



Relationships and Sex Education (RSE) Policy

Created by: L.Lomas

Updated: November 2020

RSE is about the emotional, social and cultural development of pupils, and involves learning about relationships, sexual health, sexuality, healthy lifestyles, diversity and personal identity. RSE involves a combination of sharing information and exploring issues and values. *It is not about the promotion of sexual activity.*

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, challenge and complex contexts. Through the teaching of RSE, we aim to support our young people in developing resilience, to know how and when to ask for help, and to know where to access support. Additionally, through the high quality, age-appropriate teaching of RSE we can help prepare our pupils for the opportunities, responsibilities and experiences of adult life, whilst enabling us to promote their spiritual, moral, social, cultural, mental and physical development, both at school and in society.

As a primary academy school, we aim to provide relationships education to all pupils as per section 34 of the Children and Social work act 2017. Although we do not have to follow the National Curriculum, we endeavour to offer all pupils a curriculum that is similar to the National Curriculum including the elements of sex education contained in the science curriculum. Our RSE curriculum falls in line with the guidance issued by the secretary of state as outlined in section 403 of the Education Act 1996.

Relationships Education

The 'relationships' aspect of RSE at Lakeside focuses on teaching our pupils the fundamental building blocks and characteristics of positive relationships, with particular reference to friendships, family relationships, and relationships with other children and with adults. This starts with pupils being taught about what a relationship is, what friendship is, what family means and who the people are who can support them. Relationships Education also creates an opportunity to enable our pupils to be taught about positive emotional and mental wellbeing, including how friendships can support mental wellbeing.

Sex Education, Physical Health and Mental Wellbeing

Our RSE curriculum also explores health, which encompasses sex education. At Lakeside we have a sex education programme tailored to the age and the physical and emotional maturity of the pupils. Our curriculum ensures 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 Lakeside we believe that the teaching of sex education needs to take account of the developmental differences of children and so the planning has been formulated to reflect that.

We also believe it is of great importance that our pupils are taught the characteristics of good physical health and mental wellbeing. We ensure that our pupils are aware that mental wellbeing is a normal part of daily life, in the same way as physical health. We explore the benefits of regular exercise, good nutrition, and sufficient sleep. We aim to give our pupils the language and knowledge to understand the normal range of emotions that everyone experiences. It is our aim that through this teaching our pupils are enabled to articulate how they are feeling, develop the language to talk about their bodies, health and emotions and to judge whether what they are feeling and how they are behaving is appropriate for the situations that they are experiencing. Within our teaching, particular emphasis is given to the positive two-way relationship between good physical health and good mental wellbeing, and the benefits to mental wellbeing of physical exercise and time spent outdoors.

Curriculum Aims

Through our RSE curriculum, we aim to:

- Provide a framework in which sensitive discussions can take place
- Prepare pupils for puberty, and give them an understanding of sexual development and the importance of health and hygiene
- Help pupils develop feelings of self-respect, confidence and empathy
- Create a positive culture around issues of sexuality and relationships
- Teach pupils the correct vocabulary to describe themselves and their bodies



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- Encourage good friendships and relationships
- Teach children to say "no"
- Help children to understand and make informed choices
- Keep parents informed
- Ensure age appropriate progression
- Respect individuality
- Consider morals and values
- Develop well-rounded, positive individuals
- Ensure pupils recognise the importance of mental and physical health
- Equip pupils with the tools needed to thrive outside of school

Organisation and Teaching

RSE is taught within the PSHE and Citizenship curriculum. Biological aspects of RSE are taught within the science curriculum, and other aspects are included within areas such as RE and PE. We have developed the curriculum in line with pupil need, the National Curriculum and current guidance, taking into account the age, needs and feelings of our pupils. At Lakeside, RSE is taught within the context of a wider whole-school approach. For example, our curriculum on relationships and sex are complemented and supported by our school's wider policies on behaviour, inclusion, respect for equality and diversity, bullying and safeguarding. We believe that delivering our RSE curriculum through a whole-school approach enables us to equip our pupils with the necessary tools to be safe, happy and prepared for life beyond school.

