



KIRKBY & GREAT BROUGHTON CHURCH OF ENGLAND  
VOLUNTARY AIDED PRIMARY SCHOOL

## Relationships Health & Sex Education (RHSE) Policy

### Summer Term 2020

*Love of Learning. Love of Life. Love of one another.*

At Kirkby and Great Broughton CE VA Primary School we want everyone, pupils & adults, to flourish through a:

*Love of learning. Love of life. Love of one another.*

Our vision is underpinned by our Christian values of Love (John 15 v12), Friendship (Luke 6 v31) and Forgiveness (Colossians 3 v13).

### INTENT

#### Principles

We undertake to follow the principles in the Church of England Charter for faith sensitive and inclusive relationships education, relationships and sex education (RSE) and health education (RHSE).

[www.churchofengland.org/sites/default/files/2019-11//RSHE%20Principles%20and%20Charter\\_0.pdf](http://www.churchofengland.org/sites/default/files/2019-11//RSHE%20Principles%20and%20Charter_0.pdf)

We are committed to our statutory responsibilities with regard to the Equalities Act 2010 [www.legislation.gov.uk/ukpga/2010/15/contents](http://www.legislation.gov.uk/ukpga/2010/15/contents)

All our work in RHSE is undertaken with the same duty of safeguarding children which applies to all school policies. Our safeguarding/child protection policy can be found on the school website.

#### What is Relationships Health & Sex Education (RHSE)?

At Kirkby and Great Broughton CE School, we want young people to flourish and to gain every opportunity to live fulfilled lives. RHSE is about the emotional, social and physical aspects of growing up; healthy relationships within and beyond the family unit; respect for different views and perspectives including those held by different faith and cultural groups; and how to recognise and respond to inappropriate relationships.

In our Church of England school, it is also about the spiritual and moral aspects of relationships within the context of our Christian vision. As such pupils will consider how to ensure that they treat themselves and others, at all times and in all contexts, with dignity and respect following the foundational ethic of "Love your neighbour as yourself" (Mark 12.31).

**Aims** - by the end of Primary School:

- Children are familiar with different types of relationship in daily life and degrees of familiarity.
- Children learn how to build respectful relationships with others.
- Children learn how to resolve differences respectfully.
- Children recognise families take many different forms but all can provide a happy, stable environment in which to grow up.
- Children learn about their own bodies and how to look after their bodies.
- Children learn how their bodies will change in puberty and how this may affect them.
- Children are confident in expressing their emotions and feelings to trusted peers and adults.
- Children are familiar with Christian beliefs and attitudes towards sex and relationships.
- Children know how to recognise inappropriate relationship behaviour (including online and on social media) and how to respond or seek help.

## **IMPLEMENTATION**

In our school RHSE is delivered by school staff as part of the PSHE curriculum within timetabled PSHE lessons. Some factual aspects of RHSE are a well-established part of the National Curriculum for Science (2014) and will continue to be taught as part of timetabled science lessons.

### **Definitions**

**Relationships Education (statutory)** is learning about how to:

- be appreciative of existing relationships
- to form new healthy relationships
- to enjoy strong positive, non-exploitative, caring relationships online and in person.

This will particularly reference family relationships including marriage, friendships and relationships with peers and adults.

**The Science Curriculum (statutory)** includes learning about the human body parts (including correct terminology), and the biological facts of human growth, puberty and reproduction.

**Sex Education (not mandatory in primary schools)** Governors at Kirkby and Great Broughton CE Primary School have agreed this should be offered to prepare and protect the children in our community as research shows that the age of onset of puberty has come down in recent decades (typical age range 8-14). We also want to equip our children to cope with the themes they may encounter through all forms of popular media. At our school this will include discussion of the emotional and practical

aspects of puberty, the chance to ask questions anonymously and discussion of the concept of consent, including the use of social media.

### **Overview of content**

#### **Science Curriculum - KS1 & 2**

Children learn about life cycles and life processes in animals and humans as part of the National Curriculum science programme of study. They also learn about the function of different body parts, correct terminology and how to keep their bodies healthy through diet and exercise.

In upper Key Stage 2 children learn that babies develop within a mother's uterus and that babies are conceived when an egg is fertilised by a male.

#### **Relationships and Health Education (within PSHE) Curriculum - EYFS, KS1 & 2**

Children learn initially about themselves and their feelings and this is then extended to think about how we relate to one another. Children develop the language of empathy, reconciliation and respectful debate. They learn how to recognise emotions and reactions in others.

Children learn about different families and cultures.

Children learn how to keep themselves healthy and safe. This includes learning about potential hazards such as misuse of drugs and alcohol, e-safety and physical safety.

#### **Relationships & Sex Education - Years 5-6**

Children learn about puberty and how their bodies will develop through short films and adult-led discussion of the emotional and practical impact of these changes. We emphasise that this happens over a wide age-range (the current typical age-range is 8-14) so some friends will develop before others. There is a chance for children to ask questions anonymously. All children are taught about menstruation and its purpose but girls are offered additional sessions on this aspect. In Year 6, children learn how babies are conceived and born within the context of loving, respectful, committed relationships.

