



Title: **RELATIONSHIPS, SEX and HEALTH EDUCATION (RSHE) v2**

Document Management

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Catherine Mason	Reviewed	14.7.22
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For clarity throughout this policy the words Franche Community Primary School, school and/or setting refer to all childcare services provided on the Franche Community Primary School site. Including: Children's Centre, TOTS@Franche, Holiday Club and Breakfast/After School Club.

“Today’s children and young people are growing up in an increasingly complex world and living their lives seamlessly on and offline. This presents many positive and exciting opportunities, but also challenges and risks. In this environment, children and young people need to know how to be safe and healthy, and how to manage their academic, personal and social lives in a positive way.

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 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. Relationships and Sex Education can support young people to develop resilience, to know how and when to ask for help, and to know where to access support.”

(DFE July 2018)

Aims and Objectives

At Franche Community Primary School, we are committed to ensuring that our RSHE programme is relevant to all pupils and is taught in a way that is age and stage appropriate.

As supported by the NSPCC, The Children’s Society, Barnardo’s, National Children’s Bureau and Sex Education Forum, our aims and objectives are derived from the ‘RSE in schools’ poster and adapted for our school community and needs. At Franche Community Primary School, we are committed to teaching relationships, sex and health education (hereafter referred to as RSHE) which:

- is an identifiable part of our personal, social, health and economic (PSHE) education curriculum and which has planned, timetabled lessons across all the Key Stages.
- is taught by staff regularly trained in RSHE and PSHE.
- works in partnership with parents and carers, informing them about what their children will be learning and how they can contribute at home.
- delivers lessons where pupils feel safe and encourages participation by using a variety of teaching approaches with opportunities to develop critical thinking and relationship skills.
- is based on reliable sources of information, including about the law and legal rights, and distinguishes between fact and opinion.
- promotes safe, equal, caring and enjoyable relationships and discusses real-life issues appropriate to the age and stage of pupils, including friendships, families, consent, relationship abuse, sexual exploitation and safe relationships online.
- gives a positive view of human sexuality, with honest and medically accurate information, so that pupils can learn about their bodies and sexual and reproductive health in ways that are appropriate to their maturity.

- gives pupils opportunities to reflect on values and influences (such as from peers, media, faith and culture) that may shape their attitudes to relationships and sex, and nurtures respect for different views.
- includes learning about how to get help from sources such as health and advice services, including reliable information online.
- fosters gender equality and LGBT+ (lesbian, gay, bisexual, trans) equality and challenges all forms of discrimination in RSE lessons and in everyday life.
- meets the needs of all pupils – including those with special educational needs and disabilities

RSHE in the context of the National Curriculum:

Legal requirements:

At Franche Community Primary School, we have a statutory duty to teach the following as part of Science in the National Curriculum.

Key Stage 1

- Notice that animals, including humans, have offspring which grow into adults.
- Identify, name, draw and label the basic parts of the human body and say which part of the body is associated with each sense.
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Key Stage 2

- 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.
- Describe the changes as humans develop to old age.
- Recognise that living things produce offspring of the same kind, but normally offspring vary and are not identical to their parents.

Our RSHE curriculum, which is also linked closely with the PSHE curriculum, builds on these themes as follows:

Early Years Foundation Stage (EYFS)

Children learn about the concept of male and female and about young animals. In ongoing PSHE work, they develop skills to form friendships and think about relationships with others.

Key Stage 1

Through work in science, children learn about the life cycles of some animals, understand the idea of growing from young to old and learn that all living things reproduce. They learn that animals, including humans, have offspring which grow into adults. They learn about the

importance of personal hygiene to maintain good health. In RE and Citizenship, 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. They begin to co-operate with others in work and play and begin to recognise the range of human emotions and ways to deal with them. They also learn about personal safety. Our programme for relationships education and sex education is broken into two strands- relationships education and health education. Our relationships and sex education provision during the Early Years Foundation Stage and Key Stage 1 covers the following themes:

Early Years Foundation Stage

Relationships education

- Making relationships with adults
- Co-operation and relationships with peers
- Families
- Equality and respect

Health education

- Self-confidence and self-awareness
- Managing feelings and behaviours
- Health and self-care
- Emotions
- Positive behaviour
- Hygiene
- Dental health
- Healthy eating
- Keeping safe- sun safety
- Changes and growing up

