

Relationships Education and Sex Education Policy

This policy sets out how the school meets the statutory requirements of the Department for Education, Relationships Education.

As of September 2020, all primary schools in England are required to teach 'Relationships Education' due to the amendments introduced to the Children and Social Work Act 2017. Relationships Education is teaching children about healthy emotional, social and physical aspects of relationships, which will support them in staying safe and secure. For our pupils at Dalmain, this will include providing age appropriate sex education.

As a maintained primary school, we must provide Relationships Education to all pupils. Although it is not statutory to provide sex education, the DfE highly recommends that schools include it in their curriculum beyond the elements of sex education contained in the science curriculum.

In teaching Relationships Education and Sex Education (which will be referred to as RSE in this policy), we must have regard to guidance issued by the secretary of state as outlined in section 403 of the Education Act 1996.

RSE is an important aspect of pupils' education and is concerned with informing children honestly and appropriately so that they make safe choices in life. RSE includes planned opportunities to help children to understand the emotional, physical and social aspects of growing up and relationships and support the development of their self-confidence.

This policy has been developed and written following discussions with school staff through professional development meetings; parents/carers through consultation; the local authority and the governing body at Dalmain.

The over-arching aim of RSE is to help children to develop the knowledge, skills, attitudes and values to become healthy, happy, safe, confident, respectful and responsible citizens – both now and in the future.

Our work in Relationships Education is set in the wider context of our school values and ethos:

- We promote pupils' self-esteem and emotional wellbeing and help them to form and maintain worthwhile and satisfying relationships, based on respect for themselves and for others, at home, at school, at work and in the community
- We promote a healthy, safe and caring environment for all pupils and staff
- We provide a broad and balanced inclusive curriculum for all our pupils, which values their diverse backgrounds and needs
- We promote relationships based on respect, kindness and honesty
- We prepare our pupils to engage confidently with the challenges of adult life
- We provide sufficient information and support to enable our pupils to make safe choices.

1 May 2022



Relationships and Sex Education

Relationships Education is about the emotional, social and cultural development of pupils, and involves learning about relationships, healthy lifestyles, diversity and personal identity.

RSE involves a combination of sharing information, and exploring issues and values.

RSE is not about the promotion of sexual activity.

Objectives

The main objectives of the RSE curriculum are:

- to help and support children in their physical, emotional, social, intellectual, and moral development
- to help children to learn to understand and respect themselves and others, and to move with confidence from childhood through adolescence and into adulthood
- to provide knowledge and understanding about all relationships (including healthy, loving relationships and the process of human reproduction at an age appropriate level)
- for children to acquire attitudes that prepare them to view their own relationships and physical changes in a healthy and responsible manner
- to provide information that respects all cultures and viewpoints
- to provide information that is accurate, honest and easy to understand at the children's level of development (including the law as it relates to topics such as consent, marriage and civil partnership, equality, child protection and safeguarding)
- To express thoughts, doubts and anxieties within a trusted and safe environment
- To build the skills needed to make responsible decisions and to take responsibility for themselves and their actions

RSE at Dalmain Primary School is compliant with the *Equality Act 2010* and supports the council's fulfilment of the *Public Sector Equality Duty*, which requires schools to have due regard to the need to:

- Eliminate discrimination and other conduct that is prohibited by the Act
- Advance equality of opportunity between people who share a protected characteristic and people who do not share it
- Foster good relations across all characteristics between people who share a protected characteristic and people who do not share it.

Teaching and Learning

RSE is taught with clear age appropriate learning objectives and is taught via a spiral curriculum: a curriculum which builds on previous knowledge and understanding. As with all purposeful teaching, a balanced range of methods is employed, but with the emphasis on active learning methods which involve the children's full participation. Approaches will vary in terms of the materials to be used and the objectives of the lessons, but will generally be pupil centred, interactive and involve discussion and group work. Teaching can be in both single gender and mixed gender groups according to need. There will be sensitivity to individuals' special needs, ensuring that resources used will enable equal access for all.