Children will also be taught about the value of their own bodies, mutual respect and the right to privacy and consent, including on social media.

Parents are invited to view the materials to be used in advance in order to prepare for questions at home.

**The following table shows when new content will be taught - learning from earlier stages is revisited and consolidated too:**

	National Curriculum Science	Personal, Social & Health Education (PSHE)		
		Relationships Education	Health Education	Sex Education
<b>EYFS</b>	<ul style="list-style-type: none"> <li>• My body</li> </ul>	<ul style="list-style-type: none"> <li>• Me &amp; My family</li> <li>• Being a good friend</li> </ul>	<ul style="list-style-type: none"> <li>• Toilet hygiene</li> <li>• Eating hygiene</li> </ul>	
<b>KS1 (over 2 years)</b>	<ul style="list-style-type: none"> <li>• Correct names for external body parts</li> <li>• Life cycles of animals (insects, frogs)</li> <li>• Differences</li> </ul>	<ul style="list-style-type: none"> <li>• Families</li> <li>• Caring friendships</li> <li>• People who help us</li> </ul>	<ul style="list-style-type: none"> <li>• Hand washing</li> <li>• Care of teeth</li> <li>• Prevention of spread of germs</li> <li>• Healthy foods</li> <li>• My private body</li> <li>• Growing &amp; change</li> </ul>	
<b>Lower KS2 (over 2 years)</b>	<ul style="list-style-type: none"> <li>• How plants reproduce</li> <li>• Life cycles of animals (birds, mammals)</li> <li>• Teeth, Muscles and skeletons</li> </ul>	<ul style="list-style-type: none"> <li>• Strategies for coping with disagreements</li> <li>• Friends I can't see</li> </ul>	<ul style="list-style-type: none"> <li>• Different food groups</li> <li>• Balanced diet</li> <li>• Importance of exercise</li> </ul>	
<b>Upper KS2 (over 2 years)</b>	<ul style="list-style-type: none"> <li>• Function of internal organs: heart, respiration, digestion</li> <li>• Human life cycle including puberty</li> <li>• Life processes including reproduction in plants &amp; animals</li> <li>• Inheritance - how characteristics are passed on</li> </ul>	<ul style="list-style-type: none"> <li>• Making new relationships</li> <li>• Trust in relationships</li> <li>• Changing emotions</li> <li>• Social media</li> <li>• Respectful language</li> </ul>	<ul style="list-style-type: none"> <li>• Keeping healthy inc good mental health &amp; well-being</li> <li>• Personal hygiene</li> <li>• Harmful substances</li> <li>• Keeping safe (including Crucial Event)</li> </ul>	<p><b>From Year 5:</b></p> <ul style="list-style-type: none"> <li>• How will my body change?</li> <li>• Why will my body change?</li> <li>• Respecting my own and others' bodies.</li> </ul> <p><b>In Year 6:</b></p> <ul style="list-style-type: none"> <li>• What is sex?</li> <li>• Stable &amp; committed relationships</li> </ul>

## Teaching & learning

RHSE will be taught as part of timetabled PSHE lessons through:

- York Diocese Approved scheme of work (KS1 & 2 Love and Sex Matters)
- PSHE scheme resource material: I am I know I can, CWP:Teaching SRE with Confidence, CWP:Drug & Alcohol Education
- Stories
- Discussion
- Anonymous question baskets

- Picture News discussions (when relevant)
- Short video clips

Circle times will be used to discuss any issues that arise which would not be covered in the teaching content for that term. This enables teachers to respond quickly to the needs of specific groups.

Any individual issues or needs will be supported by the class teacher as required.

All children have the right to RHSE and pupils with additional vulnerabilities (including SEND and looked-after children) will be supported in their learning, matched to their needs and stage of development.

### **Parental Right of Withdrawal**

Relationships education will be statutory for **all** pupils from September 2020, but sex education is not statutory until KS3. Therefore, parents can choose to withdraw their child only from this element of the taught curriculum - please contact the Headteacher if you wish to do so. The elements covered in the science curriculum are also statutory.

The Headteacher or class teachers are happy to discuss any individual parental concerns in person.

### **IMPACT**

#### **Monitoring and evaluation**

The RHSE curriculum is regularly monitored and evaluated within the schools framework for teaching and learning including through:

- Pupil Voice
- Parent questionnaires
- Observation of lessons
- Growing Up in North Yorkshire Survey

#### **Policy review**

This policy will be reviewed every three years (or sooner if there is a change in legislation) for the following purposes:

- To review and plan the content & delivery of the statutory RHSE programme of study
- To review resources and renew as appropriate
- To update training in line with current guidance and identified needs

Date of Policy: <b>May 2020</b>	Approved by: <b>Full Governing Body, Staff &amp; Parents</b>	Next review date: <b>Spring 2023</b>
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