



# Relationship and Sex Education

# Policy

**RSE Policy**

**Policy Review Date:** January 2018

**Reviewed By:** D McGregor & SLT

**Next Review:** January 2019 (or following incident, legislation or interim guidance)

## Distribution

Please note that 2 copies of this policy are printed as standard and distributed to the following areas:

- 1) Staff Room
- 2) School Office

This policy is also made available on the school website.

## Updates and Amendments to Policy

Date	Section Heading	Update Details	Page N°

## **CONTENTS**

<b>Section</b>	<b>Title</b>	<b>Page N°</b>
1	Policy Statement	5
2	Aims and objectives	5
3	Why RSE is important	5
4	Equal Opportunities Statement	6
5	Legal requirements	6
6	Confidentiality	6
7	Role of parents	6
8	How RSE is delivered at Avalon	7
9	Development of policy and review	7
10	Curriculum Content	7

## **Policy Statement**

Avalon School's Relationship and Sex Education (RSE) policy is based on the DFEE guidance document, "Sex and Relationship Education Guidance" (ref DFEE 0116/2000). In this document sex education is defined as "learning about physical, moral and emotional development."

RSE is also about understanding the importance of marriage and stable relationships as key building blocks of community and society.

According to the guidance document, "Sex and relationship education should contribute to promoting the spiritual, moral, cultural, mental and physical development of pupils at school and of society and preparing pupils for the opportunities, responsibilities and experiences of adult life."

At Avalon, Relationship and Sex Education will provide our children with the opportunities to develop confidence in talking, listening and thinking about feelings and relationships.

As part of a structured programme, children will be able to name parts of the body and describe how their bodies work. Correct vocabulary will be taught for body parts. Whilst it may be appropriate to use nicknames for body parts at home, in school it is essential to learn and use the correct terminology. The programme will assist children in protecting themselves and asking for help and support. In Key Stage 2 some classes may be delivered in single sex groups, in particular the puberty sessions delivered by the DARA RSE team. Classes will establish a set of agreed ground rules to be followed during RSE sessions.

## **Aims and objectives**

Avalon School's Relationship and Sex education policy is a working document and aims to:-

- provide a graduated relationship and sex education programme, tailored to the age and the physical and emotional maturity of the children
- ensure that RSE is supported by the school's wider curriculum for personal, social and health education
- develop children's confidence and responsibility
- help our children play an active role as citizens
- help our children develop a healthier, safer lifestyle
- assist children in developing good relationships, respecting differences between people

## **Why RSE is important at primary school**

Primary RSE is about demonstrating to children that matters relating to the body and sex can be spoken about in a sensitive and positive way. This helps children to feel more comfortable about communicating about these matters.

In a world where children receive information about sex and relationships from a variety of sources, many of which are inaccurate or “unhealthy,” RSE at Avalon aims to counterbalance these messages by providing accurate information as part of a supportive programme.

### **Equal Opportunities Statement**

Avalon School is committed to the provision of RSE to all of our children. Our RSE programme is inclusive and acknowledges and accommodates the diversity within any group of children in terms of gender, religion, language, race, social background, culture, appearance, family set-up, special needs, ability or disability.

### **Legal requirements**

The law in relation to RSE states:-

“The governing bodies of schools are required to keep an up-to-date RSE policy that describes the content and organisation of RSE provides outside the National Curriculum Science Orders.”

Parents/carers have the right to withdraw their children from RSE lessons except for those parts included in the statutory National Curriculum which will be covered in Science lessons.

If a parent wishes their child to be withdrawn from RSE lessons, they should discuss this with the headteacher and make it clear which aspects of the programme they do not wish their child to participate in.

### **Confidentiality**

Teachers and any other adults who deliver sex education lessons do so in a sensitive manner and in confidence. However, if a child makes any disclosure of a sexual nature, the teacher will deal with it as a matter of child protection, following the school’s safeguarding policy and procedures.

Parents are advised to read other policies/documents which can be linked to RSE, such as the Confidentiality statement, Safeguarding children policy and Internet safety,

### **Role of parents**

With regards to Relationship and Sex Education, we wish to build a positive and supporting relationship with the parents and carers 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
- answer any questions or concerns that parents may have relating to the RSE of their child

- take seriously any issue that parents raise with the teachers, headteacher or governors about the policy or the arrangements for RSE in the school
- aim to support the key messages that parents and carers give to children at home in order to ensure children understand their changing body and responsibilities

### **How RSE is delivered at Avalon**

A programme of SRE is delivered during the second half of the Spring term. RSE is delivered by teaching staff during Science lessons (Year 1-Year 6) and PSHCEE lessons (Reception –Year 6). The programme for Year 5 and Year 6 is enhanced by speakers from the DARA (Drug, Alcohol and Relationship Awareness) organisation, who deliver sessions to Year 5 and Year 6 on puberty, including the emotional and physical body changes the body goes through during puberty and personal hygiene.

### **Development of policy and review**

Avalon has developed this RSE policy as a result of consultation with parents/carers, headteacher, teaching staff and the governing body.

The policy will be reviewed annually and updated as and when necessary.

### **Curriculum Content**

Below is an outline of the content of the lessons for each year group. The school uses the Christopher Winter Project, "Teaching SRE with Confidence in Primary schools" as the basis of our lessons.

#### **Reception**

The lessons will incorporate the Early Learning Goals of physical development (Health and self-care) and Making Relationships.

The children will learn about:-

- the routines and patterns of a typical day
- why hygiene is important
- how families are different and how members of a family can help each other

## **Year 1**

The core theme is Growing and Caring for Ourselves.

The children will learn about:-

- the importance of personal hygiene
- the process of growing from young to old and how people's needs change
- the differences between male and female animals
- exploring different types of families and who to ask for help

## **Year 2**

The core theme is Differences.

The children will learn about:-

- the fact that males and females are different and how this is part of the lifecycle
- how new life needs a male and a female
- how to describe some differences between male and female animals
- the concept of male and female and gender stereotypes

## **Year 3**

The core theme is Valuing differences and Keeping safe.

The children will learn about:-

- exploring the differences between males and females and naming the body parts using agreed words
- identifying different types of touch and understanding personal space
- exploring different types of families and who to go to for help and support

## **Year 4**

The core theme is Growing up.

The children will learn about:-

- naming of body parts using agreed words
- exploring the human lifecycle
- understanding how the body changes when a child grows up

- identifying some basic facts about puberty and about some of the changes which happen to the body during puberty including physical and emotional
- exploring how puberty is linked to reproduction

### **Year 5**

The core theme is puberty.

The children will learn about:-

- revising the names of the body parts using agreed words
- how puberty affects people's feelings and emotions
- the physical changes that occur in both males and females during puberty
- how puberty affects the body and the importance of good personal hygiene
- how to get help and support during puberty

### **Year 6**

The core themes are puberty and reproduction.

The children will learn about:-

- revising the names of body parts using agreed words
- how and why the body changes during puberty in preparation for reproduction
- basic facts about conception and pregnancy
- physical and emotional behaviour in relationships
- exploring positive and negative ways of communication in a relationship