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Hargrave Park Relationships and sex education (RSE) policy summary

Relationships and sex education (RSE) policy summary

Date: December 2022

This is a summary of Hargrave Park School's relationships and sex education (RSE) policy. For further details please see the full policy and appendices. The purpose of this policy is to act as a central reference point to inform school staff, parents and carers, health professionals and visiting speakers of the school's approach to RSE within PSHE (personal, social, health and economic) education.

This summary, with the school's RSE curriculum (appendix 1), will be circulated to all staff and given to visiting speakers. Senior staff and staff teaching PSHE education should read the whole document. The RSE policy is made available to staff, parents and carers on the school website.

The RSE policy will be monitored by The Healthy Schools Faculty Lead and reviewed on biannual basis.

Definition of RSE

Relationships and sex education is learning about the emotional, social and physical aspects of growing up, relationships, sex, human sexuality and sexual health. RSE within PSHE education aims to give children and young people essential skills for building positive, enjoyable, respectful and non-exploitive relationships and the skills to stay safe both off and online. It enables pupils to explore their own and other's attitudes and values and builds their self-esteem and confidence.

Roles and responsibilities in school

The members of staff responsible for the co-ordination, development, monitoring and evaluation of RSE are: Assistant Headteacher for EYFS and KS1, Assistant Headteacher for KS2.

The governor or committee with oversight of RSE is the Curriculum Committee

Confidentiality and safeguarding

Staff working with pupils cannot offer unconditional or absolute confidentiality. Staff have an obligation to inform pupils of this and to pass information on to the school's designated safeguarding lead if what is disclosed indicates a pupil is at risk of harm.

If pupils disclose to visiting speakers then the visitor should report this to school staff to follow up.

Parents' and carers' rights and partnership with school

The school works in partnership with parents and carers to educate children and young people about relationships and sex, consulting them regularly on the content of the RSE programme.

The Relationships Education, Relationships and Sex Education (RSE) and Health Education (England) Regulations 2019 set out parents' right to withdraw their children from sex education other that which is part of relationships education, health education or other National Curriculum subjects (such as biological aspects of human growth and reproduction within National Curriculum science).

It is recommended that parents and carers arrange to meet with the relevant member of school staff to discuss this.

The RSE curriculum within PSHE education

See appendix 1 for the summary of what is in the school RSE curriculum.

Visiting speakers

Visiting speakers are briefed by the appropriate member of staff about the level of pupil awareness; ground rules of the class; the context and purpose of the visit, what pupils know and what they need to know. Visiting speakers are given a summary of the school RSE policy, together with the RSE curriculum, which they are expected to follow.

Hargrave Park Primary School

Date: December 2022

Date to be reviewed: Every two years

Approved by: The school's governing body

Purpose of the RSE policy

This policy sets out the school's approach to relationships and sex education and acts as the school's central reference point to inform school staff, parents and carers, health professionals and visiting speakers of the school's approach to RSE within personal, social, health and economic (PSHE) education.

It is available on our school website; copies are available from the school office.

Legislation

Primary and secondary schools are legally required to have a written policy for Relationships Education and RSE, in line with statutory guidance <u>Relationships education</u>, relationships and sex education (RSE) and health education (effective from September 2020).

DfE guidance encourages primary schools to teach age-appropriate sex education however it is not a statutory requirement. Under this legislation, all primary schools are required to teach relationships education and all schools are required to teach health education (which includes some aspects of RSE).

Policy development

We have developed our RSE policy involving staff, governors, pupils, parents and carers in the following ways:

Staff and governors: training; discussion at meetings; staff working party; audit of present RSE policy

Pupils: draw and write activity; needs identification - what they want to know; confidential questionnaire; classroom discussion.

Parents and carers: update in newsletter; sharing of policy documents and examples of resources; opportunity for parent workshop to review the policy.

Definition and purpose of RSE

We define relationships and sex education as learning about the emotional, social and physical aspects of growing up, relationships, sex, human sexuality and sexual health. Through RSE within PSHE education we aim to give children and young people essential information and skills for building positive, enjoyable and respectful relationships and staying safe both off and online. It enables pupils to explore their own and others' attitudes and values, and aims to help build their self- esteem and confidence.

