

# Lancasterian Primary School

## Relationship and Sex Education (RSE) Policy



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### **Aims**

At Lancasterian Primary School, we deliver RSE through the Christopher Winter Project as part of Personal, Social and Health Education (PSHE). We believe that RSE and PSHE help to give pupils the knowledge, skills and understanding they need to lead confident, healthy, independent lives, in order to become informed, active and responsible citizens.

We aim to equip our children with the skills and knowledge that they will require in their future lives and to develop an understanding in our pupils of the biological, emotional, social, legal and moral aspects of relationships, sex and sexuality. We teach RSE within the wider context of building self-esteem, emotional well-being, relationships and healthy lives. We want to put in place the key building blocks of healthy, respectful relationships, focusing on family and friendships, in all contexts, including online.

RSE enhances and is enhanced by learning related to topics including: anti-bullying; keeping safe on and off line; keeping physically and mentally healthy; learning about drugs, alcohol and tobacco; and the development of skills and attributes such as communication skills, managing peer pressure, risk management, resilience and decision making.

Ultimately, we want children to develop skills for life so that they can be safe and happy into adulthood.

The aims of RSE at Lancasterian are to:

- Promote the spiritual, moral, cultural, mental and physical development of all pupils
- Prepare pupils for the opportunities, responsibilities and experiences of later life
- Encourage pupils to value themselves and others
- Allow pupils to acknowledge and appreciate difference and diversity
- Teach pupils how to make informed choices
- Teach pupils to understand what constitutes a safe and healthy lifestyle
- Provide a framework in which sensitive discussions can take place
- Promote safety in forming and maintaining relationships
- Provide pupils with a toolkit for understanding and managing their emotions
- Provide pupils with the opportunities to consider issues which may affect their own lives and/or the lives of others
- Help pupils to identify the characteristics of healthy relationships, how relationships may affect mental and physical health; and how to stay safe online
- Prepare pupils for puberty, and give them an understanding of sexual development and the importance of health and hygiene
- Help pupils develop feelings of self-respect, confidence and empathy

- Create a positive culture around issues of sexuality and relationships
- Teach pupils the correct vocabulary to describe themselves and their bodies

### **Statutory Requirements**

The Relationships Education, Relationships and Sex Education and Health Education (England) Regulations 2019, made under sections 34 and 35 of the Children and Social Work Act 2017, make Relationships Education compulsory.

### **Delivery of RSE at Lancasterian Primary**

At Lancasterian Primary, RSE is taught within the PSHE curriculum for one half-term each year. It consists of three lessons for Reception to Year 5 and four Lessons for Year 6 as outlined by the Christopher Winter Project for RSE (Appendix 1).

Class Teachers are responsible for teaching the Relationship Education Curriculum as outlined in this Policy. All lessons are approached and taught with sensitivity and are age appropriate. In Year 4, 5 and 6 during Sex Education lessons, boys and girls are taught separately.

The biological content of RSE is mandatory for all pupils, as part of the National Curriculum for Science which includes the following:

#### **KS1**

- That animals, including humans, move, feed, grow, use their senses and reproduce; recognising and comparing the main external parts of the bodies of humans (non-sexual); that humans and animals can produce offspring and these grow into adults.

#### **KS2**

- That the life processes common to humans and other animals include growth, nutrition and reproduction; the main stages of the human life cycle.

### **Pupils with Special Educational Needs and Disabilities (SEND)**

SEND pupils should follow the same RSE education programme as all other students. Careful consideration is given concerning the level of differentiation needed, and in some cases the content or delivery will have to be adapted. Teachers and/or learning support assistants work with individual pupils where required, and if appropriate.

### **Monitoring, Evaluation and Assessment**

The Christopher Winter Projects provides an opportunity for teacher and pupil reflection as part of each lesson. A record is kept of feedback from pupils, parents and teachers collected by SMSC Leader for monitoring and valuation purposes. Monitoring also happens through Quality Assurance Reviews of Topic books, which happens termly.

### **Parents' and Carers' Right to Withdraw**

- Parents and Carers have the right to request that their child be withdrawn from some or all of sex education delivered as part of statutory RSE that is not part of the Science Curriculum stated above.
- An appointment with the SMSC Leader must be made to discuss and clarify why a parent/carer wants to withdraw their child and this will be recorded.
- The SMSC Leader will discuss the benefits of receiving this education and the detrimental effects withdrawal may have on the child (feeling excluded or hearing what has been taught from peers).
- Parents can decide to deliver sex education to their child at home instead (information will be provided on request).

### **Appendix 1: Christopher Winter Project for RSE Lesson Overview**

*Sex Education Lessons, from which parents/carers have the right to withdraw their child, are written in red*

Reception <b>Our lives</b>	Lesson 1: Our day Lesson 2: Keeping ourselves clean Lesson 3: Families
Year 1 <b>Growing and caring for ourselves</b>	Lesson 1: Keeping clean <b>Lesson 2: Growing and changing</b> Lesson 3: Families and care
Year 2 <b>Differences</b>	<b>Lesson 1: Differences: Boys and girls</b> Lesson 2: Differences: Male and female <b>Lesson 3: Naming the body parts</b>
Year 3 <b>Valuing differences and keeping safe</b>	<b>Lesson 1: Differences: Male and female</b> Lesson 2: Personal space Lesson 3: Family differences
Year 4 <b>Growing up</b>	<b>Lesson 1: Growing and changing</b> <b>Lesson 2: What is puberty?</b> <b>Lesson 3: Puberty changes and reproduction</b>
Year 5 <b>Puberty</b>	<b>Lesson 1: Talking about puberty</b> <b>Lesson 2: Male and female changes</b> Lesson 3: Puberty and hygiene
Year 6 <b>Puberty, relationships and reproduction</b>	<b>Lesson 1: Puberty and reproduction</b> Lesson 2: Understanding relationships <b>Lesson 3: Conception in pregnancy</b> Lesson 4: Communication in relationships