

# *Relationships & Health Education*

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## MISSION STATEMENT

To create a happy, secure and stimulating learning environment in which all members of the school community can grow in self-esteem and develop their potential as human beings. We learn by making mistakes.

Document Information	
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## INTRODUCTION

Delapre Primary School's policy on sex and relationship education is based on the DFE Relationships education, Relationships and Sex Education (RSE) and Health Education, statutory guidance July 2019. We recognise the above as the policy's full title, but for brevity's sake, we will refer in the rest of this policy simply to 'RSE'.

The department for Education defines Relationships Education as 'teaching the fundamental building blocks and characteristics of positive relationships, with particular reference to friendships, family relationships and relationships with other peers and adults.' Relationships education is now compulsory in all primary schools. Sex Education is currently not compulsory, however the recommendation is that primary schools should have a sex education programme tailored to the age and maturity of pupils.

Sex education is part of the personal, social and health education (PSHE) curriculum in our school. When we inform our pupils through sex education about sexual issues, we do this with regard to morality and individual responsibility, and in a way that allows children to ask and explore moral questions. We do not use sex education as a means of promoting any form of sexual orientation.

## AIMS AND OBJECTIVES

We teach children about:

- The physical development of their bodies as they grow into adults;
- The way humans reproduce;
- Respect for their own bodies and the importance of sexual activity as part of a committed, long-term, and loving relationship;
- The importance of family life;
- Moral questions;
- Relationship issues;
- Respect for the views of other people;
- Sexual abuse, and what they should do if they are worried about any sexual matters

## CONTEXT

We teach about sex in the context of the school's aims and values (see the values statement in the Curriculum Policy). While sex education in our school means that we give children information about sexual behaviour, we do this with awareness of the moral code, and of the values that underpin all our work. We teach sex education on the understanding that:

- It is taught in the context of caring relationships, including marriage and family life;
- It is part of a wider process of social, personal, spiritual and moral education;
- Children should be taught to have respect for their own bodies;
- Children should learn about their responsibilities to others, and be aware of the consequences of sexual activity;
- It is important to build positive relationships with others, involving trust and respect

## ORGANISATION

We teach about sex through different aspects of the curriculum. While we carry out the main sex education in our personal, social and health education (PSHE) curriculum, we also do some sex education through other subject areas (e.g. science and PE) which we believe contribute significantly to children's knowledge and understanding of their own bodies, and how they are changing and developing.

IN PSHE, we teach children about relationships, and we encourage children to discuss issues. We teach about the parts of the body, and how these work, and we explain to the children what will happen to their bodies during puberty. For example, we teach the children that boys' voices will change during puberty, and we explain menstruation to both boys and girls. We encourage the children to ask for help if they need it.

In science lessons, we follow the guidance material in the national scheme of work for science. In Key Stage 1, we teach children about how animals, including humans, move, feed, grow and reproduce, and we also teach them about the main parts of the body, **including those associated with reproduction**. Children learn to appreciate the fact that people are not all the same, and that we need to respect each other. In Key Stage 2, we teach about life processes, and the main stages of the human life cycle, in greater depth.

In Year 5 and 6, we place a particular emphasis on health education, as many children experience puberty at this age. We liaise with the Local Health Authority about suitable teaching materials to use with our children in these lessons. Teachers do their best to answer all questions with sensitivity and care. By the end of Key Stage 2, we ensure that both boys and girls know how babies are born, how children's bodies change during puberty, what menstruation is, and how it affects women. We always teach this with due regard for the emotional development of the children.

We write to all parents and carers of **children about to be taught non-compulsory elements of sex education** explaining that children will be covering sex education in class. Parents are invited to see the materials the school will be using and may discuss any issues they have.

## THE ROLE OF PARENTS AND CARERS

The school is well aware that the primary role in children's sex education lies with parents and carers. We therefore wish to build a positive and supporting relationship with the parents and carers of children at our school, through mutual understanding, trust and co-operation. To promote this objective, we:

- Inform parents and carers about the school's sex education policy and practice;
- Answer any questions that parents or carers may have about the sex education of their child;
- Take seriously any issue that parents or carers raise with teachers or governors about this policy, or about the arrangements for sex education in the school;
- Encourage parents and carers to be involved in reviewing the school policy, and making modifications to it as necessary;
- Inform parents and carers about the best practice known with regard to sex education, so that the teaching in school supports the key messages that parents and carers give to children at home.

We believe that through this mutual exchange of knowledge and information, children will benefit from being given consistent messages about their changing bodies and their increasing responsibilities.

Parents and carers have the right to withdraw their child from all or part of the sex education programme, not covered by the science curriculum **or the compulsory relationships and health education**, that we teach in our school. If a parent wishes their child to be withdrawn from sex education lessons, they should discuss this with the Headteacher, and make it clear which aspects

of the programme they do not wish their child to participate in. The school always complies with the wishes of parents/carers in this regard.

## **THE ROLE OF OTHER MEMBERS OF THE COMMUNITY**

We encourage other valued members of the community to work with us to provide advice and support to the children with regard to health education. In particular, members of the Local Health Authority, such as the school nurse and other health professionals, give us valuable support with our sex education programme.

## **CONFIDENTIALITY**

Teachers conduct sex education lessons in a sensitive manner, and in confidence. However, if a child makes a reference to being involved (or being likely to be involved) in sexual activity, then the teacher will take the reference seriously, and deal with it as a matter of child protection. Teachers will respond in a similar way if a child indicates that they may have been a victim of abuse. They will not try to investigate, but will immediately inform the named person for child protection issues about their concerns. The Headteacher will then deal with the matter in consultation with health care professionals and adhering to our Safeguarding Policy.

## **THE ROLE OF THE HEADTEACHER**

It is the responsibility of the Headteacher to ensure that both staff and parents/.carers are informed about our sex education policy, and that the policy is implemented effectively. It is also the Headteacher's responsibility to ensure that members of staff are given sufficient training, so that they can teach about sex effectively, and handle any difficult issues with sensitivity.

The Headteacher liaises with external agencies regarding the school sex education programme, and ensures that all adults who work with our children on these issues are aware of the school policy, and work within its framework.

## **MONITORING AND REVIEW**

The Headteacher monitors this policy and the Governors review the policy on a regular basis.