



Barmby Moor and Garton on the Wolds CE Primary School

Relationships and Sex Education (RSE) Policy

The policy reflects the DfE 2019 SRE guidance and guidance from the PSHE Association, the Sex Education Forum and the local authority.

All school personnel, parents and carers have been made aware of this policy. This policy will be made available to view via the schools' website. Hard copies will also be available at the schools' offices.

Definition of RSE:

RSE is learning accurate and age-appropriate skills, attitudes and knowledge about the body, reproduction, sex and sexual health. RSE also gives children and young people essential skills for building positive, enjoyable, respectful and non-exploitative relationships and staying safe both on and offline. Some aspects are taught in science, and others are taught as part of personal, social, health and economic education (PSHE).

Aims and Outcomes of RSE in the curriculum:

The overall aim of RSE is to foster a positive notion of lifelong learning about physical, moral and emotional development, including how to look after physical and mental health. It aims to support the development of self-respect and empathy for others and promotes the development of skills and understanding necessary to manage conflict peaceably and learn how to recognise and avoid exploitation and abuse.

PSHE and RSE helps to give children the knowledge, understanding, attitudes and practical skills to live safe, healthy, productive lives and meet their full potential. PSHE/RSE helps to develop responsible citizens of the future. Over time it accumulates knowledge, behaviours and skills that a person can tap into to demonstrate their cultural competence. The focus is how children learn skills and realise talents, develop character and resilience, and learn about British Values, Christian Values, Diversity and Mental Health & Wellbeing, developing pupil's 'cultural capital'.

RSE provides opportunities for pupils to:

- better understand the nature of human relationships
- learn about relationships, the importance of communication and assertiveness skills including the importance of values such as respect (for self and others), equality, responsibility, care and compassion
- reflect upon the importance of stable and loving relationships for family life, including the bringing up of children, this also includes marriage and civil partnerships
- consider and understand the changes that occur to their bodies, minds and emotions as a consequence of growth from childhood to adulthood
- reflect upon how to make good, informed and safe choices concerning relationships and healthy lifestyles.

Morals, Values, Equalities and Safeguarding

The RSE demonstrates and promotes the following:

- Learn the value of respect, care and love
- Valuing family life within stable, loving and committed relationships
- Acceptance of same sex unions as also offering stable, loving and committed relationships to nurture children
- Respect for self and others
- Respect for rights and responsibilities within relationships
- Appreciate that different, successful family structures exist
- Understanding diversity regarding religion, gender, culture and sexual orientation
- Importance of striving to reduce intolerance and discrimination based on sexual orientation, disability, ethnicity, religion and gender.
- Acceptance of difference and diversity
- Promote gender equality and equality in relationships
- Challenge gender stereotypes and inequality
- Develop spiritual, moral, social and cultural awareness in line with the 2010 Equality Act and the schools' safeguarding and child protection protocols.

Content of the Schools' RSE Programme

Appendices to this policy provide further information about the learning outcomes programme and resources for each year group. (see appendix 1)

How Relationships and Sex Education is organised in the curriculum.

RSE is not delivered in isolation, but firmly embedded in all curriculum areas including Personal, Social, Health and Economic (PSHE) education and Science. The main RSE content is delivered as part of a wider topic to provide a context for learning. Many aspects of RSE are taught throughout the year, whilst some specific age-related aspects are delivered at a pre-planned point during the year in order that parents are informed and can be involved in supporting their child.

- RSE is normally delivered by class teachers in mixed gender groups other than when it is deemed more appropriate for topics to be covered in single sex groups.
- PSHE Ground Rules are used in all PSHE and RSE lessons.
- Pupils are able to ask anonymous questions by writing a note for the class worry box. This box is found in every class.
- Resources used are flexible in order to meet the needs of the pupils and curriculum.
- Correct medical vocabulary will be used throughout the RSE and PSHE curriculum
- RSE is delivered through a varied range of activities, which promote dialogue and understanding. These include: Circle time, active teaching and learning, role play/scenarios, card sorting and discussions.
- External agencies can be invited to support the delivery of RSE. These include: the school nurse and the police.
- All input to RSE lessons is 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. This evaluation informs future planning.

