


Policy:	Relationships and Sex Education (RSE) Policy October 2022	
Status:	Statutory	
Review Date:	3 yearly – October 2025	

1. CONTEXT

This Relationships Education Policy must be read in conjunction with our PSHE Policy.

1.1 Relationships Education in our school

We believe Relationships Education is learning about emotional, social and physical aspects of our lives, about ourselves and our relationships. It enables pupils to develop essential life skills for building and maintaining positive, enjoyable, respectful and non-exploitative relationships. It equips pupils with information and skills they need to understand about themselves, their peers and people they meet in the wider community. It explores risks, choices, rights, responsibilities and attitudes. It will help pupils to develop skills to keep themselves and others safer, physically and emotionally, both on and off line. Relationships Education enables pupils to explore their own attitudes and those of others respectfully.

Relationships Education makes a major contribution to fulfilling our school's vision:

'Let your light shine'

(Matthew 5:16)

1.2 Context of Wider PSHE

We deliver Relationships Education as part of our wider provision of Personal, Social, Health and Citizenship Education (PSHCE), which also includes statutory Health Education.

The aims of Relationships Education are further supported by interventions, extracurricular and enrichment activities we provide. For example, developing as a Healthy School, social skills interventions, Anti-bullying week, Mental Health week, E-safety week.

1.3 Intent of Our Relationships Education Curriculum

Through the delivery of Relationships Education we intend to further our school's aims of providing a curriculum which is relevant to the needs of pupils, both now and in the future. It will enable pupils to develop knowledge, skills and attitudes which enhance their personal development and wellbeing. This will have a direct, positive effect on their progress and achievement in school.

All adults in school will work towards achieving these aims for Relationships Education. We seek to enable our children to:

- develop interpersonal and communication skills
- develop positive, personal values and a moral framework that will guide their decisions and behaviour
- respect themselves and others, their views, backgrounds, cultures and experiences
- develop respectful, caring relationships based on mutuality, reciprocity and trust
- develop their ability to keep themselves and others safe, physically and emotionally, both on and off line
- develop their understanding of a variety of families and how families are central to the wellbeing of children
- recognise and avoid coercive and exploitative relationships
- explore relationships in ways appropriate to their age and stage of development
- value, care for and respect their bodies

- build confidence in accessing additional advice and support for themselves and others.

2. IMPLEMENTING OUR POLICY

2.1 Inclusion

In relation to those with special educational needs or disability, we ensure our Relationships Education programme provides for those with additional needs. We recognise that those with SEND are often more vulnerable to sexual harassment and abuse and that we need to ensure that children are supported to develop appropriate strategies and attitudes to keep themselves safer. We consider:

- their level of vulnerability to coercion and pressure
- their previous experience of negative behaviours in peer or child-adult relationships
- their need to learn and demonstrate appropriate behaviour
- their need to develop self-esteem and positive body image
- the need to involve all staff, including teaching and non-teaching support staff and parents/carers, in policy development, planning and training
- the management of personal care
- clarity about sources of support for pupils.

2.2 Equality

The [Equality Act 2010](#) has special resonance in Relationships Education. Through this area of learning we seek to develop key interpersonal skills such as respect and empathy which enable pupils to understand the rights and responsibilities we all have towards one another.

The school has a duty, under the Equality Act (2010), to ensure that it does not discriminate against people with protected characteristics. A whole-school approach is taken to inclusivity and accessibility and care is taken to ensure that teaching meets the needs of all students. The protected characteristics are: age, disability, gender reassignment, marriage and civil partnership, pregnancy and maternity, race, religion or belief, sex and sexual orientation.

We will ensure that our provision of Relationships Education is not only equally accessible and inclusive for all pupils with protected characteristics, or who have family members with protected characteristics, but also that it reduces discrimination, advances equality of opportunity and encourages good relations between different groups.

In order to ensure that Relationships Education meets the needs of all:

- We will reflect a range of lifestyles and family structures so that all children see themselves and their families reflected back in the lessons.
- We will ensure that the law in relation to, for example, marriage, online behaviours, sexuality, gender and violence are explained in age appropriate ways.
- Where there are different cultural or religious views about families, relationships or behaviours, we will share these to ensure children see their family views represented.
- We will not seek to gain consensus, but will accept and celebrate difference.
- We will, as appropriate, ensure that a variety of views and beliefs are reflected back to pupils.
- In order to ensure that children of all genders can access information they need, we will teach in mixed gender groups wherever possible.
- We will encourage respect and discourage abusive and exploitative relationships.
- We will not ask children to represent the views of a particular religious or cultural group to their peers, unless they choose to do so.
- We will take positive action to tackle bullying and discrimination

