



# **Sex, Relationships & Health Education Policy**

**Signed:**

**Chair: R. Patrick**

**Head: B. Wilkinson**

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# **Bursley Academy**

## **Sex, Relationships and Health Education Policy**

### Statement of intent

At Bursley Academy, we understand that pupils must be provided with an education that prepares them for the opportunities, responsibilities and experiences of adult life. A key part of this relates to relationships education, which must be delivered to every primary-aged pupil. Primary schools also have the option to decide whether pupils are taught sex education.

Relationships education focusses on giving pupils the knowledge they need to make informed decisions about their wellbeing, health and relationships, and to build their self-efficacy. Health education focusses on equipping pupils with the knowledge they need to make good decisions about their own health and wellbeing. At Bursley Academy we deliver the RSE curriculum in conjunction with our PSHE curriculum.

We understand our responsibility to deliver a high-quality, age-appropriate and evidence-based relationships and health curriculum for all our pupils. This policy sets out the framework for our relationships and health curriculum, providing clarity on how it is informed, organised and delivered.



# Bursley Academy

## Sex, Relationships and Health Education Policy

### 1. Legal framework

1.1. This policy has due regard to legislation and statutory guidance including, but not limited to, the following:

- Section 80A of the Education Act 2002
- Children and Social Work Act 2017
- The Relationships Education, Relationships and Sex Education and Health Education (England) Regulations 2019
- Equality Act 2010
- DfE (2019) 'Relationships Education, Relationships and Sex Education (RSE) and Health Education'
- DfE (2013) 'Science programmes of study: key stages 1 and 2'
- DfE (2020) 'Teaching about relationships, sex and health'

1.2. This policy operates in conjunction with the following school policies:

- Child Protection and Safeguarding Policy
- Behavioural Policy
- SEND Policy
- Equal Opportunities Policy
- Anti-Bullying Policy: Pupils
- E-safety Policy
- Visitor Policy
- PSHE Policy

### 2. Roles and responsibilities

2.1. The governing body is responsible for:

- Ensuring all pupils make progress in achieving the expected educational outcomes.
- Ensuring the curriculum is well led, effectively managed and well planned.
- Evaluating the quality of provision through regular and effective self-evaluation.
- Ensuring teaching is delivered in ways that are accessible to all pupils with SEND.
- Providing clear information for parents on subject content and their rights to request that their children are withdrawn.
- Making sure the subjects are resourced, staffed and timetabled in a way that ensures the school can fulfil its legal obligations.

2.2. The Principal, along with the SLT is responsible for:

- The overall implementation of this policy.
- Ensuring staff are suitably trained to deliver the subjects.
- Ensuring that parents are fully informed of this policy.
- Reviewing requests from parents to withdraw their children from the subjects.
- Discussing requests for withdrawal with parents.
- Organising alternative education for pupils, where necessary, that is appropriate and purposeful.
- Reporting to the governing board on the effectiveness of this policy.



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- Reviewing this policy on an annual basis.

### **2.3. The PSHE Team is responsible for:**

- Overseeing the delivery of the subjects.
- Ensuring the subjects are age-appropriate and high-quality.
- Ensuring teachers are provided with adequate resources to support teaching of the subjects.
- Ensuring the school meets its statutory requirements in relation to the relationships, sex and health curriculum.
- Ensuring the relationships, sex and health curriculum is inclusive and accessible for all pupils.
- Working with other subject leaders to ensure the relationships, sex and health curriculum complements, but does not duplicate, the content covered in the national curriculum.
- Monitoring and evaluating the effectiveness of the subjects and providing reports to the Principal and SLT.

### **2.4. Teachers are responsible for:**

- Delivering a high-quality and age-appropriate relationships and health curriculum in line with statutory requirements.
- Using a variety of teaching methods and resources to provide an engaging curriculum that meets the needs of all pupils.
- Ensuring they do not express personal views or beliefs when delivering the programme.
- Modelling positive attitudes to relationships and health education.
- Responding to any safeguarding concerns in line with the Child Protection and Safeguarding Policy.
- Acting in accordance with planning, monitoring and assessment requirements for the subjects.
- Liaising with the SEND team to identify and respond to individual needs of pupils with SEND.
- Working with the PSHE team to evaluate the quality of provision.

### **2.5. The SENDCo is responsible for:**

- Advising teaching staff how best to identify and support pupils' individual needs.
- Advising staff on the use of TAs in order to meet pupils' individual needs.

