

Relationships, Sex and Health Education Policy (from 2021)

Lanivet School



Article 12 Every child has the right to say what they think in all matters affecting them, and to have their views taken seriously.

Article 19 Governments must protect children from violence, abuse and being neglected by anyone who looks after them.

Article 19 Children's education should help them fully develop their personalities, talents and abilities. It should teach them to understand their own rights, and to respect other people's rights, cultures and differences. It should help them to live peacefully and protect the environment.

Approved by: M. Doherty
(Acting Headteacher)

Date: 28/9/21

Last reviewed on:

Next review due by:

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Lanivet Primary School Policy for PSHE and RSE

1. Statement of Intent

At Lanivet Primary School, we understand that pupils must be provided with an education that prepares them for the opportunities, responsibilities and experiences of adult life. A key part of this relates to relationships and health education, which must be delivered to every primary-aged pupil.

Relationships education focusses on giving pupils the knowledge they need to make informed decisions about their wellbeing, health and relationships, and to build their self-efficacy. Health education focusses on equipping pupils with the knowledge they need to make good decisions about their own health and wellbeing.

We understand our responsibility to deliver a high-quality, age-appropriate and evidence-based relationships, sex and health curriculum for all our pupils. This policy sets out the framework for our relationships, sex and health curriculum, providing clarity on how it is informed, organised and delivered.

Personal, social, health and economic education (PSHE) are an important and necessary part of all pupils' education. Through a planned programme of learning, we aim to provide our pupils with the knowledge, understanding and skills that they need in order to manage their lives both now and in the future. As part of a whole school approach, we aim to develop the attributes our pupils need to thrive as individuals, as part of a family and as a confident member of the wider community.

Our school is committed to serving its community and surrounding areas. We recognise the multicultural, multi faith and ever-changing nature of the United Kingdom, and therefore those we serve. We also understand the vital role we have in ensuring that groups or individuals within the school are not subjected to intimidation or radicalization by those wishing to unduly, or illegally, influence them. At our school we embrace the British Values of: Democracy, The rule of law, Individual liberty, Mutual respect and Tolerance of those of different faiths and beliefs.

We want our children to learn to understand and respect our common humanity, diversity and differences so that they can go on to form the effective, fulfilling relationships that are an essential part of life and learning.

2. Roles and responsibilities

· The governing board is responsible for:

Ensuring all pupils make progress in achieving the expected educational outcomes.

Ensuring the curriculum is well led, effectively managed and well planned.

Evaluating the quality of provision through regular and effective self-evaluation.

Ensuring teaching is delivered in ways that are accessible to all pupils with SEND.

Providing clear information for parents on subject content and their rights to request that their children are withdrawn.

Making sure the subjects are resourced, staffed and timetabled in a way that ensures the school can fulfil its legal obligations.

· The Headteacher is responsible for:

The overall implementation of this policy.

Ensuring staff are suitably trained to deliver the subjects.

Ensuring that parents are fully informed of this policy.

Reviewing requests from parents to withdraw their children from the subjects.

Discussing requests for withdrawal with parents.

Organising alternative education for pupils, where necessary, that is appropriate and purposeful.
Reporting to the governing board on the effectiveness of this policy.
Reviewing this policy on an annual basis.

The relationships, sex and health education subject leader is responsible for:
Overseeing the delivery of the subjects.
Ensuring the subjects are age-appropriate and high-quality.
Ensuring teachers are provided with adequate resources to support teaching of the subjects.
Ensuring the school meets its statutory requirements in relation to the relationships, sex and health curriculum.
Ensuring the relationships, sex and health curriculum is inclusive and accessible for all pupils.
Working with other subject leaders to ensure the relationships, sex and health curriculum complements, but does not duplicate, the content covered in the national curriculum.
Monitoring and evaluating the effectiveness of the subjects and providing reports to the headteacher.

