**Kingsley Community Primary and Nursery School**



Relationships and Health Education Policy

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| Signed by: | | | |
|  | Headteacher | Date: |  |
|  | Chair of governors | Date: |  |

Last reviewed June 2022:

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**Intent**

At Kingsley Community Primary and Nursery School we understand that pupils must be provided with an education that prepares them for the opportunities, responsibilities and experiences of adult life. Consequently, we not only provide full coverage of the new Relationships Education and Health Education curriculum, but also a wider Personal, Social, Health and Economic education, which includes Spiritual, Moral, Social and Cultural development and British Values, to name but a few. We hope in doing so, we will promote positive mental health, wellbeing and resilience, enabling our pupils to thrive in our increasingly complex world.

**Implementation**

In order to achieve this, we use Coram Life Education’s teaching resources (adapting where necessary), which breaks the curriculum down into six key themes for each year group to follow (as shown in Section 8). Consequently, each half-term, teachers will deliver 5-6 lessons which link to the key theme (approx. 1 lesson per week).

To enrich our ‘Valuing Difference’ theme further, as that is an area that we are very passionate about at Kingsley, teachers will also provide a ‘No Outsiders’ education. This is taught in the following ways:

* First and foremost, it’s embedded throughout the school via a whole-school ethos. Our teachers will embrace and celebrate difference and diversity within their classrooms on a daily basis. This is done via discussions, books, displays, resources and assemblies.
* 3 – 5 ‘No Outsiders’ lessons will be taught over subsequent days at the start of every half-term. The lessons will all stem from an age appropriate ‘No Outsiders’ book, which focus on the 7 protected characteristics of the Equality Act (race, religion, gender identity, age, disabilities, sexual orientation and gender). We hope that by teaching via this text-based approach, we will not only be celebrating diversity with our pupils, but also taking steps to prevent discrimination (including homophobic bullying) within our school.

**Impact**

At Kingsley, in EYFS and KS1 the class teacher will record their sessions and document children’s responses in one large floor book. Moreover, in KS2, children will be all be given individual journal style workbooks to document their understanding of the various Relationship and Health Education topics. Consequently, class teachers will be able to assess if progress has been made in the subject through ‘book-looks’ and formative assessment techniques such as appropriate questioning and discussion.

# Legal framework

This policy has due regard to all relevant legislation and statutory guidance including, but not limited to, the following:

* Section 80A of the Education Act 2002
* Children and Social Work Act 2017
* The Relationships Education, Relationships and Sex Education and Health Education (England) Regulations 2019
* Equality Act 2010
* DfE (2019) ‘Relationships Education, Relationships and Sex Education (RSE) and Health Education’
* DfE (2013) ‘Science programmes of study: key stages 1 and 2’
* DfE (2021) ‘Teaching about relationships, sex and health’

This policy operates in conjunction with the following school policies:

* Anti-Bullying Policy
* Safeguarding Policy
* Prevent Policy
* Supporting Pupils with Medical Conditions Policy
* Equality Policy

# Roles and responsibilities

The governing board is responsible for:

* Ensuring all pupils make progress in achieving the expected educational outcomes.
* Ensuring the curriculum is well led, effectively managed and well planned.
* Evaluating the quality of provision through regular and effective self-evaluation.
* Ensuring teaching is delivered in ways that are accessible to all pupils with SEND.
* Providing clear information for parents on subject content and their rights to request that their children are withdrawn.
* Making sure the subjects are resourced, staffed and timetabled in a way that ensures the school can fulfil its legal obligations.

The headteacher is responsible for:

* The overall implementation of this policy.
* Ensuring staff are suitably trained to deliver the subjects.
* Ensuring that parents are fully informed of this policy.
* Reviewing requests from parents to withdraw their children from the subjects.
* Discussing requests for withdrawal with parents.
* Organising alternative education for pupils, where necessary, that is appropriate and purposeful.
* Reporting to the governing board on the effectiveness of this policy.
* Reviewing this policy on an annual basis.

The relationships, sex and health education subject leader is responsible for:

* Overseeing the delivery of the subjects.
* Ensuring the subjects are age-appropriate and high-quality.
* Ensuring teachers are provided with adequate resources to support teaching of the subjects.
* Ensuring the school meets its statutory requirements in relation to the relationships, sex and health curriculum.
* Ensuring the relationships, sex and health curriculum is inclusive and accessible for all pupils.
* Working with other subject leaders to ensure the relationships, sex and health curriculum complements, but does not duplicate, the content covered in the national curriculum.
* Monitoring and evaluating the effectiveness of the subjects and providing reports to the headteacher.

