

RHSE (RELATIONSHIPS, HEALTH AND SEX EDUCATION) POLICY



Policy agreed by Governing body on14 October 2024.....

Signed:Tim Hart..... Chair of Governing Body

Signed:Becky Vousden..... Headteacher

Review Date: June 2026

1. Aims

The aims of Relationships, Health and Sex Education (RSHE) at Chilton Primary School are to:

- Provide a framework in which sensitive discussion can take place;
- To teach children what healthy and unhealthy relationships (in many different contexts) look like;
- Ensure children know how to protect themselves and ask for help and support;
- Teach pupils the correct vocabulary to describe their bodies;
- Prepare pupils for puberty and teach the statutory requirements relating to puberty as set out in the Health Education guidance;
- Give them an understanding of sexual development and the importance of health and hygiene;
- Teach children the statutory requirements about human growth and reproduction and puberty as set out in the National Curriculum and included in our non-statutory sex education content;
- Help pupils develop feelings of self-respect, confidence and empathy;
- Promote the spiritual, moral, cultural, mental and physical development of pupils whilst preparing them for the opportunities, responsibilities and experiences of adult life.

2. Statutory requirements

Relationships Education is compulsory for all children in primary schools.

Health Education (including teaching about puberty) is compulsory for all children in primary schools.

Sex Education is not compulsory in primary school but becomes so in secondary school. The DfE recommends that all primary schools have a sex education programme tailored to the age and the physical maturity of the pupils.

Elements of sex education are compulsory within the KS1 and KS2 Science curriculum as set out below:

National Curriculum – Science. KS1

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| <ul style="list-style-type: none">• Identify, name, draw and label the basic parts of the human body and say which part of these is associated with each sense |
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- Notice that animals, including humans, have offspring which grow into adults
- Be introduced to the process of reproduction and growth in animals (including humans) – the focus should be recognising growth, they are not expected to understand how reproduction occurs.

National Curriculum – Science. KS2

- Describe the changes as humans develop to old age, including learning about the changes experienced in puberty. Children may also compare the gestation period in humans to other animals.
- Pupils should learn how to keep their bodies healthy and how their bodies might be damaged, including how some drugs and other substances can be harmful to the human body.

3. Content and Delivery

Relationships, Health and Sex Education are taught within the context of the whole PSHE curriculum. At Chilton Primary School, we use the Jigsaw scheme of work for our PSHE lesson plans. Elements of Relationships and Health Education are taught throughout the year in an age appropriate way. We use a two-year rolling planning cycle for Key Stage 1 and Lower Key Stage 2. Reception, Year 5 and Year 6 use a one-year cycle. This allows for PSHE/ RHSE lessons to be taught within class groups rather than year groups. There are 2 lessons for Years 3 and 4 which are taught in year rather than class groups. Please see the curriculum information on the school website for more information on what is taught and when.

Sex Education

The DfE Guidance (2019) recommends that all primary schools have a sex education programme tailored to the age and the physical and emotional maturity of the pupils. Although it is not compulsory in primary schools, the guidance states sex education teaching should “ensure that both boys and girls are prepared for the changes that adolescence brings – and drawing on knowledge of the human life cycle set out in the national curriculum for science – how a baby is conceived and born”.

At Chilton Primary School, we believe that children should understand the facts about human reproduction before they leave primary school. Some teaching on the human life cycle and reproduction will be taught within the statutory science curriculum. Some teaching on conception and reproduction will be taught as part of the PSHE curriculum. Lessons teaching children about sex education are taught in the final term of each school year in the topic called “Changing Me”. Please see below for what each year group or phase will learn:

- Reception – Growing up: how we have changed since we were babies
- KS1 – Boys’ and girls’ bodies; body parts; respecting privacy

- LKS2 – How babies grow and how boys’ and girls’ bodies change as they grow older; internal and external reproductive body parts; body changes in girls and menstruation
- Year 5 – Puberty for boys and girls; conception
- Year 6 – Puberty for boys and girls; understanding conception to birth of a baby

Communication with parents/carers:

Teachers will communicate to parents/ carers what is going to be taught, with regards to sex education, before it is taught in school. This allows parents to be aware of what their child will be learning at school and to have the opportunity to prepare and support their learning further at home.

Conduct, confidentiality and safeguarding

Ground rules for behaviour and conduct in PSHE/ RHSE lessons are set within each class at the beginning of each year. They are then referred to at the beginning of each lesson to establish a safe environment in which everyone is respected, valued and listened to.

If a teacher feels that a pupil is at risk of abuse or a disclosure is made during a PSHE/ RHSE lesson, they must follow the school’s child protection procedures. Teachers cannot guarantee absolute confidentiality and this should be made clear to children when necessary.

As part of the ground rules for PSHE lessons, it is important that children and staff know that:

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

Schools have a legal requirement to comply with the Equality Act of 2010 and need to be alive to issues such as everyday sexism, misogyny, homophobia, racism and gender stereotypes. They must take positive actions to build a culture where these are not tolerated and any occurrences are identified and tackled. All staff are aware that their personal beliefs and attitudes should not influence their PSHE teaching and should under no circumstances compromise their commitment to teaching in line with the Equality Act.

4. Parents’ right to withdraw

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

Children cannot be withdrawn from lessons which cover the statutory elements about the human life cycle and reproduction that is taught as part of the science curriculum.

Puberty is taught as a statutory requirement of Health Education through our PSHE lessons. Children therefore may not be withdrawn from these lessons.

At Chilton Primary School, we therefore conclude that the following Jigsaw lessons are included in our non-statutory sex education teaching: Year 4, Lesson 2 (Having a baby), Year 5, Lesson 4 (Conception) and Year 6, Lesson 4 (Conception, birth).

If you would like more information about the content and resources of these lessons, please speak to your child's class teacher.

Requests for children to be withdrawn from these lessons must be made to the headteacher.

5. Roles and responsibilities

The Governing Board

The Governing Board will approve the RHSE policy and hold the headteacher to account for its implementation.

The Headteacher

The headteacher is responsible for ensuring that PSHE/ RHSE is taught consistently across the school.

Staff

Staff are responsible for:

- Delivering RHSE as part of the PSHE curriculum in a sensitive way
- Modelling positive attitudes to RHSE
- Monitoring progress
- Responding to the needs of individual pupils
- Communicating to parents what elements of sex education will be taught ahead of teaching it in school
- Responding appropriately to pupils whose parents wish them to be withdrawn from the non-statutory components of RHSE
- The personal beliefs and attitudes of teachers will not influence the teaching of RHSE.

Pupils

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

6. Monitoring arrangements

This area of the curriculum is monitored and evaluated by class teachers, the subject leader and the senior leadership team (SLT).

This policy will be reviewed regularly by the subject lead, SLT and the headteacher. At every review, the policy will be approved by the headteacher and the governing board.

The headteacher is responsible for ensuring that RSE is taught consistently across the school and for managing requests to withdraw pupils from non-statutory components of RSE.

Staff do not have the right to opt out of teaching RHSE. Teachers should ask for guidance or training if there are areas of the curriculum with which they require support. For example, visitors from outside services or agencies could be used such as the school nurse.

This policy will be reviewed annually.