emotional literacy, consent and personal boundaries, children will feel better able to engage in discussion and ask questions without embarrassment. Equally, tackling sex and reproduction in this way helps to promote positive messages and values around sex as well as children's relationship with their own bodies without shame or guilt and will develop respect for other people's body autonomy.

We do not separate our classes into girls and boys for any part of the programme, including lessons around puberty. We believe it is important for both girls and boys to learn about each other's bodies, changes and experiences. That by keeping children together in mixed groups, children will learn to talk openly without embarrassment in front of each other and we can foster better understanding, break down gender stereotypes and build positive relationships and respect for each other, regardless of gender. This ensures that any non-binary or transgender children are not forced to 'pick-a-side' and have equal access and can feel included without feeling vulnerable

Other Programmes: As a school we support both the Protective Behaviours and Relationships programmes in school by delivering complimentary work across the school through:

E-Safety Week

Anti-bullying Week/Odd Sock Day

Mental health Week

SCARF- Coram Life Education programme of work

Peacemakers

R-Time activities

Assemblies and reflection time

Pastoral support and interventions

Answering Children's Questions:

We are aware that children are likely to have many questions that may pop out at any time. Children tend to ask whatever is on their mind. We see this as a positive point and a sign that we have created a safe environment where children feel empowered to feed their natural curiosity and learn about themselves, their bodies and the world around them. However, we acknowledge

that some parents may feel uncomfortable about how particular questions may be dealt with in class.

We believe children are better off receiving honest, open answers from safe adults in their lives, rather than it being left to the internet or older children with a smart phone. In the age of information, where children in primary have access to tablets, smart phones and the internet. It is essential that we help children to recognise they are able to ask questions without judgement rather than searching for answers on the internet.

By tackling the topic in a matter of fact manner, without embarrassment means making sex no longer the secret taboo, you have to sneak around trying to find out about - and instead something we can talk about at the dinner table. However uncomfortable a proposition that maybe it is far better than the alternative. For children these questions are not rude, they are simply signs of a healthy and natural curiosity. We can stop the topic becoming taboo and embarrassing and removing the stigma before it has had chance to form.

Staff have received training as to how to deal with children's questions age appropriately. This will be done consistently across the school as follows:

- Children will be praised for asking questions. We wish to encourage children to seek answers from safe adults.
- If a question is relevant to the whole class, we will answer it to the whole group.
- However, as with any other subject, there may occasionally, be the need to differentiate depending on children's knowledge & experience. Some children may need additional information or support compared to others.
- If a child asks a question that is not necessarily suitable for the entire class, we will respond, by saying: "*that is fantastic question, hold that thought, I am going to set everyone some work and I will come and talk to you and answer your question in a minute when everyone else is working.*"
- If the member of staff doesn't have an answer or doesn't know - they will say so. There is no shame in not knowing the answer - but the member of staff should make an effort to help the child to find the answer later.

- If the member of staff is not sure how best to answer a particularly tricky question, they should say so: "That is a brilliant question... But I would like to give you an equally brilliant answer, so let me have a think about it and once I know the best way to explain it clearly I will come back to you"

This will allow teaching staff time to think, seek help, advice or support from colleagues, or to speak to senior management.

- If a child asks a question we know parent's may be uncomfortable with, staff may choose to delay answering the question (as above) before catching the parent at the school gates if possible and talk through their response.
- Teachers will answer questions, openly, honestly, scientifically and factually without relying on their own personal beliefs. Teachers will not be expected to answer personal questions about themselves or to ask direct personal questions of their students that could make either parties vulnerable.

Parents and parental rights to withdraw

We believe that successful teaching around Relationships, Sex and Health Education (RSHE) can only take place when parents and school work together. Especially, considering we both want children to grow up safe and happy in healthy relationships, with the ability to manage their emotions and speak up when they feel unsafe. Therefore, we are committed to working together with parents.

We endeavour to be transparent and give parents information about all the programmes and lessons we deliver around RSHE as we recognise it can be a sensitive subject for some families for a number of reasons.

We will send home a letter to parents to inform them about the programme and how it will be delivered, this will include information about the parent leaflet on the school website for further information and content of lessons. If parents have any concerns, special circumstances we should be aware of, or would like any further information they are always encouraged to arrange a time to come into school.