Key Stage 1

Relationships education

- My family and different types and of families
- Friendships
- Healthy relationships
- Showing kindness to ourselves and others
- Secrets and Surprises including the NSPCC PANTS rule
- Equality and respect

Health education

- Healthy eating

- The importance of sleep
- Illness
- Relaxation and mindfulness techniques
- How to get help- calling 999 and people who help us
- Good feelings and difficult feelings
- Dental health
- Online safety

Key Stage 2

In science, children build on their knowledge of life cycles and learn about the basic biology of human reproduction. In RE and Citizenship, they continue to develop an understanding of relationships within a family, between friends and the community and that there are different patterns of friendship. They will develop skills needed to form relationships and to respect other people's emotions and feelings. They will consider how to make simple choices and exercise some basic techniques for resisting pressures.

Specific RSHE lessons are delivered throughout Key Stage 2 and cover the following themes:

Years 3 and 4

Relationships education

- Healthy relationships
- Diverse families
- Keeping safe
- Equality and respect
- Changes in relationships

Health education

- Emotional literacy
- Nutrition
- Hazards- rivers and water safety
- Mental Health and positive body image

Year 5

Relationships education

- Puberty
- Equality and respect

Health education

- Relaxation
- Mindfulness
- Exercise and its importance for both physical and mental health
- Managing emotions in different situations
- Knowing who to ask for help

- Key facts about puberty and the changing adolescent body
- About menstrual wellbeing including the key facts about the menstrual cycle

Year 6

Relationships education

- The human life cycle
- How a baby is conceived and born
- Equality and respect

Health education

- Relaxation
- Mindfulness
- Exercise and its importance for both physical and mental health
- Managing emotions in different situations
- Knowing who to ask for help
- Basic first aid
- Drugs and alcohol education

Consulting Parents

Bi-annual parent meetings will be held to provide information on Relationships, Sex and Health Education (RSHE) meetings for parents of children in Reception to Year 6 as their children move through phases of the school.

This RSHE policy is available on the school website and class teachers are always willing to discuss concerns with parents should they arise.

In Years 5 and 6, the school informs parents in advance when aspects relating to puberty (Year 5) and 'how babies are made' (Year 6) are taught. Opportunities are provided for parents to discuss the content of the lessons with class teachers.

RSHE Policy and Practice

- Designated teachers will have overall responsibility for the provision of the programme, for monitoring developments within RSHE and for recommending to governors any amendments that they feel necessary and appropriate.
- Materials used in the RSHE Programme will be available for parents to view on request.
- It is a legal requirement that all children in Primary Schools receive relationships education. (DfE 2018) Parents may legally withdraw their children from the sex education element of the curriculum. However, a conversation with the class teacher would be encouraged so that parental concerns could be discussed.
- If questions are asked by children outside the RSHE Programme, class teachers will use their discretion in answering them in an appropriate manner and at an appropriate and suitable time.
- It is our intention that all children have the opportunity to experience a programme of RSHE at a level which is appropriate for their age and physical development with differentiated provision if required.

Dealing with difficult questions

'Ground rules' are essential to provide an agreed structure to answering sensitive or difficult questions. Where appropriate, our RSHE lessons facilitate the use of an anonymous question box as a distancing technique. Teachers will endeavour to answer questions as honestly as possible, but if faced with a question they do not feel comfortable answering within the classroom or one which is beyond the Key Stage 2 objectives, provision will be made to meet the individual child's needs

Use of Visitors

When appropriate, visitors such as the school nurse may be involved in the delivery of Relationships, Sex and Health Education. This would complement the ongoing lessons being delivered by the class teacher.

Children with SEND

Teaching and learning will be differentiated as appropriate to address the needs of children for whom the core curriculum may not be appropriate. These children will have full access to the content of RSHE, but at a level which is appropriate for their stage of development. This will be discussed with parents prior to the delivery of lessons.

Child Protection/Confidentiality

Teachers are aware that effective RSHE, which brings an understanding of what is and is not acceptable in a relationship, may lead to the disclosure of a child protection nature. Should this happen, the staff member will inform the Headteacher/Designated Safeguarding Lead immediately in line with the LEA procedures for child protection. A member of staff cannot promise confidentiality if concerns exist.