Teachers are responsible for:

* Delivering a high-quality and age-appropriate relationships, sex and health curriculum in line with statutory requirements.
* Using a variety of teaching methods and resources to provide an engaging curriculum that meets the needs of all pupils.
* Ensuring they do not express personal views or beliefs when delivering the programme.
* Modelling positive attitudes to relationships, sex and health education.
* Responding to any safeguarding concerns in line with the Child Protection and Safeguarding Policy.
* Acting in accordance with planning, monitoring and assessment requirements for the subjects.
* Liaising with the SENCO to identify and respond to individual needs of pupils with SEND.
* Working with the relationships, sex and health education subject leader to evaluate the quality of provision.

The SENCO is responsible for:

* Advising teaching staff how best to identify and support pupils’ individual needs.
* Advising staff on the use of TAs in order to meet pupils’ individual needs.

# Organisation of the curriculum

Every primary school is required to deliver statutory relationships education and health education. In Kingsley, the delivery of the relationships education and of health education coincide with one another and will be delivered as part of the school’s PSHE curriculum.

For the purpose of this policy:

* “Relationships and sex education” is defined as teaching pupils about healthy, respectful relationships, focussing on family and friendships, in all contexts, including online, as well as developing an understanding of human sexuality.
* “Health education” is defined as teaching pupils about physical health and mental wellbeing, focussing on recognising the link between the two and being able to make healthy lifestyle choices.

The relationships and health curriculum has been organised in line with the statutory requirements outlined in the DfE (2019) ‘Relationships, Education, Relationships and Sex Education (RSE) and Health Education’ [guidance](https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education).

The relationships and health curriculum takes into account the views of teachers, pupils and parents. The school has organised a curriculum that is appropriate for the age and developmental stages of pupils within each year group. When organising the curriculum, the religious backgrounds of all pupils will be considered, so that the topics that are covered are taught appropriately.

We are dedicated to ensuring our curriculum meets the needs of the whole-school community; therefore, the curriculum is informed by issues in the school and wider community to ensure it is tailored to pupils’ needs. For example, if there were to be a local prevalence of specific sexually transmitted infections, our curriculum would be tailored to address this issue.

We consult with parents, pupils and staff in the following ways:

* Questionnaires and surveys
* Meetings
* Training sessions
* Newsletters and letters

Any parent, teacher or pupil wishing to provide feedback about the curriculum can do so at any time during the academic year by:

* Organising a meeting with the headteacher (email: head@kingsleycp.cheshire.sch.uk)

# Consultation with parents

The school understands the important role parents play in enhancing their children’s understanding of relationships, sex and health. Similarly, we also understand how important parents’ views are in shaping the curriculum. The school works closely with parents by establishing open communication.

Parents can be provided with the following information:

* The content of the relationships, sex and health curriculum
* The resources that will be used to support the curriculum
* The legalities surrounding withdrawing their child from the subjects

Kingsley aims to build positive relationships with parents. Consequently, if parents express any concerns or queries, we are happy to invite them into school to discuss what will be taught, address any concerns and help parents in managing conversations with their children on the issues covered by the curriculum. Parents are encouraged to provide their views at any time.

# 

# Relationships education overview

**Families and people who care for me**

By the end of primary school, pupils will know:

* That families are important for them 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 that 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 represents 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**

By the end of primary school, pupils will know:

* 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, but 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.
* How to manage conflict.
* How to manage different situations and how to seek help from others if needed.

**Respectful relationships**

By the end of primary school, pupils will know:

* The importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), make different choices, or have different preferences or beliefs.
* Which 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 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 the different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders to report bullying to an adult, and how to seek help.
* What a stereotype is, and how they can be unfair, negative or destructive.
* The importance of permission-seeking and giving in relationships with friends, peers and adults.

**Online relationships**

By the end of primary school, pupils will know:

* That people sometimes behave differently online, including pretending to be someone they are not.
* That the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online, even when we are anonymous.
* The rules and principles for keeping safe online.
* How to recognise harmful content and contact online, and how to report these.
* How to critically consider their online friendships and sources of information.
* The risks associated with people they have never met.
* How information and data is shared and used online.

