

## **Relationships and Sex Education Policy**

Relationships Education is to become compulsory for primary aged children, and Relationships and Sex Education (RSE) is to become compulsory for secondary age children from 1<sup>st</sup> September 2020. These requirements will apply, when passed, to independent schools inspected by ISI. All schools must have an up-to-date RSE policy, which is made available to parents and others on the school website.

### **What is Relationship and Sex Education?**

The Government's definition is this:

"It is lifelong learning about physical, moral and emotional development. It is about the understanding of 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. It is not about the promotion of sexual activity – this would be inappropriate teaching." (Department for Education and Employment, RSE Guidance, 2000)

Currently, PSHE (Personal, Social, Health Education) remains a non-statutory subject, and section 2.5 of the National Curriculum framework document states that:

'All schools should make provision for personal, social, health and economic education (PSHEE), drawing on good practice.'

### **Why is RSE needed?**

- More than ever before, children are exposed to representations of sex and sexuality through the media/ social media and the social culture around them, so we need to present a balanced view of RSE and help them to be discerning and stay safe.
- Rates of sexually-transmitted infections (STIs) and teenage pregnancy in the UK are relatively high – as is the regret felt by young people after early sexual experiences.
- Research shows that most parents say they want the support of schools in providing RSE for their children.
- Research consistently shows that effective RSE delays first sexual experience and reduces risk-taking.

### **What are the aims of RSE?**

There are four main aims for teaching RSE within the context of Primary School PSHEE (Personal, Social, Health and Economic Education):

- To enable young people to understand and respect their bodies, and be able to cope with the changes puberty brings, without fear or confusion
- To help young people develop positive and healthy relationships appropriate to their age, development etc. (respect for self and others)
- To support young people to have positive self-esteem and body image, and to understand the influences and pressures around them
- To empower them to be safe and safeguarded

### **How is RSE delivered at Stroud?**

At Stroud, the Class Teachers and Form Tutors teach RSE within the Jigsaw PSHEE scheme of work from Reception to Y8.

**Jigsaw PSHEE** is a comprehensive and completely original Scheme of Work (lesson plans), from Reception to Year 8. Created by Jan Lever (teacher and psychotherapist) and her dedicated team of experienced teachers, the Jigsaw teaching materials integrate PSHEE, emotional literacy, social skills and spiritual development in a whole-school approach.

The Jigsaw PSHEE relationship and sex education units of work aim to give children their entitlement to information about relationships, puberty and human reproduction, appropriate to their ages and stages of development. This work is treated in a matter- of-fact and sensitive manner to remove embarrassment and fear and helps children to cope with change, including puberty and to learn about families, friendships and healthy relationships.

Some of the key aspects covered in the course of Key Stages 1 - 2 are:

- Life cycles • How babies are made • My changing body • Puberty • Growing from young to old • Becoming a teenager • Assertiveness and self-respect • Friendship and family life • Safeguarding • Family stereotypes • Self and body image • Attraction • Relationship skills e.g. conflict resolution • Accepting

In Key Stage 3 the following will be covered:

- Puberty and body development • Self-image • Changing circumstances • Rights and responsibilities • Brain development • Mood changes • Transition (to next year group) Managing change • Coping with challenge • Taking responsibility for change • Short-term changes

### **What are pupils taught in Sex Education?**

The 'Changing Me' unit is taught over a period of 6 weeks in the second half of the Summer Term. Each year group will be taught appropriate to their age and developmental stage. Please note: at no point will a child be taught something that is inappropriate; and if a question from a child arises and the teacher feels it would be inappropriate to answer, (for example, because of its mature or explicit nature), the child will be encouraged to ask his/her parents or carers at home, and the question will not be answered to the child or class if it is outside the remit of that year group's programme.

<b>Reception</b>	Growing up: how we have changed since we were babies
<b>Year 1</b>	Boys' and girls' bodies; naming body parts
<b>Year 2</b>	Boys' and girls' bodies; body parts and respecting privacy (which parts of the body are private and why this is)
<b>Year 3</b>	How babies grow and how boys' and girls' bodies change as they grow older
<b>Year 4</b>	Internal and external reproductive body parts, body changes in girls and menstruation
<b>Year 5</b>	Puberty for boys and girls, and conception
<b>Year 6</b>	Puberty for boys and girls and understanding conception to birth of a

	baby
<b>Year 7</b>	Puberty for boys and girls, self-image, changing circumstances in family life, rights and responsibilities, brain and mood changes
<b>Year 8</b>	Managing and coping with changes, coping with challenges, taking responsibility for change

All lessons are taught using simple, child-friendly language and pictures, which help children understand changes more effectively. The content will be adapted to ensure it is made accessible to all pupils, including those with SEND.

The key concepts that children learn in Jigsaw are inner strength, self-esteem and resilience. These are really important as they help keep children safe and it helps them make healthy decisions later in life.

Accurate information is important but only part of the picture: help them now by building their inner resilience, so they become mindful children, mindful teenagers, and mindful adults.

### **Right to Withdraw**

Currently, Parents have the right to request that their child be withdrawn from some or all of sex education delivered as part of statutory RSE. Parents do not have the right to remove their pupils from Relationships Education as this is statutory and teaches the fundamental building blocks and characteristics of positive relationships with particular reference to friendships, family relationships, and relationships with other children and with adults. Relationships Education also creates an opportunity to enable pupils to be taught about positive emotional and mental wellbeing, including how friendships can support mental wellbeing

### **Monitoring and evaluation**

The provision of RSE will be monitored and evaluated by the PSHEE Curriculum Team in conjunction with the Deputy Head Academic.

Written: March 2019 by Sarah Mason-Campbell

Reviewed by Governors May 2019

Next Review: