



Growing together to achieve our very best

Eden Park Academy

Relationships and Sex Education (RSE) Policy

School PSHE Intent

Personal, Social, Health and Economic Education (PSHE) at Eden Park Academy runs through our whole curriculum. It will equip our children with the knowledge and skills to make informed *empowered choices*, so that they have a greater understanding of themselves as individuals, as well as the part they play in their community. Eden Park children will develop a healthy and safe attitude, whilst managing and appreciating risk in their ever-changing world. Our children will develop their voice to express opinions, value difference and challenge viewpoints.

Through the discrete teaching of PSHE and opportunities across the wider curriculum, Eden Park children will develop a growing sense of humanity. Through rich and varied opportunities, they will experience and appreciate diversity and difference, developing an outward looking attitude to their 21st Century world.

At Eden Park, our children will develop a knowledge and skills-based toolkit to make fulfilling life choices towards their health, well-being and prosperity. Their sense of social justice and moral responsibility will be enhanced through Pupil Voice opportunities and an understanding that they can act as change agents to affect local, national and global issues. Eden Park children will gain a deep understanding of British values such as democracy, a sense of community, human rights and justice.

We want Eden Park children to see the complexities of PSHE and appreciate how relationships are impacted by the choices they make. For example, for our KS1 children to develop a sense of curiosity about who they are and why they act in the way they do. This is built on in KS2 with the focus on how differences should be celebrated rather than feared.

At Eden Park, we actively teach our children to use precise technical and emotional vocabulary, empowering them to communicate their feelings and emotions at a progressive, age-appropriate level, building on previous learning.

Policy statement

This policy document sets out the school's aims, principles and strategies for the teaching of Relationships and Sex Education (RSE).

Under the Education Act 2002/Academies Act 2010, all schools must provide a balanced and broadly-based curriculum which:

- promotes the spiritual, moral, cultural, mental and physical development of pupils at the school and of society, and

- prepares pupils at the school for the opportunities, responsibilities and experiences of later life.

The RSE curriculum aims to do just this, promoting children's understanding of relationships, including an appropriate range of sexual relationships and prepare them for the emotional and physical changes that they will experience as they grow up. The effective teaching of RSE should help pupils to develop the personal skills needed if they are to establish and maintain relationships and make informed choices and decisions about their health and well-being. RSE is a graduated, age-appropriate programme which teaches children about sex, sexuality, emotions and relationships. It is based around the 3 main elements of 'attitudes and values, personal and social skills and knowledge and understanding'.

The Science Curriculum states the sex education elements which schools must provide for all children. This covers the biological aspects of sex education (see curriculum content, below).

RSE at Key stages 1 and 2 is part of the broader framework of PSHE. The role of PSHE is *'to give pupils the knowledge, skills and understanding they need to lead confident, healthy, independent lives and to become informed, active and responsible citizens'*. (The National Curriculum Handbook).

The role of RSE in primary schools is to give children the knowledge and understanding they need as they go through puberty and grow into young adults. The 2002 'Sex Education Matters Forum' states that *'the Government has set a ten-year strategy to drastically reduce the number of teenage pregnancies. A review of research into the effectiveness of SRE concluded that if it is provided early enough, it can contribute to a reduction in teenage pregnancies and improve young people's sexual health.'*

Paragraph 2 of the 'Sex and Relationship Education Guidance' July 2000 states: *'The objective of sex and relationship education is to help and support young people through their physical, emotional and moral development. A successful programme, firmly embedded in PSHE, will help young people learn to respect themselves and others and move with confidence from childhood through adolescence into adulthood.'* As a school, it is this that we aim to achieve through our RSE programme.

The RSE policy and scheme of work has been written with the support of the 'SCARF PSHE' scheme, guidance from the RSE Advisor for Devon and PSHE Association, as well as the school nurse.

Audience

This policy document, having been presented to, consulted with and agreed by staff, pupils, parents and the School Community Board, will be distributed to all members of teaching staff and will be freely available to parents, carers and visitors to the school via the school website. Further copies will be available from the school office on request. A copy of the RSE objectives for each year group can be made available at the beginning of the academic year so that parents are aware what their child will be covering in school.

Aims of the Relationships and Sex Education scheme of work

Eden Park Academy believes that RSE in this school will be developmental and a foundation for further development in secondary school.

As a school, we aim to:

- Create an environment where children feel confident to talk about, listen to, think about and discuss issues of:
 - emotional and physical changes
 - relationships with others, including sexual relationships
 - feelings and emotions

- Provide children with knowledge, including providing knowledge of what will happen to their bodies before it happens
- Allow children to explore their own attitudes and values as well as other people's.
- Ensure that children have strategies to protect themselves and know where to go for help and support
- Give children access to the learning they need to stay safe, healthy and understand their rights as individuals
- Prepare children for puberty

While RSE includes the teaching of puberty, sex and relationships, it does not promote sexual activity, or either promote or exclude any particular sexual orientation, including those of the LGBTQ+ community.