Relationships education focuses on teaching the fundamental building blocks and characteristics of positive relationships including:

- Families and people who care for me
- Caring friendships



- Respectful relationships
- Online relationships
- Being safe

These areas of learning are addressed within the context of family life, taking care to ensure that there is no stigmatisation of children based on their home circumstances (families include single parent families, LGBT parents, families headed by grandparents, adoptive parents, foster parents/carers amongst other structures) along with sensitive reflections that some children may have a different structure of support around them (looked after children or young carers, for example).

Sex education will focus on:

- Preparing boys and girls for the changes that adolescence brings
- How a baby is conceived and born

Biological aspects of RSE are taught within the science curriculum, and other aspects of RSE are included in other subjects such as computing and religious education.

For more information about our RSE curriculum, see Appendices 1, 2 and 3.

Assessment and Monitoring of RSE

Teachers apply assessment for learning techniques during the delivery of lessons to ensure misconceptions are addressed. Strategies may include;

- Planning activities to gather information e.g. white boards
- Teacher standing back, observing and moving around the classroom
- Skilled questioning
- Use of mini plenary to assess pupils' understanding
- Peer / self-assessment: post-its, thumbs, verbal feedback
- Exit cards
- Use of plenary and mini-plenaries to assess pupils' understanding and application of skills
- Incisive verbal or written feedback and marking

The teaching of RSE is monitored and evaluated by the SLT (Senior Leadership Team) and the subject leader through learning walks, monitoring of planning, lesson observations and pupil voice.

Pupils with SEND

All pupils, including those with SEND, have a right to effective RSE. The needs of all pupils are taken into account when teaching RSE. This may require adjustments to the curriculum or how it is accessed for some pupils, e.g. use of specific IT equipment, small group work, TA support or differentiated activities.

RSE and Faith Perspectives

At Dalmain Primary School, pupils of all faiths and those of no faith are treated equally and respectfully. In line with the DfE statutory guidance, RSE is taught in a way that respects all views and which takes the backgrounds of the pupils into account. Primarily, RSE is dedicated to building pupils' empathy, self-worth, respect and values. Faith perspectives are included in the teaching and learning, where appropriate (e.g.



when discussing marriage and relationships). However, RSE is always taught within the context of the Equality Act 2010 and the school places RSE at the forefront of its Public Sector Equality Duty.

Sex education (outside the science curriculum) and the right to withdraw

Both Relationships Education and Health Education are mandatory and children cannot be withdrawn from these lessons. However, parents can ask to withdraw their children from Sex Education lessons that are in addition to the statutory parts covered by the science curriculum.

The **statutory** National Curriculum for Science:

Key Stage 1

- Learn names of main body parts and senses
- notice that animals, including humans, have offspring which grow into adults
- describe the importance for humans of exercise, eating the right amounts of different types of food and hygiene

Key Stage 2

- Life-processes common to humans include nutrition, growth and reproduction
- The main stages of the human life cycle

Parents /carers wishing to use the right to withdraw are advised to talk with the class teacher and ask to borrow the DVDs that will be used in class. Parents who still would like to remove their child from Sex Education should put this in writing to the Head Teacher by emailing admin@dalmain.lewisham.sch.uk

When children are withdrawn from non-statutory Sex Education lessons the school will ensure that the pupil is occupied meaningfully during that time, with suitable alternative learning provision.

RSE and Safeguarding

Effective RSE is an important part of safeguarding children, as it equips them with the facts and skills to negotiate all forms of relationships and to recognise what is positive in a relationship and what is not.

Pupils are encouraged to discuss their concerns with an appropriate adult. The development of 'Ground Rules' in RSE sessions is important for this reason. They help to ensure a safe and effective climate for learning and apply to both pupils and adults in the classroom. Pupils can use an 'Ask-it basket' if they wish to raise questions anonymously.

Due to the guidelines in the Child Protection Policy, teachers cannot offer or guarantee absolute confidentiality. Teachers should consult with the school's designated Child Protection Lead for advice on all Child Protection matters.