## **3. Organisation of the curriculum**



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- 3.1. Every primary school is required to deliver statutory relationships education and health education.
- 3.2. For the purpose of this policy, “**relationships and sex education**” is defined as teaching pupils about healthy, respectful relationships, focussing on family and friendships, in all contexts, including online, as well as developing an understanding of human sexuality.
- 3.3. For the purpose of this policy, “**health education**” is defined as teaching pupils about physical health and mental wellbeing, focussing on recognising the link between the two and being able to make healthy lifestyle choices.
- 3.4. The delivery of the relationships education and of health education coincide with one another and will be delivered as part of the school’s PSHE curriculum.
- 3.5. The relationships and health curriculum has been organised in line with the statutory requirements outlined in the DfE (2019) ‘Relationships, Education, Relationships and Sex Education (RSE) and Health Education’ [guidance](#).
- 3.6. The relationships and health curriculum takes into account the views of teachers, pupils and parents. We are dedicated to ensuring our curriculum meets the needs of the whole-school community.
- 3.7. The relationships and health curriculum is informed by issues in the school and wider community to ensure it is tailored to pupils’ needs; for example, if there were to be a local prevalence of specific sexually transmitted infections, our curriculum would be tailored to address this issue.
- 3.8. We consult with parents, pupils and staff in the following ways:
  - Questionnaires and surveys
  - Meetings
  - Training sessions
  - Newsletters and letters
  - Website
- 3.9. Any parent, teacher or pupil wishing to provide feedback about the curriculum can do so at any time during the academic year by:
  - Organising a meeting with the PSHE team.
  - Emailing [SEND@bursley.staffs.sch.uk](mailto:SEND@bursley.staffs.sch.uk)
- 3.10. The school has organised a curriculum that is age-appropriate for pupils within each year group, based on the views of teachers, parents and pupils.
- 3.11. When organising the curriculum, the religious backgrounds of all pupils will be considered, so that the topics that are covered are taught appropriately.

## 4. Consultation with parents



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- 4.1. The school understands the important role parents play in enhancing their children's understanding of relationships and health. Similarly, we also understand how important parents' views are in shaping the curriculum.
- 4.2. The school works closely with parents by establishing open communication – all parents are consulted in the development and delivery of the curriculum, as outlined in [section 3](#) of this policy.
- 4.3. Parents are provided with the following information:
  - The content of the relationships and health curriculum (and where appropriate the sex education)
  - The delivery of the relationships and health curriculum, including what is taught in each year group (and where appropriate the sex education)
  - The legalities surrounding withdrawing their child from the subjects
  - The resources that will be used to support the curriculum
- 4.4. Parents are consulted in the review of the curriculum and this policy, and are encouraged to provide their views at any time.

### **5. Relationships education overview**

Relationships education is taught as part of our PSHE Curriculum.

#### **Families and people who care for me**

- 5.1. By the end of primary school, pupils will know:
  - That families are important for them growing up because they can give love, security and stability.
  - The characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives.
  - That others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care.
  - That stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up.
  - That marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong.
  - How to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed.

#### **Caring friendships**

- 5.2. By the end of primary school, pupils will know:
  - How important friendships are in making us feel happy and secure, and how people choose and make friends.



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- The characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences, and support with problems and difficulties.
- That healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded.
- That most friendships have ups and downs, but that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right.
- How to recognise who to trust and who not to trust.
- How to judge when a friendship is making them feel unhappy or uncomfortable.
- How to manage conflict.
- How to manage different situations and how to seek help from others if needed.

### **Respectful relationships**

5.3. By the end of primary school, pupils will know:

- The importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), make different choices, or have different preferences or beliefs.
- Which practical steps they can take in a range of different contexts to improve or support respectful relationships.
- The conventions of courtesy and manners.
- The importance of self-respect and how this links to their own happiness.
- That in school and wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority.
- About the different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders to report bullying to an adult, and how to seek help.
- What a stereotype is, and how they can be unfair, negative or destructive.
- The importance of permission-seeking and giving in relationships with friends, peers and adults.

### **Online relationships**

5.4. By the end of primary school, pupils will know:

- That people sometimes behave differently online, including pretending to be someone they are not.
- That the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online, even when we are anonymous.
- The rules and principles for keeping safe online.
- How to recognise harmful content and contact online, and how to report these.
- How to critically consider their online friendships and sources of information.
- The risks associated with people they have never met.
- How information and data is shared and used online.