3. Pupil Learning Outcomes

We want our children to develop self-awareness, positive self-esteem and confidence, enabling them to:

- Have a sense of purpose
- Value self and others
- Form healthy and positive relationships
- Make and act on informed decisions
- Communicate effectively
- Work with others
- Respond to challenge
- Be an active partner in their own learning
- Be active citizens within the local community
- Explore issues related to living in a democratic society
- Become healthy and fulfilled individuals

4. Curriculum Content

See Appendix 1

5. Families and people who care for me

By the end of primary school, pupils will know:

- That families are important for them growing up because they can give love, security and stability.
- The characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives.
- That others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care.
- That stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up.
- That marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong.
- How to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed.

6. Caring friendships

By the end of primary school, pupils will know:

- How important friendships are in making us feel happy and secure, and how people choose and make friends.
- The characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences, and support with problems and difficulties.
- That healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded.
- That most friendships have ups and downs, but that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right.
- How to recognise who to trust and who not to trust.
- How to judge when a friendship is making them feel unhappy or uncomfortable.
- How to manage conflict.
- How to manage different situations and how to seek help from others if needed.

7. Respectful relationships

By the end of primary school, pupils will know:

- The importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), make different choices, or have different preferences or beliefs.
- Which practical steps they can take in a range of different contexts to improve or support respectful relationships.
- The conventions of courtesy and manners.
- The importance of self-respect and how this links to their own happiness.
- That in school and wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority.
- About the different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders to report bullying to an adult, and how to seek help.
- What a stereotype is, and how they can be unfair, negative or destructive.
- The importance of permission-seeking and giving in relationships with friends, peers and adults.

8. Online relationships

By the end of primary school, pupils will know:

- That people sometimes behave differently online, including pretending to be someone they are not.
- That the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online, even when we are anonymous.
- The rules and principles for keeping safe online.
- How to recognise harmful content and contact online, and how to report these.
- How to critically consider their online friendships and sources of information.
- The risks associated with people they have never met.
- How information and data is shared and used online.

9. Being safe

By the end of primary school, pupils will know:

- What sorts of boundaries are appropriate in friendships with peers and others – including in a digital context.
- About the concept of privacy and the implications of it for both children and adults.
- That it is not always right to keep secrets if they relate to being safe.
- That each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact.
- How to respond safely and appropriately to adults they may encounter (in all contexts, including online) who they do not know.
- How to recognise and report feelings of being unsafe or feeling bad about any adult.
- How to ask for advice or help for themselves and others, and to keep trying until they are heard.
- How to report concerns or abuse, and the vocabulary and confidence needed to do so.
- Where to seek advice, for example, from their family, their school and other sources.

At Lanivet PSHE (which includes Relationships and Sex Education) is taught weekly through a planned programme of work that follows the LifeWise PSHE programme. LifeWise brings together PSHE Education, emotional literacy, social skills and spiritual development in a comprehensive scheme of learning. Teaching strategies are varied and are mindful of preferred learning styles and the need for differentiation. LifeWise is designed as a whole school approach, with all year groups working on different themes at the same time.

There are 4 main themes that are designed to progress in sequence from September to July. The 4 core themes are Staying safe, Wellbeing, healthy Lifestyle (brain and body) and Living in the wider world. It is based on specific PSHE learning and the statutory national framework for PSHE Education. The other elements from the programme are based on emotional literacy and social skills (covering the SEAL learning intentions but also enhanced).

The enhancements mean that LifeWise is relevant to children living in today's world as it helps them understand and be equipped to cope with issues like body image, cyber and homophobic bullying, and internet safety.

Every lesson contributes to at least one of these aspects of children's development. This is mapped on each and balanced across each year group.

For children in Reception, the lesson plans clearly identify the Early Learning Goal (ELG) and the Development Matters levels (D4 - D6) that will be that session's focus. Every plan has child initiated and Adult-led activity ideas for both the indoor and outdoor learning environment.

