

# Tilston Parochial CE Primary School

Bringing out the Best in Everyone.  
*'Encourage one another and build each other up.' Thessalonians 5:1*



Tilston Parochial  
CE Primary School

## Relationships and Sex Education Policy

## **Statement of Intent.**

At Tilston Parochial Primary School, we aim to provide a broad and balanced curriculum that:

- gives pupils appropriate experiences to develop as confident, responsible citizens who think for themselves.
- provides a rich 'cultural capital' that is tailored to our pupils.
- provide a curriculum that leads to sustained mastery for all and a greater depth of understanding for those who are capable.

## **Equal Opportunities Statement**

The school is committed to the provision of RSE to all of its pupils. Our programme aims to respond to the diversity of children's cultures, faiths and family backgrounds. Equal time and provision will be allocated for all groups but there may be occasions where children with Special Educational Needs are given extra support. Wherever possible, teaching of the curriculum will be in line with the protected characteristics defined in the Equality Act 2010.

## **Defining RSE.**

'Relationships and Sex Education (RSE) is lifelong learning about physical, moral and emotional development.' (Sex and Relationships Education Guidance). It provides the key building blocks of healthy, respectful relationships, focusing on family and friendships, in all contexts, including online. This sits alongside the essential understanding of how to be healthy. (Relationships Education, Relationships and Sex Education and Health Education DFE document 2020).

## **Aims and Objectives.**

(Reference has been made to the Relationships Education, Relationships and Sex Education (RSE) and Health Education DFE document 2020). The aim of the RSE curriculum is to equip children and young people with the information, skills and values to have safe, fulfilling and enjoyable relationships, taking responsibility for their health and wellbeing. The knowledge and attributes gained will support their own, and others', wellbeing and attainment and help young people to become successful and happy adults who make a meaningful contribution to society. At Tilston Parochial Primary School, we use a combination of PSHE Association and the Christopher Winter Project for the teaching and delivery of PSHE and RSE. Through this, we aim to provide children with the opportunity to learn the importance of:

## **Families and people who care for me.**

- Learning about the values of family life, marriage, stable and loving relationships.
- Knowing that other families can look different to their own.
- Learning to respect these differences.

### **Caring friendships**

- Mutual respect, trustworthiness, loyalty, kindness, generosity, trust, shared interest and experiences and creating a support mechanism.
- Recognising who to trust and who not to trust.
- Learning how to manage conflict.

### **Respectful relationships**

- The importance of respect, even when differences are evident (for example, physically, in character, personality or backgrounds).
- Developing self-respect and understanding the importance on how this links to their own happiness and wellbeing.
- To know the different types of bullying and the impact this could have.
- To recognise when relationships are not healthy and seek help and advice from others.
- Learning to make choices based on understanding of differences and with the absence of prejudice.
- Learn about appropriate boundaries in friendships with peers and others.

### **Online relationships**

- Understanding the same principles apply to online relationships as to face to face relationships including the importance of respect for others at all times.
- Rules and principles for keeping safe online.
- Develop critical thinking as part of decision making and how to report risks and harmful content and contact.
- Being aware of how information and data is used and shared online.
- To know the risks of excessive time spent on electronic devices.
- To know why social media, computer and online games are age restricted.

### **Wellbeing**

- Know that mental wellbeing is just as important as physical health.
- Know that humans experience a range of emotions to different experiences and situations.
- Know that it is common for people to experience mental ill health and problems can be resolved if the right support is made available.
- Know the benefits of physical exercise on your mental wellbeing.
- Know simple care techniques for both mental and physical health.

### **Physical health and fitness**

- Characteristics and benefits of an active lifestyle.
- Know the importance of regular exercise.
- Know and understand the risks associated with an inactive lifestyle and obesity.
- Understand the importance of personal hygiene.

## **Healthy Eating**

- Understand what constitutes as a healthy diet.
- Understand the principles for planning and preparing a range of healthy meals.
- Understand the dangers of weight loss.
- Understand the risks associated with unhealthy eating and other behaviours. This includes the impact of legal and illegal harmful substances, including smoking, drug and alcohol abuse.

## **Basic First Aid**

- How to make a clear and efficient call to emergency services if necessary.
- Concepts of basic first aid.