**Being safe**

By the end of primary school, pupils will know:

* 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.
* That it is 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, including online, who 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 and others, and to keep trying until they are heard.
* How to report concerns or abuse, and the vocabulary and confidence needed to do so.
* Where to seek advice, for example, from their family, their school and other sources.

# Health education overview

The focus at primary level is teaching the characteristics of good physical health and mental wellbeing.

**Mental wellbeing**

By the end of primary school pupils will know:

* 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 and nervousness.
* The scale of emotions that humans experience in response 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 are feeling and how they are behaving are appropriate and proportionate.
* The benefits of physical exercise, time outdoors, community participation, and 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.
* How isolation and loneliness can affect children, and that it is very important they seek support and discuss their feelings with an adult.
* 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), extending to who in school they should speak to if they are worried about themselves or others.
* That it is common to experience mental ill health and, for the 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**

By the end of primary school, pupils will know:

* 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.
* The impact of positive and negative content online on their own and others’ mental and physical wellbeing.
* How to consider the effect of their online actions on others.
* How to recognise and display respectful behaviour online.
* The importance of keeping personal information private.
* Why some social media, some computer games and online gaming 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, inclusive of 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**

By the end of primary school, pupils will know:

* 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 by 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 are worried about their health.

**Healthy eating**

By the end of primary school, pupils will know:

* What constitutes a healthy diet, including an understanding of 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 obesity, and other behaviours, e.g. the impact of alcohol on health.

**Drugs, alcohol and tobacco**

By the end of primary school, pupils will know the facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking.

**Health and prevention**

By the end of primary school, pupils will know:

* 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 and viruses, how they are spread and treated, and the importance of hand washing.
* The facts and science relating to immunisation and vaccination.

**Basic first aid**

By the end of primary school, pupils will know:

* 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 body**

By the end of primary school, pupils will know:

* 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 and key facts relating to the menstrual cycle.

# Sex education

All pupils must be taught the aspects of sex education outlined in the primary science curriculum – this includes teaching about the main external parts of the human body, how it changes as it grows from birth to old age, including puberty, and the reproductive process in some plants and animals.

It is not statutory to deliver sex education outside of the science curriculum at primary level; however, the DfE recommends that all primary schools should have a sex education programme in place. Consequently,Kingsley does teach pupils sex education beyond what is required of the science curriculum. This is tailored to the age, and physical and emotional maturity of pupils, and ensures that boys and girls are prepared for the changes that adolescence brings, drawing on knowledge of the human life cycle.

Parents are fully consulted prior to the delivery of our sex education curriculum, in accordance with [section 3](#_Organisation_of_the) and [section 4](#_Consultation_with_parents) of this policy. Parents are given the opportunity to advise and withdraw from the **non-statutory** aspects if they feel it necessary to do so (see section 12).

Sex education will be taught during summer 2 within the ‘Growing and Changing’ unit. The following is a brief outline of the themes covered:

**Year 1**

Topic: ***Keeping privates private***

* Identify parts of the body that are private;
* Describe ways in which private parts can be kept private;
* Identify people they can talk to about their private parts.

**Year 2**

Topic: ***My body, your body***

* Identify which parts of the human body are private;
* Explain that a person's genitals help them to make babies when they are grown up;
* Understand that humans mostly have the same body parts but that they can look different from person to person.

**Year 3**

Topic: ***My changing body***

* Recognise that babies come from the joining of an egg and sperm;
* Explain what happens when an egg doesn’t meet a sperm;
* Understand that for girls, periods are a normal part of puberty.

**Year 4**

Topic: ***All change!***

* Identify parts of the body that males and females have in common and those that are different;
* Know the correct terminology for their genitalia;
* Understand and explain why puberty happens.

**Year 5**

Topic: ***Changing bodies and feelings***

* Know the correct words for the external sexual organs;
* Discuss some of the myths associated with puberty.

Topic: ***Growing up and changing bodies***

* Identify some products that they may need during puberty and why;
* Know what menstruation is and why it happens.

**Year 6**

Topic: ***Is this normal?***

* Define the word 'puberty' giving examples of some of the physical and emotional changes associated with it;
* Suggest strategies that would help someone who felt challenged by the changes in puberty;
* Understand what FGM is and that it is an illegal practice in this country;
* Know where someone could get support if they were concerned about their own or another person's safety.