Use of Outside Visitors / Agencies to Support RSE

RSE is taught by class teachers, who are best placed to teach the subject because of their professional expertise and standards, knowledge of the curriculum and existing relationship with pupils. However, learning may also be enhanced by the use of outside agencies and professionals. This may include support from, for example, the school nurse team.

Any use of outside visitors is in line with school policy and procedures as stated in our Use of Outside Visitors Policy

When any aspect of the RSE programme is being led by an outside agency, the class teacher will also stay in the room, to ensure that learning from the session can be followed up appropriately and to reassure pupils that the class ground rules are being honoured.

All outside agencies working in school to support the RSE programme will adhere to all relevant school policies.

Links to Other Policies

This policy is informed by a range of school policies and DfES guidance documents:

- Relationships Education, Relationships and Sex Education (RSE) and Health Education guidance
- Keeping Children Safe in Education guidance
- Safeguarding & Child Protection policy
- E-Safety policy
- SEND policy
- Equality Statement Information and Objectives
- Accessibility Plan
- Behaviour policy
- Health and Safety policy statement
- Use of Outside Visitors policy
- Science curriculum overview

Policy Development and Consultation

The school's RSE policy is developed by the PSHCE (Personal, Social, Health and Citizenship Education) lead with support from the Senior Leadership Team. The views of the pupils, school staff and parents/carers are taken into account in the following ways:

- Pupils can be consulted through the School Council, pupil needs assessment before and during units, or ongoing assessment at the end of each unit.
- Staff needs can be considered through a staff needs questionnaire, through the subject leader's monitoring process and through discussions at Professional Development Meetings.



 Parents/carers can be consulted through viewing materials before they are taught, consultation period of draft policy, giving feedback to teachers and the SLT.

Responsibilities of Staff and Governors

The school governors are responsible for ensuring that an up-to-date policy is in place and for final approval of the policy. Overall responsibility for this policy is with the Named Governor Lead for PSHCE.

The Governing Body is responsible for:

• Authorising the RSE Policy (and any subsequent reviews of the Policy) and ensuring that the terms and ethos of this policy are followed.

The PSHCE Lead is responsible for:

- Writing and updating the Relationships Education and Sex Education Policy and Scheme of Work in light of initiatives and change, and monitoring the development of the subject throughout the school.
- Guiding and supporting teachers in this subject, to include refresher training for RSE.
- Co-ordinating external agency support for RSE.
- Monitoring the effectiveness of the planned and delivered curriculum for RSE.
- Co-ordinating classroom practices and guidelines across the curriculum and ensuring the development of subject skills.
- Auditing and monitoring resources throughout the school to ensure that there are sufficient ageappropriate and ability-appropriate resources for effective teaching and learning.

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The Head Teacher is responsible for:

• Ensuring that the terms and ethos of this policy are followed.

Other members of the staff team are responsible for:

Following the terms and ethos of this policy.



Approval Committee:	Quality of Education	
Responsible Governor:	rnor: Catriona Scott	
Signed:		
Date approved:	May 2023	
Next review date: May 2024		
Author:	Sarah Rose	
Implementation date:	May 2021	
Version:	001	

HISTORY			
Policy review date	Reason for review	Description	
May 2022	Annual review	No changes	
May 2023	Annual review	No changes	



Appendix 1: By the end of primary school pupils should know

TOPIC	PUPILS SHOULD KNOW
Families and	That families are important for children growing up because they can give love, security and stability.
people who care about me	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 friend-	How important friendships are in making us feel happy and secure, and how people choose and make friends.
ships	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, and 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, managing conflict, how to manage these situations and how to seek help or advice from others, if needed.
Respectful rela- tionships	The importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs.
·	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 in 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.



