



RELATIONSHIPS & SEX EDUCATION (RSE) POLICY

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INTRODUCTION

Relationships and Sex Education (RSE) is learning about ourselves, emotions, relationships and sex.

Effective RSE can make a significant contribution to the development of the personal skills needed to establish and maintain healthy relationships. It also enables children and young people to make responsible and informed decisions about their safety, health and well-being.

In school settings, the law relating to RSE is contained in the Education Act (1996) and the Learning Skills Act (2000). Every school has a statutory responsibility to take account of the guidance, which requires that RSE be provided.

SCHOOL SYLLABUS

Relationships and Sex Education (RSE) is delivered by form tutors and the school nurse or headmistress at an age appropriate level.

'Laying the Foundations' is a developmental programme which defines SRE within a PSHEE framework and whole school approach. The programme involves teaching eleven different themes at an age appropriate level throughout KS1. These themes are then revisited and extended in KS2.

In our comprehensive PSHEE scheme 'Jigsaw', the core content of SRE is delivered through the 'Changing Me' puzzle pieces. Foundation work is also done to; build self-esteem, enhance the sense of self with regard to body image, develop caring and healthy relationships and keep safe, valued and respected.

Specific RSE learning intentions for each year group are outlined below. The programme of study may be adapted according to the needs and values of individual year groups.

Key Stage 1

Year	Theme	Lesson plans
1	Growing and changing Similarities and differences Feelings Keeping safe Keeping yourself clean and healthy	Laying the Foundations P50-52 Laying the Foundations P53-54 Laying the Foundations P55-57 Laying the Foundations P58-60 Laying the Foundations P60-62
2	Someone to talk to Friends Families of all kinds Choices and consequences Gender stereotypes	Laying the Foundations P63-64 Laying the Foundations P65-66 Laying the Foundations P67-68 Laying the Foundations P69-70 Laying the Foundations P71-73

Key Stage 2

Year	Theme	Lesson plans
3	Similarities and differences Feelings Keeping safe Keeping yourself clean and healthy (not to include HIV)	Laying the Foundations P86-88 Laying the Foundations P89-90 Laying the Foundations P91-92 Laying the Foundations P93-95
4	Someone to talk to Friends Families of all kinds (to include same sex marriage)	Laying the Foundations P97-99 Laying the Foundations P100-101 Laying the Foundations P102-104
5	Growing and changing: puberty Menstruation Male and female body parts	Jigsaw- 'Changing Me' Puzzle pieces for Y4 and Y5
6	Self-image Puberty Babies- conception to birth Choices and consequences Gender and sexuality (to include media and image stereotyping) Sexting	Jigsaw- 'Changing Me' Puzzle pieces for Y5 and Y6

In addition to this we show a short Channel 4 DVD "Living and Growing" to Year 6 girls; this is followed by discussion.

Girls are asked for their evaluation and feedback after the video and discussions. A question box is provided for girls to write and post individual questions in. These will be answered as appropriate, either as a whole class or individually.

The film is appropriate for the age group and is divided into three sections:

Girl Talk

- The emotional and physical changes that take place as girls go through puberty
- To address the concerns and worries of young women

Boy Talk

- The emotional and physical changes that take place as boys go through puberty
- To address the concerns and worries of young men
- To make girls more aware of the changes that occur as boys become young men

Let's Talk About Sex

- To consider how sex is presented in the media
- To educate and reassure pupils about their changing emotions, and the process of human reproduction

This is a sensitive subject area that is treated as such. Parents are informed prior to the film being shown. If for some reason parents wish for their daughter be excluded from this topic, they are asked to let the headmistress know in writing.

DRUG AND ALCOHOL EDUCATION

Drug and Alcohol Education (DAE) is taught through the 'Healthy Me' puzzle of learning in our comprehensive Jigsaw PSHEE scheme of work. Effective Drug and Alcohol Education can make a

significant contribution to the development of the personal skills needed by pupils as they grow up. It also enables young people to make responsible and informed decisions about their health and well being.

Specific DAE learning intentions for each year group can be found here:

<T:\Curriculum\Subjects\ESR and PSHEE\JIGSAW>

The programme of study may be adapted to ensure that pupils receive provision at the appropriate time.

RESOURCES

Martinez, A and Cooper, V. (2006). *Laying the Foundations, Sex and relationships education in primary schools*. London: National Children's Bureau.

Channel 4 DVD 'Living and Growing'

JIGSAW- The Mindful Approach to PSHE

Linked guidance, policies and procedures:

[Keeping Children Safe in Education \(KCSIE\) statutory guidance](#)

[Working together to safeguard children.pdf](#)

Relevant school policies:

Keeping Children Safe in Education, Child protection Policy and Code of Conduct.

Relationships and sex education and PSHE

The House of Commons Library has published a briefing on relationships and sex education and a briefing on personal, social, health and economic education (PSHE) in schools in England. The first briefing provides an overview of the legislation and guidance currently in place regarding sex and relationship education (SRE) in schools and related reviews and proposals in Parliament to introduce relationships and sex education (RSE), whilst the second sets out the rules relating to the provision of (PSHE), and introduces the debates about the quality of provision and the subject's statutory status.

Source: [UK Parliament](#) **Date:** 01 August 2018

Further information: [Relationships and sex education in schools \(England\) \(PDF\)](#)

[Personal, social, health and economic education in schools \(England\) \(PDF\)](#)

Find out more about the [NSPCC's PSHE resources: Making sense of relationships](#)