Topic: ***Making babies***

* Identify the changes that happen through puberty to allow sexual reproduction to occur;
* Know a variety of ways in which the sperm can fertilise the egg to create a baby;
* Know the legal age of consent and what it means.

Topic: ***What is HIV?***

* Explain how HIV affects the body’s immune system;
* Understand that HIV is difficult to transmit;
* Know how a person can protect themselves from HIV.

# Delivery of the curriculum

At Kingsley, we not only provide full coverage of the new Relationships Education and Health Education, but also a wider Personal, Social, Health and Economic education, which includes Spiritual, Moral, Social and Cultural development and British Values, to name but a

few. We hope in doing so, we will promote positive mental health, wellbeing and resilience, enabling our pupils to thrive in our increasingly complex world.

|  |  |  |  |  |  |  |
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| **TERM** | **AUTUMN 1** | **AUTUMN 2** | **SPRING 1** | **SPRING 2** | **SUMMER 1** | **SUMMER 2** |
| **THEME** | **ME & MY RELATIONSHIPS** | **VALUING DIFFERENCE** | **KEEPING MYSELF SAFE** | **RIGHT & RESPONSIBILITIES** | **BEING MY BEST** | **GROWING & CHANGING** |
| **RECEPTION** | What makes me special.  People close to me.  Getting help. | Similarities and difference.  Celebrating difference.  Showing kindness. | Keeping my body safe.  Safe secrets and touches.  People who help to keep us safe. | Looking after things:  Friends  Environment  Money. | Keeping by body healthy – food, exercise, sleep. Growth Mindset. | Cycles.  Life stages. |
| **YEAR 1** | Feelings.  Getting help.  Classroom rules. | Recognising, valuing and celebrating difference.  Developing tolerance and respect. | How our feelings can keep us safe.  Keeping healthy.  Medicine safety. | Taking care of things:  Myself  My money  My environment. | Growth Mindset.  Keeping by body healthy. | Getting help.  Becoming independent.  My body parts. |
| **YEAR 2** | Bullying and teasing.  Our school rules about bullying.  Being a good friend.  Feelings / self-regulation. | Being kind and helping others.  Listening skills. | Safe and unsafe secrets.  Appropriate touch.  Medicine safety. | Cooperation.  Self-regulation. | Growth Mindset. Looking after my body. | Life cycles.  Dealing with loss.  Being supportive. |
| **YEAR 3** | Cooperation.  Caring friendships (includes respectful relationships). | Recognising and respecting diversity.  Being respectful and tolerant. | Managing risk.  Drugs and their risk.  Staying safe online. | Skills we need to develop as we grow up.  Helping and being helped. | Keeping myself healthy.  Celebrating and developing my skills. | Relationships.  Menstruation.  Keeping safe. |
| **YEAR 4** | Recognising feelings.  Bullying.  Assertive skills. | Recognising and celebrating difference (including religions and cultural difference).  Understanding and challenging stereotypes. | Managing risk.  Understanding the norms of drug use (cigarette and alcohol use).  Influences. | Making a difference (different ways of helping others or the environment).  Media influence. Decisions about spending money. | Having choices and making decisions about my health.  Taking care of my environment. | Body changes during puberty.  Managing difficult feelings.  Relationships including marriage. |
| **YEAR 5** | Feelings.  Friendship skills, including compromise.  Assertive skills. | Recognising and celebrating difference (including religions and cultural difference).  Influence and pressure of social media. | Managing risk, including saying safe online.  Norms around use of legal drugs (tobacco, alcohol). | Rights and responsibilities.  Rights and responsibilities relating to my health.  Decisions about lending, borrowing and spending. | Growing independence and taking responsibility.  Media awareness and safety. | Managing difficult feelings.  Managing change.  Getting help. |
| **YEAR 6** | Assertiveness.  Cooperation.  Safe / unsafe touches. | Recognising and reflecting on prejudice-based bullying.  Understanding bystander behaviour. | Emotional needs.  Staying safe online.  Drugs: norms and risks (including the law). | Understanding media bias, including social media.  Caring: communities and the environment.  Earning and saving money. | Aspirations and goal setting.  Managing risk. | Keeping safe.  Body image.  Self-esteem. |