The government guidance on relationship and health education, and the science National Curriculum details what must be taught in primary schools. This includes teaching about changes to the human body as it grows from birth to old age (science). Health education includes teaching feelings as they relate to mental wellbeing, the importance of friends and family, the impact of bullying, and how children can seek help if they have worries as well as the emotional and physical changes that take place during puberty. Appendix 1 shows when we teach the different aspects of this curriculum.

As well as the requirement to teach science, health and relationships education, the DfE encourages primary schools to also teach age-appropriate sex education. We believe that sex education is best taught as part of an integrated programme of relationships and sex

education (RSE) within PSHE education, in which sex is discussed in the context of respectful, healthy, adult relationships.

Sex education in primary school is content that is not included in relationships and health education or in science.

We have consulted with our parents and carers and have explained that the following sex education (in addition to relationship and health education) will be taught within our PSHE programme. Parents can choose to withdraw their child from these elements of our curriculum.

In Year 2, pupils learn the biological differences between male and female children, pupils:

- identify and name biological terms for male and female sex parts
- label the male and female sex parts with confidence
- understand that the male and female sex parts are related to reproduction

In Years 5 and 6

Pupils learn about human reproduction in the context of the human lifecycle:

- know that sexual intercourse may be one part of a sexual relationship
- can describe how babies are made and explain how sexual intercourse is related to conception

Pupils learn how a baby is made and grows (conception and pregnancy):

- can define conception and understand the importance of implantation in the womb
- know what pregnancy is, where it occurs and how long it takes

and additionally in Year 6:

Pupils learn some myths and misconceptions about HIV, who it affects and how it can and cannot be transmitted

- know that HIV can affect anyone, not a specific group or type of person
- can identify how HIV can and cannot be passed on
- know that the risk of HIV being passed on through sexual intercourse can be reduced if a condom is used

Pupils learn that contraception can be used to stop a baby from being conceived:

- know that a condom stops sperm from meeting an egg and therefore stops fertilisation
- know that women can take a pill to stop an egg being released, preventing conception
- understand contraception is both partners' responsibility

RSE curriculum

At Hargrave Park School, we teach RSE as part of our planned PSHE education programme. Our RSE curriculum is set out in Appendix 1 and RSE is taught in every year. Some elements are also included within the science curriculum.

The RSE curriculum has been planned with regard to the statutory guidance and the age and stage of pupils, and feedback from pupils, parents and staff.

The RSE curriculum links to, and has been planned to complement, learning in science, citizenship, RE and computing. On occasions, it may be supplemented by drop-down days, assemblies, theatre productions, visiting speakers and/or discussions in circle time.

RSE and safeguarding children

At Hargrave Park we believe that alongside our safeguarding procedures, educating every pupil about how to care for their bodies and protect themselves from physical and emotional harm is an important element of our work to keep pupils safe from harm.

RSE within PSHE education enables pupils to:

- know their rights to be protected and kept safe
- understand potential dangers they could face
- · be encouraged to adopt safe and responsible practices and deal sensibly with risk
- develop personal skills to protect themselves and others from unsafe influences and physical and emotional harm
- know when and who to ask for help when needed.

Effective RSE, in bringing an understanding of what is and is not appropriate in a relationship, and providing a safe space, can occasionally lead to disclosure of a child protection issue. All staff have a duty to report concerns about pupils who we feel are at risk of harm or have suffered harm (including when we suspect that FGM has already been performed), to the DSL or a deputy, as described in our safeguarding policy.

Visiting speakers when working in the classroom are bound by the same conditions and must pass on any information they feel needs responding to via the member of staff present or directly to the school's DSL.

In addition, teachers have a mandatory duty to report known cases of FGM to the police. They should ring the non-emergency 101 number within 48 hours, make a note of their actions and record the police reference number as evidence that they have complied with the duty. It does not apply if the teacher knows that another professional has already reported the same act of FGM.

Under the Sexual Offences Act 2003, a child aged 12 or under is not capable of consenting to sexual activity and penetrative sex is classified as rape. If a child under the age of 13 discloses penetrative sex or other intimate sexual activity, the member of staff should always talk to the designated child protection lead.

Teaching and learning in RSE as part of PSHE

RSE within our PSHE education is developmental and appropriate to the age and needs of every pupil. It is part of a well-planned programme, delivered in a safe and supportive atmosphere, where we aim for all pupils to feel comfortable to engage in open discussion and feel confident to ask for help if necessary.

