



## RSHE Policy

(Relationships, Sex and Health Education)

### Rationale:

At Riverview, relationships, sex and health education is not seen as an isolated subject. It is set in the wider context of Personal, Social, Health and Economics Education (PSHE). Provision for the development of relationship education is rooted in the whole curriculum alongside the organisation and ethos of the school. The moral context of traditional Christian values is regarded as central to this policy reflecting the school ethos:

- To provide opportunities for spiritual growth within ourselves, others and the wider community.
- To provide a safe and secure environment which enables a fully inclusive community, where everyone is valued.
- To develop confident individuals who aspire to the highest expectations and take pride in their achievements.
- To ensure challenge, risks and mistakes are used to develop resilience.
- To ignite a lifelong love of learning through an inspiring and creative curriculum, for an ever-changing world.

This policy complies with Department for Education's 'Relationships Education, Relationships and Sex Education (RSE) and Health Education' guidance that is statutory from September 2020 and the Equalities Act 2010. We undertake to follow the principles in the Church of England Charter for faith sensitive and inclusive relationships education, relationships and sex education and health education.

Our teaching of RSHE has relations to our Safeguarding policies and practice as well as linking to our PSHE, RE and Science policies.

This policy will be reviewed annually with governors, parents and staff. Parents and carers are consulted on a regular basis and this policy has been created in line with the results of a consultation in May 2020. An online survey was sent to parents and carers on Monday 4<sup>th</sup> May for completion by Thursday 7<sup>th</sup> May. There were 83 respondents and the results of this survey showed that:

- 44.6% of those surveyed were aware of our previous policies
- 65.1% of those surveyed had read or were planning to read the government guidance relating to RSE in schools from September 2020



- 26.5% of those surveyed had experienced a conversation with their children regarding something they learnt at school to do with growing up, sex and relationships
- 53.6% of those surveyed had experienced their child asking them a question about growing up, sex and relationships
- 74.7% of those surveyed would like more information about what is taught on sex and relationships in school
- 26.5% of those surveyed would like more support with talking to their child about sex and relationships

## **Relationships and Sex Education:**

At Riverview, our curriculum is focused on the characteristics of positive relationships. This begins in our early education where our school values of Love, Trust, Hope, Respect and Forgiveness are built upon and modelled. From an early age, children are taught about the features of healthy relationships and a range of contexts are provided to enable pupils to form an understanding of the features of relationships that are likely to lead to happiness and security. Teachers address online safety and appropriate online behaviour, allowing for connections with our computing curriculum.

Our teachers have a secure understanding of the context of our school community and therefore sensitive and well-judged teaching of relationships takes place. The curriculum ensures that there is no stigmatisation of children in relation to their home circumstances and needs. Relationships Education at Riverview also gives children an opportunity to be taught about wellbeing and how this can be supported.

Our school provides children with the knowledge they need to recognise and report abuse including emotional, physical and sexual abuse. We achieve this by focusing on boundaries and privacy, ensuring that our pupils understand that they have rights over their own bodies. This also includes providing knowledge on the boundaries of relationships with friends, family, online and others. Children know how to report concerns and seek advice as part of a whole school approach, which can support safeguarding of children.

At Riverview we recognise that it is important to support pupils' ongoing emotional and physical development effectively. Our sex education programme is tailored to the age and physical and emotional maturity of our pupils. It ensures that children are prepared for the changes that adolescence brings. RSE is accessible to all pupils within our context and where necessary, is differentiated and personalised to meet individual needs.



## Curriculum:

Our RSHE curriculum is embedded within our PSHE curriculum and an overview for this can be found on our school website. Within this curriculum are three core topics: Health and Wellbeing; Relationships and Living in the Wider World. In relation to RSHE, our *Health and Wellbeing* unit covers 'Ourselves, growing and changing' and our *Relationships* unit covers: families and close positive relationships; friendships; managing hurtful behaviour and bullying; safe relationships and respecting self and others.

Within year 5, the following objectives relating to RSE are covered:

- to identify the external genitalia and internal reproductive organs in males and females and how the process of puberty relates to human reproduction
- about the physical and emotional changes that happen when approaching and during puberty (including menstruation, key facts about the menstrual cycle and menstrual wellbeing, erections and wet dreams)
- about how hygiene routines change during the time of puberty, the importance of keeping clean and how to maintain personal hygiene
- about where to get more information, help and advice about growing and changing, especially about puberty

Within year 6, the following objectives relating to RSE are covered:

- about the processes of reproduction and birth as part of the human life cycle; how babies are conceived and born (and that there are ways to prevent a baby being made); how babies need to be cared for

To support the coverage of these objectives in years 5 and 6, videos form part of the teaching. Currently we use 'Living and Growing – all about us' as the resource. Ground rules are established with classes prior to these units of work and the teachers create a safe environment in which:

- No one (teacher or pupil) will have to answer a personal question
- No one will be forced to take part in a discussion
- Only the correct names for body parts will be used
- Meanings of words will be explained in a sensible and factual way.

The school nurse will be involved in the delivery of these lessons which will involve whole class, group and gender linked sessions. A question box will be available in the classroom so that that pupils who feel unable to ask questions in front of their peers are able to find out relevant information. If questions relate to areas which are not covered by the programmes of study in Key Stage 2 children will be asked to discuss the matter with their parents/carers.



The school believes that individual teachers must use their skill and discretion in these situations and refer to the headteacher if they are concerned. We work closely with parents and carers, consulting them about the sex education programme and advising them if we feel that their child has concerns which we are unable to deal with.

Year 5 and 6 parents/carers will be informed prior to lessons relation to puberty and reproduction and given the chance for consultation. The materials used will be discussed at a meeting.

If any matters are raised which could indicate that a pupil is being abused or is in danger of being abused, members of staff will refer the matter to the Designated Safeguarding Lead who will act in accordance with our Safeguarding Policy.

The science elements of the National Curriculum require that the following elements of Sex Education are taught:

## Key Stage 1

- That animals including humans move, feed, grow, use their senses and reproduce
- To recognise and compare the main external parts of the bodies of humans and say which part of the body is associated with each sense
- That humans and animals can produce offspring and these grow into adults
- To recognise similarities and difference between themselves and other and treat others with sensitivity

## Key Stage 2

- That the life processes common to humans and other animals include nutrition, growth and reproduction
- About the main stages of the human life cycle
- Describe the changes as humans develop to old age

## **Working with parents:**

Riverview is committed to working with parents. Under the Education Act 1993 pupils can be withdrawn by their parents/carers from part of sex education that is outside the compulsory elements contained in the science National Curriculum. Parents wanting to exercise this right are invited to see the headteacher. She will explore the concerns of parents and the possibilities of adjusting the programme or approach and will discuss any impact that withdrawal will have on the child. She will talk with the parents about the child's possible negative experiences or feelings that may result from exclusion and the ways in which these can be minimised. Once a child has been withdrawn they cannot take part in sex education



# Riverview C of E Primary and Nursery School

Ewell Family Centre with Riverview Daycare

*Every child matters, every moment counts*

Headteacher: Mrs M Atkins

until the request for withdrawal has been removed. This process is the same for pupils with SEND. Sex education materials will be available to parents who wish to deliver sex education to their children at home. *There is no right to withdraw from Relationships Education or Health Education.*

### **Procedures for policy monitoring and evaluation:**

This policy is reviewed annually by the headteacher, PSHE lead and governors in line with consultation of parents/carers.