In order to achieve this, we use Coram Life Education’s teaching resources (adapting it as and when necessary). This is a progressive curriculum, in which topics build upon prior knowledge taught in previous year groups, with a view to providing a smooth transition to secondary school. Within this, our curriculum is broken into six key themes which each year group will follow. Consequently, each half-term, teachers will deliver six lessons which link to a key theme (one lesson each week). The key themes and an outline of the contents are as follows:

To enrich the ‘Valuing Difference’ theme further, as that is an area that we are very passionate about at Kingsley, teachers will also provide a **‘No Outsiders’** education. This is taught in the following ways:

* First and foremost, it’s embedded throughout the school via a whole-school ethos. Our teachers will embrace and celebrate difference and diversity within their classrooms on a daily basis. This is done via discussions, books, displays, resources and assemblies.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **TEAM** | **AUTUMN 1** | **AUTUMN 2** | **SPRING 1** | **SPRING 2** | **SUMMER 1** |
| **REC** | To say what you think | To understand that it’s OK to like different things | To make friends with someone different | To understand that all families are different | To celebrate my family |
| **YEAR 1** | To like the way I am | To play with girls and boys | To recognise that people are different ages | To understand that our bodies work in different ways | To understand that we share the world with different people |
| **YEAR 2** | To understand what diversity is | To understand how we share the world | To understand what makes someone feel proud | To feel proud of being different | To be able to work with everyone in my class |
| **YEAR 3** | To understand how difference can affect someone | To understand what discrimination means | To find a solution to a problem | To use strategies to help someone who feels different | To be welcoming |
| **YEAR 4** | To know when to be assertive | To understand why people choose to get married (including LGBTQ couples) | To overcome language as a barrier | To ask questions | To be who you want to be |
| **YEAR 5** | To learn from our past (war focus) | To justify my actions | To recognise when someone needs help | To appreciate artistic freedom | To accept people who are different from me (LGBTQ focus) |
| **YEAR 6** | To promote diversity | To stand up to discrimination | To challenge the causes of racism | To consider how my life may change as I grow up | To recognise my rights and my freedom |

* Three to five ‘No Outsiders’ lessons will be taught over subsequent days at the start of every half-term. The lessons will all stem from an age appropriate ‘No Outsiders’ book, which focus on the 7 protected characteristics of the Equality Act (race, religion, gender identity, age, disabilities, sexual orientation and gender). We hope that by teaching via this text-based approach, we will not only be celebrating diversity with our pupils, but also taking steps to prevent discrimination (including homophobic bullying) within our school. The themes covered in our ‘No Outsiders’ lessons are as follows:

Through effective organisation and delivery of the subject, we will ensure that:

* Core knowledge is sectioned into units of manageable size.
* The required content is communicated to pupils clearly, in a carefully sequenced way, within a planned scheme of work.
* Teaching includes sufficient and well-chosen opportunities and contexts for pupils to embed new knowledge so that it can be used confidently in real-life situations.

The curriculum is delivered proactively, such that it addresses issues in a timely way in line with current evidence on children’s physical, emotional and sexual development. The school will ensure that all teaching and materials are appropriate for the ages of the pupils, their religious backgrounds, their developmental stages and any additional needs, such as SEND. Lesson plans will provide appropriate challenge for pupils and be differentiated for pupils’ needs.

At all points of delivery of this programme, parents will be consulted, and their views will be valued. What will be taught and how, will be planned in conjunction with parents.

Teaching of the curriculum reflects requirements set out in law, particularly the Equality Act 2010, so that pupils understand what the law does and does not allow, and the wider legal implications of the decisions they make.

Pupils will be taught the facts and the law about sex, sexuality, sexual health and gender identity in an age-appropriate, inclusive and respectful way. We will endeavour to support all pupils to feel that the content is relevant to them and their developing sexuality.

At the point we consider it appropriate to teach pupils about sexual relationships, we will ensure that LGBTQ+ content is fully integrated into the relationships, sex and health curriculum, rather than delivered as a standalone unit or lesson.

Classes may be taught in smaller groups, dependent upon the nature of the topic being delivered at the time, and the cultural background of pupils where it is appropriate to deal with these issues with heightened sensitivity.