## **Being safe**

5.5. By the end of primary school, pupils will know:

- What sorts of boundaries are appropriate in friendships with peers and others – including in a digital context.
- About the concept of privacy and the implications of it for both children and adults.
- That it is not always right to keep secrets if they relate to being safe.
- That each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact.
- How to respond safely and appropriately to adults they may encounter, including online, who they do not know.
- How to recognise and report feelings of being unsafe or feeling bad about any adult.
- How to ask for advice or help for themselves and others, and to keep trying until they are heard.
- How to report concerns or abuse, and the vocabulary and confidence needed to do so.
- Where to seek advice, for example, from their family, their school and other sources.

## **6. Relationships education per year group**

- 6.1. The school is free to determine, within the statutory curriculum content outlined in [section 5](#), what pupils are taught during each year group.
- 6.2. The school always considers the age and development of pupils when deciding what will be taught in each year group.
- 6.3. The school plans a progressive curriculum in which topics are revisited and built upon prior knowledge taught in previous years as pupils progress through school, with a view to providing a smooth transition to secondary school.
- 6.4. **Reception, Year 1 and Year 2**

### **Content taught:**

- recognising how other people are feeling
- sharing their own feelings with others
- different types of behaviour and how this can make others feel
- the importance of not keeping secrets that make them feel uncomfortable, anxious or afraid
- sharing their views and opinions with others
- listening to others and playing cooperatively
- the importance for respect for the differences and similarities between people
- recognising special people in their lives
- appropriate and inappropriate touch
- that bodies and feelings can be hurt
- that hurtful teasing and bullying is wrong
- what to do if teasing and bullying is happening



#### **6.5. Year 3 and Year 4**

##### **Content taught:**

- recognising a wider range of feelings in others
- responding to how others are feeling
- what makes a positive, healthy relationship, including friendships
- how to maintain good friendships
- how actions can affect ourselves and others
- the difference between acceptable and unacceptable physical contact
- how to respond to unacceptable physical contact
- the concept of keeping something confidential or secret
- when they should or should not agree to keeping a secret
- how to listen and respond respectfully to a wide range of people
- sharing their points of view
- how to work collaboratively toward shared goals
- about solving disputes and conflict amongst themselves and their peers
- about differences and similarities between people, but understand everyone is equal
- how to recognise bullying
- how to respond and ask for help
- to recognise and manage dares
- what is meant by 'stereotypes'
- about the importance of keeping personal boundaries and the right to privacy

#### **6.6. Year 5 and Year 6**

##### **Content taught:**

- how to respond appropriately to a wider range of feelings in others
- different types of relationships (friends, families, couples, marriage, civil partnership)
- what constitutes a positive, healthy relationship
- the skills to maintain positive relationships
- recognise when a relationship is unhealthy
- committed loving relationships (including marriage and civil partnership)
- marriage, arranged marriage and civil partnership is between two people who willingly agree
- to force anyone into marriage (forced marriage) is illegal
- the importance speaking out about forced marriage
- the consequences of their actions on themselves and others
- judging whether physical contact is acceptable or unacceptable and how to respond
- confidentiality
- times when it appropriate and necessary to break a confidence
- to respectfully listen to others but raise concerns and challenge points of view when necessary
- the skills needed in an emergency, including what to do and basic first aid
- negotiation and compromise strategies to resolve disputes and conflict
- how to give helpful feedback and support to others
- the factors that make people the same or different
- recognising and challenging 'stereotypes'
- the correct use of the terms sex, gender identity and sexual orientation
- discrimination, teasing, bullying and aggressive behaviour and its effect on others
- recognising and managing dares



- the importance of keeping personal boundaries and the right to privacy

## **7. Health education overview**

Health education is taught as part of our PSHE Curriculum.

- 7.1. The focus at primary level is teaching the characteristics of good physical health and mental wellbeing.