We support children in developing their knowledge about and attitudes towards diversity throughout units of work including:

- Diversity and Communities

- Family and Friends
- Beginning and Belonging

2.3 Safeguarding

We understand the importance of high quality Relationships Education as we fulfil our statutory safeguarding duties. Relationship Education enables pupils to understand about mutual, consensual and reciprocated relationships in all their forms. Whether the children are learning about friendships, families, relationships in school or the wider community, they will be developing essential skills which underpin their ability to recognise abusive relationships. Teaching about 'Family and Friends' and 'Anti-bullying' enables us to fulfil our statutory duty to prevent 'peer-on-peer' abuse.

In the case of RSE and Personal Safety, we recognise that effective teaching may alert children to what is appropriate and inappropriate behaviour (including inappropriate sexual behaviour) and that there is an increased possibility that a disclosure relating to abuse may be made. RSE and Personal Safety enable us to fulfil our duty to prevent Female Genital Mutilation (FGM). All staff are aware of the Safeguarding and Child Protection procedures and will report disclosures or concerns to the Designated Safeguarding Lead (DSL) immediately.

2.4 Development of the Policy *(this section can be adapted depending on feedback)*

This policy has been developed in consultation with pupils, staff, governors and parents/carers. The consultation period followed the provision of information about the duties and statutory elements which have to be included in Relationships Education. It has also included gathering views on needs and priorities for the school community.

All views expressed by pupils, staff, governors and parents/carers about the policy have been considered. Consultation did not give a veto to individual members of the school community. The final decision on policy and delivery has been made by the school, having listened to the needs and views of the school community.

2.5 Consulting on our Policy *(this section can be adapted depending on feedback)*

This initial policy, due to the significant changes in the RSHE curriculum, went out to all stakeholders for their thoughts, giving the full policy and appendices so they receive all the information available to them.

Parents/carers opinions/ideas could also be represented through the parent governors.

Further consultation with parents/carers will be carried out when the policy is reviewed, which happens at least every 3 years.

3. INVOLVING THE WHOLE SCHOOL COMMUNITY

3.1 Working with Staff

Teaching Relationships Education can be very rewarding, but we understand that, in order to feel confident, staff need opportunities to develop their own knowledge, skills and attitudes. We recognise that every adult has different personal beliefs and attitudes, but that all teachers must understand and comply with their duties connected with safeguarding, equality and inclusion.

Teachers have a duty to deliver statutory areas of the curriculum and all teachers will be supported to develop their skills in delivering non statutory areas such as sex education. We will discuss relevant issues and staff concerns and, where appropriate, arrange training to enable staff members to feel confident in delivering the various aspects of Relationships Education. We will also encourage the sharing of good practice. We may also use team teaching to develop confidence. Training includes information on how to use ground rules, facilitate group discussions, answer difficult questions and the delivery of sensitive content. Training may be provided in-school, on-line or as part of local support offered by Leicestershire and Rutland Healthy Schools.

3.2 Engaging with Pupils

We will involve pupils in the evaluation and development of their Relationships Education in ways appropriate to their age. We will seek opportunities to discuss children's views about the content of their PSHE lessons. As with all subjects, pupils will have questions relating to what they have been learning and teachers will use their judgement to answer questions in an age appropriate way. If a teacher is unsure about whether a particular question is appropriate to be answered in a whole-class setting they may ask for support from the subject lead or senior leadership team.

3.3 Working with Governors *(this section can be adapted depending on feedback)*

This policy has been developed with governor involvement, so that the governors are able to fulfil their statutory duties.

It is the responsibility of the governors to ensure, through consultation, that the Relationships Education Policy reflects the needs and views of our community.

In order to facilitate this process, the Relationships Education Policy will appear annually on the agenda of one governors' meeting. The agreed policy will be available on the school's website. A link governor for PSHE (including Relationships Education) will be nominated.

It is the role of governors to ensure that:

- pupils make progress in Relationships Education in line with the expected educational outcomes
- the subject is well led, effectively managed and well planned
- the quality of provision is subject to regular and effective self-evaluation
- teaching is delivered in a way which is accessible to all
- clear information is given to parents/carers
- the subject is resourced and taught in a way which enables the school to fulfil statutory requirements.

