



Relationships and Sex Education (RSE) Policy

Date of last review: March 2023



Parbold Douglas CE Academy

RSE Policy [Last updated: March 2023]

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This policy should be read alongside the school's vision, values and equality statements.

Aims

Relationships and Sex Education is part of a child's broad, balanced curriculum, integral to the curriculum of the school and part of the child's all-round development.

Relationships and Sex Education at Parbold Douglas aims to:

- Enable pupils to understand the qualities of healthy relationships, informed by Christian principles.
- Prepare children for healthy relationships in a changing, online world.
- Understand how to stay safe, know the importance of boundaries and how to report abuse or feelings of being unsafe.
- Help pupils develop a positive and secure personal identity, a sense of their own value and feelings of confidence and empathy.
- Ensure that all understand the importance of self-respect, respecting others and their views.
- Help pupils to know how to 'love your neighbour' even when we might disagree.

Statutory requirements

This school complies with the requirements of the Equality Act and the Public Sector Equality Duty in addition to complying with the statutory guidance on Relationships Education, Sex Education (RSE) and Health Education.

Policy Development and Review

This policy has been developed in consultation with staff, Governors and parents. The consultation and policy development process involved the following steps:

1. Review – a member of staff or working group pulled together all relevant information including relevant national and local guidance.
2. SLT consultation – all members of the senior leadership team were given the opportunity to review the policy and make any recommendations.
3. Staff consultation – all school staff were given the opportunity to review the policy and make recommendations.
4. Governors consultation – Governors were invited to review the policy.
5. Parents review – parents were given the opportunity to review the policy and make any recommendations.
6. Ratification – once amendments were made (and agreed by the Governing Board), the policy was shared with staff and parents via the website.

This policy will be reviewed every 2 years using the above process, drawing on the views of parents, staff and the community at the time of review.

Definitions

Within this policy, as in the DFE guidance, **Relationships Education** is defined as teaching about the fundamental building blocks and characteristics of positive relationships, with particular reference to respectful friendships, family relationships and relationships with other children and adults including when online.



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Sex Education is defined as teaching children how human reproduction occurs, including how a baby is conceived and born. This draws on knowledge of the human life cycle set out in the National Curriculum for science.

For the purposes of this policy, we specifically identify any non-statutory Sex Education that falls outside of science and those related elements (the physical changes associated with puberty) within statutory **Health Education**.

Within the **PSHE** and **Science** curriculum, we include the teaching of: reproduction in plants and animals; the life cycle of mammals; gestation periods of mammals; human foetal development; changes experienced in puberty; physical health and fitness; healthy eating; mental wellbeing; drugs, alcohol and tobacco.

Right to withdraw from sex education

Parents have the right to request that their child be withdrawn from some or all non-statutory sex education delivered as part of RSE.

Requests for withdrawal should be put in writing and addressed to the Headteacher. A copy of the withdrawal request will be logged by the school. The Headteacher will arrange a meeting to discuss the request with parents.

Parents cannot withdraw their child from any part of Relationship Education, Health Education or from any statutory sex education that forms part of the National Curriculum for Science.

Alternative work will be given to pupils who are withdrawn from non-statutory sex education.

Curriculum Delivery of RSE

RSE is taught within the Personal, Social, Health and Economic Education (PSHE) curriculum, which has been informed by DfE guidance on Relationships, Sex and Health Education. Other subject areas, for example R.E., P.E. and Science will address elements of RSE. To support the consistent and progressive approach of RSE across EYFS, KS1 and KS2, we use planning and resources from Heartsmart. All planning and resources ensure that there is a full coverage of the expected content, including consistent use of vocabulary and explanations. Teachers adapt lesson content in response to pupils' needs and following delivered sessions. Additional materials will also be used to supplement this according to our priorities. This will be informed by: the specific needs of our children; relevant National, local data and school data; and will be age and developmentally appropriate.

Relationships education focuses on teaching the fundamental building blocks and characteristics of positive relationships including:

- Families and people who care for me
- Caring friendships
- Respectful relationships
- Online relationships
- Being safe

These areas of learning are taught within the context of family life, taking care to be inclusive of all family units. Families could include single parent families, LGBTQ+ parents, families headed by grandparents, adoptive parents, foster parents/carers (amongst other structures), along with reflecting sensitively that some children may have a different structure of support around them (for example: looked after children or young carers).



