



Relationships, Sex & Health Education Policy

This policy is a statement of the aims, principles and strategies for teaching and learning of Relationships, Sex & Health Education (RSE & Health) at Charles Darwin Community Primary School.

This policy has been developed in line with the Equality Act 2010.

This should be read in conjunction with the Personal Development and SMSC overview which can be found on the Charles Darwin website.

Other relevant policies include

Safeguarding.

Defining Relationships Education

Relationships Education at Charles Darwin teaches the fundamental building blocks and characteristics of positive relationships, with particular reference to friendships, family relationships, and relationships with other peers and adults.

This is statutory, and children cannot be withdrawn from Relationships Education.

Defining Health Education

At Charles Darwin, children learn about growing up and the changes that occur both mentally and physically during puberty. This is in line with statutory guidance on the teaching of Health under the 'Relationships Education, Relationships and Sex Education (RSE) and Health Education Statutory guidance' as issued by the DFE (2019).

Parents do not have the right to withdraw children from these aspects of RSE.

Defining Sex Education

During Year 6 at Charles Darwin, children will have the opportunity to learn about the physical act of reproduction.

Parents will be informed before teaching RSE and will have an opportunity to view the teaching resources if requested. Parents do have the right to withdraw their children from the 'sex education' aspect of RSE and should approach the class teacher if they wish to do so.

Rationale

At Charles Darwin we understand the importance of quality Relationships, Sex & Health education and why starting this with young children is an important part of a process to create informed young adults capable of making choices regarding their sexual health and relationships. The RSE & Health programme reflects the school's ethos and demonstrates and encourages the following values:

- Respect for self and others
- Inclusion
- Partnership

- Celebration of difference and diversity

RSE & Health Education aims to provide opportunities for pupils to develop the skills, knowledge and understanding they need to lead confident, healthy, independent lives and become informed and active citizens.

Objectives

- To raise children's self esteem and confidence, particularly in their relationships with others.
- To raise awareness and confidence in talking, thinking and listening about feelings and relationships.
- To enable children to develop the ability to understand the consequences of their actions.
- To develop children's knowledge about healthier and safer lifestyles in order that they are able to make informed decisions.
- To enable children to develop their skills in language, decision making and assertiveness.
- To provide information about available support.
- To encourage children to value themselves and others and to understand and celebrate difference and diversity.
- To understand that relationships can take place between people of all genders and families can be formed in a number of ways
- To develop children's knowledge of their body and the physical and emotional changes that occur as they grow up and to prepare children for these changes.

Content

We have ensured that our PSHE curriculum covers all of the areas stated in the Relationships Education, Relationships and Sex Education (RSE) and Health Education Statutory guidance for governing bodies, proprietors, head teachers, principals, senior leadership teams, teachers guidance document 2019.

RSE lessons are taught from EYFS up to year 6 and follow the PSHE Association progression (from the Medway Public Health Directorate) resource and the Relationships Education, Relationships and Sex Education (RSE) and Health Education statutory guidance. This programme reflects the recent developments in RSE and the Science National Curriculum and has been quality assured by the PSHE Association. Please see our website for year group overviews.

Delivery

RSE and Health is taught as an integral part of our school's Personal, Social, Health & Economic Education provision from Reception to Year 6 by the children's class teacher. In this way children are able to develop their ideas, knowledge and skills gradually and appropriately. Teaching and learning of RSE takes place through whole class, group and individual work. Children are taught in mixed gender groups.

Active learning methods are utilised which encourage full participation. Care is taken to ensure that children's needs and sensitivities are dealt with appropriately at all times. This includes adapting material where necessary for pupils with Special Educational Needs and Disabilities or English as an Additional Language requirements. We also take into account Moral, Spiritual and Cultural requirements.

Opportunities are available for children to seek further guidance in smaller groups or on an individual basis.

Monitoring and Evaluation

Subjects leaders are responsible for the monitoring and evaluation of the planning and delivery of RSE.

Continual monitoring of the learning provision takes place throughout the year by the subject leads. This takes the form of staff and pupil feedback and learning walks. Subject knowledge is kept up to date by reading and responding to statutory changes, as well as sharing good practice between professionals. Planning is updated accordingly.

Approved by: Marianne Bennett Headteacher

Approved by: Governors

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