### **Mental wellbeing**

- 7.2. By the end of primary school pupils will know:

- That mental wellbeing is a normal part of daily life, in the same way as physical health.
- That there is a normal range of emotions, e.g. happiness, sadness, anger, fear, surprise and nervousness.
- The scale of emotions that humans experience in response to different experiences and situations.
- How to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings.
- How to judge whether what they are feeling and how they are behaving are appropriate and proportionate.
- The benefits of physical exercise, time outdoors, community participation, and voluntary and service-based activity on mental wellbeing and happiness.
- Simple self-care techniques, including the importance of rest, time spent with friends and family, and the benefits of hobbies and interests.
- How isolation and loneliness can affect children, and that it is very important they seek support and discuss their feelings with an adult.
- That bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing.
- Where and how to seek support (including recognising the triggers for seeking support), extending to who in school they should speak to if they are worried about themselves or others.
- That it is common to experience mental ill health and, for the many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough.

### **Internet safety and harms**

- 7.3. By the end of primary school, pupils will know:

- That for most people, the internet is an integral part of life and has many benefits.
- About the benefits of rationing time spent online.
- The risks of excessive time spent on electronic devices.
- The impact of positive and negative content online on their own and others' mental and physical wellbeing.
- How to consider the effect of their online actions on others.
- How to recognise and display respectful behaviour online.
- The importance of keeping personal information private.



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- Why some social media, some computer games and online gaming are age-restricted.
- That the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health.
- How to be a discerning consumer of information online, including understanding that information, inclusive of that from search engines, is ranked, selected and targeted.
- Where and how to report concerns and get support with issues online.

### **Physical health and fitness**

7.4. By the end of primary school, pupils will know:

- The characteristics and mental and physical benefits of an active lifestyle.
- The importance of building regular exercise into daily and weekly routines and how to achieve this, for example by walking or cycling to school, a daily active mile, or other forms of regular, vigorous exercise.
- The risks associated with an inactive lifestyle, including obesity.
- How and when to seek support, including which adults to speak to in school, if they are worried about their health.

### **Healthy eating**

7.5. By the end of primary school, pupils will know:

- What constitutes a healthy diet, including an understanding of calories and other nutritional content.
- The principles of planning and preparing a range of healthy meals.
- The characteristics of a poor diet and risks associated with unhealthy eating, including obesity, and other behaviours, e.g. the impact of alcohol on health.

### **Drugs alcohol and tobacco**

7.6. By the end of primary school, pupils will know:

- The facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking.

### **Health and prevention**

7.7. By the end of primary school, pupils will know:

- How to recognise early signs of physical illness, such as weight loss or unexplained changes to the body.
- About safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer.
- The importance of sufficient good-quality sleep for good health, and that a lack of sleep can affect weight, mood and ability to learn.
- About dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist.



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- About personal hygiene and germs, including bacteria and viruses, how they are spread and treated, and the importance of hand washing.
- The facts and science relating to immunisation and vaccination.

### **Basic first aid**

7.8. By the end of primary school, pupils will know:

- How to make a clear and efficient call to emergency services if necessary.
- Concepts of basic first-aid, for example dealing with common injuries, including head injuries.

### **Changing adolescent body**

7.9. By the end of primary school, pupils will know:

- Key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes.
- About menstrual wellbeing and key facts relating to the menstrual cycle.

## **8. Health education per year group**

- 8.1. The school is free to determine, within the statutory curriculum content outlined in [section 7](#), what pupils are taught during each year group.
- 8.2. The school always considers the age and development of pupils when deciding what will be taught in each year group.
- 8.3. The school plans a progressive curriculum, in which topics are revisited and built upon prior knowledge taught in previous years as pupils progress through school, with a view to providing a smooth transition to secondary school.
- 8.4. Children are always taught about mental health and wellbeing alongside physical health as the two go hand in hand.

### **8.5. Reception, Year 1 and Year 2**

#### **Content taught:**

- about some of the things that keep our bodies healthy (physical activity, sleep, rest, healthy food)
- about making healthy choices
- to recognise what they are good at and set simple goals
- about different kinds of feelings
- simple strategies to manage feelings
- about how it feels when there is change or loss
- about basic personal hygiene routines and why these are important
- about growing, changing and becoming more independent
- the correct names for the main parts of the body of boys and girls
- that household products, including medicines, can be harmful if not used correctly
- about rules for keeping safe (in familiar and unfamiliar situations)
- how to ask for help if they are worried about something
- about privacy in different contexts



- Basic age appropriate first aid.