Any resources or materials used to support learning will be formally assessed by the relationships, sex and health education subject leader before use to ensure they are appropriate for the age and maturity of pupils, and sensitive to their needs. Throughout every year group, appropriate diagrams, videos, books, games, discussion and practical activities will be used to assist learning. Inappropriate images, videos, etc., will not be used, and resources will be selected with sensitivity given to the age, developmental stage and cultural background of pupils. Pupils will be prevented from accessing inappropriate materials on the internet when using such to assist with their learning. The prevention measures taken to ensure this are outlined in the school’s Online Safety Policy.

Teachers will establish what is appropriate for one-to-one and whole-class settings, and alter their teaching of the programme accordingly. Teachers will ensure that lesson plans are centred around reducing stigma, particularly in relation to mental wellbeing, and encouraging openness through discussion activities and group work. Teachers will ensure lesson plans focus on challenging perceived views of pupils based on protected characteristics, through exploration of, and developing mutual respect for, those different to themselves.

Teachers will ensure that pupils’ views are listened to and will encourage them to ask questions and engage in discussion. Teachers will answer questions sensitively, honestly and in a manner appropriate to the pupil’s age.

In teaching the curriculum, teachers will be aware that pupils may raise topics such as self-harm and suicide. When talking about these topics in lessons, teachers will be aware of the risks of encouraging these behaviours and will avoid any resources or material that appear as instructive rather than preventative.

Teachers will ensure pupils are aware of the expectation of them to participate sensitively and respectfully in class discussions of sensitive issues.

Teachers will stop full class discussions where pupils begin to reveal personal, private information related to sensitive issues. If teachers feel concerned about anything shared by a pupil, they will follow the appropriate response as laid out in the Child Protection and Safeguarding Policy.

The programme will be designed to incorporate all pupils, and activities will be planned to ensure all are actively involved.

Teachers will focus heavily on the importance of healthy relationships, though sensitivity will always be given as to not stigmatise pupils based on their home circumstances.

Whilst there are no formal examinations for the relationships, sex and health curriculum, the school will undertake informal assessments to determine pupil progress – these include the following:

* Assess progress and understanding of key concepts via ‘booklooks’ as pupils display their work in floorbooks (EYFS and KS1) and workbooks (KS2).
* Targeted questions and discussions with pupils
* Observations

# Working with external experts

External experts may be invited to assist from time-to-time with the delivery of the programme and will be expected to comply with the provisions of this policy. The intended use of external experts is to enhance the curriculum delivered by teachers, rather than as a replacement for teachers.

Before delivering the session, the school will:

* Ensure the lesson the external expert has planned fits with the school’s planned curriculum and this policy.
* Ensure the expert’s credentials are checked before they are able to participate in delivery of the curriculum, in line with the Visitor Policy.
* Discuss the details of the expert’s lesson plan and ensure that the content is age-appropriate and accessible for the pupils.
* Ask to see the materials the expert intends to use, as well as a copy of the lesson plan, to ensure it meets all pupils’ needs, including those with SEND.
* Agree with the expert the procedures for confidentiality, ensuring that the expert understands how safeguarding reports should be dealt with in line with the Safeguarding Policy.

# Equality and accessibility

The school understands its responsibilities in relation to the Equality Act 2010, specifically that it must not unlawfully discriminate against any pupil because of their protected characteristics. These include:

* Age
* Sex or sexual orientation
* Race
* Disability
* Religion or belief
* Gender reassignment
* Pregnancy or maternity
* Marriage or civil partnership

The school is committed to making reasonable adjustments wherever possible to promote accessibility and inclusivity of the curriculum. The school understands that pupils with SEND or other needs, such as those with social, emotional or mental health needs, are entitled to learn about relationships, sex and health education, and the programme will be designed to be inclusive of all pupils.

Teachers will understand that they may need to be more explicit and adapt their planning of work and teaching methods in order to appropriately deliver the programme to pupils with SEND or other needs.

Provisions under the Equality Act 2010 allow our school to take positive action, where it can be evidenced to be proportionate, to respond to particular disadvantages affecting a group because of a protected characteristic. For example, we could consider taking positive action to support girls if there was evidence that they were being disproportionately subjected to sexual violence of sexual harassment.

When deciding whether support is necessary to support pupils with a particular protected characteristic, we will consider our pupils’ needs, including the gender and age range of our pupils.