Parental involvement

The school is committed to working with parents and believes that it is important to have the support of parents and the wider community for the PSHE and RSE programme. Parents are provided with the opportunity to find out about and discuss the school's programme through parents' evening, in policy development, the school website and prospectus, displays and an open-door policy.

To promote effective communication and discussion between parents and their children we notify parents through our newsletters, parent letters and the school website about when

particular aspects of RSE will be taught. We also encourage an open-door policy to help ensure that parents can discuss issues with the school staff in a positive, sensitive and proactive manner.

Parental rights to withdraw their children

Parents have the right to withdraw their children from all, or part of the RSE curriculum, except for those parts included within the National Curriculum for Science, which are statutory. Effective methods to communicate the schools' approach to RSE, including the parental right to withdraw their child, are through the schools' website, prospectus, the RSE policy and the year group RSE curriculum information letter sent home to parents. The letter also includes arrangements for a parent meeting with staff.

Parents are also informed that the RSE curriculum is an essential vehicle in supporting a school's statutory duty to:

- safeguard and promote the welfare of their children,
- advance the 2010 Equality Act,
- encourage the spiritual, moral, social and cultural development of pupils,
- foster Christian and British values, and
- prepare children and young people for the challenges, opportunities and responsibilities of adult life, along with the coverage of the National Curriculum for Science.

Those parents/carers wishing to exercise the right to withdraw their child from part or all of RSE are invited in to see the teacher and/or RSE Co-ordinator 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. It is then the responsibility of the parents/carers to deliver the content of the RSE to their child as they see fit. Information and support materials are available for parents/carers to use and are offered by the staff. Pupils who are withdrawn from RSE continue with individual learning tasks for other curriculum areas, which are carried out in another classroom or the library.

If a conversation arises about sexual health issues in a non-SRE lesson with pupils present who have been withdrawn from RSE lessons, the teacher must stop the conversation and ask that the issues be discussed at an appropriate time. The teacher must, as soon as possible, find an appropriate time to continue the conversation with pupils when the withdrawn child is not present.

Pupil Involvement

We involve pupils in the development of the RSE curriculum through the Teaching and Learning approach, which promotes dialogue about feedback and learning, enabling teachers to monitor pupils' views. The RSE leader interviews random groups of pupils across the school as part of the monitoring and evaluation process.

How the school responds to specific issues related to Relationships and Sex Education

Answering Difficult Questions

Staff are aware that views around RSE related issues are varied. However, while personal views are respected, all RSE issues are taught without bias. Topics are presented using a variety of views and beliefs so that pupils are able to form their own, informed opinions but also respect others who may have a different opinion. Both formal and informal RSE arising from pupils' questions are answered according to the age and maturity of the pupil(s) concerned and the limits of the year group topics. The school believes that individual teachers must use their skill and discretion in this area and refer to the Designated Safeguarding Lead if they are concerned or believe any pupil to be at risk.

Ground Rules

RSE is taught in a safe, non-judgmental environment where adults and children are confident that they will be respected. Specific ground rules will be established at the beginning of the RSE work, in addition to those already used in the classroom.

Inclusion.

The RSE policy reflects and is in line with the schools' equal opportunities policy and the school ensures that the RSE teaching programme is an inclusive one and is appropriate and relevant to all pupils, including those with SEN and disabilities. Teachers ensure that the content, approach and use of inclusive language reflect the diversity of the school community, and help all pupils feel valued and included, regardless of their gender, ability, disability, experiences and family background. RSE strives to meet the needs of all pupils regardless of their developing sexuality and deals honestly and sensitively with sexual orientation, answers appropriate questions and offer support. Homophobic and transphobic references and homophobic and transphobic actions and bullying are not tolerated at our schools and are challenged and dealt with as part of our commitment to promoting inclusion, gender equality and preventing bullying.