## **Changing adolescent body**

- Learning and understanding the physical development at age appropriate stages (see science links below).
- About menstrual wellbeing including key facts about the menstrual cycle.

In order to support the transition phase before moving to secondary school, Tilston Parochial Primary School has decided to deliver sex education sessions; these sessions will take place in the summer term and cover puberty in Year 5 and puberty and reproduction in Year 6 as well as families, conception and pregnancy, again in Year 6. Parents continue to have the right to withdraw their children from these sessions only apart from content covered in the National Curriculum for Science. Where a parent wishes to withdraw their child, this should be communicated with the school in writing. Parents are unable to withdraw from lessons written and delivered as part of the National Curriculum for Science or part of Relationship or Health Education.

Tilston Parochial Primary School do offer a Sex Education programme, from the Christopher Winter Project, tailored to the age and the physical and emotional maturity of the pupils. This ensures that both boys and girls are prepared for the changes that adolescence brings and – drawing on knowledge of the human life cycle set out in the national curriculum for science - how a baby is conceived and born.

## **Key Aspects of the Science Curriculum which relate to RSE. Science – Statutory Requirements KS1**

### **Year 1**

- Identify, name, draw and label the basic parts of the human body and say which part of the body is associated with each sense.

### **Year 2**

- Notice that animals, including humans, have offspring which grow into adults.

Non-statutory note: Pupils should be introduced to the processes of reproduction and growth in animals. The focus at this stage should be on questions that help pupils to recognise growth; they should not be expected to understand how reproduction occurs.

## **KS2**

### **Year 5**

- Describe the differences in the life cycles of a mammal, an amphibian, an insect and a bird - describe the life process of reproduction in some plants and animals - (Non-statutory note: Pupils should find out about different types of reproduction, including sexual and asexual reproduction in plants, and sexual reproduction in animals) - describe the changes as humans develop to old age.
- Non-statutory note: Pupils should draw a timeline to indicate stages in the growth and development of humans. They should learn about the changes experienced in puberty. Pupils could work scientifically by researching the gestation periods of other animals and comparing them with humans; by finding out and recording the length and mass of a baby as it grows)

### **Year 6**

- Recognise the impact of diet, exercise, drugs and lifestyle on the way their body's function.
- Recognise that living things produce offspring of the same kind, but normally offspring vary and are not identical to their parents.

## **Implementation.**

The RSE curriculum will be implemented through a clearly planned framework of Science, PSHE and RSE lessons. This framework will be approved by the Governing Body and will be available to parents through the school website. Parents will have the opportunity to discuss and raise issues they are concerned about by speaking to the class teachers, the PSHE team and the Senior Leadership Team. Parental consultations will also take place before any delivery of the RSE content.

The PSHE team is responsible for co-ordinating the policy and the curriculum content. Class teachers and the PSHE team will deliver the RSE curriculum during PSHE sessions. Teachers and staff need to be equipped to effectively deliver RSE. Training and support will be provided as required and assessed by the PSHE team and Senior Leadership Team.

The following will be adopted by staff in order to support effective teaching:

- Establish ground rules with pupils.
- Use distancing techniques.
- Know how to deal with unexpected questions or comments from pupils.
- Use a clear and agreed teaching plan, which includes learning methods and appropriate materials (Christopher Winter Project resources).
- Encourage reflection.

## **Ground Rules**

Before any RSE teaching takes place, the teachers and children will agree ground rules for the unit. This will enable teachers to create a safe environment. Suggestions are as follows:

- No one will be forced to take part in a discussion.
- Only the correct names for body parts will be used.
- The meaning of words will be explained in a sensible and factual way.
- No one (teacher or pupil) will have to answer a personal question.
- Children are able to raise concerns in a safe and confidential manner without affecting the rest of the group.

## **Distancing Techniques.**

Teachers will ensure the teaching of RSE is neutral and they will not share any personal beliefs, values or experiences, even if asked.

## **Dealing with Difficult Questions or Issues.**

When questions have been asked that are inappropriate, the teacher will explain that they are inappropriate and explain why if necessary (linking back to the content of the focus lesson). When genuine questions have been asked but not age appropriate, the question will be acknowledged, and the child told that it will be returned to later. The teacher can then consult the child's parents and discuss if they would like to answer it or they would like the school to answer it. An agreement about the level of information will then be reached before the teacher returns to the subject with the child. Some children may feel unable to ask a question verbally, in which case all children will be informed that they can write a question down and post it in a question box. Teachers can then read through the questions and answer them appropriately (see above). Children may ask questions which raise concerns over Safeguarding – see Safeguarding and Confidentiality section.

