



## Pencoys Primary School Relationship and Sex Education Policy

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| Date Agreed: May 2024        | Chair of Governors:<br>Mrs C Sommerville | Headteacher: Mrs C<br>Bonds |
| Date for Review: May<br>2025 |  |                             |

This policy has been written in accordance with the statutory guidance document “Relationships and Sex Education (RSE) and Health Education” (DfE, 2019).

### **Statutory Requirement**

Department for Education (DFE) guidance states that by the summer term 2021, all primary schools must teach Relationships and Health Education. The teaching of Sex Education in primary schools remains non-statutory, with the exception of the elements of sex education contained in the science national curriculum: including knowledge of the main external body parts; the changes as humans develop to old age and reproduction in some plants and animals. Other related topics that fall within the statutory requirements for Health Education, such as puberty and menstrual wellbeing, will be included within Personal Social Health and Economic education (PSHE) lessons.

Within the statutory guidance document for RSE and Health Education, the DfE also encourages schools to deliver age-appropriate sex education if they feel their pupils need this information: “It will be for primary schools to determine whether they need to cover any additional content on sex education to meet the needs of their pupils. Many primary schools already choose to teach some aspects of sex education and will continue to do so, although it is not a requirement.

“It is important that the transition phase before moving to secondary school supports pupils’ ongoing emotional and physical development effectively. The DfE continues to recommend therefore that all primary schools should have a sex education programme tailored to the age and the physical and emotional maturity of the pupils. It should ensure that both boys and girls are prepared for the changes that adolescence brings and – drawing on knowledge of the human life cycle set out in the national curriculum for science – how a baby is conceived and born.”

At Pencoys Primary School we will ensure that any Relationship and Sex Education (RSE) is provided in a way that enables pupils to be taught about the committed relationships and their importance

for family life and for bringing up children. Pupils will be protected from teaching materials which are inappropriate, having regard to the age and cultural background of the pupils concerned.

### **Definition**

Within this policy, as in the DfE guidance, Relationships Education is defined as teaching about the fundamental building blocks and characteristics of positive relationships, with particular reference to respectful friendships, family relationships, and relationships with other children and with adults, including online.

For the purpose of this policy, Health Education is defined as teaching pupils about physical health and mental wellbeing, focusing on recognising the link between the two and being able to make healthy lifestyle choices. Sex Education is defined as teaching children how human reproduction occurs, including how a baby is conceived and born (see Year 6 curriculum). This draws on knowledge of the human life cycle set out in the National Curriculum for Science. For the purposes of this policy, we specifically identify any non-statutory Sex Education that falls outside of Science and those related elements (the physical changes associated with puberty) within statutory Health Education. RSE is not about the promotion of sexual activity.

### **Curriculum**

Below is the detailed breakdown of the National Curriculum for science, the new statutory curriculum for PSHE which came into force 2019/2020 (extended due to COVID-19), and the recommended Relationship and Sex Education objectives. Parents are unable to withdraw children from the science and PSHE elements of the curriculum but parents/carers can withdraw their children from Sex Education (Year 6). We strongly believe that finding out about Relationships and Sex Education topics in a safe and nurturing environment is the best way to ensure that facts aren't misinterpreted in playground chat and will support children in future years as they grow and mature.

The school uses 'Discovery Education – Health and Relationships' to inform our lesson planning. This is a spiral curriculum, meaning it builds on previous learning and develops a deeper understanding each year. Below are some of the PSHE statutory statements that must be taught by the end of the primary school:

- 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.
- practical steps they can take in a range of different contexts to improve or support respectful relationships.
- the importance of permission-seeking and giving in relationships with friends, peers and adults.
- what sorts of boundaries are appropriate in friendships with peers and others (including in a digital context).
- 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 (in all contexts, including online) whom 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 or 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 get advice e.g. family, school and/or other sources.
- 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 including the key facts about the menstrual cycle.