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Statutory requirements

As a Church of England Academy we must provide relationships education to all children in line with section 34 of the Children and Social Work Act 2017. Although we are not required to provide compulsory sex education, we do need to teach the elements of sex education contained in the Science curriculum.

In teaching RSE, we must give regard to the 25 June 2019 guidance issued by the Secretary of State as outlined in Section 403 of the Education Act 1996.

As part of statutory Health Education, children are taught in an age-appropriate way about puberty and the associated physical and emotional changes from Year 3 onwards. As part of the Science curriculum, children learn in Year 5 about how reproduction occurs in some plants and animals. The DfE guidance 2019 also recommends that all primary schools have a sex education programme tailored to the age and the physical and emotional maturity of children, and this should include how a baby is conceived and born. Although sex education is not compulsory in primary schools, we believe children should understand the facts about human reproduction before they leave primary school. We therefore provide some non-statutory sex education in Year 6, covering how human reproduction and conception occur - parents are informed prior to the delivery of these lessons.

Questions & sensitive issues in relation to Relationships and Sex Education

Our school's Relationship and Sex Education programme will provide opportunities for children to talk honestly and openly. At the same time, we have to respect the stage of children's maturity. Some topics are taught in the secondary school years. Sensitive topics will be responded to as follows:

- Pupil's questions will be dealt with honestly and sensitively in an age-appropriate way.
- A questions box will be available (either physically or via a technological device) for children to ask questions, anonymously if preferred.
- Teachers will explain that they may come back to a question (allowing time to consult with colleagues or parents).
- Any questions that cannot be answered will be signposted back to parents/carers and the teacher will contact them to give context to the conversations that have been held in class.
- In some cases, a question or request for advice may indicate that the pupil is at risk or in danger. In these cases, appropriate action will be taken in accordance with the school's Safeguarding & Child Protection Policy. This also means that if a pupil puts a private question to a teacher or other member of staff and requests secrecy, no promise of confidentiality will be given, but the reassurance that any steps taken will always be in the pupil's best interest. **If any questions raise safeguarding concerns, teachers will refer to the Designated Safeguarding Lead.**

Our school will teach about and answer questions on:

- sexual intercourse
- changes to the body and the effects of puberty (including 'wet dreams' and erections)
- different types of relationships.

Our school will not teach about or answer questions on*:

- other sexualised activity (such as oral sex and foreplay)
- masturbation
- contraception
- rape



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- exploitative or violent sexual practices
- incest
- abortion
- prostitution
- Sexually Transmitted Diseases
- HIV and AIDS.

*This list is not exhaustive.

We will refer questions on any of the above to parents and will support where necessary.

Roles and responsibilities

The governing board

The governing board will approve the RSE policy and hold the headteacher to account for its implementation.

The headteacher

The headteacher is responsible for ensuring that RSE is taught in a carefully sequenced way within a planned programme, and for managing requests to withdraw pupils from sex education.

Staff

Staff are responsible for:

- Teaching in line with the Church of England foundation of the school.
- Delivering RSE with sensitivity.
- Modelling positive attitudes to RSE.
- Responding to the needs of individual pupils.
- Responding appropriately to pupils whose parents wish them to be withdrawn from sex education.
- Adjusting and adapting the curriculum content and delivery to meet the needs of all pupils (including those with SEND).

Staff do not have the right to opt out of teaching RSE. Staff who have concerns about teaching RSE are encouraged to discuss this with the headteacher. All teaching staff at Parbold Douglas Church of England Academy are responsible for teaching RSE. A list of current staff is published to the school website:

<https://www.pda.lancs.sch.uk/our-team/>

Pupils

Pupils are expected to engage fully in RSE and, when discussing issues related to RSE, treat others with respect and sensitivity.

Training

Staff are trained on the delivery of RSE.

The headteacher may invite visitors, such as school nurses or sexual health professionals, to assist with the delivery of RSE or to train staff. Any visitors will follow the school policy and deliver in line with the Church of England ethos of the school.



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Monitoring arrangements

The delivery of RSE is monitored through:

- Professional discussion with teachers and colleagues
- Pupil conferencing
- Twitter using the hashtag #pdapshe
- PSHE lead to ensure Heartsmart is being followed in order to ensure RSE coverage
- Class teachers to internally assess pupils' progress
- Visits to lessons by members of the PSHE leadership team

Policy evaluation and review

This policy will be reviewed by the Governing Board every two years. Where significant changes are proposed, parents will be consulted.

Last review date: March 2023

Next review date: March 2025

