

	Name of School	Terrington St Clement Community School
	Policy review Date	January 2023
	Date of next Review	January 2026
	Who reviewed this policy?	Amanda Conner & Emily Nell
	Date approved by Governing body	09/03/2023

## **Relationships & Sex Education Policy**

At Terrington St Clement, we are fully committed to the principle of inclusion and the good practice which makes it possible. Therefore, our children have the opportunity to be included in the full range of activities the school has to offer, including the RSE curriculum agreed by the Governing Body. This policy takes into consideration:

- How, who and when to teach RSE,
- The changing needs of children in each year group,
- The requirements and responsibilities of the school,
- The parent/carer's role

We aim to help our pupils move with confidence from childhood through adolescence into adulthood. We believe that effective RSE as part of a planned PSHE programme is essential if young people are to make responsible and well-informed decisions about their lives and keep themselves safe.

### **Aims**

- Provide a framework in which sensitive discussions can take place
- Prepare pupils for puberty, and give them an understanding of sexual development, health and hygiene
- Help pupils develop feelings of self-respect, confidence and empathy
- Create a positive culture around issues of sexuality and relationships
- Teach pupils the correct vocabulary to describe themselves and their bodies
- Enable our pupils to demonstrate our traditional values of **respect** and become **caring** individuals.

### **Policy Development**

This policy has been developed in consultation with staff, pupils and parents/carers. The consultation and policy development process involved the following steps:

- Review – our PSHE lead, Headteacher and governors in our Learning & Achievement Committee worked together to develop our policy
- Staff consultation – all school staff were given the opportunity to look at the policy and make recommendations
- Parent/carer consultation – parents/carers were given the opportunity to review and comment on our policy. Opportunities are provided annually for parents/carer to review the sex education content prior to this being taught. This takes place in the Spring Term.

### **Our programme of teaching incorporates:**

#### **Attitudes and values:**

- Learning the importance of values and individual conscience and moral considerations;
- Learning the value of family life, marriage, and stable and loving relationships for the nurture of children;
- Learning the value of respect, love and care;
- Exploring, considering and understanding moral dilemmas; and

- Developing critical thinking as part of decision-making.

### **Personal and social skills:**

- Learning to manage emotions and relationships confidently and sensitively;
- Developing self-respect and empathy for others;
- Learning to make choices based on an understanding of difference and with an absence of prejudice;
- Developing an appreciation of the consequences of choices made;
- Managing conflict; and
- Learning how to recognise and avoid exploitation and abuse.

### **Knowledge and understanding:**

- Learning and understanding physical development at appropriate stages and how to look after our bodies through good hygiene, healthy eating and exercise.
- Understanding human sexuality, reproduction, emotions and relationships;

### **How will the RSE policy be implemented?**

Terrington St Clement Community School provides a programme as part of the PSHE framework in addition to the National Science Curriculum topics. RSE is set in the context of self-esteem and responsibility for the consequences of one's actions.

Effective RSE is achieved through a whole-school approach, which ensures the school's policy is appropriately set for the age and maturity of the pupils. This includes: involving parents and carers; giving staff appropriate training and support; and ensuring that pupils' views are listened to.

The whole school takes its objectives from the Christopher Winter Project (CWP) scheme of work. RSE is taught intensively for three weeks during the Spring Term (four weeks for Year 6). However, this is an ongoing topic which can be explored by pupils in different curriculum areas throughout the year including our weekly 'Learn to Thrive,' sessions. As part of this programme of study, our pupils also learn about the [NSPCC PANTS](#) message and how to keep themselves physically safe. Online safety is taught regularly throughout our Computing Curriculum and explicitly during Internet Safety Day to raise awareness of keeping safe on line.

### **Our RSE programme will cover the following objectives:**

#### **Foundation Stage Objectives**

- To consider the routines and patterns of a typical day
- To understand why hygiene is important
- To recognise that all families are different

#### **Year One Objectives**

- To understand some basic hygiene principles
- To know that babies become children and then adults
- To know the differences between boy and girl babies
- To explore different types of families
- To know who to ask for help

#### **Year Two Objectives**

- To identify some differences between males and females
- To introduce the concept of gender stereotypes
- To know some differences between male and female animals and that a male and female is needed to make a new life
- To be able to name the male and female body parts

### **Year Three Objectives**

- To know the differences between males and females and name the body parts
- To understand personal space
- To identify different types of touch that people like and do not like
- To explore different types of families
- To know who to go to for help and support
- To know the virtues essential to friendship.

### **Year Four Objectives**

- To describe the main stages of the human lifecycle (baby – toddler – child – teenager – adult – elder)
- To identify some basic facts about puberty
- To know about some of the physical and emotional changes that happen in puberty

### **Year Five Objectives**

- To explore the emotional and physical changes occurring in puberty
- To know how to manage the changes that occur during puberty
- To understand how puberty affects the reproductive organs
- To explore ways to get support during puberty

### **Year Six Objectives**

- To know how and why the body changes during puberty
- To explore different physical and emotional behaviour in relationships
- To explore negative and positive ways of communicating in a relationship
- To know how to keep safe online
- To understand the process of conception and pregnancy

### **Delivery of the Curriculum**

- The RSE/PSHE programme will be delivered during timetabled sessions by class teachers.
- The teaching methods will be varied and include discussions worksheets, books/stories, group work and drama activities.
- RSE lessons will generally be taught in mixed gender classes, although some question-answer sessions may be delivered in single sex groups in year 6.
- Children with special educational needs and learning difficulties will be included in RSE with activities etc. differentiated according to individual need.
- A range of appropriate resources will be used to support the delivery of the RSE programme. Resources used for RSE teaching will be made available for parents to view prior to teaching.
- Class teachers should endeavour to answer pupil's questions honestly and appropriately. The class teacher should use their discretion to answer questions appropriately, seeking a different time/ place if necessary or referring the question to a more appropriate adult e.g. a parent/carer.
- The RSE programme will be evaluated through discussion with teachers.
- It is ensured by the PSHE Coordinator and Head Teacher that staff are comfortable teaching the content of RSE programme and that relevant support/training is provided.
- Teachers cannot offer children confidentiality and must report anything of concern to the Head teacher, who will act appropriately and follow guidelines set out in the school's Safeguarding & Child Protection Policy.

### **Provision for Pupils with SEND**

As with all school provision, we will endeavour to make reasonable adjustments to our curriculum so that those pupils with SEND who may find it difficult to access the content of these lessons are supported to do so at an appropriate level. This will be decided in consultation with their parents/ carers.

**Right to Withdraw:**

Those parts of the RSE program that are included as part of the Science Curriculum or Relationships Education are statutory for all. Parents have the right to withdraw their children from the Sex Education part of the programme however it is hoped that all pupils will take part. Requests for withdrawal should be put in writing and addressed to the headteacher.

**Procedures for monitoring and evaluating.**

This policy will be available for all staff on a shared drive and for parents/ carers via school website. Hard copies are available from the office if requested. It will be reviewed regularly by the Learning & Achievement Committee unless legislation requires changes at other times.