KINGSLAND SCHOOL

RELATIONSHIPS, HEALTH AND SEX EDUCATION (RHSE) POLICY

OCTOBER 2024

1) INTRODUCTION

From Summer 2021 the following subjects will become compulsory:

- Relationship Education for primary schools
- Relationships and Sex Education (RSE) for secondary schools
- Health Education is all state maintained schools *(DfE 2019)*

2) WHAT IS RELATIONSHIP AND SEX EDUCATION?

The DfE (2019) defines this as:
"To embrace the challenges of creating a happy and successful adult life, pupils need knowledge that will enable them to make informed decisions about their wellbeing, health and relationships and to build their self-efficacy. Pupils can also put this knowledge into practice as they develop the capacity to make sound decisions when facing risks, challenges and complex contexts. Everyone faces difficult situations in their lives. These subjects can support young people to develop resilience, to know how and when to ask for help, and to know where to access support"

Elements to be taught include:

-Teaching the fundamental characteristics of positive relationships, with particular reference to friendships, family relationships
-what a relationship is, what friendship is, what family means and who the people are who can support them.
-Establishing personal space and boundaries, showing respect and understanding the differences between appropriate and inappropriate or unsafe physical, and other contact
-Respect for others should be taught in an age-appropriate way, in terms of understanding one's own and others' boundaries
-The features of healthy friendships, family relationships and other relationships which young children are likely to encounter
-When teaching relationships content, teachers should address online safety and appropriate behaviour in a way that is relevant to pupils' lives.
-Teaching about families in a sensitive and well-judged manner based on knowledge of pupils and their circumstances (Families can include for example, single parent families, LGBT parents, families headed by grandparents, adoptive parents, foster parents/carers amongst other structures.)
-The ability to form strong and positive relationships with others based on character traits and positive personal attributes
-Relationships Education creates an opportunity to enable pupils to be taught about positive emotional and mental wellbeing, including how friendships can support mental wellbeing.
-Teaching pupils the knowledge they need to recognise and to report abuse, including emotional, physical and sexual abuse.

3) PROVISION OF RELATIONSHIP AND SEX EDUCATION

Relationships Education is compulsory from Summer 2021, Kingsland recognise that primary-age pupils may ask their teachers or other adults questions pertaining to sex or sexuality which go beyond what is set out for Relationships Education. Given ease of access to the internet, children whose questions go unanswered may turn to inappropriate sources of information. Pupils requiring

more specific Sex Education will be taught by PSHE specialists, who will discuss session plans with parents and seek consent prior to starting the sessions.

Relationship Education is delivered through the PSED framework at both Upper and Lower school, and it is individualised to meet specific pupil needs.

At primary school level, Relationship Education should contribute to the foundation of PSED 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; and
- are prepared for puberty.

4) THE ROLE OF PARENTS AND CARERS.

The governing body have a duty to consult with parents and carers regarding the development of the RSE policy. The school aims to work in partnership with parents and carers to support their role in preparing their children for adulthood. We will offer yearly parent workshops to share knowledge, offer support and answer questions. The PSHE co-ordinator will be available to speak to parents about any specific queries. Parents are able to withdraw their child from Sex Education sessions and must make school aware if this is their desire.

Parents and carers have a very important role to play as they are the key people in:

- teaching their children about sex and relationships;
- maintaining the culture and ethos of the family;
- helping their children cope with the emotional and physical aspects of growing up; and
- preparing them for the challenges and responsibilities that sexual maturity brings.

The school aims to support parents by working together with other agencies to:

- help their children learn the correct names of parts of the body;
- talk with children about feelings and relationships; and
- answer questions about growing up, puberty, having babies and relationships.

This policy will be reviewed regularly, as part of the whole school review process.

REFERENCES:

Further information may be found in the following documents:

DFE (2019) *Relationships Education, relationships and Sex Education (RSE) and Health Education*
Science and PSHE & Citizenship Subject Policies
Schemes of Work
Planning Documents
DfEE (1999) *The National Curriculum. Handbook for Primary Teachers. Key stages 1 and 2.*
DfES (2000) *Guidance to Schools: Sex and Relationship Education.*
QCA (2001) *Planning, Teaching and Assessing the Curriculum for Pupils with Learning Difficulties.*