

## RSHE Policy

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## **Rationale**

This policy outlines Filton Avenue Primary School's approach to Relationships, Sex and Health Education (RSHE).

Primary schools in England must teach relationships education and health education (The Children and Social Work Act 2017). The relationships education part of the curriculum teaches what children need to learn to build positive and safe relationships with family and friends, and online. The health education part of the curriculum covers both physical health and mental wellbeing and teaches children how to make good decisions about their own health and wellbeing; how to recognise issues in themselves and in others; and how to seek support as early as possible when issues arise.

Sex education is not compulsory in primary schools, but the new curriculum for relationships education and health education does include content on puberty. The national curriculum for science also includes subject content in related areas, such as the main external body parts; the human body as it grows from birth to old age (including puberty); and reproduction in some plants and animals.

The Department for Education has published Statutory Guidance for Relationships Education, Relationships and Sex Education (RSE) and Health Education (2019). This guidance requires primary schools in England to have a written relationships education policy to cover the following:

- How relationships education is delivered
- What sex education (if any) a school chooses to cover that goes beyond the national curriculum for science and relationships education.

There is no equivalent requirement for a health education policy but, in line with best practice, this RSHE policy also covers health education.

## **Curriculum organisation and content**

At Filton Avenue Primary School, we value RSHE as one way to support children's personal development, to enable them to understand and respect who they are, to empower them with a voice and to equip them for life and learning.

RSHE aims to help children to deal with the real-life issues they face as they grow up, by providing them with accurate age-appropriate information and building their confidence and self-esteem.

RSHE learning supports them both online and offline, to make informed choices about their safety, and their physical and mental health. RSHE also aims to develop positive and inclusive attitudes to everyone, particularly to those with protected characteristics under the Equality Act 2010.

At Filton Avenue Primary School, RSHE is covered as part of a wider programme of Personal Social Health Education (PSHE) and is enhanced by a supportive school ethos where everyone is valued, positive relationships are promoted and there is a safe learning environment.

PSHE lessons are delivered weekly. To enhance the PSHE programme children are involved in trips, workshops and visits run by external organisations such as NSPCC.

Confident and skilled staff are most effective in teaching RSHE, particularly for sensitive and controversial topics, so where possible, RSHE is taught by the child's class teacher.

When teaching RSHE, all staff take care to:

- Establish clear ground rules in consultation with children, including confidentiality, respect for others, privacy and boundaries.
- Use clear language to avoid misunderstandings.
- Avoid prejudice and assumptions about children's abilities, desires, background and experiences.
- Deal sensitively with unexpected questions and comments.
- Assess and build on existing knowledge and experiences.
- Ensure that learning is engaging, using a range of activities, including structured discussion and problem-solving.
- Allow time for reflection.

To ensure progression and a spiral curriculum, the school has chosen to use the condensed Kapow Primary RSE which is a comprehensive and carefully thought through scheme of work, which provides full curriculum coverage, including all the statutory content. The scheme ensures consistency and progression in our PSHE curriculum as well as giving the teachers flexibility to use additional lessons to tailor content to the children's needs by revisiting key content and explore PSHE issues arising within their classes. The overview of the Kapow programme can be seen on the school website.

Teachers select any additional resources carefully, and the subject leader oversee the selection to ensure any additional resources are up-to-date, relevant and age-appropriate and consistent with the aims and values of the school.

Our PSHE policy is informed by existing DfE guidance:

- Keeping Children Safe in Education
- Behaviour in Schools
- Equality Act 2010
- SEND code of practice: 0 to 25 years
- Preventing and Tackling Bullying
- Sexual violence and sexual harassment between children in schools
- Promoting Fundamental British Values as part of SMSC in schools

## **Equality**

Under the Equality Act 2010, the school is under a legal duty to eliminate discrimination, advance equality of opportunity and foster good relationships between those with protected characteristics and those without. The protected characteristics are: age, marriage and civil partnership, disability, race, religion and belief, sexual orientation, sex, pregnancy and maternity, gender reassignment.

In addition, the school must consider the needs of those with Special Educational Needs and Disabilities (SEND).

The RSHE programme will meet the needs of all children. Lessons will include content that will tackle discrimination and foster good relationships.

## **Right to withdraw from sex education**

A parent or carer cannot legally withdraw their child from any aspect of the statutory relationships' education or health education.

A parent or carer does have the right to withdraw their child from sex education unless what is being taught is part of the science national curriculum.

At Filton Avenue Primary School, the following content is deemed to be sex education:

Year 6: Safety and the changing body, Lesson 5: Conception

Year 6: Safety and the changing body, Lesson 6: Pregnancy and birth

Parents and carers will be notified in advance each year of when this unit will be taught and will be

given the opportunity to meet with the subject leader to discuss any concerns. Parents and carers will be given the opportunity to opt out by completing the opt out form and returning it to the class teacher or the school office. The decision to opt out will be recorded on Arbor.

## **Safeguarding**

RSHE includes sensitive topics. It is, therefore, possible that discussions will prompt safeguarding disclosures. Safeguarding policy and procedures will be followed to deal with these appropriately.

When reviewing upcoming units, teachers will discuss with the designated safeguarding lead any potentially sensitive topics, and appropriate steps must be taken to provide additional support for children if required.

Staff will also consider the timing of lessons covering potentially sensitive topics to ensure that children have the opportunity to report any concerns they may have either that day or the following day.

Staff will also remind children of the support that is available to them if they are worried about anything raised in a lesson, including the pastoral team at Filton Avenue and external agencies such as Childline.

## **RSHE Roles and responsibilities**

An effective programme of RSHE requires support from the whole school community and the following people have specific roles and responsibilities:

### Trustees

The role of the trustees is to provide strategic oversight for RSHE. James Mulock is the trustee, who has responsibility for RSHE.

### Headteacher

The headteacher is responsible for providing information to the trustees, ensuring there is training for the subject leader and staff, as required, and supporting the subject leader to liaise with parents and carers. The headteacher is also responsible for dealing with parents and carers who wish to withdraw a child from sex education.

### Subject leader

The subject leader is responsible for leading the development and delivery of effective RSHE, monitoring and evaluating RSHE and supporting colleagues as required. The subject leader is also responsible for liaising with parents and carers and keeping up to date with developments in RSHE.

### **Teaching staff**

All teaching staff are responsible for understanding and implementing the policy of RSHE, teaching RSHE in line with the agreed curriculum, and assessing and monitoring the progress of children.

### **Communication of policy**

This RSHE policy will be available to read on and downloaded from the school website and copies can be requested from the school office.

### **Related Policies**

The following policies are also relevant to this Relationships and Health Education policy:

- Anti-bullying policy
- Safeguarding policy
- Behaviour policy