	How to report concerns or abuse, and the vocabulary and confidence needed to do so. Where to get advice e.g. family, school and/or other sources.
	How to ask for advice or help for themselves or others, and to keep trying until they are heard.
	How to recognise and report feelings of being unsafe or feeling bad about any adult.
	How to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know.
	That each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact.
	About the concept of privacy and the implications of it for both children and adults, including that it is not always right to keep secrets if they relate to being safe.
Being safe	What sorts of boundaries are appropriate in friendships with peers and others (including in a digital context).
	How information and data is shared and used online.
	How to critically consider their online friendships and sources of information, including awareness of the risks associated with people they have never met.
	The rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them.
ships	That the same principles apply to online relationships as to face-to face relationships, including the importance of respect for others online including when we are anonymous.
Online relation-	That people sometimes behave differently online, including by pretending to be someone they are not.
	The importance of permission-seeking and giving in relationships with friends, peers and adults.
	What a stereotype is, and how stereotypes can be unfair, negative or destructive.
	About different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help.



Appendix 2: Scheme of Work

Mental Health & Emotional wellbeing (including Zones of Regulation resources) – Autumn 1					
Yr 1	Yr 2	Yr 3	Yr 4	Yr 5	Yr 6
Pupils learn:	Pupils learn:	Pupils learn:	Pupils learn:	Pupils learn:	Pupils learn:
 about different types 	about the im-	 about celebrating 	• to recognise when	about a wide range	what mental health is
of feelings	portance of special	achievements and setting	people are putting	of emotions and feel-	about what can affect
 about managing dif- 	people in their	personal goals	them under pres-	ings and how these are	mental health and
ferent feelings	lives and friendships	 about dealing with put- 	sure	experienced in the	some ways of dealing
 about the character- 	 about making friends 	downs	 to identify ways of 	body	with this
istics of healthy	and who can help with	 about positive ways to 	resisting peer pres-	about times of	about some everyday
friendships	friendships	deal with set-backs	sure	change and how this	ways to look after men-
	 about solving prob- 		• to identify feelings	can make people feel	tal health
	lems that might arise		of anxiety and fear	 about the feelings as- 	about the stigma and
	with friendships			sociated with loss, grief	discrimination that can
				and bereavement	surround mental
	_				health
		cluding Stonewall resource	es): – Autumn 2		
Yr 1	Yr 2	Yr 3	Yr 4	Yr 5	Yr 6
Pupils learn:	Pupils learn:	Pupils learn:	Pupils learn:	Pupils learn:	Pupils learn:
 about what makes 	•to be able to talk	 Pupils learn about valu- 	• about Britain as a	 about stereotyping, 	about people who
themselves and others	about their family	ing the similarities and	democratic society	including gender stere-	have moved to other
special	•how families are dif-	differences between	about how laws	otyping	places, (including the
 about roles and re- 	ferent/similar	themselves and others	are made	 about prejudice and 	experience of
sponsibilities at home		Pupils learn about what	about the local	discrimination and how	refugees)
and school		is meant by community	council	this can make people	about human rights
 about being co-oper- 		Pupils learn about be-	what a family	feel	and the UN Convention
ative with others		longing to groups	looks like	•what a healthy family	on the Rights of the
•to be able to talk		What a family	what a family	relationship needs	Child
about their family		looks like	means to them		about homelessness
•how families are dif-		what a family			•what a healthy family
ferent/similar		means to them			relationship needs