3.4 Communicating with Parents/carers

Parents/carers are the first educators of their children about relationships, emotions, empathy, respect and growing up. We recognise that many children like to receive information about relationships from their parents/carers in addition to their learning in school. Therefore we seek to work in partnership with parents/carers when planning and delivering Relationships Education. We will encourage this partnership by:

- Sharing details of our curriculum on our website
- Informing parents/carers by newsletter or leaflet of forthcoming Relationships Education topics e.g. Personal Safety, Anti-bullying and RSE
- Inviting parents to learn more about the approach used in Relationships Education and RSE
- Informing parents/carers about PSHE, Relationships Education and RSE programmes as their child joins the school through the school brochure/prospectus/website
- Providing supportive information about parents' role in Relationships Education
- Inviting parents to discuss their views and concerns about Relationships Education on an informal basis through drop ins
- Signposting parents/carers to sources of support to help them address the needs of their child or build their own confidence in talking about relationships with their children.

3.5 Working with External Agencies and the Wider Community

We believe that all aspects of Relationships Education are most effectively taught by those who know our pupils well and are aware of their needs. We encourage visitors to our school, who may enhance, but never replace, our planned provision. We will work closely with visitors to ensure that the needs of our pupils are met.

We will follow this Code of Practice when working with visitors:

- The care and management of pupils is the responsibility of the school at all times.
- In class teaching situations, visitors will not be asked to work alone with pupils, but will be supported by a member of staff.
- The school will know whether visitors are DBS checked and arrangements will be made to accompany them as appropriate.
- All visitors will be made aware of the content and principles of this Policy, prior to their visit.
- All lessons will be planned in direct liaison with the PSHE Co-ordinator/Class teacher, taking account of the age and needs of the group and the context of the work within the Relationships Education programme.
- Visitors will be reminded that, whilst contributing to Relationships Education in a classroom setting, they must adhere to the same confidentiality code as staff members. Class teaching must be seen as separate from health or other targeted interventions to support wellbeing.
- Any resources which a visitor wishes to use or distribute will be discussed and agreed with the PSHE Co-ordinator/Class Teacher beforehand.
- The contributions of visitors will be regularly monitored and evaluated.

4. CURRICULUM ORGANISATION

Our Relationships Education Curriculum ([see Appendix 7.1](#)) is wholly consistent with the DfE statutory requirements for Relationships Education and Health Education (2020), National Curriculum (2014), other DfE and Ofsted guidance. It also reflects best practice described by the Sex Education Forum and PSHE Association. We consider Relationships Education to be a continuous process of learning, which begins before the children enter our school and continues into adulthood. We have planned a curriculum appropriate to each age group with a spiral of progression. All adults working with children have a part to play in supporting the delivery of Relationships Education.

Relationships Education is learning about:

- Families and People who care for me
- Caring Friendships
- Respectful relationships
- Online Relationships
- Being Safe

Our PSHE topic structure does not separate delivery of Relationships Education from Health Education and wider PSHE. We deliver topics which, taking the lead from children's lived experiences, consider related themes including development of knowledge, skills and attitudes in an integrated way. The topics where Relationships Education is a significant driver are:

- Anti-bullying
- Digital Lifestyles
- Diversity and Communities
- Family and Friends
- Managing Change
- My Emotions
- Personal Safety

- Relationships and Sex Education

Also: Working Together, Beginning and Belonging, Rights, Rules and Responsibilities

Relationships Education will be taught in:

- PSHE through designated lessons, focused events, 'Healthy me' weeks
- Other curriculum areas, especially Science, English, RE, PE and computing
- Enrichment activities, especially our assembly programme, social skills groups, involvement in school trips and adventurous activities, activities carried out as part of our development as a healthy school.

4.1 Teaching Methodologies

Our aim is that teachers use a range of teaching methodologies where skills such as communication, compromise and negotiation are practised in classroom situations and where attitudes such as respect and empathy are modelled and discussed. We encourage teachers to ensure that group work, debate, taking other people's view points and working together are practised in all PSHE lessons and across the wider curriculum. Our Relationships Education lessons are not simple opportunities to give information, but to explore views and perspectives and develop possible solutions through discussion and interaction.

In keeping with this approach we base our curriculum on a series of questions children will have the opportunity to engage with, rather than banks of knowledge they will acquire.

Ground Rules: Relationships Education is taught in a safe, non-judgemental environment where all adults and children are confident that they will be respected. Specific ground rules will be established at the beginning of any Relationships Education work, in addition to those already used in the classroom. They will cover the following areas:

- appropriate use of language
- the asking and answering of personal questions
- strategies for checking or accessing information.

Distancing Techniques: In order to protect children's privacy, we will employ teaching and learning strategies which enable them to discuss issues without disclosing personal experience. For example, we may use fiction, puppets, case studies, role-play, videos, to enable children to share ideas and opinions and to practise their decision-making skills in a safe learning environment.

