



Ashfield Primary School

Relationships Education, Relationships and Sex Education (RSE) and Health Education Policy

Introduction

At Ashfield, Relationships and Sex Education (RSE) is an important element of Personal, Social and Health Education which enables children to prepare for their future life, understand and cope with both physical and emotional changes and develop healthy behaviour for life. We deliver this in a sensitive and professional way.

At Ashfield, RSE will be developmental and will provide a sound foundation for further work in Secondary School. All our members of staff are committed to delivering relevant aspects of RSE through a variety of classroom and whole school experiences.

Relationships Education is compulsory in primary schools in England. This is in response to the identified risks children and young people may face through their increased on line activities and the need to support them to be safe and healthy and manage their academic, social and personal lives in a positive way.

Guidelines

Those marked with an * are part of the National Curriculum Science requirements.

By the end of Key Stage One, pupils will know and understand:

- The names of the main external parts of the body. *
- The function of certain parts of the body, internal and external - for example how the heart rate changes during exercise.
- That humans and animals grow and reproduce. *
- That humans and animals can produce offspring and these grow into adults. *
- About growth and change in humans, plants and animals - life cycles.
- The basic rules for keeping safe, clean and healthy, managing their own personal hygiene.
- About safe places to play and safe people to be with.
- The needs of babies and young children.
- The ways in which they are similar to and different from others.
- That they have some control over their actions and bodies.
- That families and friends are special for sharing and caring.
- How different people can help them and how they can help others.

By the end of Key Stage Two, pupils will know and understand:

- That the life processes common to humans and animals include growth and reproduction. *
- About the main stages of the human life cycle. *
- About the physical and emotional changes that happen at puberty, why they happen and how they manage them.

- How to ask age appropriate questions about puberty and how a baby is born.
- Sexuality - what it is and what words describe it.
- How to continue to follow basic rules, as mentioned in Key Stage One, for managing personal hygiene, keeping safe and healthy.
- About helpful things that go into their bodies - good food, some medicinal drugs.
- The many different relationships in which they are involved.
- About keeping themselves safe when involved with risky activities.
- The discussion could cover: Child Sexual Exploitation (CSE); Female Genital Mutilation (FGM) and forced marriage.
- That their actions have consequences and be able to anticipate the results of them.
- About different forms of bullying people and the feelings of both bullies and victims.
- About a wide range of different family arrangements and accept variety, e.g. second marriages, fostering, extended families where three or more generations live together and same sex parents.
- How the media can influence people and has an impact on forming attitudes.

Throughout RSE, pupils will have considered:

- The diversity of lifestyles.
- Others points of view, parents, carers, friends.
- Why being different can provoke bullying and why this is unacceptable.
- When it is appropriate to take a risk, when to say no and seek help.
- The diversity of values and customs in the school and community.
- The need for love and trust in established relationships.
- CSE, FGM (female genital mutilation) and forced Marriage
- Emotional considerations through MindMate and NSPCC
- Recognising and reporting different types of abuse: emotional, physical and sexual - including on line
- Positive emotional and mental well-being

In order to teach the above, the following is used/considered:

- DfE guidance 2021 Sexual violence and Sexual Harrassment between children in schools and colleges
- RSE should be accessible to all pupils and recognise that pupils with special educational needs and disabilities (SEND) may be more vulnerable to exploitation and bullying due to the nature of their SEND
- Teaching about lesbian, gay, bisexual and transgender (LGBTQ+) issues should be integrated into programmes of study and not be a standalone unit
- Pupils should be able to understand the world in which they are growing up, which means that some people are LGBTQ+, that this should be respected in British society, and that the law affords them and their relationships recognitions and protections (DfE 2019b)

Right to be excused from sex education (the right to withdraw)

- Parents will have the right to request that their child be withdrawn from some or all of sex education delivered as part of statutory RSE
- For SEND a pupil's specific needs will be taken into account when making decisions about whether a pupil may be excused

Parents of pupils in Y4 and Y6 will be informed in advance of sex and relationships lessons. They will be asked to sign to confirm that they give permission for these lessons to take place. If their permission is not given, parents/guardians will have further consultation with school staff to explain what children would be learning in RSE in school, and provided with resources should they still wish to withdraw their child.

Conclusion

RSE is an essential part of our PSHE curriculum and pupils should feel confident and secure about extending their knowledge.

Date Ratified by the governing board of Ashfield Primary School: 5th February 2025

Next review date: Spring 2026

Associated policies:

- Equal Opportunities
- PSHE
- Anti-Bullying
- Racial Equality
- SEND
- Inclusion
- Health & Safety
- Science
- Child protection
- Learning and Teaching

References:

Department for Education (DfE) (2021) Sexual violence and sexual harassment between children in schools and colleges.

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/1014224/Sexual_violence_and_sexual_harassment_between_children_in_schools_and_colleges.pdf

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Department for Education (DfE) (2019a) Relationships Education, Relationships and Sex Education (RSE) and Health Education: statutory guidance for governing bodies, proprietors, head teachers, principals, senior leadership teams, teachers.

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Department for Education (DfE) (2019c) Relationships, sex and health education: guides for schools.

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Preventing sexual harassment in schools: the role of PSHE education

<https://pshe->

[association.org.uk/system/files/Preventing%20harassment%20in%20schools%20handout.pdf](https://pshe-association.org.uk/system/files/Preventing%20harassment%20in%20schools%20handout.pdf) London:

PSHE Association