



POLICY FOR RELATIONSHIP AND SEX EDUCATION

At St John's School we use the teachings of the Church of England to embed the following core Christian values.

These are:

Friendship

Forgiveness

Trust

and Compassion

In the spirit of our school's vision, this policy is written to ensure St. John's is a place for sanctuary for everyone. The guidance within provides the knowledge and skills to encourage mutual respect and the strength to act when individuals fall short of these expectations.

This Policy is reviewed every 3 Years by the Headteacher and ratified by a Governor

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| Ratified by Governors | 28 th March 2019 |
| Review Date: | 28 th March 2022 |
| Signed by: Headteacher: |  |
| Signed By: Chair of Governors: |  |

1 Rationale

Relationships and Sex Education (RSE) is a key aspect of Personal, Social and Health education (PSHE) at St John's C of E Primary School. RSE teaches the biology of growing up and reproduction within the context of caring relationships. It develops the skills and attitudes required to enable children to lead healthy lives and relationships.

The RSE policy is based on the DfES guidance document Sex and Relationship Education Guidance (ref DfES 0116/2000) and Sex and Relationships Education for the 21st Century document (red DfEE 0116/2000). In this document, RSE is defined as 'lifelong learning about the physical, moral and emotional development. It is about understanding the importance of marriage for family life, stable and loving relationships, respect, love and care. It is also about the teaching of sex, sexuality and sexual health'.

RSE is part of the PSHE curriculum in the school. Whilst RSE is used to inform children about sexual issues around puberty, we do this with regard to matters of morality and individual responsibility, in a way that allows children to ask and explore moral questions.

2 Aims and objectives

The purpose of teaching RSE is to ensure that children learn about relationship and sex issues in a caring and informed way to dispel any myths that they may have acquired. The objective of RSE is to help and support the children through their physical, emotional and moral development.

2.1 Our aims are:

- To ensure that pupils are prepared for puberty and understand the physical development of their bodies as they grow into adults.
- To empower the pupils to make responsible and informed decisions about their future adult lives.
- To enable the pupils to act responsibly in making and maintaining relationships with others.
- To develop confidence in talking, thinking and listening about relationships and feelings.
- For pupils to respect themselves and others.
- For pupils to respect the differences and views of other people.
- For pupils to be able to use biologic vocabulary to name parts of the body and describe how their bodies work.
- For pupils to understand the importance of being within a committed, long term and loving relationship.
- For pupils to understand the importance of family life.
- For pupils to understand the opportunities, responsibilities and experiences of adult life.
- For pupils to understand that their body is personal to them, the importance of respecting their own bodies and inappropriate touch.
- For pupils to ask moral questions.

3 Coordination

3.1 PSHE and RSE Coordinator

The leading coordinator for PSHE and RSE is Miss J Ridgeway. Miss Ridgeway has had two days training by the NHS Trust to deliver and assess the RSE curriculum.

3.2 Monitoring and review

It is the responsibility of Miss Ridgeway to review the programme every 3 years as the PSHE and RSE specialist. Miss Ridgeway will report any findings and recommendations to the Head Teacher, staff, governing body, parents and pupils as necessary, to ensure that the policy reflects the views of all stakeholders.

4 Programme

RSE is taught through the PSHE curriculum to all children across the school, to fully equip the pupils with the necessary skills and attitudes to understand how their body is changing and developing physically and emotionally.

4.1 Context

RSE is taught in the context of the school's aims and values framework. While RSE in our school means that we give children information about physical changes and reproduction, we do this with an awareness of the moral code and values which underpin all our work in school. In particular, we teach RSE in the belief that:

- Children should be taught to have respect for their own bodies.
- It is important to build positive relationships with others; involving trust, respect and friendship.
- We listen to the views of the parents and children in our school regarding RSE.
- We agree and discuss ground rules with the pupils. These rules should minimise any embarrassment pupils might feel and discourage inappropriate personal disclosures.

4.2 Teaching RSE through the curriculum

RSE is taught through different aspects of the curriculum. Whilst we carry out the main RSE teaching in our PSHE curriculum, we also teach some RSE through other subject areas (for example, Science and PE), where we feel that they contribute significantly to a child's knowledge and understanding of his or her own body, and how it is changing and developing. Teachers will be given the opportunity to attend twilight training sessions to secure their knowledge and teaching of RSE.

In Science and PSHE lessons in KS2, teachers inform children about puberty and how a baby is born. For this aspect of the school's teaching, we follow the guidance material in the Kent Scheme of Work for Science. In Key Stage 1 we teach children about how animals, including humans, move, feed and grow, and we also teach them about the main parts of the body. Children learn to appreciate the differences between people and how to show respect for each other. In Key Stage 2 we teach about life processes and the main stages of the human life cycle in greater depth.