Opportunities for linking aspects of PSHE will also be identified and developed by class teachers through topic teaching. We also aim to cover aspects of PSHE through special theme days and weeks e.g. Anti-Bullying Day

10. Learning and Teaching

In line with our Learning and Teaching Policy, a range of teaching strategies will be used to ensure that learning is purposeful, active and exciting.

LifeWise is written as a universal core curriculum provision for all children. Inclusivity is part of its philosophy. All pupils will work within a safe, secure climate to be able to explore their own and others' attitudes, values and skills. Lessons will involve a high level of interaction where each pupil has planned opportunities for learning which will give them scope to work to their full potential. Establishing a safe, open and positive learning environment based on trusting relationships between all members of the class, adults and children alike, is vital to successful and effective teaching and learning within this subject.

Each class will establish ground rules based on the following:

- We take turns to speak
- We use kind and positive words
- We listen to each other
- We have the right to pass
- We only use names when giving compliments or when being positive.

Weekly LifeWise learning happens in Reception once the children have settled in and links are made with other learning opportunities for personal, social and emotional development.

In KS1 and KS2 PSHE lessons are part of the weekly time-table. Learning opportunities in other subjects through our topic led curriculum are being developed and specific events and activities are to be planned into the school year to enrich learning.

Teachers will choose the method most appropriate for their whole class to meet the objectives of the lesson. Where possible, as a school, we try to develop our PSHE ethos to many aspects of school life.

Our School Values are reflected in all our learning:

- **Perseverance**
- **Resilience**
- **Empathy**
- **Co-operation**
- **Respect**

We aim to put this into practise by valuing the opinions and ideas of our pupils.

11. Parental and Community Involvement

The school understands the important role parents play in enhancing their children's understanding of relationships, sex and health. Similarly, we also understand how important parents' views are in shaping the curriculum.

The school works closely with parents by establishing open communication – all parents are consulted in the development and delivery of the curriculum, as outlined in [section 3](#) of this policy.

Parents are provided with the following information:

- The content of the relationships, sex and health curriculum
- A Key Stage consultation to discuss lesson content regarding relationships, sex and health curriculum.

- The legalities surrounding withdrawing their child from the subjects
- The resources that will be used to support the curriculum

The school aims to build positive relationships with parents by inviting them into school to discuss what will be taught, address any concerns and help parents in managing conversations with their children on the issues covered by the curriculum. Parents are consulted in the review of the curriculum and this policy, and are encouraged to provide their views at any time.

Parents are also invited to join in events in school. Parents are regularly informed of events and developments on the website and school newsletter. Working with parents is a vital part of the whole school approach to PSHE. We aim to involve outside agencies, including NSPCC, School Liaison Police Officer, dental health advisors, Beach Safety Service to deliver aspects of the PSHE curriculum where possible.

Relationships and Sex Education (RSE) is taught in the Spring and summer term through the LifeWise programme. We recognise that Relationships and Sex Education is a highly sensitive subject but we firmly believe that effective RSE can make a significant contribution to the development of the personal skills needed by pupils if they are to establish and maintain relationships. It also enables children and young people to make responsible and informed decisions about their health and well-being. Sensitivity and respect will be shown to all children when teaching about personal relationships and sex education and RSE is taught in a way to ensure that there is no stigmatization of children based on their home/personal circumstances.

Whilst pupils are given the opportunity to explore their own attitudes, values and beliefs and to develop an individual moral code that will guide their actions, this is exercised within an understanding of the right of people to hold their own views within a framework of respect for others. We are educating our children to live in the real world with all its contradictions. We mustn't let our adult knowledge and bias prevent us seeing things from a child's perspective. Our focus is on building healthy attitudes and positive relationships in an environment where difference is celebrated and everyone is included and valued for who they are.

12. Withdrawal from RSE Lessons

Up until September 2020 parents/carers have the right to withdraw their children from all or part of the Relationships and Sex Education provided at school except for those parts included in statutory National Curriculum Science. Those parents/carers wishing to exercise this right are invited in to see the head teacher and/or PSHE lead who will explore any concerns and discuss any impact that withdrawal may have on the child. Once a child has been withdrawn they cannot take part in the RSE programme until the request for withdrawal has been removed. Materials are available to parents/carers who wish to supplement the school RSE programme or who wish to deliver RSE to their children at home.

