



Drake Primary School and Little Pirates Child Care



Relationships Education, Relationships and Sex Education (RSHE) Policy

Formally adopted by the Governing Board of:-	Drake Primary School & Little Pirates Child Care
Chair of Governors:-	Ann Morgan
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Drake Primary School and Little Pirates Childcare, where a world of opportunities awaits

Our school and curriculum must reflect the world: past, present and future, in all its diversity.
We unlock opportunity and inspire everyone.

We aim to provide:

- a school where learning is visible and children are safeguarded and nurtured
- a rigorous assessment system to ensure no pupil falls behind
- a diverse learning community where pupils, families and staff collaborate to refine practice and develop positive and rewarding relationships
- a workplace where staff contribute to professional learning communities; locally, nationally and globally.

So our mission is to:

- inspire the poets, geneticists and astronauts of the future
- ensure children are happy and healthy through our values and play
- develop a culture where reading for pleasure is for everyone
- make the arts a central component for children's lifelong learning
- build a curriculum of joy and curiosity

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Relationships Education, Relationships and Sex Education (RSHE) Policy

This relationships and sex education policy covers Drake Primary School's approach to teaching relationships and sex education (RSHE).

It will be reviewed every two years, in line with the statutory guidance, or sooner if the RSHE curriculum is amended, in response to emerging themes, changing pupil needs, or introduction of new legislation and guidance.

Parents will be informed about the policy through Parent Hub with a link from the school website. If a hard-copy of the document is required, the school will be happy to provide this upon request. The school will work with all parents and carers who require the policy in an alternative format, ensuring accessibility for all.

Values, aims and objectives:

Relationships, sex and health education (RSHE) is learning about the emotional, social and physical aspects of growing up, relationships and reproduction. It will equip children and young people with accurate information, positive values and the skills to enjoy healthy, safe and positive relationships, to celebrate their uniqueness, and to take responsibility for their health and wellbeing now and in the future.

RSHE is taught in a way which is complementary to the wider ethos, values and principles of our school. RSHE in this school is learning about the body, feelings, beliefs, relationships, rights and responsibilities and knowing how and when to ask for help if needed. It involves acquiring information, developing skills and forming positive beliefs, values and attitudes.

RSHE empowers children to build self-esteem, offer positive and open views, support mutual respect and celebration of self and others, providing a strong foundation to be successful in life by:

- Providing a spiral curriculum, allowing for the development of knowledge relevant to the age and stage of the learner.
- Providing an inclusive learning environment which is safe and empowering for everyone involved, based on the belief that bullying, prejudice and discrimination is unacceptable.
- Teaching non-biased, accurate and factual information that is positively inclusive.
- Developing character skills to support healthy and safe relationships.
- Ensuring comfortable communication about emotions, bodies and relationships using appropriate terminology.
- Promoting an awareness of differing attitudes and views presented through society, the media and peers.
- Providing protection from shock or guilt.
- Actively involving pupils as evaluators to ensure that the curriculum coverage is relevant.
- Ensuring pupils are informed of their rights, including the legal framework and how to access confidential help to keep themselves and others safe.

The RSHE curriculum at Drake Primary School has been planned following the RSHE Educator solutions scheme of work which is appropriate for the age and maturity of pupils, and sensitive of their needs. The curriculum addresses traditional and emerging issues, and relevant challenges as identified by pupils. Staff will be mindful of vulnerable children and reasonable adjustments (including personalisation and differentiation) will be made when planning RSHE sessions. Consultation with pupils and parents will be conducted on a regular basis and this will inform the RSHE curriculum review, ensuring it remains responsive to emerging needs.

The RSHE curriculum will be taught through a spiral curriculum meaning that pupils will gain knowledge, develop values and acquire skills gradually by re-visiting core themes to build on prior learning. This developmental approach helps pupils to make informed decisions relevant to their age and stage. RSHE will support the school's commitment to safeguard pupils, preparing them to live safely in the modern world.

Our intended RSHE curriculum is detailed as follows but may vary in response to emerging issues and to reflect the rapidly changing world in which our pupils are living and learning. If this is the case, parent/carers will be provided

with appropriate notice before the amended programme is delivered. Where possible the curriculum will be complemented by themed assemblies, topic days and cross-curricular links.