Establishing a safe and supportive environment

Teachers will use a number of strategies and techniques to ensure that a safe and supportive environment is maintained at all times during PSHE (and RSE). These may include:

- Establishing boundaries for discussion and ensuring that issues of confidentiality are discussed before RSE lessons begin. These may be identified as class 'ground rules'.
- Each class/group works together to establish its own ground rules about how they would like everyone to behave in order to learn.
- Ensuring ground rules include not asking (or answering) personal questions.
- Distancing techniques such as role-play, third person case studies and an anonymous question box are used when teaching sensitive issues.

Good practice in teaching and learning

Teachers will ensure that lessons are inclusive, varied and suitably reflective of the society children live in:

• Using the correct terminology makes clear that everybody understands and avoids prejudiced or offensive language.

- Lessons contain a variety of teaching methods and strategies that encourage interaction, involvement and questioning: working individually, in pairs and groups; discussions; role play; prioritising activities; quizzes; research; case studies; games; circle time; visiting speakers.
- Resources are chosen to reflect a suitable range of cultures, identities and genders.
- Inclusive and non-heteronormative language e.g. referring to someone's 'partner' rather than 'boyfriend' or 'girlfriend' helps all children and young people to feel included and reduces assumptions about sexual orientation.
- Assessment supports effective teaching and learning, ensuring lessons meet the needs of pupils and enables pupil progress.

Answering pupils' questions

Teachers should have regard to the age and stage of the pupil(s) in answering their questions, both within PSHE lessons and the broader context of the curriculum plan for PSHE across the school. As far as possible, the principle is to answer appropriate questions openly and factually to address any misconceptions.

If unsure how to answer, or whether a question is appropriate or relevant to the whole class, a teacher can:

- speak to a pupil individually
- suggest that the pupil asks their parent/carer
- offer to find out the best way to answer the question and use the opportunity to discuss with a colleague and respond to the pupil at a later point.

Visiting speakers

RSE is best taught by confident teachers as part of an on-going PSHE curriculum. Visiting speakers can offer a different perspective and particular knowledge or expertise and reinforce the teaching within the classroom.

Visiting speakers are briefed by the appropriate member of staff about the level of pupil awareness; ground rules of the class; the context/purpose of the visit and what pupils know and what they need to know. Visiting speakers are given a summary of the school RSE policy, together with the RSE curriculum which they are expected to follow.

Inclusion

All children and young people, whatever their experience, background or identity, are entitled to good quality RSE that help them build a positive sense of self. The RSE programme and approach is inclusive of difference: gender identity, sexual orientation, ability, disability, ethnicity, culture, age, faith or belief or any other life experience. RSE lessons help pupils to explore discrimination, prejudice, bullying, aggressive behaviour and other unhealthy relationships.

Teachers agree to work within the school's framework for RSE as described in this policy. Their personal beliefs, values and attitudes should not affect their teaching of RSE.

Things to consider:

- Staff approach RSE sensitively, knowing that their pupils are all different and have different family groupings.
- Staff encourage boys and girls to explore topics from different gender viewpoints and never assume that intimate relationships are between opposite sexes.
- RSE caters for all pupils and the teachers and teaching materials are respectful of the rights of pupils with disabilities and how pupils choose to identify themselves.

Working with parents and carers

Parents are the primary educators of their children about relationships and sex, particularly with regard to their views and values. We intend that our school's RSE should complement parents' and carers' role in RSE and we view this as a very important partnership. To this end, the school will consult with parents and carers wherever possible to decide on curriculum content, the exact terminology used in sex education lessons and at which stages during their child's education particular content is introduced. It is hoped that by this consultation there will be clear agreement regarding RSE provision.

The school

As well as being involved in the policy consultation process, the school informs and works with parents in the following ways:

- Before RSE lessons in years 2, 5 and 6 a letter is sent to parents and carers describing the RSE their children will cover. In this way, parents and carers can be prepared to have conversations at home
- Workshops for parents on how to confidently talk to their children about sex and relationships
- Information in newsletters and on the school website.
- Additional materials to support conversations at home eg Q&A document outlining appropriate responses to questions that children often ask.