4.3 Christopher Winter Project

RSE is taught across all year groups by the class teacher through a programme called the Christopher Winter Project (CWP). This programme is designed to build knowledge from year to year. The details of the lessons for each year group are outlined below:

| <u>Year group</u> | <u>Lessons</u> |
|---|---|
| Reception Our lives | Lesson 1: Our Day |
| | Lesson 2: Keeping Ourselves Clean |
| | Lesson 3: Families |
| Year 1 Growing and Caring for Ourselves | Lesson 1: Keeping Clean |
| | Lesson 2: Growing and Changing |
| | Lesson 3: Families and Care |
| Year 2 Differences | Lesson 1: Differences: Boys and Girls |
| | Lesson 2: Differences: Male and Female |
| | Lesson 3: Naming the Body Parts |
| Year 3 Valuing Difference and Keeping Safe | Lesson 1: Differences: Male and Female |
| | Lesson 2: Personal Space |
| | Lesson 3: Family Differences |
| Year 4 Growing Up | Lesson 1: Growing and Changing |
| | Lesson 2: What is Puberty? |
| | Lesson 3: Puberty Changes and Reproduction. |
| Year 5 Puberty | Lesson 1: Talking about Puberty |
| | Lesson 2: Male and Female Changes |
| | Lesson 3: Puberty and Hygiene |
| Year 6 Puberty, Relationships and Reproduction | Lesson 1: Puberty and Reproduction |
| | Lesson 2: Understanding Relationships |
| | Lesson 3: Conception and Pregnancy |
| | Lesson 4: Communicating in Relationships |

We liaise with the Local Health Authority about suitable teaching materials to use with our pupils in the RSE lessons.

The timings of these units may be subject to change according to the needs and maturity of the classes. Teachers do their best to answer all questions with sensitivity and care. By the end of Key Stage 2, we ensure that both boys and girls know how babies are born, how their bodies change during puberty, what menstruation is, and how it affects women. We always teach this with due regard for the emotional development of the children.

5. Parents and Relationships and Sex Education

5.1 The role of the parent

St John's School appreciates the sensitivity and concerns that some parents may feel towards RSE and therefore, parents are encouraged to express any concerns with the school are the CWP programme. Parents are encouraged to contribute their views which are especially valued. This policy will be available for parents to download on the school website and a copy will be given to new Year R parents.

5.2 Withdrawal

Parents have the right to withdraw their child from all or part of the RSE programme that is delivered in our school, unless if it is part of the statutory Science curriculum. If a parent wishes their child to be withdrawn from sex education lessons, they should discuss this with the Head Teacher and make it clear which aspects of the programme they do not wish their child to participate in. The school is legally obliged to comply with the wishes of parents in this regard. As a school, we can direct parents to suitable resources to show children to inform them at home.

6 The role of the pupils

Pupils will be involved in the process of assessing and evaluating the programme. Teachers will undertake an assessment of the pupils' level of knowledge at the beginning and end of each lesson. This will allow the school to assess and address the needs of the pupils. At the beginning of each academic year, a focus group from both KS1 and KS2 will complete a 'Diamond Nine' activity. This will determine the aspects of RSE that the pupils want to know about most.

7 The role of other members of the community

We encourage other valued members of the community to work with us to provide advice and support to the children with regard to health education. In particular, members of the Local Health Authority give us valuable support with our RSE programme. The pupils are encouraged to ask questions, and if appropriate, are answered openly and honestly. There may be occasions when an individual response is more appropriate.

8 Confidentiality

Teachers conduct RSE lessons in a sensitive manner and in confidence. It is especially important that teachers are sensitive towards those children for whom home life is not a pleasant experience or for whom the concept of the traditional family does not apply. However, if a child makes a reference to being involved, or likely to be involved in sexual activity, then the teacher will take the matter seriously and deal with it as a matter of Child Protection. Teachers will respond in a similar way if a child indicates that they may have been a victim of abuse. In these circumstances the teacher will talk to the child as a matter of urgency. If the teacher has concerns, they will draw their concerns to the attention of the **Child Protection Officer, Mr. T. Harrington**. We must emphasise that teachers cannot guarantee confidentiality to the child, as there are official procedures to be followed. Secrecy may not be in the child's best interests. This will be in conjunction with the Safeguarding policy.

9 The role of the Head Teacher

9.1 It is the responsibility of the Head Teacher to ensure that both staff and parents are informed about our RSE Policy, and that the policy is implemented effectively. It is also the Head Teacher's responsibility to ensure that members of staff are given sufficient training, so that they can teach effectively and handle any difficult issues with sensitivity.