From September 2020 Relationships and health education is statutory at primary level and parents do not have the right to withdraw their child from the subjects.

As sex education is not statutory at primary level (other than what must be taught as part of the science curriculum), parents have the right to request to withdraw their child from all or part of the sex education curriculum. Please see withdrawal form Appendix 2.

Parents do not have the right to withdraw their children from the relationships education section.

13. Teaching Sensitive and Controversial Issues

Sensitive and controversial issues are certain to arise in learning from real-life experience. Teachers will be prepared to handle personal issues arising from the work, to deal sensitively with, and to follow up appropriately, disclosures made in a group or individual setting. Issues that we address that are likely to be sensitive and controversial because they have a political, social or personal impact or deal with values and beliefs include: family lifestyles and values, physical and medical issues, financial issues, bullying and bereavement. Teachers will take all reasonable, practical steps to ensure that, where political or controversial issues are brought to pupils' attention, they are offered a balanced presentation of opposing views. Teachers will adopt strategies that seek to avoid bias on their part and will teach pupils how to recognise bias and evaluate evidence. Teachers will seek to establish a classroom climate in which all pupils are free from any fear of expressing reasonable points of view that contradict those held either by their class teachers or their peers.

14. Answering Difficult Questions and Sensitive Issues

Staff members are aware that views around PSHE and RSE related issues are varied. However, while personal views are respected, all PSHE and RSE issues are taught without bias using LifeWise. Topics are presented using a variety of views and beliefs so that pupils are able to form their own, informed opinions but also respect that others have the right to a different opinion. Both formal and informal PSHE and RSE arising from pupils' questions are answered according to the age and maturity of the pupil(s) concerned. Questions do not have to be answered directly, and can be addressed individually later. The school believes that individual teachers must use their skill and discretion in this area and refer to the designated safeguarding lead.

Our school believes that PSHE and RSE should meet the needs of all pupils, answer appropriate questions and offer support. LifeWise covers RSE provision, this should be regardless of their developing sexuality and be able to deal honestly and sensitively with sexual orientation, answer appropriate questions and offer support. Homophobic bullying is dealt with strongly yet sensitively. The school will liaise with parents/carers on this issue to reassure them of the content and context.

15. Involving Parents and Carers

The school believes that it is important to have the support of parents, carers and the wider community for the LifeWise PSHE programme. Parents and carers are/will be given the opportunity to find out about and discuss the LifeWise PSHE programme through:

- LifeWise lesson updates (Provided to the school).
- Parents'/carers' evenings.
- Information leaflets/displays/website.

16. Assessment

Children's understanding, knowledge and skills are assessed through observation, discussion, questioning and group participation. Children will be encouraged to talk about and reflect on their own experiences. Each class uses floor books to record children's learning.

General comments about PSHE will be included in annual reports to parents. Individual pupil profiles will also reflect areas of health and well-being.

17. Monitoring and Evaluation

The PSHE/RSE subject leader will monitor delivery of PSHE through observation and discussion with teaching staff to ensure consistent and coherent curriculum provision. Subject assessments on a termly basis, which will include a mixture of the following:

Self-evaluations
Lesson observations
Topic feedback forms
Learning walks
Work scrutiny
Lesson planning scrutiny

The subject leader will create annual subject reports for the Headteacher and governing board to report on the quality of the subjects.

The subject leader will also work regularly and consistently with the Headteacher and RSE link governor, e.g. through termly review meetings, to evaluate the effectiveness of the subjects and implement any changes.