Curriculum content

RSE is taught within the PSHE curriculum as well as in the statutory Science Curriculum for key stages 1 and 2.

The PSHE and RSE schemes of work have been written with guidance from the 'SCARF PSHE' scheme, which covers the themes of 'Me and My relationships', 'Valuing Difference', 'Keeping Myself Safe', 'Rights and Responsibilities', 'Being My Best' and 'Growing and Changing'. In the main, the teaching of RSE falls under the themes of 'Me and My Relationships' and 'Growing and Changing'.

In Key Stage 1 the Science Programmes of Study from the National Curriculum (2014) states that children should be taught to:

- notice that animals, including humans, have offspring which grow into adults

The non-statutory notes and guidance in the National Curriculum (2014) for KS1 state: *The focus at this stage should be on questions that help pupils to recognise growth; they should not be expected to understand how reproduction occurs.*

In Key Stage 1 Eden Park's RSE curriculum focuses on friendships, feelings, bullying, my family and my body. The teaching of RSE will develop confidence in talking, listening and thinking about feelings and relationships.

In Key Stage 2, the Science Programmes of Study from the National Curriculum (2014) states that children should be taught to:

- describe the changes as humans develop to old age.

The non-statutory notes and guidance in the National Curriculum (2014) for KS2 state: *Pupils should draw a timeline to indicate stages in the growth and development of humans. They should learn about the changes experienced in puberty. Pupils could work scientifically by researching the gestation periods of other animals and comparing them with humans; by finding out and recording the length and mass of a baby as it grows.*

In key stage 2, the RSE focus moves on to how our feelings and emotions change as we develop, relationships and understanding that there are many different types of relationships as we grow, how our body changes through puberty, hygiene, puberty, conception and how a baby is born.

The role of RSE is to allow the children opportunities to discuss and question issues around sex and relationships in an open and honest environment. Children are also taught basic techniques for resisting pressures which they may face from friends, peers and the community. Lessons will also help children to realise the nature and consequences of discrimination, teasing, bullying and aggressive behaviours (including bullying because of race, religion, sexual orientation or gender identification), use of prejudice-based language and how to respond and ask for help.

As part of RSE in Key Stage 2, it is also important that pupils recognise ways they could put themselves at risk through the use of technology. These can include risks to their emotional and physical wellbeing and safety and their personal reputation. Our IT and Computing curriculum explores the risks, the law as it pertains to the sharing and downloading of images and information and safe ways of sharing personal information, social networking, and sharing images.

Curriculum Management

The teaching of RSE will take place through:

- Timetabled Science lessons.
- Timetabled PSHE lessons.
- Resources from the 'SCARF PSHE' Scheme of Work, including images and animations.
- Question and answer sessions with school staff as well as (where available) the school nurse, midwife and other outside agencies.
- Whole school assemblies on topics such as:
 - Relationships and emotions – families, friendships, loyalty, sharing, living and working together.
 - Self-esteem – valuing ourselves, valuing and respecting others, bullying, achievement assembly.
 - Difference and Diversity- valuing the multicultural nature of our world, celebrating difference and tolerance (linked as well to British Values)

Classes will remain mixed for the teaching of RSE but may occasionally be split into single sex groups according to need, for example, when pupils learn about specific changes to boys and girls during puberty. We feel that this allows boys and girls to ask questions they may feel unable to ask in a mixed sex setting, but that this should not mean that pupils are not made aware of changes occurring to those of the opposite sex. We believe that girls should be prepared for menstruation before their periods start. We also understand that in today's society, some girls are developing and maturing at an earlier age. As a result of this, learning about puberty in girls begins in Year 4.

A range of teaching strategies will be used to provide a breadth of effective learning opportunities. These include:

- Active learning – through enquiry and discussion exercises.
- Factual information – in the form of handouts for the children to keep for future reference.
- 'Draw and Write' activities - where the class teacher can see and act upon any misconceptions the children may have and can also redo the activity at the end of the sequence of work to assess the learning that has taken place.

Planning

The developmental stage and maturity of the children are reflected in the planning, drawing on the children's own experiences and existing knowledge. Early assessment of pupils gives a unique starting point to cater for pupils' individual needs.

Medium term planning to show continuity and progression of skills, knowledge, attitudes and values at all ages is carried out by teachers using the Academy's document Progression of Skills, Knowledge and Understanding in PSHE and the SCARF progression overview and planning documents.

Weekly plans detail specific learning objectives for activities to be carried out and allow for teachers to record the outcomes for each session to inform future planning. Planning is monitored by the Senior Leadership Team.

Resources

An annual budget is given to spend on PSHE resources, including RSE, and these resources are centrally kept by the PSHE coordinator. The Academy's Programme of study (linked to the PSHE association) and the 'SCARF PSHE' Scheme of Work are housed on the electronic drives within school as well as individual breakdown of the three strands of PSHE (health and wellbeing, living in the wider world & relationships) into key stage folders. These all are available for parents/carers to view if requested.