Keeping Safe and Man	Keeping Safe and Managing Risks – Spring 1					
Yr 1	Yr 2	Yr 3	Yr 4	Yr 5	Yr 6	
Pupils learn: • about safety in familiar situations • about personal safety • about people who help keep them safe outside the home	Pupils learn: • about keeping safe in the home, including fire safety • about keeping safe outside • about road safety	Pupils learn: • to recognise bullying and how it can make people feel • about different types of bullying and how to respond to incidents of bullying • about what to do if they witness bullying as a bystander	Pupils learn: • how to be safe in their computer gaming habits • about keeping safe near roads, rail, water, building sites and around fireworks • about what to do in an emergency and basic emergency first aid procedures	Pupils learn: • about keeping safe online • that violence within relationships is not acceptable • about problems that can occur when someone goes missing from home	Pupils learn: • about feelings of being out and about in the local area with increasing independence • about recognising and responding to peer pressure • about the consequences of anti-social behaviour (including gangs and gang related behaviour) FGM Pupils learn: • about the importance for girls to be protected against FGM	
Sex and Relationships	Education – Spring 2					
Yr 1	Yr 2	Yr 3	Yr 4	Yr 5	Yr 6	
Pupils learn: •that humans have bodies with similar parts •that all humans and animals grow and change as they get older •the names of the main parts of the body	• that animals (including humans) produce young and these grow into children and new adults • that we grow and change, as do all living things	Pupils learn: •the basic biology of human reproduction (from conception to birth) •how our bodies change (not menstruation) •the correct terminology for parts of the body	Pupils learn: •about the physical and emotional changes that occur during puberty, including menstruation •to consider some of the changes over which we have no	Pupils learn: •to be able to describe the physical and emotional changes that take place as boys and girls go through puberty. •the correct names of the male and female reproductive organs	Pupils learn: •to consider how sex is presented in the media •to consider sexual stereotyping •that their changing emotions are a normal aspect of puberty	



•to explore differences	•that some changes	•that they can have dif-	control and the	•that adults have	•to understand the im-
between male and fe-	are social	ferent kinds of relation-	choices we can	young and that these	portance of making de-
males	•that we are all special	ships with different peo-	make concerning	young grow into adults	cisions for themselves
•to reflect on differ-	•that a baby develops	ple, including marriage	those which we do	which in turn produce	and not succumbing to
ences between male	inside its mother's	and those between	not have control	young	unwanted pressure
and females, other	womb and that male	friends and family	•to understand that	•that human young are	from others
than physical differ-	and female sex parts	•to know who they can	family and friends	dependent on adults	•that it is possible to
· '	are needed to make a	talk to if they have any	should care for one	for a relatively long	prevent fertilization
ences	baby	worries	another	time	•that safe routines can
	•to reflect on their de-	•to consider the needs of			
			•to know that they	•to appreciate the ef-	stop the spread of vi-
	velopment from babies	a baby before and after	can have different	fect that a new baby	ruses, including
	to the present day	birth	kinds of relation-	has on that family.	HIV/Aids
			ships with different	•where individuals,	
			people, including	groups and families can	
			marriage and those	get support	
			between friends and	•an understanding of	
			family	sexual relationships as	
			•to recognise differ-	an expression of a cou-	
			ent risks in different	ples' love and affection	
			situations and how	in a committed rela-	
			to behave responsi-	tionship	
			bly	that it takes approxi-	
			to know when to	mately 9 months for	
			keep secrets and	the fertilized egg to de-	
			when to tell	velop into a baby	



