



**Relationships and Sex Education (RSE) and
Personal, Social, Health and Economic Education (PSHE)
Policy**

2023/2024

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Dent CE Primary School

Relationships and Sex Education (RSE) and Personal, Social, Health and Economic Education (PSHE) Policy

Adopted by Governing Body: Summer 2023

Produced by: Mandy Robinson (RSE/PSHE Co-ordinator) 13/06/2023

In consultation with David Prescott (Head Teacher) and Kate Cairns (Chair of Governors)

Introduction

This policy covers our approach to Relationships and Sex Education (RSE), a statutory component of the Personal, Social, Health and Economic (PSHE) and Citizenship curriculum from September 2020. It aims to set out the purpose of RSE and PSHE, the intended outcomes for our pupils, what is covered in our curriculum and how it is delivered.

We define Relationships and Sex Education as learning about the many aspects of relationships and growing up. This includes family relationships; friendships and relationships with peers and adults; healthy and unhealthy relationships; the characteristics of positive relationships; relationships online; and the emotional, social, and physical aspects of growing up.

Through Personal, Social, Health and Economic Education (PSHE) our pupils develop the knowledge, skills, and attributes they need to thrive as individuals, family members and members of society, both now and in the future.

PSHE helps pupils to stay healthy, safe, and prepared for life – and work - in modern Britain and beyond. PSHE education also helps pupils to develop skills and aptitudes – like teamwork, communication and resilience – that are crucial to navigating the challenges and opportunities of the modern world.

Purpose and Principles

At Dent CE Primary, we believe in providing every pupil with open, honest, accurate and age-appropriate learning that supports positive physical, moral, and emotional development. Through the school's ethos and values, we aim to develop children's knowledge, skills, opinions, strategies, and confidence – enabling them to cope with life and live safely and happily in the modern world.

We highly value the partnership between school and home and will promote open and informative two-way communication. We aim to provide parents and carers with accurate information about what their child is learning in school and to provide the best learning environment and opportunities for our children.

Our RSE and PSHE curriculum is inclusive and meets the needs of all children, including those with special educational needs or disabilities (SEND). We also aim to

promote gender equality and represent the LGBT+ community through our RSE and PSHE curriculum.

Statutory Regulations

Since September 2020, all primary schools must deliver Relationships and Sex Education. Under the Education Act 2002/Academies Act 2010, all schools must provide a balanced and broadly-based curriculum which:

- promotes the spiritual, moral, cultural, mental, and physical development of pupils at the school and of society, and
- prepares pupils at the school for the opportunities, responsibilities, and experiences of later life.

Documents that inform the school's Relationship and Sex Education policy include:

- Education Act (1996)
- Learning and Skills Act (2000)
- Educations and Inspections Act (2006)
- Equality Act (2010)
- Supplementary Guidance SRE for the 21st Century (2014)
- Keeping Children Safe in Education- Statutory Safeguarding Guidance (2023)
- Children and Social Work Act (2017)
- Relationships Education, Relationships and Sex Education (RSE) and Health Education - Statutory Guidance for governing bodies, proprietors, head teachers, principals, senior leadership teams, teachers (2021)

Roles and Responsibilities

The RSE and PSHE programme in our school will be led by the RSE/PSHE Co-ordinator, Mandy Robinson.

The school governor with responsibility for the RSE and PSHE curriculum is Rebecca Gilbert.

All staff members involved in teaching and supporting the RSE and PSHE curriculum will be supported by Mandy Robinson, who has completed the Primary PSHE Subject Leader Training provided by Cumbria County Council's Cumbria Continuing Professional Development programme.

Our RSE and PSHE Curriculum

Our inclusive Relationship and Sex Education curriculum supports the objectives set out by the PSHE Association which meet the statutory requirements for Key Stage 1 and 2. It forms a core part of our comprehensive Personal, Social, Health and Economic (PSHE) curriculum.