4.2 Anti-bullying and Friends and Family

4.2.1 Our Aims for Anti-bullying and Friends and Family

We recognise that children learn about skills which contribute to their ability to build and sustain healthy relationships in a wide variety of ways, not only through planned lessons, but through their everyday experiences at school and at home. Our school ethos, wider enrichment opportunities and the interventions and support offered all contribute to the development of these skills.

In addition to our broad aims for Relationships Education, in our planned lessons on Anti-bullying and Family and Friends we aim to ensure that children:

- Learn skills for developing and sustaining healthy friendships
- Are able to apply principles of mutuality, equality, respect and loyalty across different types of relationships
- Are able to identify coercion, manipulation and power imbalance across different types of relationships

- Learn that empathy, communication skills, emotional literacy and positive mental health all contribute to healthy relationships
- Learn about the breadth of different family structures, lifestyles, religions and cultures and understand how to show respect and celebrate difference
- Are able to ask for support and support others when relationships are tough.

4.2.2 Our School Context

We weave a variety of approaches which support Anti-bullying into the wider life of our school e.g. participation in Anti-bullying week and our planned assembly programme.

We offer a variety of interventions and support to children experiencing friendship difficulties or experiencing bullying e.g. play leaders, classteachers, our Family and Mental Wellbeing Lead, ELSA (Individual or Friendship groups), intervention programmes, anti-bullying assemblies.

All members of staff understand their role in supporting our strong anti-bullying culture.

Other school policies which are particularly relevant to our work to support mental health are Safeguarding, Behaviour, Anti-bullying, Mental Health and Wellbeing Policy and E-Safety.

4.3 Relationships and Sex Education (RSE)

4.3.1 Our Aims for RSE

We recognise that children learn about relationships and their growing and changing bodies at home and at school. We believe that a partnership between home and school is the most supportive environment for learning in this area. At school children learn about RSE topics through planned lessons, but also through wider provision and our inclusive school environment.

In addition to our broad aims for Relationships Education, in our planned lessons on Relationships and Sex Education we aim to ensure that children:

- develop understanding of the value of marriage, stable relationships and family life as a positive environment for bringing up children
- name the private parts of the body confidently and communicate with trusted adults to keep themselves safe
- be prepared for puberty and the emotional and physical effects of body changes, including menstrual wellbeing
- understand the attitudes and skills needed to maintain personal hygiene

4.3.2 Our School Context

Our topic, RSE, combines elements of Relationships Education (e.g. learning about families, personal safety and emotional wellbeing) with aspects of Health Education (e.g. learning about the spread of illnesses and the changing adolescent body). This combination offers the best location for our provision of non-statutory sex education. Although 'RSE' as a subject is not statutory at primary level, many aspects of our RSE topic are statutory parts of Relationships Education and Health Education. Some elements of our RSE topic are part of the statutory National Curriculum for Science (e.g. the biological aspects of puberty, reproduction and the spread of viruses).

We will ensure that children receive teaching about puberty at Y5 and Y6 in order to prepare them for the physical, emotional and social changes they are approaching or undergoing. We will review the age at which puberty is introduced depending on the needs of each cohort.

We understand that at times children will benefit from varying methods of delivering the RSE curriculum. For example, we may use single-sex groups or small group teaching where this will help us to meet the needs of particular children more effectively, we will use team teaching where this enables us to best use teacher expertise. We will ensure there are positive educational reasons for each method of delivery.

4.4 Curriculum Materials and Resources

We will primarily use the **Cambridgeshire Primary Personal Development Programme** and the resources recommended within it when planning and delivering Relationships Education. We will avoid a 'resource-led' approach, instead focussing on the needs of the children and our planned learning objectives. We will carefully select resources which meet these objectives. We will evaluate teaching resources thoroughly before using them. We will select resources which:

- are consistent with our curriculum for Relationships Education
- relate to the aims and objectives of this policy
- are suitable to the age, maturity, needs, linguistic proficiency and ability of the children
- appeal to adults and children
- are up-to-date in factual content
- are produced by a reputable organisation
- do not show unfair bias e.g. towards a commercial product, religious view point
- avoid racial, gender, sexual, cultural and religious stereotyping and heteronormativity
- encourage active and participative learning
- conform to the statutory requirements for Relationships Education.