The health and relationships elements of the RSHE curriculum are a statutory requirement to teach in order for the school to meet the new 2020 government RSHE guidance and The Equalities Act, 2010. Parents/carers have the right to withdraw their child from some or all of Sex Education delivered as part of RSHE. Before granting any request, the Head of School (Mrs Sarah Mulford) will discuss the request with parents/carers to ensure their wishes are understood and to discuss the benefits of receiving this important education. Drake Primary School will document this request and discussion to ensure a record is kept.

Relationships Education also creates an opportunity to enable pupils to be taught about positive emotional and mental wellbeing, including how friendships can support mental wellbeing. At Drake, we have Mental Health Champions who are being supported by the Mental Health Support Trust. The MHST support and enhances our curriculum through workshops with children and parents.

Our approach to mental health is a culture which is built upon empathy, relationships and evidence-based practice. These will be embedded across all areas of the curriculum within our school community. Practices are inclusive and flexible to support and respond to the school's community mental health needs.

There is **no right to withdraw** from Relationships Education or Health Education.

Examples of the RSHE curriculum below:

Year group R

My feelings	My body	My relationships	My beliefs	My rights and responsibilities	Asking for help
Pupils can identify a range of feelings and how these are expressed, including words to describe them and simple strategies for managing feelings.	Pupils know the importance of basic personal hygiene and understand how to maintain basic personal hygiene.	Pupils understand that there are similarities and differences between everyone and can celebrate this.	Pupils can recognise what they like and dislike and feel empowered to make real, informed choices.	Pupils understand the concept of privacy, including the right to keep things private and the right another person has to privacy.	Pupils can identify the special people in their lives, what makes them special and how special people care for one another.

Year group one

My feelings	My body	My relationships	My beliefs	My rights and responsibilities	Asking for help
Pupils are able to communicate about feelings, to recognise how others show feelings and know how to respond.	Pupils can correctly name the main parts of the body, including external genitalia using scientific terms.	Pupils understand the importance of listening to other people, to play and work cooperatively including strategies to resolve simple arguments through negotiation.	Pupils can identify and respect the differences and similarities between people.	Pupils understand how some diseases are spread, including the right to be protected from diseases and the responsibility to protect others.	Pupils can identify the people who look after them, who to go to if they are worried and how to attract their attention.

Y₂ Year group two

My feelings	My body	My relationships	My beliefs	My rights and responsibilities	Asking for help
Pupils can recognise and celebrate their strengths and achievements, and set simple but challenging goals.	Pupils can recognise how they grow and will change as they become older.	Pupils can recognise different types of teasing and bullying, understanding that these are wrong and unacceptable.	Pupils can identify the ways in which people and families are unique, understanding there has never been and will never be another them.	Pupils can judge what kind of physical contact is acceptable, comfortable, and uncomfortable and how to respond.	Pupils know the difference between secrets and surprises and the importance of not keeping a secret that makes them feel uncomfortable, worried or afraid.

Y₃ Year group three

My feelings	My body	My relationships	My beliefs	My rights and responsibilities	Asking for help
Pupils can identify their strengths and set aspirational goals for themselves, understanding how this contributes to high self-esteem.	Pupils know how their body may change as they grow and develop, how to care for their body and celebrate their uniqueness.	Pupils can recognise a wide range of relationships, including the attributes of positive, healthy relationships.	Pupils can challenge gender stereotypes, understanding that there is not one way to be a boy, or one way to be a girl.	Pupils understand the right to protect their body from unwanted touch.	Pupils can identify the difference between secrets and surprise, knowing when it is right to break confidence and share a secret.

Y₄ Year group four

My feelings	My body	My relationships	My beliefs	My rights and responsibilities	Asking for help
Pupils can recognise and respond to a wide range of emotions in themselves and others, and ways to respond.	Pupils can reflect on how their body has changed and anticipate body changes, understanding that some are related to puberty.	Pupils are able to judge what kind of physical behaviours and contact are acceptable and unacceptable, and ways to respond.	Pupils recognise differences and similarities between people arise from a number of factors inc. family and personal identity.	Pupils know marriage is a commitment freely entered into by both people, and that no one should marry if they don't absolutely want to or are not making the decision freely for themselves.	Pupils can recognise when they may need help to manage a situation and have developed the skills to ask for help.