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PSHE and RSE units are taught through three broad themes of Health and Wellbeing; Relationships; and Living in the Wider World.

Health and Wellbeing includes:

Healthy lifestyles (physical wellbeing)

Mental health

Ourselves, growing and changing

Keeping Safe

Drugs, alcohol and tobacco

Relationships includes:

Families and close personal relationships

Friendships

Managing hurtful behaviour and bullying

Safe relationships

Respecting self and others

Living in the Wider World includes:

Shared responsibilities

Communities

Media literacy and digital resilience

Economic wellbeing: money

Economic wellbeing: Aspirations, work, and career

Learning in RSE and PSHE lessons will be delivered through teacher-led lessons.

Our lessons will be differentiated where appropriate, ensuring all children are able to participate fully. Children will be given the opportunity throughout the units of work to reflect on and evaluate their learning, with assessment opportunities built into every lesson.

Delivering the Curriculum

Our RSE lessons and PSHE lessons are taught by staff who are trained in delivering the specific content. Ground rules will be established in class and children reminded of these. Special consideration will be given when teaching particularly sensitive content and staff will be fully aware of the children in their class and how they might relate to the lesson content.

We aim to create and maintain a safe environment within which all children feel able to ask questions and discuss issues openly. For any child wishing to discuss something relating to the lesson content on a one-to-one basis, an opportunity will be provided by the teacher or other relevant member of staff. Each class also has a question box, which gives children the option to raise questions anonymously, rather than in front of the whole class.

Distancing techniques will be employed in our Relationships and Sex Education, as with other areas of the PSHE curriculum, meaning that children are able to discuss fictional/ general characters and scenarios, rather than discuss their own lives and experiences.

To meet the needs of all children and make our lessons engaging, we aim to deliver our RSE and PSHE curriculum through a variety of teaching methods and interactive activities, including role-play, discussion, and creative activities.

Assessment, Monitoring and Reporting

Self-assessment is an important part of learning in RSE and PSHE, and children will be encouraged to reflect on their learning throughout the units. We highly value pupil voice and will consider the opinions and comments of our children when reviewing the units of work and planning future learning experiences.

Staff delivering the RSE and PSHE curriculum will critically reflect on their teaching, with best practice shared through lesson observations, monitoring of planning and children's work, and through various training opportunities.

Comments on children's learning and progress in RSE and PSHE Education will be reported to parents and carers in end of year reports.

Safeguarding

Teachers are aware that effective RSE and PSHE, which brings an understanding of what is, and what is not appropriate in a relationship, can lead to a disclosure of a child protection issue. In this instance, teachers will consult with the designated safeguarding lead and, in her absence, the safeguarding deputy.

Our safeguarding lead is David Prescott (Head teacher)

Our safeguarding deputy is Mandy Robinson

Visitors and external agencies which support the delivery of RSE/PSHE education will be required to adhere to the school's safeguarding policy and policies relating to the subjects they are teaching or contributing towards. Any sessions provided by visitors or external agencies will be attended by either a teacher or teaching assistant.

This policy will be available to view on the school website by all stakeholders. Parents will be informed of this policy via letter and e-mail.

We are committed to working closely with parents and carers and we do this by communicating with parents about when RSE and PSHE lessons will be taking place; providing a brief outline of topics to be covered at the start of each unit; providing relevant leaflets or information as appropriate, including links to relevant websites on our school website; and through home learning opportunities where appropriate.

Parents and carers have the legal right to withdraw their child from all or part of sex education taught as part of Relationships and Sex education, with the exception of those objectives included in the National Curriculum for science. Those considering this option are encouraged to contact the Head teacher for further information.

Reviewing the Policy

This policy will be reviewed on an annual basis by the subject co-ordinator, Mandy Robinson, and the governors. This will ensure that information in the policy is accurate and up-to-date and that the views of all stakeholders are heard and considered regularly.