Parents' right to withdraw

The Relationships Education, Relationships and Sex Education (RSE) and Health Education (England) Regulations 2019, made under sections 34 and 35 of the Children and Social Work Act 2017, set out the rights of parents and carers to withdraw pupils from sex education (but not relationships or health education). (See appendix 7)

Parents have the right to withdraw their child from some or all of sex education, which does not fall within relationships education, health education or other National Curriculum subjects (e.g. science). Head teachers will automatically grant a request to withdraw a pupil from any sex education in primary schools, other than as part of the science curriculum.

The details of the school's planned programme of RSE (appendix 1) shows which aspects of the RSE programme are within statutory relationships or health education, and which are 'sex education' and are therefore aspects from which parents have the right to withdraw their child.

If parents would like to request that their child do not attend sex education lessons, they should notify the school in writing by completing the form in appendix 4.

Parents will be asked to discuss the decision with the class teacher or the appropriate Assistant headteacher. They will be informed what the National Curriculum content is and what curriculum content their child can be withdrawn from. (See appendix 1: the school's planned programme of RSE and appendix 4 science National Curriculum: relationships and sex education). Parents will be made aware that there may be impromptu or incidental discussion of relationships and sex education topics in the classroom / in other subjects at times, from which it is not possible to withdraw pupils.

"Good practice is also likely to include ... discussing with parents the benefits of receiving this important education and any detrimental effects that withdrawal might have on the child. This could include any social, and emotional effects of being excluded, as well as the likelihood of the child hearing their peers' version of what was said in the classes, rather than what was directly said by the teacher" Relationships Education, Relationships and Sex Education (RSE) and Health Education statutory guidance

If the parents still decide to withdraw their child then other arrangements will be agreed and made for them during this time. Parents will be encouraged to deliver sex education with their child at home instead.

Roles and responsibilities in school, including continuing professional development (CPD)

The members of staff responsible for the co-ordination, development, monitoring and evaluation of RSE are: Assistant Headteacher for EYFS and KS1, Assistant Headteacher for KS2.

RSE is taught by all class teachers.

The governor or committee with oversight of RSE is the Curriculum Committee.

Any concerns regarding pupils that may emerge from the delivery of RSE will be referred to the Designated Safeguarding Lead within school.

The Assistant Headteachers in discussion with class teachers consider the RSE training needs of staff. RSE training may be provided as whole staff briefing or training, training for selected staff, in-class support, and discussion with the PSHE lead as appropriate.

The policy is on the website. All staff should familiarise themselves with the policy and refer to it as necessary.

The Assistant Headteachers will provide any visiting speakers with a copy of the policy in advance.

Resources

- Whole primary school curriculum for sex and relationship education Healthy Schools Islington.
- Support teaching materials from the Christopher Winter project.
- Reading list as recommended by Healthy Schools Islington
- Resources to support parents Healthy Schools Islington

Approval and review

This policy is reviewed biannually by the SLT and the Curriculum Committee

Approved by Curriculum Committee

Date: December 2022

Review date: December 2024

Appendix 1: RSE curriculum in the primary school

The relationship and health education (RHE) strand from Islington's You, Me PSHE resource is shown below, the highlighted text is sex education.

Key Stage 1		Lower Key Stage 2		Upper Key Stage 2		
RHE, Boys and girls and families	Other Areas of PSHE	er Areas of PSHE RHE, Growing up and changing	Other Areas of PSHE	RHE, Healthy relationships	Other Areas of PSHE	
 Pupils understand and respect the differences and similarities between people Pupils learn about the biological differences between male and female animals and their role in the life cycle Pupils learn the biological differences between male and female children Pupils learn the biological differences between male and female children Pupils learn about growing from old to young and that they are growing and changing Pupils learn that everybody needs to be cared for and ways in which they care for others Pupils learn about different types of 	Drug, alcohol and tobacco education about what goes onto our bodies and how it can make people feel Mental health and emotional well-being about being cooperative with others Keeping safe and managing risk about personal safety and who they can talk to Identity, society and equality about people that are special to them and what they do	 Pupils learn about the way we grow and change throughout the human lifecycle Pupils learn about the impact of puberty in physical hygiene and strategies for managing this Pupils learn about the physical changes associated with puberty Pupils learn about menstruation and wet dreams Pupils learn how puberty affects emotions and behaviour and strategies for dealing with the changes associated with puberty Pupils learn strategies to deal with feelings in the context of 	 Mental health and emotional well being about similarities and differences between themselves and others about what makes a good friend about dealing with issues that might arise in friendship about different emotions and how to manage these 	 Pupils learn about the changes that occur during puberty Pupils learn to consider different attitudes and values around gender, stereotyping and sexuality; their origin and impact Pupils learn what values are important to them in relationships and to appreciate the importance of friendship in intimate friendships Pupils learn about human reproduction in the context of the human life cycle Pupils learn how a baby is made and grows (conception and pregnancy) Pupils learn about 	Mental health and emotional well being about stereotyping including gender stereotyping about prejudice and discrimination (in relation to homophobia) and how this can make people feel	