4.5 Safe and Effective Practice

In our school we have a clear Confidentiality Policy, which is shared with staff, pupils and parents/carers. This policy is communicated to parents/carers in the School brochure/website. The policy states that:

- Staff are unable to offer absolute confidentiality.
- We will reassure children that staff will act in their best interests and that this may involve sharing information if the child is at risk of harm.
- Children will be told if information is to be shared (taking special care with very young children or those with significant special needs) and will be offered appropriate support.

Professionals, such as school nurses and youth workers, are bound by their professional codes of conduct when offering advice and guidance to individual pupils. This often involves offering a greater level of confidentiality than school staff are able to give. However, in a classroom and other teaching situations, when they are contributing to our planned Relationships Education programme, they will follow the school's Confidentiality Policy. Health professionals will ensure that children are aware of the boundaries of confidentiality when beginning work with classes.

Answering Questions: We acknowledge that sensitive and complex issues will arise in Relationships Education, as pupils will naturally ask questions. When spontaneous discussion arises, it will be guided in a way which reflects the stated school aims and curriculum content. As a first principle, we will answer questions relating to the planned curriculum for that age group or below to the whole class. We will answer questions relating to areas beyond the planned curriculum for that age group, in a sensitive and age appropriate way, only to the pupil/s who have asked the question. Teacher may decide to inform families about questions which go beyond the planned curriculum, in order to further home/school partnerships. If a member of staff is uncertain about the answer to a question which goes beyond the curriculum, or indeed whether they wish to answer it, they will seek guidance from the PSHE leader/Designated Safeguarding Lead. In some cases the question will reach beyond the planned curriculum for Y6 and the question will not be answered in school. The child will be asked if they would like support to ask their questions at home or to another trusted adult.

When answering questions, we shall ensure that sharing personal information by adults, pupils or their families is discouraged. Where the question indicates the need for pastoral support, the conversation will be deferred to a time outside the teaching session and other colleagues may be involved. Where a question or comment from a pupil in the classroom indicates the possibility of abuse, coercion or exploitation, teachers will pass this information to the DSL in line with the school Safeguarding policy.

4.6 Assessment, Recording, Reporting

Relationships Education will be assessed in a variety of ways, including the use of self-assessment and teacher assessment. Guidance provided in the Cambridgeshire Primary PDP will be used.

From time to time the PSHE leader will ask staff to reflect on the effectiveness of learning in particular units of work, using the RAG rating sheets in each unit.

5. SEX EDUCATION POLICY

5.1 Definition of Sex Education

Following guidance from the DfE, we define Sex Education as learning about 'how a (human) baby is conceived and born'.

This extends the learning about sexual reproduction in 'some plants and animals' required through the Science national curriculum. It also complements the statutory requirement to teach about puberty as part of Science and Health Education, as understanding sexual reproduction in humans enables children to understand the processes of puberty.

5.2 Consultation about Sex Education *(this section can be adapted depending on feedback)*

We have taken into account the DfE's recommendation that all primary schools have a Sex Education programme and we understand that this is not statutory. We understand that our teaching in sex education must be tailored to the needs and physical and emotional maturity of the pupils.

Parents/carers, governors and pupils have been consulted about this and our school has decided that we will offer content in Sex Education in the context of Relationships Education and RSE.

5.3 Content of Sex Education

The content of our Sex Education programme will be gradually developed in an age appropriate way (see [Appendix 7.2](#)). The children will not learn about human sexual reproduction until Y5/6.

Y1/2 will learn that human babies grow inside their mothers alongside learning in Science that adult animals produce offspring like themselves (cats have kittens; cows have calves etc.)

Y3/4 will learn that every human began when a seed from a male and an egg from a female join together. They will not yet learn about the means by which egg and sperm join.

Y5/6 will learn about human sexual reproduction and other ways that eggs and sperm are joined (eg IVF) in age appropriate detail. They will learn about vaginal birth and caesarean section in age appropriate ways; reflecting the experiences of children and families they know.

5.4 Teaching Methodologies

In Sex Education there is a certain amount of knowledge which has to be imparted. Teachers will give the facts in an accessible way using a range of approaches, such as picture books and scientific descriptions. We will avoid resource-led approaches which rely on worksheets or lengthy audio visual resources. Pupils will be asked to consolidate their learning in ways which enable them to develop skills to discuss sexual body parts and functions confidently.

5.5 Delivery of the Sex Education Curriculum

Sex Education will be delivered as part of our topic called Relationships and Sex Education (RSE) by a teacher, who knows the needs and natures of the children. The teacher is best placed to tailor the learning to the needs of the pupils.

Parents/carers will be informed by letter/email about the content of the curriculum in advance of teaching and will be invited to talk to staff if they have questions.

Teachers will be offered support to develop their skills and to learn from others where needed.