Confidentiality and Child Protection Issues

As a general rule a child's confidentiality is maintained by the teacher or member of staff concerned. RSE discussions may prompt a pupil to disclose about related incidents; for example, FGM, Forced marriage, child exploitation or abuse. If the member of staff believes that the child is at risk or in danger or has concerns about any information disclosed, she/he talks to the named Designated Safeguarding Lead – Mrs Chadwick or the Deputy Designated Safeguarding Lead – Mrs Curtis at Garton and Mrs Marsden at Barmby Moor who takes action as laid down in the Child Protection Policy. All staff 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 staff throughout the process.

How the Relationships and Sex Education Programme is Monitored, Evaluated and Assessed

We ensure that all pupils have equal access to the RSE programme through a thorough process of monitoring, evaluation and assessment, which takes into consideration pupils' needs, maturity, age, ability and personal circumstances.

Class teachers assess pupils' understanding and progress through formative and summative processes. These include pre- and post-topic mind maps, drawings, task outcomes, questioning and observation. At the end of the year each year group reviews the RSE programme they have implemented and pass on any comments to the RSE leader as part of her monitoring cycle. The RSE policy is reviewed on an annual basis taking into account the feedback from teaching staff, pupils and parents. Governors consider evaluations and recommendations before amending the policy. Governors remain ultimately responsible for the policy.

Professional Development for Staff

Staff are kept informed of developments in key aspects of RSE, including links with safeguarding, inclusion, equality, child protection and antibullying, through regular training provided at staff meetings and training days.

Links to other policies and advice

This RSE Policy is supported by, but not limited to:

PSHE Policy Behaviour Policy

Health and Safety Policy Safeguarding/Child Protection Policy School Visits

Confidentiality Policy Equality Policy

Anti-bullying Policy

Relationship and Sex Education Guidance – DfE 2019

Review of this policy

This policy is reviewed at least every 2 years and also in the light of any related issue that may occur such as any new findings arising from educational research, local or national guidance.

October 2019 (1)

Barmby Moor and Garton on the Wolds CE Primary School
PSHE Long Term Plan – 3D PSHE AND RSE

Key Stage 1

RSE

Autumn 1 Year A	Autumn 2 Year A	Spring 1 Year A	Spring 2 Year A	Summer 1 Year A	Summer 2 Year A
Health and Well-Being Core 1	Health & Well Being & Anti-Bullying	Health and Well-Being	Relationships Core 2	Living in the Wider World Core 3	Living Wider World
Unit 1 – Healthy Lifestyles Healthy Eating Lesson 1 – 3 Unit 2 – Hygiene Dental Hygiene 1 & 2, Washing hands Lesson 1-3	Health & Well Being Unit 3 Changing and Growing Lesson 1 – 3 – Similarities & Differences, Human Body, Growing up Unit 2 Bullying, Lessons 4 – 5 Behaviour 2 & 3	Unit 4 – Emotions Lesson 1 & 3 – Happiness, Anger, Love Unit 5 – Keeping Safe Lesson 1 – 3 – Sun Safety, Road Safety, Drug safety.	Unit 1: - Communication Lesson 1 – 3 Feelings, Responses, Opinions Unit 3 – Fairness Lessons 1 – 3, Fair and unfair, comparisons, behaviour Unit 4 – Family and Friends Lesson 1 – 2 Friendship 1 & 2	Unit 1: Rules and Responsibilities Lesson 1 – 3 Rules/Expectations 1 & 2 Taking Turns Unit 2 – Communities Lessons 1 – 3 Our School, Belonging 1 & 2	Unit 3: Money & Finance Lesson 1 – 3 Money 1, 2, 3
Autumn 1 Year B	Autumn 2 Year B	Autumn 2 Year B	Spring 2 Year B	Summer 1 Year B	Summer 2 Year B
Health and Well-Being	Anti-Bullying	Health and Well-Being	Relationships	Living in the Wider World	Living Wider World
Unit 1 - Healthy Lifestyles Physical Activity Lessons 4 - 6 Unit 2 - Hygiene Washing hands, keeping clean, skin Lessons 4 - 6	Health & Well Being Unit 3 Changing and Growing Lesson 4 – 6 – Changing Needs, Responsibility, Emotions Unit 2 Bullying Lesson 1 – 3 Definition, Unkindness, Behaviour 1	Unit 4 – Emotions, Lessons 4 – 6 Sadness, consequences, aspirations Unit 5 – Keeping Safe Lessons 4 – 7 Personal Safety, Emotional Safety, Internet Safety, Staying Safe	Unit 1 – Communication Lesson 4 – 7 Co-operation 1, Co-operation 2, Co-operation 3, Good Manners Unit 3 – Fairness Lesson 4 – 6, Right and Wrong, Teasing, Kindness Unit 4 – Family and Friends Lessons 3 – 6, Friendship 3 & 4, Family 1 & 2	Unit 1: Rules and Responsibilities Lesson 4 – 6 Lending/Borrowing, Sharing, Caring Unit 2 – Communities Lessons 4 - 5 Local Citizenship 1 & 2	Unit 3: Money & Finance Lessons 4 – 6 Money 4, Choices, Enterprise
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RSE