#### **8.6. Year 3 and 4**

##### **Content taught:**

- about what makes a 'balanced lifestyle'
- about making choices in relation to health
- about what makes up a balanced diet
- about opportunities they have to make their own choices about food
- about what influences their choices about food
- that images in the media do not necessarily reflect reality
- to recognise their achievements and set personal targets for the future
- about a wider range of feelings, both good and not so good
- that people can experience conflicting feelings at the same time
- about describing their feelings to others
- about the kinds of change that happen in life and the feelings associated with this
- about managing risk in familiar situations and keeping safe
- that simple hygiene routines can prevent the spread of bacteria and viruses
- about feeling negative pressure and how to manage this
- about the importance of school rules for health and safety
- about how to get help in an emergency
- about what is meant by a habit
- how habits can be hard to change
- about drugs that are common in everyday life (medicines, caffeine, alcohol and tobacco)
- about the changes that happen at puberty
- about keeping safe in the local environment
- about keeping safe online
- about people who help them stay healthy and safe
- Basic age appropriate first aid.

#### **8.7. Year 5 and 6**

##### **Content taught:**

- about positively and negatively affects health and wellbeing (including mental and emotional health)
- how to make informed choices that contribute to a 'balanced lifestyle'
- about the benefits of a balanced diet
- about different influences on food and diet
- about developing skills to help make their own choices about food
- how images in the media can distort reality
- that this can affect how people feel about themselves
- about different ways of achieving and celebrating personal goals
- how having high aspirations can support personal achievements
- how to further describe the range and intensity of their feelings to others
- how to manage complex or conflicting emotions
- about coping with change and transition - how this relates to bereavement and the process of grieving
- about independence, increased responsibility and keeping safe



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- strategies for managing risk
- how the spread of infection can be prevented
- about different influences on behaviour, including peer pressure and media influence
- how to resist unhelpful pressure and ask for help
- about habits (in relation to drug, alcohol and tobacco education)
- about some of the risks and effects of legal and illegal substances (drugs – including medicines, alcohol and tobacco)
- about the changes that happen at puberty
- about human reproduction in the context of the human lifecycle
- how a baby is made and how it grows
- about roles and responsibilities of parents and carers
- that pregnancy can be prevented
- about the right they have to protect their body
- that female genital mutilation (FGM) is physical abuse and is illegal
- about the importance of speaking out about FGM
- about strategies for managing personal safety - local environment
- about strategies for managing personal safety – online
- what to consider before sharing pictures of themselves and others online
- about who is responsible for their health and wellbeing
- where to get help advice and support
- how to keep safe and well when using a mobile phone
- about the skills needed in an emergency:
  1. what to do in an emergency
  2. basic emergency aid

### 9. Sex education

- 9.1. All pupils must be taught the aspects of sex education outlined in the primary science curriculum – this includes teaching about the main external parts of the human body, how it changes as it grows from birth to old age, including puberty, and the reproductive process in some plants and animals.
- 9.2. The school is free to determine whether pupils should be taught sex education beyond what is required of the national curriculum.
- 9.3. At our school, we **do not** teach pupils sex education beyond what is required of the science curriculum.

### 10. Delivery of the curriculum

- 10.1. The relationships and health curriculum will be delivered as part of our **PSHE curriculum with some elements being included in the Science Curriculum.**
- 10.2. Through effective organisation and delivery of the subject, we will ensure that:
  - Core knowledge is sectioned into units of manageable size.
  - The required content is communicated to pupils clearly, in a carefully sequenced way, within a planned scheme of work.
  - Teaching includes sufficient and well-chosen opportunities and contexts for pupils to embed new knowledge so that it can be used confidently in real-life situations.