Appendix 1 (ctd): RSE curriculum in the primary school

Key Stage 1		Lower Key Stage 2		Upper Key Stage 2	
RHE, Boys and girls and families	Other Areas of PSHE	RHE, Growing up and changing	Other Areas of PSHE	RHE, Healthy relationships	Other Areas of PSHE
family and how their home-life is special		relationships		roles and responsibilities of carers and parents Year 6, HIV and contraception Pupils learn about some myths and misconceptions about HIV, who it affects and how it can and cannot be transmitted Pupils learn that contraception can be used to stop a baby from being conceived	

Appendix 2: Science National Curriculum and RSE

Primary Science Curriculum with relation to reproduction - Statutory

Key Stage 1

Year 1

Animals, including humans

• Identify, name, draw and label the basic parts of the human body and say which part of the body is associated with each sense

Year 2

Animals, including humans

• Notice that animals, including humans, have offspring which grow into adults.

Upper Key Stage 2

Year 5

Living things and their habitats

Describe the life process of reproduction in some plants and animals
 (Pupils should find out about different types of reproduction, including sexual and asexual reproduction in plants, and sexual reproduction in animals.)

Animals, including humans

• Describe the changes as humans develop to old age

(Pupils should draw a timeline to indicate stages in the growth and development of humans. They should learn about the changes experienced in puberty.)

Appendix 3: Assessment, Monitoring and Evaluation

Assessment

Assessment is the process where an individual pupil's learning and achievement are measured against the lesson objectives.

Lessons should be planned starting with establishing what pupils already know - in this way, teachers can address any misconceptions that pupils may have, strategies include:

- brainstorms and discussions
- draw and write activities to find out what pupils already know
- continuums/diamond nine and other activities to find out what pupils feel is important to them

Pre and post-topic assessment may also provide some indication of progress made by pupils in their understanding/articulation of RSE issues, this could be carried out through:

- pupil reflective assessment sheets at the end of each topic
- written or oral assignments
- quizzes
- pupil self-evaluation
- reflective logbooks
- one to one discussion

Monitoring and evaluation

Monitoring ensures that teaching is in line with school policy and that pupils are taught what is intended. Evaluation helps to plan future lessons and enables teachers to review the programme to improve the teaching and learning.

A range of methods can be used for monitoring and evaluation, which should be led by the PSHE subject lead or a senior leader. Methods include:

- monitoring of planning
- lesson observations
- teachers' additions/amendments to the planned lesson content
- pupils completing end of topic evaluations
- teachers completing end of topic evaluations
- annual PSHE review
- reports to parents
- data collected from initial need assessment is compared to same assessment at end of topic.

Appendix 4: Parent form: withdrawal from sex education within RSE

Please complete the form below to request a meeting with the school about withdrawing your child from sex education within RSE

To be completed by parents							
Name of child		Class					
Name of		Date					
parent							
Reason for wishing to withdraw from sex education within relationships and sex education							
Any other infor	mation you would like the school to conside	er					
Parent							
signature							
	L						
To be completed by the school							
Agreed							
actions from discussion							
with parents							

Appendix 5: Female Genital Mutilation (FGM)

Definition of FGM

"Female Genital mutilation (FGM) comprises of all procedures involving partial or total removal of the external female genitalia or other injury to the female genital organs whether for cultural or therapeutic reasons."

