



The Board of Governors at Brambleside Primary School

Formally adopted this Policy/Procedure/Guidance/Guideline

Policy Name	Relationship & Sex Education
Name & Signature Chair of Governors	Bill Parker
Name & Signature Headteacher	Drew Brown
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Source	School
Lead	Andrew MacLaren
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Relationship and Sex Education at Brambleside Primary School

Sex and Relationship Education (RSE) has been renamed as RSE: Relationship and Sex Education (RSE) to emphasise the relationships aspect of RSE. This was one of the recommendations from the Commons Education Committee Feb 2015.

Introduction

Brambleside Primary School aims to deliver a highly personalised, mindful and effective scheme of work on relationships and sex education (RSE). Effective RSE is essential if young people are to make responsible and well informed decisions about their lives. The objective for RSE is to help and support young people through their physical, emotional and moral development. It is our aim to help our children to learn to respect themselves and others and transition with confidence from childhood through adolescence into adulthood.

Brambleside offers a RSE programme that is tailored to the age and the physical and emotional maturity of the children. The programme will be delivered within Key Stages 1 and 2 of the National Curriculum and also the PSHE & Citizenship framework. This will take the form of answering questions appropriately to younger children, a study of changes of the human life cycle e.g. growing older etc. In Year 5 the children will receive a puberty talk from a member of staff and/or from the school nurse. This talk will include a discussion about how the body changes during puberty and personal hygiene. In Year 6 the children will receive a formal programme of RSE.

Relationship and sex education is not just learning about growing up, changes and reproduction. It is also about enabling children to make and maintain relationships with others, to understand about human sexuality and to feel good about themselves and the choices they make. This involves helping children to gain knowledge, develop skills and form positive beliefs and attitudes.

To ensure all DfE regulations (2019) for statutory Relationships and Health Education are met, every year group uses an updated version of the Jigsaw scheme for all PSHE lessons, including RSE.

Rationale

The Governors believe that RSE is important because:

- if children are not provided with correct information, they will invent their own answers or become confused
- RSE plays a part in correcting any misinformation young children pick up
- parents generally want schools to provide sex and relationship education for their children
- children need a well-planned programme of relationship education to focus upon friendship, bullying and the building of self-esteem
- relationship and sex education can help protect children from exploitation and sexual abuse
- all children need to know about puberty before they experience the onset of physical changes
- individuals should be in charge of and responsible for their own bodies
- research shows that sex and relationship education delays sexual activity

Aims

At Brambleside, our aims for our RSE work are as follows:

- to provide an understanding that positive, caring environments are essential for the development of good self-esteem and that individuals are in charge of and responsible for their own bodies
- to help children to develop skills to understand differences and respect themselves and each other
- to help children to develop skills for the purpose of preventing and removing prejudice
- to help young people to learn to respect themselves and others
- to learn about the significance of stable relationships as key building blocks of society
- to provide accurate information about the process of reproduction and the nature of sexuality in the context of a caring, loving family
- to encourage the acquisition of skills and attitudes that allow children to manage their relationships in a responsible and healthy manner
- to prepare the children for the opportunities, responsibilities and experiences of adult life
- to move with confidence from childhood through adolescence and into adulthood
- to promote the spiritual, moral, cultural, mental and physical development of children at the school

This relates to the sex and relationship guidance from the DfE. At primary school level sex and relationship education should contribute to the foundation of PSHE and Citizenship by ensuring that all children:

- develop confidence in talking, listening and thinking about feelings and relationships
- are able to name parts of the body and describe how their bodies work
- can protect themselves and ask for help and support
- are prepared for puberty

Management of RSE

The RSE programme at Brambleside will provide information that is accurate, easy to understand, relevant and appropriate to the age and maturity of the child. We deliver a mindful approach to RSE using an original and comprehensive scheme of learning which integrates personal, social, health and economic education with emphasis on emotional literacy, mental health and SMSC, especially spiritual development. Brambleside aims to help children know and value who they really are and how they relate to other people in this ever-changing world.

The personal beliefs and attitudes of teachers will not influence the teaching of RSE within the PSHE framework. Teachers and those contributing to RSE are expected to work within an agreed values framework as described in the school's policy, which is in line with current legislation.

Teachers will use their professional judgment in deciding how to respond to children's questions. At all times correct terminology shall be used. Teaching methods will take account of the age, maturity and physical development of the children and in some cases discussion on a one-to-one basis or in small groups may be preferable to whole class teaching. Staff will receive training in the teaching of RSE via attendance at courses and/or through our school nurse when available and relevant.

RSE is taught in Key Stages 1 and 2 as outlined in the Sex and Relationship guidance from the DfE. In Year 6, children will follow a detailed programme. This programme will support the children's on-going emotional and physical development and will cover:

- changes in the body relating to puberty, such as periods and voice breaking
- when these changes are likely to happen
- issues that may cause young people anxiety and how they can deal with them
- how a baby is conceived and born

Year 6 parents will be invited to school to discuss the programme and view the materials that will be used. The Year 6 teacher/s will teach the programme. Governors acknowledge the right of parents to withdraw their children from all or part of the RSE provided at the school except for those parts included in the statutory National Curriculum (available online). In the case of a child being withdrawn, the school will make alternative arrangements for that child. Parents who withdraw their children will be given a pack of information from the DfE.

Teaching Strategies

It is essential that we help our children develop confidence in talking, listening and thinking about sex and relationships; as adults we may need to overcome anxieties and embarrassment to do this effectively. The following teaching strategies can help:

- establish ground rules with the children
- use 'distancing' techniques
- know how to deal with unexpected questions or comments from children
- use discussion and appropriate materials
- encourage reflection

Ground Rules

- no one (teacher or child) will have to answer a personal question
- no one will be forced to take part in a discussion
- only the correct names for body parts will be used
- meanings of words will be explained in a sensible and factual way

Confidentiality

The school will ensure that children and parents are aware of the policy for confidentiality. If, through discussion or disclosure, there is any possibility of abuse, staff will follow the school's child protection procedure.

- the children's best interests will be maintained
- the children will be encouraged to talk to their parents
- teachers cannot offer unconditional confidentiality
- if confidentiality has to be broken, the child will be informed first and then supported appropriately
- the children will be informed of sources of confidential help
- ground rules in lessons will be established

Monitoring and Evaluation

Feedback from parents, teachers and children will be taken into account when this policy is reviewed. This policy will be reviewed annually. The programme's success will be judged by the following criteria:

- well-informed children, who leave Brambleside with a healthy, mature attitude to sex and relationship education
- 100% parental consent to include their child in the sex and relationship education programme
- approval of relevant inspectors/advisors as to the content of the programme