

Relationships and Sex Education Policy



This Policy was produced by the PSHE leads at Northwick Manor Primary School in consultation with the Head Teacher, Parents & SIB members of Northwick Manor Primary School.

September 2021

(To be reviewed September 2022)

Relationships Education Principles



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.

The focus in primary school should be on teaching the fundamental building blocks and characteristics of positive relationships, with particular reference to friendships, family relationships, and relationships with other peers and adults. This starts with pupils being taught about what a relationship is, what friendship is, what family means and who the people are who can support them. From the beginning of primary school, building on early education, children should be taught how to take turns, how to treat each other with kindness, consideration and respect, the importance of honesty and truthfulness, permission seeking and giving, and the concept of personal privacy.

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

- inform parents about the school's relationship education policy and practice;
- answer any questions that parents may have about the relationship education of their child;
- take seriously any issue that parents raise with teachers or Trustees about this policy or the arrangements for relationship education in the schools

Parents have the right to withdraw their child from all or part of the relationship education programme that we teach in our school. If a parent wishes their child to be withdrawn from relationship education lessons, they should discuss this with the respective Headteacher, and make it clear which aspects of the programme they do not wish their child to participate in. The schools always comply with the wishes of parents in this regard.

Northwick Manor Primary School considers that Relationships and Sex Education (RSE) is an integral part of the Personal, Social and Health Education (PSHE) and Citizenship curriculum, and is linked to that for Science. We aim to offer pupils a carefully planned programme on human development, relationships, sexuality and family life within a safe, comfortable atmosphere and in a relaxed relationship between teacher and pupil. The programme is set within a moral framework and matched to the pupils' level of maturity. This policy reflects the requirements of the DCSF Sex and Relationship Guidance.

We also teach RSE through other subject areas (eg. Science, PE and R.E.), where we feel that they contribute significantly to a child's knowledge and understanding of his or her own body, and how it is changing and developing. Linked with R.E. children reflect on family relationships, different family groups and friendship. They learn about rituals and traditions associated with birth, marriage and death and talk about the emotions involved.

Since RSE incorporates the development of self-esteem and relationships, pupils' learning does not just take place through the taught curriculum but through all aspects of school life including the playground. It is important then that all staff understand they have a responsibility to implement this policy and promote the aims of the school at any time they are dealing with children.

Rationale and Intent:

Our school is committed to safeguarding and promoting the welfare of children and young people and expects all staff and volunteers to share this commitment.

At Northwick Manor we teach PSHE with 3 key driving questions in mind:

How can we prepare our pupils to live in the wider world?

How can we ensure that they build and sustain strong relationships?

How can we teach them to live healthily and make good life choices?

Instilling **AMBITION** and **ASPIRATION**, providing **OPPORTUNITY** and developing **PERSONAL POWER** drives our curriculum. We want our pupils to be ready and prepared for a 21st Century world and the challenges that come with this.

At Northwick Manor Primary School, we acknowledge the importance of PSHE in aspects of everyday life. The PSHE (RSE) curriculum is designed so that it is accessible to all and supports every pupil's personal, emotional, social and mental well-being. This in turn helps them develop the skills to be better learners and every child then knows more, remembers more and connects learning. It is important that our PSHE learners understand what it means to be a global citizen **living in the wider world**.

We strive to give children a diverse range of experiences to allow them to appreciate and value different people, families and cultures. PSHE (RSE) by nature explores children's feelings, relationships and understanding of how important it is to become a responsible, active member of society. The aim of our curriculum is to create learners who are empathetic and effective communicators. We do this through carefully planning and teaching quality lessons which allow children the opportunity to work collaboratively, value the benefits of a healthy lifestyle and promote wellbeing for all ages. Most importantly we want children to appreciate our world and work towards it being inclusive, safe, resilient and sustainable.

Northwick Manor's extended curriculum is developed further by using the **UN sustainable goals** as the impetus *so that* we ensure that pupils know and understand how they can be proactive global citizens and develop as responsible, respectful and tolerant individuals who are able to play their part and become actively involved in public life as adults in an ever-changing world. We want them to be responsible citizens and so the principles found within the UN sustainable goals provide an additional layer to our curriculum and feature in our broader extended curriculum i.e. through assemblies and whole school events, as well as a

thread running through PSHE. Our overall curriculum design is underpinned by our school aims which focus on the 7 R's which enable our pupils in our community to thrive and become confident and independent learners.

Our vision is to be a place of great love and great learning, built on our school values, where **everyone thrives** on encouragement, support and challenge. We aim to be a vibrant school where expectations are high and where effort and excellence are celebrated. **Individuality, creativity and independence** are fostered and everyone learns in a happy, safe and supportive environment. As part of this vision, we aim to deliver a high-quality Personal, Social, Health & Economic (PSHE) in which we deliver accurate, relevant and age-appropriate information about **Relationships** – one of the core strands of PSHE. This will ensure that our children may achieve their full potential and leave our school prepared for the demands of society in their future.

We aim to **teach children about relationships** in an engaging, meaningful and age-appropriate manner through a carefully considered spiral curriculum which takes into account the emotional, physical and social maturity of our children. We very strongly believe that the education we provide should reflect both the universal needs shared by all pupils as well as the specific needs of individual pupils in our particular school. As such, the **Relationship** strand of our PSHE curriculum has been carefully considered and is constantly being reviewed so that it is inclusive and meets the needs of each and every one of our children, including those with special educational needs or disabilities (SEND).

Teachers make Relationships and Sex Education lessons engaging, interesting and fun through a variety of teaching methods and interactive activities. Some of these include: role-play; use of learning partners/ small group work; whole class teaching; enquiry tasks; research activities; independent learning and discussion groups; use of appropriate film clips, books and websites; matching games; problem-solving and challenge activities.

Relationships and sex education aims:

- To have the confidence and self-esteem to value themselves.
- To understand that there are a range of different relationships and that families of all types can provide love, security and stability.
- To be prepared for puberty.
- To understand the consequences of their actions and behave responsibly within relationships.
- To recognise that all relationships have ups and downs and be able to identify when relationships are unhealthy.
- To be able to recognise unsafe situations and be able to protect themselves and ask for help and support
- To understand the role the media plays in forming attitudes
- To understand how safe routines can reduce the spread of viruses

Roles and Responsibilities

The Role of the School and Other Members of the Community

The school liaises with external agencies regarding the school RSE programme, and ensures that all adults who work with children on these issues are aware of the school policy, and that they work within this framework.

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 local GP who give us valuable support with our sex education programme. Health professionals are expected to work within the school's RSE policy and on the instructions of the Head of School.

The Role of the Head of School

It is the responsibility of the Head of School to:

- Ensure that parents and staff are informed about our RSE policy
- The policy is implemented effectively.
- Ensure that members of staff are given sufficient training, so that they can teach effectively and handle any difficult issues with sensitivity.
- Monitor this policy on a regular basis and reports to SIB members on the effectiveness of the policy.

The Role of Parents

The school is well aware that the primary role in children's RSE lies with parents and carers. We wish to build a positive and supporting 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 RSE policy and practice (see the school website)
- Answer any questions that parents may have about the RSE of their child
- Take seriously any issue that parents raise with teachers or governors about this policy or the arrangements for RSE in the school

Legislation

What is Relationships and Sex Education?

Relationships Education is a **statutory** component of the PSHE curriculum in Primary Schools from September 2020 which involves learning about the many strands of 'relationships' and 'growing up' including: family relationships; friendships and relationships with peers and adults; healthy and unhealthy relationships; staying safe; the characteristics of positive relationships; relationships online and the emotional, social and physical aspects of growing up.

At Northwick Manor Primary School we believe that relationships Education equips our children with the understanding, knowledge and skills they will need to succeed and thrive.