We recognise under the new guidance for Relationship Education, Relationship & Sex education and Health Education, parents have the right to

request that their child be withdrawn from some or all of sex education delivered as part of statutory Relationships and Sex Education. Maintained schools are required to teach about the main external body parts and changes to the human body as it grows from birth to old age, including puberty. **There is no right to withdraw from the national curriculum.** There is no right to withdraw from Relationships Education or Health Education.

Should a parent decide that they do not wish their child to take part in any of these lessons, we would ask that they first speak to their classroom teacher to discuss their concerns. Our teachers will happily show parents all the teaching material and context of any of our lessons and explain the reasons why any material is included in the programme. We will also highlight that whilst parents have the right to withdraw their child from these lessons, they do not have the right to withdraw other children from receiving these lessons. We believe it is better for children to hear from safe adults than to hear second hand from other children at break-time.

If parents do decide to withdraw their child, they should inform the head Teacher who will find other provision for the child to engage in during the lesson. Currently, head teachers must comply with requests to withdraw from any non-statutory lessons in the programme.

Policy on Menstruation

We recognise that the onset of menstruation can be a confusing or distressing time for children if they are not prepared. As a school we acknowledge we have a responsibility to prepare children for menstruation and make adequate and sensitive arrangements to help children manage their period. Especially children whose family may not be able to afford or will not provide sanitary products.

We recognise that period poverty exists in the UK and that some children are forced to avoid attending school if they are on their period, when they are unable to manage it sensitively. We do not want that to be the case in our school and will make every reasonable effort to support children to access their education and enjoy school.

Puberty is occurring earlier than ever before, and it is now not uncommon for children to start their periods whilst in primary school even in year 4. For this reason, we deliver puberty lessons to all children in years 4 and 5.

As part of these lessons all children will be told about menstruation and there will be discussion of what periods are, explanation of other symptoms associated with periods, how they can be managed hygienically, and sensitively.

Menstruation is a healthy biological function for 50% of our school. It should not be something that a person is made to feel embarrassed, shameful or be teased about. As a school we need to treat each other with respect and empathy and this includes changes that take place during puberty such as menstruation.

During lessons where puberty and menstruation are discussed, we will take the opportunity to highlight the location of sanitary bins available in school, and how these are to be used.

In school we have a menstruation kit available in key stage two which contains sanitary products, spare underwear and plastic bags to wrap up underwear should there have been any accidents. Children will be made aware of where these are kept and how they can be accessed through designated members of staff, including lunchtime supervisors.

When school trips or residential visits are arranged for years 4,5&6 provisions to deal with a child's period needs to be considered and added to the risk assessment and planned for.

Monitoring & Evaluation

We monitor the children's work by carrying out regular pupil discussions, governor visits, PSHE SLT monitoring and book trawls, PSHE portfolios, pastoral assessments and analysis eg boxall, SDQ scores, PSHE (CORAM) assessments. This acts as evidence of the work the children have been involved in and document their learning experiences.

Safeguarding Children

When teaching any sensitive topic, such as Relationships or Sex Education which deals with family life, safe and appropriate touching, personal body parts and healthy relationships, we recognise the potential to uncover incidents of abuse through children's disclosures.

All members of staff who deliver any of our Relationship or Sex Education Programme, have statutory training around safeguarding children and are all aware of our school's safeguarding policy and procedures in the case of a disclosure or suspicion of a safeguarding concern.

It is our practice to review safeguarding procedures in team meetings before either programmes are delivered. Furthermore, if relevant, there may be conversations around protecting and supporting children for whom some of this work may make them vulnerable due to previous safeguarding concerns, past child protection investigations, ongoing concerns or changes in family or living situations if these may be triggered by scenarios or topics in their planned lessons.

Our school is able to access support if we have any concerns around delivering the Relationships and Sex Education programme to vulnerable children.

We recognise that for children who may be vulnerable due to past or present abuse or changes in family situations, this type of work, whilst it may be sensitive, there may be needs to adapt the programme or offer additional support. It is also a protective factor in preventing further abuse, to help them make sense of their experiences and essential to help them develop skills and resilience to keep them safe in future.