In order to foster healthy and respectful peer-to-peer communication and behaviour between all pupils, the school implements a robust Behavioural Policy, as well as a Child Protection and Safeguarding Policy, which set out expectations of pupils.

The school understands that relationships, sex, and health education may include topics which are triggers for teaching staff, and could relate to historic, recent, or current trauma. If this is the case, the school encourages staff to approach their line manager or the school’s designated wellbeing lead to discuss this.

# Curriculum links

The school seeks opportunities to draw links between relationships, sex and health education and other curriculum subjects wherever possible to enhance pupils’ learning. Relationships, sex and health education will be linked to the following subjects in particular:

* **Science** – pupils learn about the main external parts of the body and changes to the body as it grows from birth to old age, including puberty.
* **Computing and ICT** – pupils learn about e-safety, including how to use technology safely, responsibly, respectfully and securely, how to keep personal information private and how to access help and support.
* **PE** – pupils explore various physical activities, are physically active for sustained periods of time, engage in competitive sport and understand how exercise can lead to healthier lifestyles.
* **Citizenship** – pupils learn about the requirements of the law, their responsibilities and the possible consequences of their actions.
* **PSHE** – pupils learn about respect and difference, values and characteristics of individuals.

# Withdrawing from the subjects

Relationships and health education are statutory at primary and parents do not have the right to withdraw their child from the subjects.

However, as sex education is not statutory at primary level, other than what must be taught as part of the science curriculum, parents have the right to request to withdraw their child from all or part of the sex education curriculum.

The headteacher will automatically grant a parent’s request to withdraw their child from sex education, other than the content that must be taught as part of the science curriculum; however, the headteacher will discuss the request with the parent and, if appropriate, their child, to ensure that their wishes are understood and to clarify the nature and purpose of the curriculum. The headteacher will discuss with the parent, the benefits or receiving this important education and any adverse effects that withdrawal may have on the pupil – this could include, for example, social and emotional effects of being excluded.

The headteacher will keep a record of the discussion between themselves, the pupil and the parent. The parent will be informed in writing of the headteacher’s decision.

Where a pupil is withdrawn from sex education, the headteacher will ensure that the pupil receives appropriate alternative education.

# Behaviour

The school has a zero-tolerance approach to bullying. We aim to foster a culture based on mutual respect and understanding for one another (encouraged through the teaching of our ‘No Outsiders’ education.

Any bullying incidents caused as a result of the relationships, sex and health education programme, such as those relating to sexual orientation, will be dealt with as seriously as other bullying incidents within the school. Any occurrence of these incidents will be reported to a member of school staff, and then dealt with following the processes in our Anti-Bullying Policy.

# Staff training

All staff members at the school will undergo training on a annual basis to ensure they are up-to-date with the relationship, sex and health education programme and associated issues. Members of staff responsible for teaching the subjects may undergo further training, led by the relationships, sex and health education subject leader, to ensure they are fully equipped to teach the subjects effectively.

Training of staff will also be scheduled around any updated guidance on the programme and any new developments, such as ‘sexting’, which may need to be addressed in relation to the programme.

# Confidentiality

Confidentiality within the classroom is an important component of relationships, sex and health education, and teachers are expected to respect the confidentiality of their pupils as far as is possible. Teachers will, however, alert the headteacher about any suspicions of inappropriate behaviour or potential abuse as per the school’s Safeguarding Policy.

Pupils will be fully informed of the school’s responsibilities in terms of confidentiality and will be aware of what action may be taken if they choose to report a concern or make a disclosure. Any reports made during lessons, or as a result of the content taught through the curriculum, will be reported to the DSL and handled in accordance with the Safeguarding Policy.

# Monitoring quality

The relationships, sex and health education subject leader is responsible for monitoring the quality of teaching and learning for the subjects. They will conduct subject assessments on a termly basis, which will include a mixture of the following:

* Self-evaluations
* Lesson observations
* Learning walks
* Work scrutiny

# Monitoring and review

The governing board is responsible for approving this policy.

This policy will be reviewed on an annualbasis by the relationships, sex and health education subject leader and headteacher. The next scheduled review date for this policy is **April 2022**. This policy will also be reviewed in light of any changes to statutory guidance, feedback from parents, staff or pupils, and issues in the school or local area that may need addressing.

Any changes made to this policy will be communicated to all staff, parents and, where necessary, pupils.