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- 10.3. The curriculum is delivered proactively, such that it addresses issues in a timely way in line with current evidence on children's physical, emotional and sexual development.
- 10.4. Teaching of the curriculum reflects requirements set out in law, particularly the Equality Act 2010, so that pupils understand what the law does and does not allow, and the wider legal implications of the decisions they make.
- 10.5. Pupils will be taught the facts and the law about sex, sexuality, sexual health and gender identity in an age-appropriate, inclusive and respectful way. We will endeavour to support all pupils to feel that the content is relevant to them and their developing sexuality.
- 10.6. At the point we consider it appropriate to teach pupils about sexual relationships, we will ensure that LGBTQ+ content is fully integrated into the relationships, sex and health curriculum, rather than delivered as a standalone unit or lesson.
- 10.7. The school will ensure that all teaching and materials are appropriate for the ages of the pupils, their religious backgrounds, their developmental stages and any additional needs, such as SEND.
- 10.8. Lesson plans will provide appropriate challenge for pupils and be differentiated for pupils' needs.
- 10.9. Throughout every year group, appropriate diagrams, videos, books, games, discussion and practical activities will be used to assist learning.
- 10.10. Inappropriate images, videos, etc., will not be used, and resources will be selected with sensitivity given to the age, developmental stage and cultural background of pupils.
- 10.11. Pupils will be prevented from accessing inappropriate materials on the internet when using such to assist with their learning. The prevention measures taken to ensure this are outlined in the school's E-safety Policy.
- 10.12. Teachers will establish what is appropriate for one-to-one and whole-class settings, and alter their teaching of the programme accordingly.
- 10.13. Teachers will ensure that pupils' views are listened to and will encourage them to ask questions and engage in discussion. Teachers will answer questions sensitively, honestly and in a manner appropriate to the pupil's age.
- 10.14. Teachers will ensure pupils are aware of the expectation of them to participate sensitively and respectfully in class discussions of sensitive issues.
- 10.15. Teachers will stop full class discussions where pupils begin to reveal personal, private information related to sensitive issues. If teachers feel concerned about anything shared by a pupil, they will follow the appropriate response as laid out in the Safeguarding Policy. The programme will be designed to incorporate all pupils, and activities will be planned to ensure all are actively involved.
- 10.16. Teachers will focus heavily on the importance of healthy relationships, though sensitivity will always be given as to not stigmatise pupils based on their home circumstances.





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- 10.17. Teachers will ensure that lesson plans are centred around reducing stigma, particularly in relation to mental wellbeing, and encouraging openness through discussion activities and group work.
- 10.18. Teachers will ensure lesson plans focus on challenging perceived views of pupils based on protected characteristics, through exploration of, and developing mutual respect for, those different to themselves.
- 10.19. In teaching the curriculum, teachers will be aware that pupils may raise topics such as self-harm and suicide. When talking about these topics in lessons, teachers will be aware of the risks of encouraging these behaviours and will avoid any resources or material that appear as instructive rather than preventative.
- 10.20. At all points of delivery of this programme, parents will be consulted, and their views will be valued. What will be taught and how, will be planned in conjunction with parents.

### **11. Working with external experts**

- 11.1. External experts may be invited to assist from time-to-time with the delivery of the programme and will be expected to comply with the provisions of this policy.
- 11.2. The school will ensure all visitor credentials are checked before they are able to participate in delivery of the curriculum, in line with the Visitor Policy.
- 11.3. The school will ensure that the teaching delivered by the external expert fits with the planned curriculum and this policy.
- 11.4. Before delivering the session, the school will discuss the details of the expert's lesson plan and ensure that the content is age-appropriate and accessible for the pupils.
- 11.5. The school will agree with the expert the procedures for confidentiality, ensuring that the expert understands how safeguarding reports should be dealt with in line with the Safeguarding Policy.
- 11.6. The intended use of external experts is to enhance the curriculum delivered by teachers, rather than as a replacement for teachers.

### **12. Equality and accessibility**

- 12.1. The school understands its responsibilities in relation to the Equality Act 2010, specifically that it must not unlawfully discriminate against any pupil because of their protected characteristics. These include:
  - Age
  - Sex or sexual orientation
  - Race
  - Disability
  - Religion or belief
  - Gender reassignment
  - Pregnancy or maternity
  - Marriage or civil partnership



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- 12.2. The school is committed to making reasonable adjustments wherever possible to promote accessibility and inclusivity of the curriculum.
- 12.3. The school understands that pupils with SEND or other needs, such as those with social, emotional or mental health needs, are entitled to learn about relationships, sex and health education, and the programme will be designed to be inclusive of all pupils.
- 12.4. Teachers will understand that they may need to be more explicit and adapt their planning of work and teaching methods in order to appropriately deliver the programme to pupils with SEND or other needs.
- 12.5. When deciding whether support is necessary to support pupils with a particular protected characteristic, we will consider our pupils' needs, including the gender and age range of our pupils.
- 12.6. In order to foster healthy and respectful peer-to-peer communication and behaviour between all pupils, the school implements a robust Behavioural Policy, as well as a Child Protection and Safeguarding Policy, which set out expectations of pupils.
- 12.7. The school understands that relationships, sex, and health education may include topics which are triggers for teaching staff, and could relate to historic, recent, or current trauma. If this is the case, the school encourages staff to approach their line manager or the Principal to discuss this.

