



## **Relationships and Sex Education (RSE) Policy (Living and Growing)**

Member of staff responsible for RSE: A Stroud  
Policy originator: A Stroud

Review period: 3 years  
Next review date: Autumn 2021

The policy reflects the DfES 2000 Sex and Relationship Education guidance and guidance from the PSHE Association, the Sex Education Forum, the local authority and the Guildford Diocese.

All school personnel, parents/carers and pupils have been made aware of this policy. The policy will be available to parents through the school web site.

### **Definition of RSE:**

Effective RSE, is essential if young people are to make responsible and well-informed decisions about their lives – it should not be delivered in isolation. As highlighted by the DfES (2000) and the Education Committee (2015) RSE should be firmly rooted within the PSHE and Science curriculums; RSE is a specialist area within PSHE.

RSE “is learning about the emotional, social and physical aspects of growing up, relationships, sex, human sexuality and sexual health. Some aspects are taught in science, and others are taught as part of personal, social, health and economic education (PSHE). A comprehensive programme of RSE provides accurate information about the body, reproduction, sex, and sexual health. It also gives children and young people essential skills for building positive, enjoyable, respectful and non-exploitative relationships and staying safe both on and offline”. **(Brook, SEF, PSHE Association, 2014: 3).**

RSE is taught in a way that allows the children to ask and explore moral questions and is not used as a means of promoting any forms of sexual orientation.

### **Aims and outcomes of RSE in the curriculum**

The overall aim of RSE is to foster a positive notion of lifelong learning about physical, moral and emotional development, including how to look after physical and mental health. It aims to support the development of self-respect and empathy for others and promotes the development of skills and understanding necessary to manage conflict peaceably and learn how to recognise and avoid exploitation and abuse.

RSE provides opportunities for pupils to:

- better understand the nature of human relationships
- learn about relationships, the importance of communication and assertiveness skills including the importance of values such as respect (for self and others), equality, responsibility, care and compassion
- reflect upon the importance of stable and loving relationships for family life, including the bringing up of children, this also includes marriage and civil partnerships

- consider and understand the changes that occur to their bodies, minds and emotions as a consequence of growth from childhood to adulthood
- reflect upon how to make good, informed and safe choices concerning relationships and healthy lifestyles.

### Morals, values, equalities and safeguarding

The RSE programme at the school reflects our ethos and demonstrates and encourages the following values:

- Respect
- Responsibility
- Honesty
- Love

Further to this RSE will support the school's duty to promote the development of pupils' spiritual, moral, social and cultural awareness in line with the 2010 Equality Act and the school's safeguarding and child protection protocols.

The school is committed to the provision of RSE to all of its pupils. Our programme aims to respond to the diversity of children's cultures, faiths and family background.

### Content of Frimley's RSE programme

#### Year 3

Session 1	2	3	4	5	6
To identify the qualities of a good friend	To identify positive thoughts	To explore the concept of self-talk	To explore healthy relationships	To explore healthy relationships	To explore healthy relationships

7	8	9	10	11	12
To recap what a good friend is	Positive mental health and wellbeing	Positive mental health and wellbeing	To explore different types of families and who to go to for help and support	To consider personal boundaries and that a person has the right to say what they like and dislike	To explore different types of families and who to go to for help and support

#### Year 4

Session 1	2	3	4	5	6
To identify the qualities of a good friend	To understand rights in a friendship	To understand responsibilities in a friendship	To understand rights and responsibilities in a friendship	To understand a growth mind-set	To understand a growth mind-set

7	8	9	10	11	12
To recap what a good friend is To understand a	Positive mental health and wellbeing	Positive mental health and wellbeing	To explore the human lifecycle	To identify some basic facts about	To explore how puberty is linked to reproduction

growth mind-set				puberty	
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*Year 5*

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
To identify the qualities of a good friend	To develop a sense of belonging	To develop a sense of belonging	To develop a sense of belonging	To understand benefits of a growth mind-set	To understand benefits of a growth mind-set

<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
To recap the qualities of a good friend	Positive mental health and wellbeing	Positive mental health and wellbeing	To explore the emotional and physical changes occurring in puberty	To understand male and female puberty changes	To explore the impact of puberty on the body and the importance of physical hygiene

*Year 6*

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
To identify the qualities of a good friend	To explore positive and negative ways of communicating in a relationship	To understand how to develop positive self-talk	To explore friendships	To explore positive friendships	To explore positive friendships

<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
To recap what a good friend is	Positive mental health and wellbeing	Positive mental health and wellbeing	Consider physical and emotional behaviour in relationships	To consider puberty and reproduction	To explore the process of conception and pregnancy

**How RSE is organised in the curriculum**

RSE is not delivered in isolation, but firmly embedded in all curriculum areas including Personal, Social, Health and Economic (PSHE) education, Citizenship and Science. At Frimley Church of England School, RSE content is taught in Years 3 through to 6 and delivered during the Spring Term. The emotional development of the children in each class is taken into account and catered for. Sex education is taught in the context of family life.

- RSE is normally delivered by the class teacher in mixed gender groups other than when it is deemed more appropriate for topics to be covered in single sex groups. In which case a different class teacher (appropriate to the sex) will be asked to deliver the lesson
- PSHE Ground Rules are used in all PSHE and RSE lessons
- We ensure that pupils are able to ask anonymous questions by giving time to write questions which will be addressed during circle time
- Resources used are flexible in order to meet the needs of the pupils and curriculum
- Correct medical vocabulary will be used throughout the RSE and PSHE curriculum

- RSE is delivered through: Circle time activities with an emphasis on being safe; raising self – esteem, active teaching and learning, role play/scenarios, card sorting, discussion etc

### **Parental involvement**

The school is committed to working with parents and believes that it is important to have the support of parents and the wider community for the PSHE and RSE programme. Parents will be provided with the opportunity to find out about and discuss the school's programme through an invite to attend a meeting prior to teaching. We also encourage an open door policy to help ensure that parents can discuss issues with the school staff in a positive, sensitive and proactive manner.

### **Parental rights to withdraw their children**

Parents have the right to withdraw their children from all, or part of the RSE curriculum, except for those parts included within the National Curriculum. Effective methods to communicate the school approach to RSE, including the parental right to withdraw their child, are through the school website, prospectus, curriculum/information evenings and the RSE policy.

Parents are also informed that the RSE curriculum is an essential vehicle in supporting a school's statutory duty to:

- safeguard and promote the welfare of their children
- advance the 2010 Equality Act
- encourage the spiritual, moral, social and cultural development of pupils
- foster British values
- prepare children and young people for the challenges, opportunities and responsibilities of adult life, along with the coverage of the National Curriculum for Science

### **How the RSE programme is monitored, evaluated and assessed**

We ensure that all pupils have equal access to the RSE programme through a thorough process of monitoring, evaluation and assessment, which takes into consideration pupils' needs, maturity, age, ability and personal circumstances.

### **Links to other policies and advice**

This RSE Policy is supported by, but not limited to:

PSHE Policy

Behaviour Policy

Health and Safety Policy

Child Protection and Safeguarding Policy

School Visits

Equality Information and Objectives

Anti-bullying Policy

Intimate Care Policy

Sex and Relationship Education Guidance – DfES

Please note- We are still awaiting up to date guidance from Guildford Diocese regarding RSE so this policy is subject to change when such guidance is released.

**Date: Autumn 2018**