Teaching about relationships enables our pupils to safely negotiate making new friendships, recognise potential threats to their wellbeing and develop meaningful relationships with others throughout their lives.

The importance of celebrating diversity within Relationships Education

We strive to promote **equality** through all aspects of our Relationships teaching. As such, our curriculum promotes **tolerance and acceptance**.

Just as we encourage Northwick Manor Primary School children to celebrate their many different talents, strengths and aspirations, we also aim to promote the celebration of diversity among cultures, traditions and religions. As an extension of this, pupils are taught about diversity among family structures and relationships, in line with British Values (see 'The Equality Act – 2010'; 'The Marriage Act-2013'). This ensures that every one of our pupils has the chance to develop the self-esteem and confidence they deserve in order to grow into understanding, accepting and respectful adults. Ofsted also fully support the notion that children should be taught about different families and relationships that typify growing up in modern Britain. We use a variety of teaching materials and age appropriate resources to try to fulfil this.

Who delivers the Relationships Education Curriculum?

All Relationship and Sex Education lessons are taught by Teachers who are trained in delivering the specific content of the lessons. Clear parameters will be established in class and special consideration will always be given when teaching particularly sensitive material. Staff will be fully aware of the children in their class and how they might respond and access appropriate material to support.

Curriculum Design

Relationship Education –Subject Content

'Relationships' Education becomes a statutory component of the PSHE and Citizenship curriculum in Primary Schools from September 2020.

Through Northwick Manor Primary School's Relationships and Sex Education Provision we aim to ensure all pupils leave our school with:

- the knowledge and understanding of a variety of relationships;
- the ability to identify any concerns they have about a relationship;
- coping strategies and an awareness of how and where to seek support;
- an understanding of their rights and responsibilities within a range of relationships;
- an awareness of the process of growing up and the changes they and others will experience;
- an understanding of the characteristics of positive relationships.

Key Stage	
Early Years	<u>Me, You and Us</u>
Key stage 1	<u>All about me</u> <u>Our Values</u> <u>Making choices</u> <u>Friendships online</u> <u>Body Parts</u>
Key Stage 2	<u>Healthy relationships</u> <u>Diverse families in the UK and globally</u> <u>Keeping safe online</u> <u>Respect and understanding relationships</u> <u>Changes in relationships</u> <u>Pre-puberty</u> <u>Independence and personal responsibility.</u>

As part of the children's **statutory Science Curriculum** in Year 2, children learn that animals, including humans, have offspring that grow into adults. They are also introduced to the concepts of reproduction and growth (but not how reproduction occurs). The Relationship strand of our PSHE Curriculum supports this learning. We are committed to ensuring that the children receive factually accurate biological information about their bodies. With this in mind, we begin to teach children some of the correct anatomical terminology for the parts of a human body in Key Stage 1.

In Year 5 and 6, as part of the **statutory Science Curriculum**, children are taught about the life cycles of humans and animals, including reproduction. They also learn about the changes that happen in humans from birth to old age. This includes learning what happens in puberty. Recent government guidance strongly suggests that 'All children, including those who develop earlier than the average, need to know about puberty before they experience the onset of physical changes.' We support this statement and believe that children are ready to receive honest, open and factual education about relationships and growing up in this year group. As part of the Relationships Curriculum, during Year 5 children will learn accurate information about puberty, their changing bodies and how to look after them. This is always done in a safe and secure environment with their class teacher.

Safeguarding – Keeping Children Safe

At Northwick Manor Primary School, we aim to foster and maintain a safe environment within which all pupils feel able to ask questions and discuss issues openly (although no pupil or teacher will have to answer personal questions or forced to take part in discussions.) For any child wishing to discuss something confidential relating to content of the lesson, an opportunity will be given.

In line with the school's Policy for Safeguarding and Child Protection, Northwick Manor Primary School is committed to safeguarding and promoting the welfare (both physical and emotional) of every pupil both inside and outside of the school premises. We implement a whole-school preventative approach to managing safeguarding concerns, ensuring that the wellbeing of pupils is at the forefront of all action taken.