18. Legal framework

This policy has due regard to legislation and statutory guidance including, but not limited to, the following:

- Section 80A of the Education Act 2002
- Children and Social Work Act 2017
- The Relationships Education, Relationships and Sex Education and Health Education (England) Regulations 2019
- Equality Act 2010
- DfE (2019) 'Relationships, Education, Relationships and Sex Education (RSE) and Health Education'
- DfE (2013) 'Science programmes of study: key stages 1 and 2'

19. Training and Support for Staff

All staff benefit from LifeWise PSHE training in order to enhance their PSHE delivery skills. Opportunities are provided for staff to identify individual training needs on a yearly basis and relevant support is provided. In addition to this, support for teaching and understanding PSHE issues is incorporated into our staff meetings, drawing on staff expertise and/or a range of external agencies where appropriate.

20. Confidentiality and Child Protection Issues

As a general rule a child's confidentiality is maintained by the teacher or member of staff concerned. If this person believes that the child is at risk or in danger, she/he talks to the designated safeguarding lead who takes action as laid down in the Safeguarding Children Policy. All staff members are familiar with the policy and know the identity of the member of staff with responsibility for Child Protection issues. The child concerned will be informed that confidentiality is being breached and reasons why. The child will be supported by the teacher throughout the process.

21. Monitoring and review

This policy will be reviewed on an annual basis by the subject leader and Headteacher. The next scheduled review date for this policy is date

This policy will also be reviewed in light of any changes to statutory guidance, feedback from parents, staff or pupils, and issues in the school or local area that may need addressing.

The governing board is responsible for approving this policy.
Any changes made to this policy will be communicated to all staff, parents and, where necessary, pupils.

Signed by:

28/9/21

M.Doherty

Headteacher

Date:

Chair of governors

Date:

Appendix 1: Curriculum Map

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Lifewise Year 1 Programme	Braving the Weather Road Safety Managing Anger	Emergency Services Being Happy First Aid/CPR	Being Mindful Communication A Problem Shared is a Problem Halved	Trust Respecting Others Safety Symbols	Food & What Not to Eat Water Safety My Body Belongs to Me	Getting Your Sleep Hygiene & Me Signalling & Sign Language
Lifewise Year 2 Programme	Forest Survival Happiness It's Okay Not to be Okay.	Feeling sad Dealing with Loss Personal Goal Setting	The Art of Failure Fight or Flight Relaxation	My Body is Growing Fire safety Medicines & Drugs	Desert Island Navigation Environment	Wildlife Protecting Our Planet Cyber Safety

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Lifewise Year 3 Programme	Relationships with Others Helping Others to Get Help Growth Mindset Mindfulness	Self-image Anxiety Managing Anger Stress	Problem solving & Time Management Self-worth Personal Hygiene My Body, Your Body	Vaccinations & Disease Sun Safety Freedom to Choose	Trusting Others Exercise Democracy & Law	Culture & Liberty Screen Time Staying Safe Online
Lifewise Year 4 Programme	Respect Problem Solving & Resourcefulness Leadership	Impact of Bullying & Discrimination Keeping My Body Safe	A Balanced Diet Healthy Eating The Importance of Physical Activity	Where Does my Food Come From? Sleep Screen Time	Family Relationships Government & Rules Freedom in Beliefs	It's Okay Not to be Okay. The Art of Failure Relaxing to Re-Charge

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Lifewise Year 5 Programme	Learning Resilience Teamwork Laws & Parliament	Dealing with Adversity Responsibility & Inspiration Body Language & Communication Being Responsible	Respecting Others – Boundaries & Beliefs My Body Changes The NHS	You Get Out What You Put into Life Communicating Effectively The Digital World	Supporting the Community Freedom of Speech and Movement Saving Money Borrowing Money	Junk food Nutritional values The human body Keeping My Body The Same
Lifewise Year 6 Programme	Tax Entrepreneurship Banks First Aid	Organisation of Life Pensions Power of Negotiation	From Learning to Working How to Write a CV Self-perception	The Government Law Lawmakers & Activists	Drugs, Alcohol & Smoking My Amazing Body Transition	Rights & Radicalisation Feeling Anxious Managing Anger

Appendix 2: Parent form: withdrawal from sex education within RSE

TO BE COMPLETED BY PARENTS			
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	