



Relationships and Sex Education Policy

Date : September 2018

Date to be reviewed : Autumn 2021

INTRODUCTION

Effective Relationships and Sex Education is essential if young people are to make responsible and well informed decisions about their lives. It will not be delivered in isolation but is firmly rooted within the Personal, Social and Health Education curriculum throughout the school.

Relationships and Sex Education (RSE) will contribute to promoting the spiritual, moral, cultural, mental and physical development of all pupils at Whoberley Hall Primary School and prepare them for the opportunities, responsibilities and experiences of adult life.

RATIONALE

It is important to acknowledge that young children have sexual knowledge of their own, even when they have no sexual experience. This knowledge is gained from an environment, which abounds with sexual images and messages. (Studies have shown that knowledge about sex-related issues does not increase young people's sexual activities, but instead leads to more responsible and informed behaviour.)

What is Sex and Relationship Education?

It is lifelong learning about physical, moral and emotional development. It is about the understanding of the importance of marriage for family life, stable and loving relationships, respect, love and care. It is also about the teaching of sex, sexuality and sexual health. It is NOT about the promotion of sexual orientation or sexual activity, this would be inappropriate teaching.

RSE is embedded in the PSHE curriculum at Whoberley Hall and aims to help children develop:

- Self- esteem and self-awareness
- The skills needed for successful relationships
- A beneficial attitude towards difference and diversity
- An understanding of their own and other' rights
- The ability and confidence to make informed choices
- The ability to keep themselves and other people safe by minimising risk from harm
- An understanding of their own and others' attitudes, values and beliefs and an individual moral framework that will help them to make positive decisions
- Being sensitive to the different messages they receive from the media
- A positive attitude towards their body and sexuality
- The ability to access help and support

Why Relationships and Sex Education in the Primary school?

In a world where children receive information about sex and relationships from a variety of sources, many of which are inaccurate or 'unhealthy', Whoberley Hall's Relationships and Sex Education aims to counterbalance these messages by providing accurate information as part of a supportive programme.

RSE is about helping children to develop and maintain successful relationships, about providing them with information that will support them with the process of puberty and helping them understand issues relating to sex and reproduction. Primary RSE needs to happen at a time when many children start to experience puberty and show an increased awareness of matters relating to the body and sex.

RSE at Whoberley Hall 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 feel more comfortable communicating about these matters. This therefore will undoubtedly increase the likelihood of them behaving responsibly in any sexual relationship they go on to have, as such responsibility usually requires some kind of communication - with a partner and/or sexual health services.

Whilst some parents are very comfortable talking to their children about sex, many admit that they are not. We feel that we should take responsibility for liaising with parents to form a partnership to provide this information.

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 content and the organisation of RSE provided outside the national curriculum science orders.
- Parents/Carers have the right to withdraw their children from RSE lessons.

OBJECTIVES

At Whoberley Hall Primary School the teaching of Relationships and Sex Education will enable children to:

Attitudes and Values

- Learn the importance of values and individual conscience and moral considerations
- Learn the value of family life, marriage and stable and loving relationships for the nurture of children
- Learn the value of respect, love and care
- Explore, consider and understand moral dilemmas
- Develop critical thinking as part of decision-making

Personal and Social Skills

- Learn to manage emotions and relationships confidently and sensitively
- Develop self respect and empathy for others
- Learn to make choices based on an understanding of difference and without prejudice
- Develop an appreciation of the consequences of choices made
- Manage conflict

- Learn how to recognise and avoid exploitation and abuse

Knowledge and Understanding

- Learn and understand physical development at appropriate stages
- Understand human sexuality, reproduction, sexual health, emotions and relationships
- Prepare them for the changes in adolescence

Whoberley Hall Primary School teaches RSE within the following moral and values framework that promotes:

- self-respect and respect for others
- empathy, mutual support and co-operation.
- honesty
- responsibility for personal actions.
- an awareness of the uniqueness of individuals
- respect and acceptance towards others who may have different backgrounds, cultures, and sexuality.
- the right of people to hold their own views (as long as these views do not impact negatively on the rights of others)
- the right not to be abused by or taken advantage of by other people
- the right to accurate information about relationship and sex issues

EQUAL OPPORTUNITIES

Today children receive conflicting messages from many sources, such as the media, potentially leading to confusion and uncertainty about their future roles.

Relationships and Sex Education at Whoberley Hall School will offer the pupils the opportunity to explore attitudes and values relating to gender roles and stereotyping and to the concepts of femininity and masculinity. This will lay the foundation for thoughtful reflection on the roles of men and women in society.

At Whoberley Hall we also recognise the importance of children's self esteem and through RSE and PSHE we will try to equip them with the decision making skills to enable them to:

- Resist emotional pressure that could put them into vulnerable or exploitative situations
- Resolve day-to-day pressures, concerns and conflicts.

Relationships and Sex Education at Whoberley Hall will help **ALL** pupils understand their physical and emotional development and enable them to make positive decisions in their lives.

ROLE OF THE CO-ORDINATOR

Relationships and Sex Education falls within the role of the co-ordinator for PHSE.

The co-ordinator will: -

- Attend relevant courses with regard to PSHE and RSE and feed information back to staff when appropriate
- Ensure that the correct coverage of the curriculum is taking place in each year group
- Ensure that relevant and up to date resources are available.
- Monitor and evaluate the agreed curriculum programme in conjunction with governors, staff, children and parents.