Drug, Alcohol and Tob	Drug, Alcohol and Tobacco Education – Summer 1					
Yr 1	Yr 2	Yr 3	Yr 4	Yr 5	Yr 6	
Pupils learn:	Pupils learn:	Pupils learn:	Pupils learn:	Pupils learn:	Pupils learn:	
 to identify people 	 about the positive 	to develop their	 to develop an 	 what informs deci- 	 to develop their 	
who can help to keep	role of medicines and	understanding of risk	understanding of	sion making	knowledge of broad	
them safe and avoid	develop an under-	taking and dealing with	risk taking and to	•to build upon their ex-	issues in relation to	
unsafe situations	standing of how they	making decisions	understand that	isting knowledge and	drugs	
that rules are im-	can be harmful if not	 how things can get 	their decisions have	understanding of the	how to make	
portant for keeping	used properly	into/onto their body and	consequences	effects and risks of us-	informed choices	
safe and that different	 to identify different 	how different substances	•about choices	ing commonly available	•to work	
places have different	ways medicines are	can affect how the body	related to taking	drugs (alcohol/to-	collaboratively to	
sets of rules	used and know the	works	risks and having a	bacco/volatile sub-	research basic	
that rules apply to	people who can give	•that all medicines are	healthy lifestyle (eg.	stances)	information about the	
medicines and how	medicines safely	drugs, but not all drugs	what goes into their	•that the term "drug"	effects and risks of	
medicines can be	•that other household	are medicines	bodies)	covers a range of legal	commonly available	
harmful if not used	products can be harm-	•when it is safe to use	ways to resist	and illegal substances	drugs (including	
properly	ful if not properly used	medicines and when it is	unhelpful pressures	•to be aware of when	medicines, volatile	
•that some household	and learn ways to keep	unsafe to use them	and influences	and how substances	substances, tobacco,	
substances can be	safe around them	•about the legalities of	•about tobacco and	can be harmful	cannabis and other	
harmful if not used	•to value their health	drug use (with an	laws on smoking	•to consider the rea-	illegal substances)	
properly	and reflect on what it	emphasis on alcohol)	•about the effects	sons why some people	•why drugs are illegal	
•to identify and de-	might be like to have a		on the human body	take drugs (and/or	or restricted	
scribe feelings associ-	long term or serious ill-		of tobacco and how	medicines)	•to understand	
ated with being unwell	ness		these relate to their	•to challenge their	different people's	
or injured			personal health	own and others' stere-	reasons for	
•what to do when			•to respect	otypes	smoking/drinking	
someone else is hurt			differences in others	•where to go for help	alcohol and differing	
			and acquire	and support	attitudes to drug use	
			knowledge to		(addressing/challenging	
					stereotypes)	



			develop good relationships		•to develop their ability to handle other people's points of view and have the opportunity to develop their communication skills through formal debate •where to go for help and support
Physical Health and Fi	tness – Summer 2				
Yr 1	Yr 2	Yr 3	Yr 4	Yr 5	Yr 6
Pupils learn:	Pupils learn:	Pupils learn:	Pupils learn:	Pupils learn:	
 about food that is as- 	 about eating well 	 about making healthy 	 why people may 	 that messages given 	
sociated with special	about the im-	choices about food and	eat or avoid certain	on food adverts can be	
times, in different cul-	portance of physical	drinks	foods	misleading	
tures	activity, sleep and rest	 about how branding can 	(religious, moral,	 about role models 	
 about active play- 	 about people who 	affect what foods people	cultural or health	 about how the media 	
ground games from	help us to stay healthy	choose to buy	reasons)	can manipulate images	
around the world	and well and about	 about keeping active 	 about other fac- 	and that these images	
 about sun-safety 	basic health and hy-	and some of the chal-	tors that contribute	may not reflect reality	
	giene routines	lenges of this	to people's food		
			choices (such as eth-		
			ical farming, fair		
			trade and seasonal-		
			ity)		
			about the im-		
			portance of getting		
			enough sleep		



Appendix 3: RSE curriculum covered in other curriculum areas

E-Safety	Six themes are covered across the year.	
	 Privacy and security and Online reputation Online relationships and Online bullying Managing online information Copyright and ownership Self-image and identity Health, well-being and lifestyle More details can be found at <u>Education for a Connected</u>	ed World (publishing.service.gov.uk)
RE	Dalmain School follows the Lewisham Agreed Syllabus of More details can be found at Lewisham Council - Religion	
Science	Parts of the SRE curriculum are covered in the statutory More details can be found at National curriculum in Eng	y National Curriculum for Science. gland: science programmes of study - GOV.UK (www.gov.uk)
Whole School events	Various events are celebrated across the school year w LGBT Month Anti-Bullying Week European Day of Languages	hich support the RSE curriculum. • World Book Week • Autism Awareness Week • International Woman's day
	 Inter-Faith Week Religious festivals Black History Disability Awareness days 	 Earth Day Walk to school week Sun Safety Awareness Healthy Eating Week



World Mental Health Week	 World Refugee Day /Week
UNICEF Children's Day	 World Environment Day
 Children's Mental Health Week 	 Holocaust Day
Safer Internet Day	 International Day of the Disabled