



Pensans Community Primary School

**PSHE,
RELATIONSHIPS &
SEX EDUCATION
POLICY**

Written: July 2023

Review date: July 2024

Pensans CP School

PSHE, Relationship and Sex Education Policy

INTRODUCTION and CONTEXT

The aim of this policy is to clarify the content and the manner in which Relationships, Sex and Health Education (RSE) is delivered at Pensans Primary School. The Relationships Education, Relationships and Sex Education and Health Education (England) Regulations 2019, made under sections 34 and 35 of the Children and Social Work Act 2017, make Relationships Education compulsory for all pupils receiving primary education. They also make Health Education compulsory. (Appendix 1)

Today's children and young people are growing up in an increasingly complex world and living their lives seamlessly on and offline. This presents many positive and exciting opportunities, but also challenges and risks. In this environment, children and young people need to know how to be safe and healthy, and how to manage their academic, personal and social lives in a positive way. (Secretary Of State, RSE statutory guidance 2019)

Changes to the curriculum leading us into the 21st century, ensure that the content is relevant to the children today and will equip our children with knowledge to make informed decisions about their health and relationships.

We teach RSE in the context of the school's aims and ethos and it reflects our values. While sex education in our school means that we give children information about sexual behaviour, we do this with an awareness of the moral code and values which underpin all our work in school.

AIMS

There are four main aims for teaching RSE within the context of Primary School Personal, Social, Health and Economic education (PSHE):

- To enable young people to understand and respect their bodies, and be able to cope with the changes puberty brings, without fear or confusion
- To help young people develop positive and healthy relationships involving trust and respect, appropriate to their age, development etc. (respect for self and others) and

the importance of sexual activity as part of a committed, long-term and loving relationship.

- To support young people to have positive self-esteem and body image, and to understand the influences and pressures around them
- To empower them to be safe and safeguarded and what to do if they are worried.

CURRICULUM CONTENT

At Pensans Primary we promote personal wellbeing and development through a comprehensive Personal, Social, Health and Economic (PSHE) education programme. This gives the children the knowledge, understanding, attitudes and practical skills to live safe, healthy, productive lives and meet their full potential. It is within this subject that we cover the statutory topics associated with the Department for Education (DfE) , the statutory requirements for Relationships and Sex Education (RSE) and Health Education.

We teach sex education through different aspects of the curriculum. While we carry out the main sex education teaching in our PSHE curriculum, we also teach some sex education through other subject areas (e.g. science), where we feel that they contribute significantly to a child's knowledge and understanding of his or her own body, and how it is changing and developing. The class teacher is responsible for teaching RSE within their own class. Ground rules for RSE lessons are clearly established and are consistent with those used during other PHSE lessons.

To deliver the RSE guidance we use both the "Christopher Winters Project" and across all Year Groups from Y1 – Y6 in the 'Lifewise PSHE and Activity Scheme'. Ground rules are essential to provide an agreed structure to answering sensitive or difficult questions. This framework facilitates the use of an anonymous question box as a distancing technique. Teachers will endeavour to answer questions as honestly as possible but if faced with a question they do not feel comfortable answering within the classroom, provision would be made to meet the individual child's needs.

The objectives of Sex and Relationship Education covered by the Christopher Winters Project are;

Reception - Family and Friendship

1. Caring friendships: understanding the importance of friendship

2. Being kind: recognising the importance of forgiveness
3. Families: understand there are lots of different families

Year 1 - Growing and Caring for Ourselves

1. Different friends: knowing we can be friends with people who are different to us
2. Growing and changing: understanding babies and children grow up
3. Families and care: exploring different types of families and who can help us

Year 2 - Differences

1. Differences: exploring gender stereotypes
2. Male and female animals: exploring males and females are different
3. Naming body parts: knowing the physical differences between males and females

Year 3 - Valuing Difference and Keeping Safe

1. Body differences: exploring the differences between males and females
2. Personal space: understanding appropriate touch
3. Help and support: exploring different types of families and who can help us

Year 4 - Growing Up

1. Changes: exploring the human lifecycle
2. What is puberty?: exploring how puberty is linked to reproduction
3. Healthy relationships: exploring respect in a range of relationships