World Health Organisation 1997

Whilst all staff should speak to the designated safeguarding lead (or deputy) with regard to any concerns about female genital mutilation (FGM), there is a specific legal duty on teachers*. If a teacher, in the course of their work in the profession, discovers that an act of FGM appears to have been carried out on a girl under the age of 18, the teacher must report this to the police.

Department for Education: Keeping Children Safe in Education, April 2019

*12 Under Section 5B(11) (a) of the Female Genital Mutilation Act 2003, "teacher" means, in relation to England, a person within section 141A(1) of the Education Act 2002 (persons employed or engaged to carry out teaching work at schools and other institutions in England).

FGM is considered child abuse in the UK and a grave violation of the human rights of girls and women. It is a violation of the child's right to life and their bodily integrity as well as their right to health. It is illegal in the UK to allow girls to undergo female genital mutilation either in this country or abroad. People guilty of allowing FGM to take place can be punished by fines or up to 14 years in prison.

Female Genital Mutilation occurs mainly in Africa and to a lesser extent in the Middle East and Asia. It is not a religious requirement and there are no health benefits. It is a cultural practice. Communities particularly affected in the UK include girls from: Somalia, Kenya, Ethiopia, Sierra Leone, Egypt, Nigeria, Eritrea, Yemen, Pakistan, Indonesia and Afghanistan; particularly first generation immigrants, refugees and asylum seekers.

This procedure often takes place in the summer, using the school holidays to recover (recovery takes 6-9 weeks.) It is important to be alert when a girl from a high risk group is absent from school for a long period or when a family request an 'authorised absence' just before a school holiday.

Children might also be talking about a special ceremony or a special holiday abroad.

Signs that FGM may have taken place include:

- difficulty walking, standing or sitting
- spending much longer times in the toilets
- unusual behaviour after a long absence
- not wanting to participate in PE or other physical play/activities
- acutely painful menstrual cycles
- asking for help or being anxious but not able to be explicit due to embarrassment or fear

All schools should keep their pupils safe from harm through safeguarding procedures and educating every pupil about their responsibility to care for their bodies and protect themselves from physical and emotional harm. They have a duty to report concerns about girls at risk from FGM or when they know that FGM might already have been performed.

Lessons in PSHE and relationships and sex education can give pupils information, learn personal and life skills and explore attitudes and values around protecting themselves and others from abuse, including FGM. NSPCC FGM helpline: 0800 028 3550

help@nspcc.org.uk

Appendix 6: Statement from Islington Council

Islington council statement about the new health, relationships and sex education curriculum

Islington council welcomes the government's new compulsory subjects of health education, relationships education and relationships and sex education (RSE), which came into effect in September 2020. This will make the majority of personal, social, health and economic (PSHE) education compulsory and will help ensure that pupils in every school are equipped with the knowledge and skills to keep safe and healthy and respectfully discuss and develop their attitudes and values. It will help to ensure that children are taught, in an age appropriate way, about families, friendships and respectful relationships, the law, basic first aid, mental and physical wellbeing including changes to their bodies as they grow up, internet safety and harms.

This guidance will support schools to safeguard and protect pupils by ensuring they are given accurate information to increase their resilience. This consistent education will enable pupils to cope with and prepare for their lives in the modern world, now and in the future. The guidance also reflects schools' duty to promote equality, taking into account 'protected characteristics' including disability, marriage and civil partnership, race, religion or belief, sex and sexual orientation. Schools' work to foster an inclusive environment, supports every Islington child to thrive – we have a diverse population and aim to meet the needs of every child in our schools.

Carmel Littleton, Corporate Director – People and Councillor Kaya Comer Schwartz, Lead Member for Children, Young People And Families, state:

"We are delighted that the Government have overwhelmingly supported the new curriculum, which answers a call to action from young people through Islington's Fair Futures Commission that they 'make learning about money, healthy relationships, the political system, physical and emotional health, cultural awareness and personal safety statutory'. Islington Council supports our schools to fulfil their duty under the Equalities Act, promote the values of mutual respect and tolerance and respond to the questions and concerns of pupils relevant to their lived experiences. We work alongside schools to celebrate diversity and challenge and report discrimination and prejudice, so that our schools are welcoming and inclusive learning communities."

Additional guidance is available from the from the Sex Education Forum <u>curriculum design tool</u>, which is a web-based tool providing detailed sets of questions to explore with pupils in RSE at each age and stage.