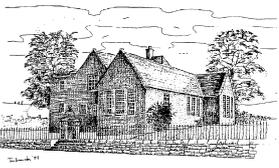


## Relationships & Sex Education (RSE)

### Combe St Nicholas C of E VA Primary School

Name of Policy	Relationships & Sex Education (RSE)	
Approved by GB - Date	9 <sup>th</sup> October 2018	
Next Review Date	8 <sup>th</sup> October 2021	
Committee Responsible	Full Governing Body	

**This policy should be taken as part of the overall strategy of the school and operated within the context of our vision, aims and values as a Church of England School.**

**"That they may have life, life in all its fullness"**

**John: Chapter 10 Verse 10**

#### **Values and Ethos**

At Combe St Nicholas we believe that Relationships and Sex Education is lifelong learning about physical, moral and emotional development. It is about respect, love and care and the benefits of making and maintaining stable relationships. We value our status as a church school and our teaching is therefore in accordance with the teachings of the Christian faith.

#### **Aims and Objectives**

Our aim is to enable the children to:

- Develop their knowledge of the human body, its growth and development both physical and emotional.
- Discover how the body changes as they approach puberty and support them in becoming prepared for these changes.
- Recognise how people's emotions change as they grow up and how they might deal with their feelings towards themselves, their family and others in positive and sensitive ways.
- Form and maintain positive relationships with peers, parents and other adults.
- Make informed choices and decisions leading to healthy lifestyles.
- Be supported through their physical, emotional and moral development and to move with confidence from childhood through adolescence into adulthood.
- Uphold high standards of behaviour.
- Become aware of different types of relationship and to appreciate the value of stable, loving relationships such as marriage.
- Be familiar with Christian beliefs and attitudes regarding sex and relationships.
- Develop skills to be effective in relationships, to care about the feelings of others and appreciate that their own actions affect not only themselves but also those around them.
- Develop confidence in talking, listening and thinking about feelings and relationships and to explore values and moral issues.
- Be aware of pressures to behave in unacceptable or undesirable ways and know where they can go for help, advice and support. We want children to feel safe and secure and protect them from the dangers of unhealthy relationships and unwanted advances.
- Appreciate that we are all faced with choices and to help them make decisions based on accurate information.
- Celebrate their uniqueness.
- Recognise love, in its many forms, as being central to Christian philosophy and as the basis of meaningful human relationships.
- Begin to appreciate the responsibilities and commitments needed in bringing up a child.

## Relationships & Sex Education (RSE)

### Definition of RSE

Relationships & Sex Education has three main elements:

- Attitudes and Values
  - learning the importance of values and individual conscience and moral considerations;
  - learning the value of family life, marriage, and stable and loving relationships for the nurture of children;
  - learning the value of respect, love and care: and
  - developing critical thinking as part of decision making and consideration of moral dilemmas.
- Personal and Social Skills
  - learning to manage emotions and relationships confidently and sensitively;
  - developing self-respect and empathy for others;
  - learning to make choices based on an understanding of difference and with an absence of prejudice;
  - developing an appreciation of the consequences of choices made;
  - Managing conflict and
  - learning how to recognise and avoid exploitation and abuse.
- Knowledge and Understanding
  - learning and understanding physical development at appropriate stages;
  - understanding human sexuality and reproduction.

### Approach to Teaching RSE

We recognise that parents are the key educators of their children especially with regard to the teaching of RSE. Elements of sex education are included, however, in the National Curriculum for Science. There is a legal duty on schools to teach these aspects. In addition, we believe that we should also offer age appropriate teaching of the discretionary aspects of RSE. In a world where children and young people are surrounded by many different, conflicting messages we believe that it is important to provide accurate information, so misconceptions can be dispelled so that they feel reassured about themselves and others.

As a Church of England School, we believe that sexual relationships are a gift of God as part of creation and that CRE should be placed within a Christian context of love, faithfulness and forgiveness. Children need to come to understand their own bodies and feelings and so be prepared for the opportunities and responsibilities of stable relationships. We recognise the value of secure loving relationships, the importance of family life and hold in high regard God's ideal of a lifelong marriage commitment as a context for raising children. However, we also recognise that many children in our school community grow up within alternative frameworks and these beliefs and issues must be handled sensitively.

RSE is taught throughout the school primarily through PSHE and Citizenship lessons but also through Science, during assemblies and in RE. Discrete teaching is tailored to the age and physical and emotional maturity of the children.

A range of teaching methods are employed which encourage children's full participation and provide plenty of opportunities for reflection and discussion. All classes are mixed but single gender groups are formed for some sessions as deemed appropriate.

Sex Education sessions take place in a familiar setting. A question box is made available for children to place questions or concerns that they may not wish to raise in front of their peers. Children are encouraged to discuss any issues with their parents, carers or other adult they can trust.