Year 5 - Puberty

1. Talking about puberty: exploring emotional and physical changes
2. The reproductive system: understanding male and female changes
3. Help and support: understanding the importance of personal hygiene

Year 6 - Puberty, Relationships and Reproduction

1. Puberty and reproduction: understanding how and why the body changes
2. Communication in relationships: understanding the importance of respectful communication
3. Families, conception and pregnancy: understanding the decisions in starting a family
4. Online relationships: understanding communication in a respectful way
5. Respect and equality: developing respectful relationships
6. FGM

The Science curriculum introduces the children to the human body, fertilization process of plants and the function of male and female in reproduction as below. (Appendix 2)

Year 1

Identify, name, draw and label the basic parts of the human body

Year 2

Notice that animals, including humans, have offspring which grow into adults.

Year 5

Describe the life cycle of a mammal.

Describe the changes as humans develop to old age.

Describe the life process of reproduction in some plants and animals.

Year 6

Recognise that living things produce offspring of the same kind, but normally offspring vary and are not identical to their parents.

In KS1 In the Lifewise PSHE and Activity Scheme, the learning objectives for the topics focus on areas within the pupil's own personal experience eg: their family life, sense of safety and immediate relationships such as friends and family. In KS2, the learning objectives for the Lifewise topics build on KS1 learning. They further develop pupils' understanding of personal experiences, helping them to apply this learning to situations in every-day life, the wider world and their future health and well-being. Skills and knowledge are introduced, assessed, revisited, and consolidated throughout the Primary year groups in the Lifewise Scheme as a spiral curriculum. (Appendix 3)

In line with the 'Keeping Children Safe in Education' document, all staff have received training and we have moderated our planning accordingly. We have a developmentally appropriate PSHE and RSHE curriculum which develops children's understanding of acceptable behaviour and keeping themselves safe. As well as ensuring that our teaching of this area is strong, all staff are aware of the need to link or enhance our teaching if a specific concern is raised. All staff are aware of the most vulnerable students as well as the work that is being done to support them and are flexible and confident in adapting their whole class teaching if and when this might become necessary.

We recognise that peer on peer abuse, including sexual violence and sexual harassment, can happen both inside and outside of school and online. Our robust online safety and RSE programmes develop children's knowledge, understanding and skills to ensure personal safety and self-protection.

ROLE OF PARENTS

We wish to build a positive and supporting relationship with the parents of children at our school through mutual understanding, trust and cooperation. In promoting this objective we:

- inform parents about the school's sex education policy and practice;
- answer any questions that parents may have about the sex education of their child;
- take seriously any issue that parents raise with teachers or governors about this policy or the arrangements for sex education in the school;
- inform parents about the best practice known with regard to sex education, so that the teaching in school supports the key messages that parents and carers give to children at home. We believe that, through this mutual exchange of knowledge and information, children will benefit from being given consistent messages about their changing body and their increasing responsibilities.

Parents have the right to withdraw their child from all or part of the sex education programme that we teach in our school. If a parent wishes their child to be withdrawn from sex education lessons, they should discuss this with the headteacher. and fill in the form in Appendix 4.

ROLE OF OTHER MEMBERS OF THE COMMUNITY

We encourage other valued members of the community to work with us to provide advice and support to the children with regard to health education. In particular, members of the Local Health Authority, such as the school nurse , other health professionals, Barnardos and NSPCC come into support.

CONFIDENTIALITY

Teachers conduct sex education lessons in a sensitive manner and in confidence. However, if a child makes a reference to being involved in sexual activity, or likely to be involved in sexual activity, then the teacher will take the matter seriously and deal with it as a matter of child protection. If the teacher has concerns, they will draw their concerns to the attention of the headteacher. The headteacher will then act on these concerns inline with the schools procedures for child protection.

(See also Child Protection Policy.) A member of staff cannot promise confidentiality if concerns exist.

ROLE OF THE HEADTEACHER

It is the responsibility of the headteacher to ensure that both staff and parents are informed about our sex education policy, and that the policy is implemented effectively. It is also the headteacher's responsibility to ensure that members of staff are given sufficient training, so that they can teach effectively and handle any difficult issues with sensitivity.