5.6 Right to be withdrawn from Sex Education

We recognise under the new guidance for Relationship and Health Education (DfE 2019), parents retain the right to request their child is removed from some or all of the elements of sex education which go beyond the national curriculum for science (see [Appendix 7.3](#)).

Maintained schools are required to teach about the main external body parts and changes to the human body as it grows from birth to old age, including puberty. **There is no right to withdraw from Relationships Education or Health Education or the Science national curriculum.**

Parents/carers have the right to request that their child be withdrawn from some or all of Sex Education delivered as part of the statutory Relationships Education.

Should a parent decide that they do not wish their child to take part in any of these lessons, we would ask that they first speak to their classroom teacher to discuss their concerns. Our teachers will happily show parents all the teaching material and context of any of our lessons and explain the reasons why any material is included in the programme. We will also highlight that whilst parents have the right to withdraw their child from these lessons, they do not have the right to withdraw other children from receiving these lessons. We believe it is better for children to hear from trusted adults than to hear second hand from their class-mates at break-time.

If following discussion, parents do decide to withdraw their child from sex education lessons, they should inform the headteacher in writing, using the form found in [Appendix 7.4](#) of this policy. Currently, head teachers must comply with requests to withdraw from any non-statutory lessons in the programme. Alternative work will be given to those pupils who are withdrawn from sex education.

We will also offer support to parents/carers who wish to deliver the sex education content themselves at home.

6. MONITORING, REVIEW AND EVALUATION

The school has the same high expectations of pupils' work in RSE as in other areas of the curriculum. The subject lead will support teachers to assess pupil work and progress. Monitoring includes lesson observations, learning walks, pupil interviews and work scrutiny.

Pupil feedback will be important to the future development of RSE at the school. Regular subject audits will ensure that provision is up to date and meeting the needs of pupils.

The policy will be comprehensively reviewed with engagement from members of the school community every three years, or sooner if an issue or incident occurs which warrants it.

Information gathered to inform the comprehensive review may include information about pupil progress and attainment, feedback from the teachers about the curriculum provision and staff confidence, views of parents/carers, parent/carer comments and concerns, level of parent/carer withdrawal from Sex Education.

7. APPENDICES

7.1 Our PSHE Programme of units

Cycle 1

Year group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Myself and My Relationships <ul style="list-style-type: none"> Beginning and belonging. 	Myself and My Relationships <ul style="list-style-type: none"> Family and friends (Include Antbullying) My emotions 	Citizenship <ul style="list-style-type: none"> Identities and diversities Me and My World 	Healthy and Safer Lifestyles <ul style="list-style-type: none"> My body and growing up 	Healthy and Safer Lifestyles <ul style="list-style-type: none"> Keeping safe (Including drug education) 	Healthy and safer lifestyles <ul style="list-style-type: none"> Healthy lifestyles
KS1	Myself and My Relationships <ul style="list-style-type: none"> Beginning and belonging. 	Myself and My Relationships <ul style="list-style-type: none"> Family and friends Antibullying 	Citizenship <ul style="list-style-type: none"> Diversities and Communities 	Healthy and Safer Lifestyles <ul style="list-style-type: none"> Relationships Education Drug Education 	Healthy and Safer Lifestyles <ul style="list-style-type: none"> Personal Safety 	Myself and my relationships <ul style="list-style-type: none"> Managing change
LKS2	Myself and My Relationships <ul style="list-style-type: none"> Beginning and belonging. 	Myself and My Relationships <ul style="list-style-type: none"> Family and friends Antibullying 	Citizenship <ul style="list-style-type: none"> Diversities and Communities 	Healthy and Safer Lifestyles <ul style="list-style-type: none"> Relationships Education Drug Education 	Healthy and Safer Lifestyles <ul style="list-style-type: none"> Personal Safety 	Myself and my relationships <ul style="list-style-type: none"> Managing change
UKS2	Myself and My Relationships <ul style="list-style-type: none"> Beginning and belonging. 	Myself and My Relationships <ul style="list-style-type: none"> Family and friends Antibullying 	Citizenship <ul style="list-style-type: none"> Diversities and Communities 	Healthy and Safer Lifestyles <ul style="list-style-type: none"> Relationships Education Drug Education 	Healthy and Safer Lifestyles <ul style="list-style-type: none"> Personal Safety 	Myself and my relationships <ul style="list-style-type: none"> Managing change

