

# St Martin's CE Primary School

Friendship Love Honesty Hope Respect Responsibility

*A place of spirituality, diversity and opportunity;*

*Inspiring all, flourishing together.*



## Relationships, Sex and Health Education Policy

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## **Introduction**

The aim of relationship and sex education (RSE) is to provide children with age appropriate information to explore attitudes and values and develop skills in order to empower them to make positive decisions about their health-related behaviour. This should take place with consideration of the qualities of relationships within families. We believe it is the duty of our school to give 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. Here at St. Martin's we include the statutory Relationships and Health Education within our whole-school PSHE/RSE Programme. To ensure progression and a spiral curriculum, we use the Kapow scheme of work as our chosen teaching and learning programme and tailor it to our children's needs.

## **Context**

All personal relationships and sex education in a Church of England school should be set in a context that is consistent with the school's Christian ethos and values. We believe our relationships, health and sex education promotes the spiritual, moral, cultural, mental and physical development of our children and prepares them for the opportunities, responsibilities and experiences of later life. Our RSE teaching is based on inclusive Christian principles and values, emphasising respect, compassion, loving care and forgiveness. The exploration of reproduction and sexual behaviour within the science curriculum stands alongside explorations of relationships, values, morals and Christian beliefs.

## **Aims and objectives**

Through our teaching of Personal relationships, sex and health education we aim to develop our children's self-esteem and knowledge to enable them to move with confidence from childhood through adolescence to adulthood. Our programme of teaching for Personal relationships, and health education will cover the following topic areas:

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

All areas apart from human reproduction are statutory. For a more detailed breakdown of the objectives covered within these topic areas please refer to DfE Statutory Relationships & Health Education Guidance.

## The Teaching Programme for Relationships & Sex Education

Relationships & Sex Education is compulsory from age 11 onwards and Relationships Education is compulsory in ALL schools. However, at St Martin's, we believe it is essential to teach non-compulsory RSE throughout Key Stages 1 and 2 as part of a broader PSHE curriculum so that children understand the facts about human reproduction before they leave primary school.

Teaching of Personal Relationships, sex and health education is predominantly integrated within the wider themes of Personal Health and Social Education (PHSE) though some elements of sex education will be taught through the National Curriculum for Science which is detailed in the chart below.

All schools must teach the following as part of the National Curriculum Science Programme of Study; parents do not have the right to withdraw their child/children from this content.

National Curriculum for Science	
Key stage 1	Key stage 2
<p>Pupils should be taught to:</p> <ul style="list-style-type: none"><li>• identify, name, draw and label the basic parts of the human body</li><li>• notice that animals, including humans, have offspring which grow into adults</li></ul>	<p>Pupils should be taught to:</p> <ul style="list-style-type: none"><li>• describe the differences in the life cycles of a mammal, an amphibian, an insect and a bird</li><li>• describe the life process of reproduction in some plants and animals</li><li>• describe the changes as humans develop to old age</li><li>• recognise that living things produce offspring of the same kind, but normally offspring vary and are not identical to their parents</li></ul>

At St. Martin's, puberty is taught as a statutory requirement of Health Education and covered by our Kapow PSHE/RSE Programme. We conclude that sex education refers to Human Reproduction, and therefore inform parents of their right to request their child be withdrawn from the two PSHE lessons in Year 6 that explicitly teach this. Parents will first be invited to a workshop to view and discuss the materials being taught and then be able to opt out, should they so wish.

Sex and relationships education is taught primarily by the class teacher and supported by another permanent member of staff who the children know very well. Emphasis is placed on a sensitive, supportive and caring delivery of this subject. The children take an active part in all sessions and time is given for reflection and discussion

### The Role of Parents in Sex Education

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

- Inform parents about the school's sex education policy and practice;
- Answer any questions that parents may have about the sex education of their child;
- Take seriously any issue that parents raise with teachers or governors about this policy or the arrangements for sex education in school;

- Inform parents about the teaching of sex education in school so that the parents and school can work together to support the child with regard to sex education. 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. Staff will refer questions to the parents if pupils ask a question about how sexual intercourse happens.

### **Entitlement & Differentiation**

All children are entitled to access the Sex and Relationships Education programme at a level appropriate to their individual needs. This is achieved by differentiation, with appropriate scaffolding, to ease access to objectives, tasks, teaching methods and resources for children with special educational needs. All children are expected to reach the same outcome.

### **Child Protection and Confidentiality**

We have a Safeguarding and Child Protection Policy in place. Where issues of possible child sexual abuse may arise as part of the Sex and Relationships Education Programme, staff are directed to follow the agreed procedure as outlined in the Safeguarding and Child Protection Policy. As a general rule, the child's right to confidentiality will be respected by all staff at all times, unless it is felt that the child is in danger.

### **Monitoring and evaluation**

Sex and Relationships Education is monitored by:

- School governors and the head teacher
- The PSHE co-coordinator
- The possible use of questionnaires or conferencing for children or parents