Equality and Inclusion

These areas of learning are taught within the context of family life, taking care to ensure that there is no stigmatisation of children based on their home circumstances (families can include single parent families, LGBT parents, families headed by grandparents, adoptive parents, foster parents/carers amongst other structures) along with reflecting sensitively that some children may have a different structure of support around them (for example: looked after children or young carers). Lakeside is committed to the provision of RSE to all of its pupils. Our curriculum aims to respond to the diversity of children's cultures, faiths and family backgrounds. Equal time and provision will be allocated for all groups but there may be occasions where children with Special Educational Needs are given extra support.

Working with Parents/Carers and the Wider Community

The role of parents in the development of their children's understanding about relationships is vital. Parents are the first teachers of their children. They have the most significant influence in enabling their children to grow and mature and to form healthy relationships. Therefore, at Lakeside we want to work closely with parents when planning and delivering these subjects. Through this policy and the curriculum overview we aim to ensure that parents/carers know what will be taught within RSE and at what stage of schooling these areas will be covered.

Safeguarding

Keeping Children Safe in Education (KCSIE) sets out that all schools and colleges should ensure pupils are taught about safeguarding, including how to stay safe online, as part of providing a broad and balanced curriculum. Good practice allows pupils an open forum to discuss potentially sensitive issues. Such discussions can lead to increased safeguarding reports. Pupils are made aware of how to raise their concerns or make a report and how any report will be handled. At Lakeside it is a requirement that all staff be made aware of the KSCIE guidance and are aware of the protocol to follow should a safeguarding issue arise.

Answering Difficult Questions

Members of staff are aware that views around RSE related issues are varied. However, while personal views are respected, all RSE issues are taught without bias. Topics are presented using a variety of views and beliefs so that pupils are able to form their own, informed opinions but also respect others that may have a different opinion. Both formal and informal RSE arising from pupils' questions are answered according to the age and maturity of the pupil(s) concerned. Questions do not have to be answered directly and can be addressed individually later. The school believes



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that individual teachers must use their skill and discretion in this area and refer to the Designated Safeguarding Lead if they are concerned.

Confidentiality and Child Protection:

As a general rule, a child's confidentiality is maintained by the teacher or member of staff concerned. If this person believes that the child is at risk or in danger, she/he talks to the named Designated Safeguarding Lead who takes action as laid down in the Safeguarding Policy. Members of staff are familiar with the policy and know the identity of the member of staff with responsibility for safeguarding pupils. The child concerned will be informed that confidentiality is being breached and reasons why. The child will be supported by the teacher throughout the process.

Right to Withdraw

Parents/Carers have the right to request that their child be withdrawn from some or all of sex education delivered as part of statutory RSE. Before granting any such request, it is suggested that the head teacher is able to discuss the request with parents/carers and, as appropriate, with the child to ensure that their wishes are understood and to clarify the nature and purpose of the curriculum. A record of the withdrawal will be kept; therefore the process will be documented. It is important to note that the head teacher can grant a request to withdraw a pupil from any sex education delivered in primary schools, *other than aspects taught as part of the science curriculum*. If a pupil is excused from sex education, it is the school's responsibility to ensure that the pupil receives appropriate, purposeful education during the period of withdrawal. ***There is no right to withdraw from Relationships Education or Health Education as these are compulsory subjects.***

Monitoring and Evaluation

Provision for RSE will be monitored and reviewed on a regular basis. This will be achieved by:

- Monitoring of teaching and learning by RSE Lead (L.Lomas) and Senior Leadership Team
- Discussions at staff and governors' meetings
- Sharing of classroom work and practice
- An annual audit and action plan to improve the quality of RSE

Health and Safety

All staff share an equal responsibility to ensure that they are aware of the requirements of the Health and Safety Policy and Educational Visits Policy. These should be referred to when organising enhancement opportunities.

Review

This policy will be reviewed in accordance with the policy review schedule.