MONITORING AND REVIEW

The Headteacher and PSHE Coordinator monitors our RSE policy every two years. They offer support to staff regarding the teaching of RSE and address any issues parents may have with the delivery of RSE. At every review the policy will be approved by the governing body.

APPENDICES

APPENDIX 1

RSE Statutory guidance - DFE Guidance Relationships Education Primary 9/7/2021

<https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education/relationships-education-primary>

APPENDIX 2

Science Curriculum

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/425618/PRIMARY_national_curriculum_-_Science.pdf

APPENDIX 3

The planning sequence for our RSE lessons from Christopher Winters Scheme.

APPENDIX 4

The planning sequence for our PSHE lessons from the Lifewise PSHE and Activity Scheme is below. However some topics are moved to a different time in the year to meet the needs of the children at the time.

[PSHE LifeWise - The UK's No.1 PSHE Platform. | LifeWise](#)

APPENDIX 5

Withdrawal from Sex Educations Form for parents

APPENDIX 3

The Christopher Winter Teaching SRE Scheme of work curriculum overview

Year 1 Growing and Caring For Ourselves

Lesson 1: **Keeping Clean**

Lesson 2: **Growing and Changing**

Lesson 3: **Families and Care**

Year 2 Differences

Lesson 1: **Differences: Boys and Girls**

Lesson 2: **Differences: Male and Female**

Lesson 3: **Naming the Body Parts**

Year 3 Valuing Difference and Keeping Safe

Lesson 1: **Differences: Male and Female**

Lesson 2: **Personal Space**

Lesson 3: **Family Differences**

Year 4 Growing Up

Lesson 1: **Growing and Changing**

Lesson 2: **What is Puberty?**

Lesson 3: **Puberty Changes and Reproduction**

Year 5 Puberty

Lesson 1: **Talking about Puberty**

Lesson 2: **Male and Female Changes**

Lesson 3: **Puberty and Hygiene**

Year 6 Puberty, Relationships and Reproduction

Lesson 1: **Puberty and Reproduction**

Lesson 2: **Understanding Relationships**

Lesson 3: **Conception and Pregnancy**

Lesson 4: **Communication in Relationships**

APPENDIX 4

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

LIFEWISE

Lifewise Year 3 Programme	Relationships with Others	Self-image	Problem solving & Time Management	My Body, Your Body	Who Can We Trust	BV - Culture & Liberty
	Helping Others to Get Help	Anxiety	Self-worth	Vaccinations & Disease	Exercise	Screen Time
	Growth Mindset	Anger - Difficult Feelings & Behaviours	Personal Hygiene	Sun Safety	BV - Democracy & Law (Freedom to Choose)	Staying Safe Online
	Mindfulness	Stress				
Lifewise Year 4 Programme	Respect	Bullying	A Balanced	Where Does my Food Come From?	Family Relationships	Everything Will Be All Right
	Problem Solving & Resourcefulness	Keeping My Body Safe	Diet Healthy Eating	Sleep	BV - Government & Rules	Try and Try Again
	Leadership	Being Responsible	The Importance of Physical Activity	Screen Time	BV - Freedom in Beliefs	Relaxing to Re-Charge

Lifewise Year 5 Programme	Resilience	Adversity	Others – Boundaries & Beliefs	What You Put into Life	Community	Nutritional Values
	Teamwork	Responsibility & Inspiration	My Body Changes	Communicating Effectively	BV - Freedom of Speech and Movement	The Human Body
	BV - Laws & Parliament	Body Language & Communication	The NHS	The Digital World	Saving Money	Keeping My Body The Same
Lifewise Year 6 Programme	Tax	Organisation of Life	From Learning to Working	The Government	Drugs, Alcohol & Smoking	BV - Rights & Radicalisation
	Entrepreneurship	Pensions	How to Write a CV	Law	My Amazing Body	Feeling Anxious
	Banks	Power of Negotiation	Self-Perception	BV - Lawmakers & Activists	Transition	Recognising and Controlling Anger
	First Aid					

APPENDIX 5



**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	