ROLE OF TEACHING STAFF

It is essential that we help children to develop confidence in talking, listening and thinking about relationships and sex. Some teachers may need to overcome their own anxieties and embarrassment to do this effectively. Relevant training and support will be given to teachers who are finding this area difficult and their concerns will be dealt with sensitively. Where teachers have serious concerns about teaching Relationships and Sex Education this should be discussed with the Head Teacher.

CURRICULUM DELIVERY

The curriculum content for the delivery of RSE falls broadly within the PSHE aspects of the curriculum, (Growing and Changing) whilst also interlinking with other subjects areas, particularly Science.

- The physical and emotional changes of puberty
- Sex and reproduction
- growing up
- naming sexual organs
- personal hygiene
- challenging sexual stereotyping
- challenging homophobia
- considering media messages
- developing a positive body image
- changing relationships as we grow up
- aspirations and how we might see our futures
- different types of relationships
- how to find help and support
- developing emotional literacy

- peer influence and peer pressure
- considering rights and responsibilities
- raising self-esteem and increasing self-awareness
- exploring friendships - making, valuing and maintaining them
- challenging assumptions, stereotyping and prejudice
- communication skills - saying 'no' and being assertive, dealing with conflict, negotiation, appreciation

Ground Rules

Teachers will be encouraged to set clear ground rules with the children in order to create a safe environment in which the children do not feel embarrassed or anxious. These are relevant to all aspects of PSHE.

These should be drawn up with the class as a whole and may include:

- No one will have to answer a personal question
- No one will be forced to take part in a discussion
- No question is a silly question
- Correct names for body parts will be encouraged
- Meanings of words will be explained in a sensible and factual way
- Reference to people who can be asked for advice, both within school and family

Dealing with Questions

Teachers will establish clear parameters of what is appropriate and inappropriate in a whole class setting.

If a question is too personal the teacher should remind the pupil of the ground rules.

If the child requires further support the teacher can refer him or her to the appropriate person such as a counsellor, school nurse, or help line. The contact details are to be found in LEA Directory of Support Agencies. This is kept in the Staff resources and will be available for use both during and after the relevant sessions.

If a teacher does not know the answer to a question it is important to acknowledge this and to suggest that the pupil or teacher or both together research the question later.

If a question is too explicit, is inappropriate for the whole class, or raises concerns about sexual abuse, the teacher should acknowledge it and promise to attend to it later on an individual basis. In this way the pupil will feel they have been treated with respect, but the rest of the class will not have to listen to personal experience or inappropriate information.

The School Child Protection Policy and Designated Safeguarding Leads responsible may need to be consulted.

Teachers will stress that the child will be listened to and believed but **MUST** avoid promising to keep a secret.

Outside Agencies

Occasionally, appropriate and suitably experienced and/or knowledgeable visitors from outside school may be invited to contribute to the delivery of RSE at Whoberley Hall. Our school has a code of practice for using visitors to support the delivery of PSHE:

- Visitors are invited into school because of the particular expertise or contribution they are able to make;
- All visitors are familiar with and understand the school's RSE policy and work within it;
- All input to PSHE lessons are part of a planned programme and negotiated and agreed with staff in advance;
- All visitors are supervised/supported by a member of staff at all times;
- The input of visitors is monitored and evaluated by staff and pupils. This evaluation informs future planning.

CONFIDENTIALITY

In the classroom

What a child says or writes in the classroom is by definition not confidential. Teachers must ensure that pupils are aware of the boundaries of confidentiality by explicitly stating and discussing this with pupils during the development of ground rules for RSE lessons. Pupils should be encouraged to speak in general rather than personal terms and be supported to talk to parents or carers about individual issues.

Individually

If a teacher believes a pupil to be "at risk" following a disclosure the teacher must inform one of the Designated Safeguarding Leads for child protection issues.

PARENTAL INVOLVEMENT

At Whoberley Hall we acknowledge that parents are the key people in:

- Teaching their children about sex and relationships
- Maintaining the culture and ethos of the family
- Helping their children cope with the emotional and physical aspects of growing up
- Preparing them for the challenges and responsibilities that sexual maturity brings

At Whoberley Hall the school's Relationships and Sex Education programme will complement and support their role as parents in particular:

- Helping their children learn the correct names of the body
- Talking with their children about feelings and relationships
- Answering questions about growing up, having babies, relationships and sexual health.

Section 241 of the Education Act 1993 gives parents the right to withdraw their children from any or all parts of the schools programme of RSE other than those elements which are required by the National Curriculum Science Order. Those

parents/carers wishing to exercise this right are invited to discuss their objections and concerns and reflect on the impact withdrawal may have on the child.

Whoberley Hall has signed up to delivering the Coventry curriculum for RSE and an overview of the topics children will be covering is available on www.besavvy.org.uk.

Parents/carers can have a copy of Whoberley Hall's RSE Policy on request. Parents are also reminded that they can view any teaching resources being used in the delivery of RSE.

MONITORING THE POLICY

This policy will be monitored and reviewed by the subject leader and governors on a 3 year cycle.

Next Review Date of Policy - Autumn 2021 unless government initiatives/development require the school to review it sooner.