Cycle 2

Year group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Myself and My Relationships <ul style="list-style-type: none"> Beginning and belonging. 	Myself and My Relationships <ul style="list-style-type: none"> Family and friends (Include Antbullying) My emotions 	Citizenship <ul style="list-style-type: none"> Identities and Diversities Me and My World 	Healthy and Safer Lifestyles <ul style="list-style-type: none"> My Body and Growing Up 	Healthy and Safer lifestyles <ul style="list-style-type: none"> Keeping Safe (Including Drug Education) 	Healthy and Safer lifestyles <ul style="list-style-type: none"> Healthy Lifestyles
KS1	Citizenship <ul style="list-style-type: none"> Rights, Rules and Responsibilities 	Myself and my relationships <ul style="list-style-type: none"> My Emotions Antibullying 	Citizenship <ul style="list-style-type: none"> Working Together Economic wellbeing Financial capacity 	Healthy and Safer Lifestyles <ul style="list-style-type: none"> Relationships Education Drugs Education 	Healthy and Safer Lifestyles <ul style="list-style-type: none"> Managing Safety and Risk 	Healthy and Safer Lifestyles <ul style="list-style-type: none"> Healthy Lifestyles
LKS2	Citizenship <ul style="list-style-type: none"> Rights, Rules and Responsibilities 	Myself and my relationships <ul style="list-style-type: none"> My Emotions Antibullying 	Citizenship <ul style="list-style-type: none"> Working Together Economic wellbeing Financial Capacity 	Healthy and Safer Lifestyles <ul style="list-style-type: none"> Relationships Education Drugs Education 	Healthy and Safer Lifestyles <ul style="list-style-type: none"> Managing Safety and Risk Safety Contexts 	Healthy and Safer Lifestyles <ul style="list-style-type: none"> Healthy Lifestyles Personal safety
UKS2	Citizenship <ul style="list-style-type: none"> Rights, Rules and Responsibilities 	Myself and my relationships <ul style="list-style-type: none"> My Emotions Antibullying 	Citizenship <ul style="list-style-type: none"> Working Together Economic wellbeing Financial Capacity 	Healthy and Safer Lifestyles <ul style="list-style-type: none"> Relationships Education 	Healthy and Safer Lifestyles <ul style="list-style-type: none"> Managing Safety and Risk Safety Contexts 	Healthy and Safer Lifestyles <ul style="list-style-type: none"> Healthy Lifestyles Personal safety

7.2 Our Relationships Education Curriculum

Relationships and Sex Education - Lessons for Key Stage One (Years 1 and 2)

See below bold heading for what each year group will be focussing on each lesson. Our pupils are taught in mixed age classes for our whole school curriculum, however, for the purpose of Relationships and Sex Education topics, they will be taught separately.

	Year 1	Year 2
Lesson 1	<p>Body Knowledge To recognise the main external parts of the bodies of humans, including the names for sexual parts.</p>	<p>The Human Life Cycle To know that humans produce babies that grow into children and then into adults. To understand that babies grow inside a female body until they are ready to be born.</p>
Lesson 2	<p>Body Functions and Changes To describe what their bodies can do.</p>	<p>Growing Up To consider the ways they have changed physically since they were born.</p>
Lesson 3	<p>Body Awareness and Image To understand that they have responsibility for their bodies actions and their body belongs to them.</p>	<p>Personal Responsibilities To consider their responsibilities now and compare these with when they were younger.</p>
Lesson 4	<p>Personal Hygiene To know how to keep themselves clean.</p>	<p>Parents Carer Families To understand how the needs of babies and young children are met by their families. To understand that not all families are the same, but that love and care should be at the heart of all families.</p>
Lesson 5	<p>Illness/Disease Prevention To understand the importance of basic hygiene practises, e.g., washing hands, using a tissue, and how these prevent the spread of disease.</p>	<p>Processing the Learning To understand what they have learnt and be able to share it with others.</p>
Lesson 6	<p>Processing the Learning To understand what they have learnt and be able to share it with others.</p>	

Relationships and Sex Education - Lessons for Key Stage Two (Years 3,4,5 and 6)