Y5 Year group five

My feelings	My body	My relationships	My beliefs	My rights and responsibilities	Asking for help
Pupils can anticipate how their emotions may change as they approach and move through puberty.	Pupils can anticipate how their body may change as they approach and move through puberty.	Pupils can identify healthy relationships and recognise the skills to manage and maintain healthy relationships.	Pupils know the correct terms associated with gender identity and sexual orientation, and the unacceptability of homophobic and transphobic bullying.	Pupils have strategies for keeping safe online; knowing personal information including images of themselves and others can be shared without their permission.	Pupils have considered how to manage accidental exposure to explicit images, and upsetting online material, including who to talk about what they have seen.

Y6 Year group six

My feelings	My body	My relationships	My beliefs	My rights and responsibilities	Asking for help
Pupils can recognise how images in the media, including online do not always reflect reality, and can affect how people feel about themselves.	Pupils can explain what sexual intercourse is and how this leads to reproduction, using the correct terms to describe the male and female organs.	Pupils realise the nature and consequences of discrimination, including the use of prejudice based language.	Pupils know some cultural practices are against British law and universal human rights, including female genital mutilation (FGM).	Pupils have an awareness that infections can be shared during sexual intercourse, and that a condom can help prevent this.	Pupils develop the confidence and skills to know when, who and how to ask for help independently, or with support.

At the point in which the school consider it is appropriate to teach pupils about LGBT (Lesbian, Gay, Bisexual and Transgender) teachers will ensure that sensitive and age appropriate content is fully integrated into the programme of study.

The RSHE programme will be led by the RSHE Coordinator, Harry Woolcott, and taught by class teachers and support staff (wherever appropriate it will be supported by visitors and external agencies). All staff involved in the delivery of RSHE have received training (and will continue to receive training in light of changes to statutory guidance) ensuring pupils are taught with consistent approaches to RSHE throughout their time at Drake Primary School.

RSHE will be taught using a range of teaching methodologies including story-telling, drama, discussions, individual private reflection, quizzes, fact finding, value spectrums, debating, independent research and artistic presentations etc. This wide range of teaching strategies promotes engagement by all pupils, irrespective of preferred learning styles. Distancing techniques, such as the use of characters within RSHE, avoids pupils feeling under pressure to participate or disclose information beyond that which is appropriate or feels comfortable. This strategy makes RSHE more accessible to all pupils, including those who may have experienced unhealthy relationships and/or abuse. The school's responsibility to safeguard pupils through a curriculum that prepares them to live safely in the modern world will remain central to curriculum content, teaching methodologies and supporting resources.

At Drake Primary School we actively celebrate the diversity of our pupils, their families and the wider whole school community. RSHE will always be taught in a non-judgemental, non-biased and fully inclusive manner through clear, impartial, scientific information as well as covering the law.

Through consultation, continual assessment and regular reviews of the curriculum, we ensure that we continually recognise and respect pupils' different abilities, levels of maturity and personal circumstances including gender identity, faith or culture and that of their family, friends and the wider whole school community.

At the end of every lesson, pupils will be provided with an opportunity to ask questions as a class and can also ask anonymous questions through the use of a 'question box. Teachers will answer questions as fully as they feel age and stage-appropriate, based on the level of knowledge demonstrated by pupils during the lesson. Teachers may ask a pupil to wait for a response to a question if they need time to consult with a colleague, or the school leadership team, to construct an appropriate answer. Teachers can refuse to answer a question that they feel is inappropriate. Teachers will not answer personal questions about their own body, personal circumstances or lifestyle choices. If a teacher does not answer a question, the pupil will have the reasons for this decision clearly explained. The teacher will work with the pupil to identify suitable sources of information, where they can safely obtain an answer to their question.

At the end of some lessons, teachers will signpost pupils to information relevant to the topic being taught to ensure safe sources of information, advice and guidance are provided. Teachers will also work closely with the schools' Pastoral Team to advise on topic coverage. This will ensure the school can be responsive to pupils' pastoral needs, and safeguarding arrangements can be actioned efficiently if required. If the school has any reason to believe a pupil is at risk of harm, we are required to respond in accordance with the school's safeguarding policy.

Pupils' learning will be assessed at the end of every topic. This will ensure that pupils are making sufficient progress building on prior teaching and learning and that teaching strategies and resources remain relevant and effective. Assessment activities will be implicit, forming part of a normal teaching activity to ensure that pupils do not feel under pressure.

RSHE is most effective when it is a collaboration between school and home. The school operates an open-door policy enabling parents to discuss RSHE at relevant times throughout the school year.