Lower KS 2

Autumn 1 Year A	Autumn 2 Year A	Spring 1 Year A	Spring 2 Year A	Summer 1 Year A	Summer 2 Year A
Health and Well-Being Core 1	Health and Well-Being Anti-Bullying	Health and Well-Being	Relationships Core 2	Living in the Wider World Core 3	Living Wider World
Unit 1 – Physical, Emotional and Mental Lesson 1 – 3: PEM 1,2,3 Unit 3 – Nutrition and Food Lessons 1 – 2 A balanced Diet 1 & 2 Unit 4 – Aspirations Lessons 1 & 2, Identified Strength 1 & 2	Unit 5 Emotions Lessons 1 – 3, Loss/Separations 1,2 & 3 Unit 6 – Safety Lessons 1 – 4, E-Safety, Online privacy 1, 2 & 3 (Relationships) Unit 3 – Bullying Lesson 1 – 2 Reactions, Self-Worth	Unit 7 – Growing and changing Lessons 1 - Before Puberty Unit 8 – First Aid Lesson 1 & 2 How to help Emergency calls 1	Unit 1: - Communication Lesson 1 – 2 Clear Messages, How to listen Unit 2: Collaboration Lesson 1-2, Working together 1 & 2 Unit 4 – Similarities and Differences Lesson 1 – 2, Connections, Family Links Unit 5 – Healthy Relationships Lessons 1 – 2, Friendship 1 & 2	Unit 1: Rules and Responsibilities Lesson 1 – 2, Rules, Thinking ahead Unit 2: Collaboration Lesson 1 – 2, Different Communities, School Communities	Unit 4: Economic Awareness Lesson 1 – Money Choices Enterprise Week
Autumn 1 Year B	Autumn 2 Year B	Spring 1 Year B	Spring 2 Year B	Summer 1 Year B	Summer 2 Year B
Health and Well-Being	Anti-Bullying	Health and Well-Being	Relationships	Living in the Wider World	Living Wider World
Unit 2: Healthy Lifestyles Lessons 1 – 4, A balanced approach, physical exercise, lifestyle choices, sleep Unit 3 – Nutrition and Food Lessons 4 Working with Food 1 & 2 Unit 4 – Aspirations Lessons 3 & 4, Setting Goals 1 & 2	Unit 5 Emotions Lessons 4-6, Family Changes, Feelings, Self-Respect Unit 6 – Safety Lessons 5-6, Internet Use 1 & 2 Unit 3 (Relationships)– Bullying Lesson 3 – 4, Persistence & resilience, Negative Persistence	Unit 7 – Growing and changing Lessons 2 – Visible Changes Unit 8 – First Aid Lesson 3 How to help Emergency calls 2	Unit 1: - Communication Lesson 3 – 4, Responding to others, Expressing Opinions Unit 2: Collaboration Lesson 3, Shared Goals Unit 4 – Similarities and Differences Lesson 3 – 4, Religious Views 1 & 2 Unit 5 – Healthy Relationships Lessons 3-4, Friendship 3 & 4	Unit 1: Rules and Responsibilities Lesson 3, Taking the lead Unit 3 - Discrimination: Lesson 1, Gender Stereotypes	Unit 4: Economic Awareness Lesson 2 – Managing Money Choices Enterprise Week
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Upper KS 2