See below bold heading for what each year group will be focussing on each lesson

	Year 3	Year 4	Year 5	Year 6
Lesson 1	<p>Body Knowledge To know scientific names for male and female sexual parts and use them confidently.</p>	<p>The Human Life Cycle To understand the main stages of the human life cycle: birth, baby, child, adolescent, adult, middle age, old age, death. To understand that babies begin when a male seed and a female egg join together.</p>	<p>Body Knowledge To identify male and female sexual parts confidently and describe their function. To know terminology for sexual parts appropriate for use in different situations.</p>	<p>The Human Life Cycle To know about the different ways babies are conceived and born, including sexual reproduction and sexual intercourse.</p>
Lesson 2	<p>Body functions and changes To understand times to talk about private body parts, how they change and identify trustworthy and approachable adults.</p>	<p>Growing Up To investigate perceptions of being physically, emotionally and socially 'grown up'.</p>	<p>Body Functions and Changes To know and understand about the physical changes that take place at puberty and how to manage them. To understand that physical changes affect people in a variety of ways and at different rates.</p>	<p>Growing Up To be able to recognise their changing emotions with friends and family and to be able to express their feelings and concerns positively.</p>
Lesson 3	<p>Body awareness and image To value their own body and respect its uniqueness.</p>	<p>Personal Responsibilities To consider their responsibilities and how these have changed and how they will change in the future.</p>	<p>Body Awareness and Image To understand how the media, families and friends can influence attitudes to their bodies.</p>	<p>Personal Responsibilities To understand that they have some responsibility for the feelings and wellbeing of others.</p>
Lesson 4	<p>Personal hygiene To understand the benefits of carrying out regular personal hygiene routines. To consider who is responsible for their personal hygiene now, and how this will change in the future.</p>	<p>Parents Carers Families To consider the wider responsibilities that families have for the physical and emotional wellbeing of babies and children.</p>	<p>Personal Hygiene To know about aspects of personal hygiene relevant to puberty and the implications of these.</p>	<p>Parents Carers Families To have an awareness that there should be stable, caring relationships in a family to ensure that children are cared for securely. To consider the reasons why people enter marriage, civil partnerships eg <i>love, trust, commitment</i> To be aware of, and</p>

				respect a wide range of family arrangements eg <i>second marriages, fostering, same sex partners and extended families.</i>
Lesson 5	Illness/Disease and prevention To understand a range of ways illness and disease, e.g. colds, chickenpox, head lice, might be spread and how they are able to reduce this.	Processing the learning To understand what I have learned and be able to share it with others.	Illness/Disease Prevention To understand that safe routines can stop the spread of viruses and bacteria.	Processing the learning To understand what I have learned and be able to share it with others.
Lesson 6	Processing the learning To understand what I have learned and be able to share it with others.		Processing the Learning To understand what I have learned and be able to share it with others.	

7.3 Statutory content of the Science Curriculum

Key Stage 1 (age 5-7 years) - Statutory Science Curriculum

- Identify, name, draw and label the basic parts of the human body and say which part of the body is associated with each sense
- Notice that animals, including humans, have offspring which grow into adults
- Describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene

Key Stage 2 (age 7-11 years) - Statutory Science Curriculum

- 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

Statutory Relationships and Health Education

Full details of what must be covered by the end of primary school can be found in the department for Education guidance <https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education>

7.4 Parental withdrawal monitoring form

To be completed by parent/carer:

Name of child		Class	
Name of parent		Date	
Reason for withdrawing from sex education within relationships and sex education:			
Any other information you would like the school to consider:			
Parent signature:			

To be completed by the school:

Agreed actions from discussion with parents	
Staff signature:	

7.5 Linked National Documents

[RSE and Health Education](#)

[Children and Social Work Bill 2017.](#)

[Sex and Relationships Education for the 21st Century'.](#)

[Equality Act 2010](#)

[Keeping Children Safe in Education](#)

7.6 Our Charter: Working Together in RSE

We are all committed to working towards the implementation and development of the following entitlements.

Children and Young People are entitled to:

- Be valued and respected for who they are, taking into account their background, culture, faith, identity and needs
- Accurate, up-to-date, useful and age-appropriate information delivered in a way that meets their individual needs
- A well-planned, well-delivered RSE programme, which is flexible to cater for their changing needs over time
- Know where and how to access information, support and local services
- Be informed about confidentiality and how it affects them
- Have their views and ideas received in a respectful and non-judgemental manner
- Be involved in developing and evaluating the content, delivery and timing of their RSE programme as appropriate.

Adults working with children are entitled to:

- Access to high quality, up-to-date, accurate information, resources and training
- Mutual understanding of roles and responsibilities in relation to the planning and delivery of RSE
- Contribute their views and ideas in support of the development of RSE for their pupils
- Professional guidance and support
- A clear understanding of school policy relating to RSE.

Parents, carers and other adults in the community are entitled to:

- Accurate, up-to-date, information about RSE policy delivered in an accessible way
- A safe learning environment for their children
- Information on how and when their children are taught RSE
- Understand their right to withdraw their child from the aspects of the curriculum defined as 'sex education' and the process for expressing this right
- Have their views and needs listened to in a respectful, non-judgemental manner.