## **Outside Agencies.**

We work closely with outside agencies in order to ensure RSE is delivered in a sensitive and well-informed manner. Tilston Parochial Primary School invites, as appropriate, various speakers to support and develop the curriculum provision. This includes, but is not limited to:

- PCSO (supporting curriculum around drugs, alcohol and smoking education).
- NSPCC to address issues around Safeguarding.
- Cheshire Police Constabulary to address various safeguarding issues.

All linked agencies will be appraised of this policy and where they fit within the planned curriculum; there will be discussions before any input, including on confidentiality issues, and joint evaluations afterwards. No visitor will work with pupils in a classroom situation without a teacher present.

## **Parent Consultation.**

As part of the preparation for the teaching of RSE in September 2021. Parents will be made aware of the teaching timetable for RSE so that they are able to support their child at home, should they wish to.

The school recognises that the parents are key figures in helping their children to cope with the emotional and physical aspects of growing up and therefore have more responsibility in preparing them for challenges and responsibilities which sexual maturity brings. Tilston Parochial Primary School believe in the importance of partnerships between all stakeholders to ensure that children grow up confident and cared for. Parents are key partners in supporting the school to:

- Maintaining the culture and ethos of the family
- Teaching their children about relationships and health.
- Helping their children cope with the emotional and physical aspects of growing up and being a part of modern Britain.
- Preparing them for the challenges and responsibilities that sexual maturity brings
- Identifying issues

As part of the RSE curriculum we will support our parents to:

- Help children to learn the correct names of the body in a safe, age and developmentally appropriate way.
- Talking with their children about feelings and relationships Parents are encouraged to support the school's RSE and have access to this policy.

## **Right to Withdraw.**

It is acknowledged that parents of primary-age children have the right to withdraw their children from some or all of Sex Education that is outside the Science Curriculum, but not to withdraw from the Relationships Education, Health Education or Science (Relationships Education, Relationships and Sex Education and Health Education DFE document 2020).

## **Relationship Education Health Education**

- Families and people who care for me.
- Caring friendships
- Respectful relationships
- Mental Wellbeing
- Internet safety and harms
- Physical health and fitness
- Online relationships
- Being safe
- Healthy Eating
- Drugs, alcohol and tobacco
- Health and prevention
- Basic first aid
- Changing adolescent body

Any parents expressing concerns will be invited into school for discussions with the RSE team and a member of the Senior Leadership Team, and to view the materials and resources. Should they still decide to exercise this right, school will make provision for the supervision of the child.

### **Safeguarding and Confidentiality.**

Teachers need to be aware that effective RSE, which brings an understanding of acceptable behaviour within relationships, may lead to disclosure of a child protection issue. Where this happens, the teacher must follow the Safeguarding Procedures in place within the Safeguarding policy. They should also be aware of the need to protect the rest of the group and ensure that children are given access to a safe and confidential way to raise concerns. During the delivery of RSE lessons, the concept of privacy will be explored and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe. Pupils with SEND. The RSE curriculum must be accessible for all pupils. High quality teaching that is differentiated and personalised will enable the RSE curriculum content to be accessed by all.

### **Monitoring and Evaluation.**

The PSHE team is responsible for monitoring the standards of delivering RSE. The team will:

- Develop the whole school overview and planning framework for the RSE curriculum.
- Lead policy development.
- Provide appropriate support and training for staff.
- Monitor and evaluate the delivery, including the use of outside agencies, and pupils' responses to the curriculum content.
- Carry out a continuous process of review and development of the curriculum content as part of the annual cycle of school improvement.
- Attend relevant courses and network meetings.
- Audit, order and monitor resources.
- Provide staff with information about current developments in the subject.
- Hold parent consultations and parent meetings alongside the Senior Leadership Team.

Links with other policies.

- Anti-bullying policy.
- Behaviour policy.
- Online Safety policy.
- Safeguarding and Child Protection policy.
- SEND policy.
- Equal Opportunities policy.
- Health and Safety policy.



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