Autumn 1 Year A	Autumn 2 Year A	Spring 1 Year A	Spring 2 Year A	Summer 1 Year A	Summer 2 Year A
Health and Well-Being Core 1	Health and Well-Being Anti-Bullying	Relationships Core 2	Living in the Wider World Core 3	Living in the Wider World Core 4	Living in the Wider World
Unit 1: Health Lesson 1 –3, Physical, Emotional and Mental 1 & 2, Healthy Lifestyles Unit 3 – Aspirations Lessons 1 – 2, Identified strengths 1 & 2	Unit 4: Emotions, Lesson 1 – Death & Grief 1 Unit 5: Safety Lesson 1 -3, Drugs, Alcohol, Tobacco Anti-Bullying resources All together resource pack https://schoolbeat.cymru/uploads/media/	Unit 1 – Communication 1 – 3, Confidentiality, Listening, Responding Unit 3 – Similarities and Differences, Lessons 1 – 4, Race & Ethnicity, Gender Stereotypes, Culture	Unit 1 – Rules and Responsibilities Lesson 1 – 3, Structure, law and order, U.N. Rights Unit 2 – Diversity – lesson 1 Community Event	Unit 3 – Economic Awareness, lesson 1 – 2, Budgeting, consumer sense 1 & 2	Unit 4 – Enterprise, Lesson 1 & 2 Generating Income, Raising Money
Autumn 1 Year B	Autumn 2 Year B	Spring 1 Year B	Spring 2 Year B	Summer 1 Year B	Summer 2 Year B
Health and Well-Being	Anti-Bullying	Relationships	Living in the Wider World	Living in the Wider World	Living Wider World
Unit 1: 4 – 6, Physical Illness, Healthy Minds, Immunisation Unit 2 – Nutrition & Hygiene Lesson 1 – 3, Food choices 1 & 2, Cooking Unit 3 – Aspirations Lessons 3 - 4, Setting Goals 1 & 2	Unit 4: Emotions, Lesson 2 – 3, Death & Grief 2, Managing Conflict Unit 5: Safety Lesson 4-6, Substance abuse, basic first aid, Internet Safety Anti-Bullying Alliance Website Planning Pack	Unit 2 – Collaboration Lesson 1 – 3, Teamwork, Shared Goals, Community Spirit Unit 4 – Healthy Relationships Lesson 1 – 5, Physical contact, support and care, marriage mental well-being, online relationships	Unit 1 – Rights and Responsibilities Lesson 1 – 3, Structure, law and order, U.N. Rights Unit 2 – Diversity – lesson 1 Community Event	Unit 3 – Economic Awareness, lesson 1 – 2, Budgeting, consumer sense 1 & 2	Unit 4 – Enterprise, Lesson 1 & 2 Generating Income, Raising Money
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EYFS

Autumn 1 Year A	Autumn 2 Year A	Spring 1 Year A	Spring 2 Year A	Summer 1 Year A	Summer 2 Year A
Managing Feelings/ Behaviours	Managing Feelings/ Behaviours	Managing Feelings/ Behaviours	Managing Feelings/ Behaviours	Managing Feelings/ Behaviours	Managing Feelings/ Behaviours
Introduction to character profiles Lesson 1 - 4	Lesson 5 - 8	Lesson 9 - 12	Lesson 13 - 16	Lesson 17 - 20	Lesson 21 - 25
Story books to go with the lessons	Story books to go with the lessons	Story books to go with the lessons	Story books to go with the lessons	Story books to go with the lessons	Story books to go with the lessons