Equal opportunities including differentiation

As a school, we are committed towards equal opportunities in all aspects of school life, including the inclusion of all people from a range of ethnic and cultural backgrounds, genders, and sexual orientations.

A range of strategies will be employed to ensure that what is being taught and how it is presented is accessible to the children's individual needs and abilities. Adaptation may be by task, resources, support, pedagogical approach or content.

Ethnic and cultural diversity

We acknowledge that different ethnic and cultural groups have different attitudes to RSE. The school will consult with parents / carers about children's individual needs, taking into account of their views and promoting respect for the views of different ethnic and cultural groups.

Home backgrounds

We recognise that our children may come from a variety of family situations and home backgrounds. Members of staff consistently ensure that there is no stigmatisation of children based on their home circumstances. A copy of the RSE objectives for each year group is made available to all parents before the content is addressed in class so that they are aware what their child will be covering in school. We also offer the opportunity to screen any video resources for parents prior to the class so they are aware of the content and presentation. Parents have the right to withdraw their child from RSE lessons.

Sexuality

Our school's RSE programme does not promote any particular sexual orientation. Our approach to RSE will include sensitive, honest and balanced consideration of sexuality and will sensitively explore all types of relationships, including same sex relationships. We shall actively tackle bullying, including bullying because of race, religion, sexual orientation or gender identification.

Children with special educational needs and/or disabilities

RSE should help all pupils understand their physical and emotional development and enable them to make positive choices in their lives. Where we feel a child is not at a developmental stage to receive the RSE programme set for their age group, alternative provision will be made through discussion with the class teacher, parents and senior staff.

Recording and Assessment

As a school, we think it is important not to assess children purely on the factual knowledge gained but also to consider whether they are able to make healthy, informed choices. With this in mind, assessment will be through:

- Children's self-assessment.

- Teacher assessment - through observation, 'draw and write activities' or discussions. Teachers will also take into account key aspects such as bullying incidents, attendance and behaviour during lessons.

Children will record their learning in a variety of ways including discussion, illustrations, through role play and written work. Parents are made to feel welcome to make an appointment with a class teacher after school if there is a concern or issue.

Ground rules

Ground rules will be established in every class to ensure that children feel they are in a safe and secure environment in which to discuss sensitive issues.

Answering difficult questions

Questions do not have to be answered directly and can be addressed later. The Academy believes that individual teachers must use their professional skill and discretion in these situations and seek further support if needed.

As a school, we feel that the most powerful RSE is a collaboration between school and home and teachers will welcome discussions with parents and carers about any questions that pupils or parents/carers may have.

If a teacher feels a question is too explicit, feels too old for a pupil, is inappropriate for the whole class or raises concerns about sexual abuse, the teacher should acknowledge it and attend to it later on, through an individual basis. If a teacher or member of staff is concerned that a pupil is at risk of sexual abuse, they will follow procedures set out in the school's Child Protection and Safeguarding Policy.

Child Safeguarding

Children may occasionally make disclosures, either in class or to individual staff members. The school's Child Protection and Safeguarding Policy provides guidance for staff on this matter and should be referred to in conjunction with this policy. Child protection procedures must be followed when any disclosures are made (see separate policy).

The school is committed to safeguarding and supporting all pupils, including those of a range of ethnic and cultural backgrounds, genders, and sexual orientations.

Use of outside organisations

Careful consideration is given to the content, co-ordination and consistency of messages presented to children from outside agencies. An outside organisation is only used to enhance the RSE programme, not to replace teacher led activities. All visitors will have a staff member with them during contact with children and /or a DBS check, depending on their role (see Keeping Children Safe in Education – latest iteration). Staff will follow the school's guidance for organising visitors to school. The safeguarding prompt sheet used for volunteers on trips will be used with visitors by the lead staff member, prior to contact with any children.

Right to withdraw

Parents / carers have a right to withdraw their child from RSE lessons which fall outside those aspects covered in the compulsory Science curriculum. Parents/carers should express their wish to withdraw their child from the school's RSE programme in writing to the Executive Co - headteachers as soon as possible. The possible impact that withdrawal from the programme could have on the child and the possible negative experiences or feelings that the child might encounter will be discussed between school and parent / carer.

Sanitary disposal

Sanitary disposal units are located in the ladies' toilet cubicles, as well as the relevant girls' toilets. On residential trips, the teacher in charge should ensure they carry sanitary protection for girls and there is always a supply of sanitary protection in Year 5 and 6.

Staff and Community Champions

Meg Tomson: PSHE curriculum lead; Pupil Voice Champion

Georgia Newman: Designated Safeguarding Lead

Sam Warner and Richard Blunt: Executive Co-headteachers

Community Representative: Sharon Blyth

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Author/owner: Eden Park Academy

Next anticipated review 2024