In addition, Northwick Manor Primary School staff have received training on the new statutory guidance; 'Keeping Children Safe in Education,' which came into force in September 2019 and which details fresh guidance for 'Teaching online Safety in school'.

All Staff will exercise their professional judgement in order to keep their pupils safe. Ground rules are agreed within Relationships Education for each class. This ensures a safe environment for group discussion and exploring delicate topics. Information given, and the views expressed by the pupils, will be treated in confidence where possible. However, pupils will be informed that 100% confidentiality cannot be assured. If any child makes a disclosure of a safeguarding issue - as with all such instances - the teacher will inform the Designated Safeguarding Lead (DSL) in accordance with Northwick Manor Primary School's policy on Safeguarding and Child Protection.

Engaging Stakeholders

Relationship Education – Parent & Carer Partnerships

At Northwick Manor Primary School we believe clarity is essential and welcome any discussion with Parents and Carers which will inform conversations at home about 'Relationships'.

We endeavour to have a strong partnership with parents and carers and will always aim to be transparent and communicate what is being taught when. We believe that together we can address misconceptions they may have gained about these topics from the media or from their peers. Children are naturally curious about their bodies and other people. By answering questions and teaching them the correct scientific vocabulary, we can help them understand their bodies, their feelings and other people. Our collective aim must be to ensure that our children recognise potential threats to their wellbeing and develop meaningful relationships with others throughout their lives.

If any parent or carer has any queries or concerns about the subject content or delivery of any aspect of Relationships Education, then they should ask to speak to the PSHE Lead or a senior member of staff who will be able to provide more specific information on curriculum and resources that are used to teach this strand of the PSHE Curriculum.

Relationship & Sex Education – Right to Withdraw

From September 2020, Relationships Education will be statutory for all children, in all primary schools. This means that parents and carers cannot withdraw their child from these lessons. However, they will be able to request that their child is withdrawn from lessons about Sex Education taught as part of Relationships Education, **which are not statutory objectives covered in the science national curriculum.**

We encourage you to speak to the PSHE Lead or a senior member of staff about which specific sessions these are and their precise content in order to alleviate any worries you may have. We are confident that you will then appreciate how these age-appropriate lessons fit in to your child's relationship education in a purposeful and meaningful way.

Monitoring, reporting and evaluation.

Self- assessment is a vital part of learning in Relationships and Sex Education.

To support their independence, children are given many opportunities to reflect on and evaluate their learning through self-assessment. This valuable life skill is reinforced and embedded across the curriculum.

Pupil voice is also a key feature of our learning at Northwick Manor Primary School. We encourage our children to express opinions in an open and inclusive environment. Their contributions help us to assess and monitor their progress. Listening and responding to the views of our pupils ensures that our policy and curriculum is responsive and meet the needs of all our learners from year to year.

Staff who deliver the Relationships Curriculum will critically reflect on their teaching and best practice can be shared at PSHE reviews, training sessions or staff meetings.

The PSHE Lead will have regular informal meetings each term to monitor planning and children's work to help her provide further relevant training opportunities.

Comments on children's learning and progress in Relationships Education as part of their learning in PSHE should be reported to parents and carers at parent consultations.

Discussion takes place informally at pupil progress meetings in October and February and formally on their end of year school report in July.

Relationship Education – Where to find information

Our inclusive 'Relationships Education' curriculum supports the objectives set out by the PSHE Association which meet the statutory requirements for Key Stage 1 and 2 from September 2020. It forms a core part of our comprehensive 'Personal, Social, Health and Economic (PSHE) & Citizenship Education curriculum. How Relationships Education fits into the wider PSHE & citizenship Scheme of Work can be viewed online on our school website.

*Personal, Social, Health, Economic (PSHE) & Citizenship Education Curriculum –
Northwick Manor Primary School Planning Year R - 6*

The following document can also be viewed online on our school website.