### 13. Curriculum links

- 13.1. The school seeks opportunities to draw links between relationships, sex and health education and other curriculum subjects wherever possible to enhance pupils' learning.
- 13.2. Relationships, sex and health education will be linked to the following subjects in particular:
  - **Science** – pupils learn about the main external parts of the body and changes to the body as it grows from birth to old age, including puberty.
  - **Computing and ICT** – pupils learn about e-safety, including how to use technology safely, responsibly, respectfully and securely, how to keep personal information private and how to access help and support.
  - **PE** – pupils explore various physical activities, are physically active for sustained periods of time, engage in competitive sport and understand how exercise can lead to healthier lifestyles.

### 14. Withdrawing from the subjects

- 14.1. Relationships and health education are statutory at primary and parents **do not** have the right to withdraw their child from the subjects.
- 14.2. As sex education is not statutory at primary level, other than what must be taught as part of the science curriculum, parents have the right to request to withdraw their child from all or part of the sex education curriculum that is not a requirement within the science curriculum.
- 14.3. The headteacher will automatically grant withdrawal requests in accordance with point 14.2; however, the headteacher will discuss the request with the parent and, if appropriate,



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their child, to ensure that their wishes are understood and to clarify the nature and purpose of the curriculum.

- 14.4. The headteacher will discuss with the parent, the benefits of receiving this important education and any adverse effects that withdrawal may have on the pupil – this could include, for example, social and emotional effects of being excluded.
- 14.5. The headteacher will keep a record of the discussion between themselves, the pupil and the parent.
- 14.6. The headteacher will grant a parent's request to withdraw their child from sex education, other than the content that must be taught as part of the science curriculum.
- 14.7. The parent will be informed in writing of the headteacher's decision.
- 14.8. Where a pupil is withdrawn from sex education, the headteacher will ensure that the pupil receives appropriate alternative education.

### **15. Behaviour**

- 15.1. The school has a zero-tolerance approach to bullying. We aim to foster a culture based on mutual respect and understanding for one another.
- 15.2. Any bullying incidents caused as a result of the relationships and health education programme, such as those relating to sexual orientation, will be dealt with as seriously as other bullying incidents within the school.
- 15.3. Any occurrence of these incidents will be reported to a member of school staff, who will then discipline the pupil once they are on school premises.
- 15.4. These incidents will be dealt with following the processes in our Behavioural Policy and Anti-Bullying Policy.

### **16. Staff training**

- 16.1. All staff members at the school will undergo training on a regular basis to ensure they are up-to-date with the relationship, sex and health education programme and associated issues.
- 16.2. Members of staff responsible for teaching the subjects will undergo further training on a regular basis, led by the PSHE Team, to ensure they are fully equipped to teach the subjects effectively.
- 16.3. Training of staff will also be scheduled around any updated guidance on the programme and any new developments, such as 'sexting', which may need to be addressed in relation to the programme.

### **17. Confidentiality**

- 17.1. Confidentiality within the classroom is an important component of relationships, sex and health education, and teachers are expected to respect the confidentiality of their pupils as far as is possible.



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- 17.2. Teachers will, however, alert the Principal about any suspicions of inappropriate behaviour or potential abuse as per the school's Child Protection and Safeguarding Policy.
- 17.3. Pupils will be fully informed of the school's responsibilities in terms of confidentiality and will be aware of what action may be taken if they choose to report a concern or make a disclosure.
- 17.4. Any reports made during lessons, or as a result of the content taught through the curriculum, will be reported to the DSL and handled in accordance with the Child Protection and Safeguarding Policy.

### **18. Monitoring quality**

- 18.1. The PSHE Team is responsible for monitoring the quality of teaching and learning for the subjects.
- 18.2. The PSHE Team will conduct subject overview on a termly basis in line with academy Subject Leader policy.
- 18.3. The PSHE Team will work regularly and consistently with the principal and RSHE link governor, e.g. through review meetings, to evaluate the effectiveness of the subjects and implement any changes.

### **19. Monitoring and review**

- 19.1. This policy will be reviewed on a bi-annual basis by the PSHE Team and Principal.
- 19.2. This policy will also be reviewed in light of any changes to statutory guidance, feedback from parents, staff or pupils, and issues in the school or local area that may need addressing.
- 19.3. The local governing committee is responsible for approving this policy.
- 19.4. Any changes made to this policy will be communicated to all staff, parents and, where necessary, pupils.