Ground rules include:

- No one (teacher or pupil) has to answer a personal question.
- No one is forced to take part in discussion.
- No put downs or teasing
- Meanings of words are explained or discussed in a sensible and factual way, as appropriate.
- Everyone should try to use the correct names for parts of the body.

## **Relationships & Sex Education (RSE)**

### **Provision**

- Reception – Children are taught RSE through the SEAL materials, through ELGs and incidentally in RE and assemblies.
- KS1- Children are taught through the SEAL materials, the Science curriculum and incidentally in RE and assemblies.
- KS2 – Children are taught through the SEAL materials, the Science curriculum and incidentally in RE and assemblies. Additionally in discrete Sex Education lessons, Y5 girls will be taught separately about body changes in puberty and menstruation.

Boys and girls in Y6 are taught about changes at puberty for boys and girls, how a baby is made and what happens when a baby is born. Additionally, the children learn about the context of sexual relationships, including values and attitudes and personal awareness and safety.

On occasions, the teaching of unrelated topics will result in discussion of aspects of growing up, the nature of relationships and sensitive issues. This will not constitute sex education so long as discussion is relatively limited and is set within the context of the other topic or subject.

### **SEN**

We believe that children with SEN should be properly included in RSE. Activities and questioning should be differentiated where appropriate so that all the children can be helped to understand their physical and emotional development and enable them to make positive decisions in their lives.

### **Relationships with Parents and withdrawal of Children from RSE**

We believe that it is vitally important for parents to be closely involved and well informed with regards to the school's RSE programme of work. Materials and resources, as well as this policy will be made available to parents who wish to see them. Parents will be notified before Sex Education lessons begin or when issues relating to RSE are planned to be discussed.

Schools have a legal duty to teach the biological aspects of Sex Education identified within the National Curriculum for Science. These must be taught to all pupils and parents are not allowed to withdraw their children from these lessons.

Parents are allowed to withdraw their children from all or part of the sex education that falls outside the National Curriculum. Such requests should be made in writing to the Head Teacher. We will attempt to establish the reasons for the request and if the decision is made will ensure alternative arrangements which cause minimal embarrassment to the child and minimal disruption to the programme. Once a child has been withdrawn, they cannot participate in any SRE sessions until the request for withdrawal has been formally removed.

### **Sensitive Issues**

The Diocesan Board of Education has made specific recommendations in respect of RSE. The Governors and staff have discussed these and agreed that the following are in accordance with the ethos of our school:

- Sexual relationships should be seen as the fulfilment of a relationship and not as the basis for a relationship.
- Sexual relationships between those who are not in loving long term relationships often do not meet the long term happiness of both those involved.
- Sexual relationships between those who are in loving long term relationships can provide a context within which both partners learn the basic ground rules of mutual respect on which to base good relationships within their wider family and beyond.
- The topic of sexual orientation should be discussed calmly and objectively if the issue arises without either approval or disapproval. Homophobic name-calling should be dealt with firmly, in the same way as racist name-calling.

## **Relationships & Sex Education (RSE)**

- The children should know that under age sex is illegal and can also lead to unplanned pregnancy. Children should be supported in resisting peer pressure to have sex by teaching them that they have the right to say 'no'. They should be helped to understand that saying 'no' shows maturity and strength and not weakness.
- Children should be encouraged to refer any questions related to sexually transmitted diseases to their parents or carers.

### **Children's Questions**

A question box is provided for children to ask questions in private. If a question is asked which is sexually explicit or inappropriate for the age group, the teacher will discuss the matter with other members of staff and Head Teacher as it may constitute a child protection issue. For their own protection, staff will not organise one-to-one meetings with children to discuss sensitive or personal issues.

### **Confidentiality**

Some activities and discussions can give rise to disclosures which constitute child protection issues. The children will be made aware that confidentiality cannot always be maintained. If this should occur, the member of staff will refer the matter to the Head Teacher who is the school's Child Protection Officer.

### **Working with the Wider Community**

We may, on occasions, seek support from the wider community to support our RSE programme such as School Doctor or Nurse. We will ensure that they are aware of the Christian ethos of our school and how this relates to RSE.

### **Responsibilities**

It is the responsibility of the Governors in conjunction with the Headteacher to be aware of training needs. It is the responsibility of the Headteacher to ensure that any visitors are aware of the school's Christian values.

### **Consultation and Distribution**

This policy will be distributed to all staff and Governors. The policy will be made available to all parents.

### **Links to Other Policies**

This policy is linked with the PSHE and Behaviour Policies.

### **Resources**

- SEAL materials DfES 1343 – 2005 G
- Every Child Matters
- Sex and Relationship Education Guidance – DfE 2000
- 3 Tier Model for Sex and Relationship Education in Somerset – May 2007
- Diocese of Bath and Wells guidance on the teaching of RSE
- BBC Wales 'Health E' materials
- BBC Active Growing Up materials