The RSE objectives are taught alongside other PSHE objectives, for example, appropriate and inappropriate touch. It is widely recommended that children are taught the correct vocabulary so that if they should ever have to disclose any information, misunderstandings are avoided. We strongly believe in delivering this content in a safe and supportive environment to help children avoid developing misconceptions about these themes. Many of the topics/areas will be compulsory in secondary education. We feel that our science, PSHE and RSE curriculum will give children a solid foundation on which to build. Within each theme, children are taught and will revisit which body parts are 'private' through age-appropriate resources e.g. NSPCC PANTS rule.

| Covered in the Science curriculum   | Covered in PSHE  | Relationships and Sex Education<br><i>(Parents informed via letter these lessons are taking place. Parents have the right to withdraw from the Year 6 Sex Education content)</i>  |
|---|--|---|
| <b>Year 1</b> <ul style="list-style-type: none"> <li>- Identify, name, draw and label basic parts of the human body and say which part of the body is associated with each sense</li> </ul> | Discovery Education:<br>The importance of families<br>Growing and changing<br>Making friends and getting along<br><br>To understand the learn the PANTS rules (NSPCC)      | Discovery Education:<br>Amazing bodies <ul style="list-style-type: none"> <li>- My amazing body</li> <li>- Private body parts (introducing correct terminology)</li> <li>- Looking after our bodies</li> </ul> Vocabulary:<br>Body, healthy, private, penis, testicles, vulva, vagina, similar, different, health, healthy, choices |
| <b>Year 2</b> <ul style="list-style-type: none"> <li>- Notice that animals, including humans, have offspring which grow into adults. Children identify that adults have babies</li> </ul>   | Discovery Education:<br>The diversity of families<br>Growing up and setting goals<br>What makes a happy friendship?<br><br>To understand the learn the PANTS rules (NSPCC) |   |
| <b>Year 3</b><br>N/A  | Discovery Education:<br>Different types of committed relationships<br>Coping with feelings when things change  |   |

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|--|---|---|
|  | <p>Being a good friend</p> <p>To understand the learn the PANTS rules (NSPCC)</p>   |   |
| <p><b>Year 4</b></p> <ul style="list-style-type: none"> <li>- Learning from year 2 reintroduced to discuss other animals</li> </ul>  | <p>Discovery Education:<br/>Families and other relationships<br/>Solving friendship difficulties</p> <p>To understand the learn the PANTS rules (NSPCC)</p>         | <p>Discovery Education<br/>Puberty and Hygiene</p> <ul style="list-style-type: none"> <li>- What is puberty?</li> <li>- Understanding periods</li> <li>- Keeping clean as we grow and change</li> </ul> <p>Vocabulary:<br/>Puberty, hormones, menstruation, eggs, sanitary pads, periods, hygiene, hormones, sweat, health</p>  |
| <p><b>Year 5</b></p> <ul style="list-style-type: none"> <li>- identify physical differences (externally observable) between male and female humans. Introduce the terms sperm and egg – meet to form an embryo (new life)</li> <li>- Research the gestation period of different animals and compare to humans</li> <li>- Identify changes that happen between a baby, toddler, child and adult.</li> </ul> | <p>Discovery Education:<br/>Healthy, committed relationships<br/>Changing friendships</p> <p>To understand the learn the PANTS rules (NSPCC)</p>                    | <p>Discovery Education<br/>Puberty and Emotions</p> <ul style="list-style-type: none"> <li>- Puberty</li> <li>- Puberty and emotions</li> <li>- Emotional changes: managing well</li> </ul> <p>Vocabulary:<br/>Hormones, menstruation, periods, sperm, eggs, ovaries, testicles, vagina, penis, puberty, emotions, changes, feelings, support, control.</p>   |
| <p><b>Year 6</b></p> <ul style="list-style-type: none"> <li>- N/A</li> </ul>   | <p>Discovery Education:<br/>Coping with Emotional Effects of Life Changes<br/>Relationships and feelings</p> <p>To understand the learn the PANTS rules (NSPCC)</p> | <p><b>(Non-Statutory)</b><br/><i>Discovery Education Starting a Family (Sex education)</i></p> <ul style="list-style-type: none"> <li>- <i>Starting a family</i></li> <li>- <i>The impact of having a baby</i></li> <li>- <i>When is right?</i></li> </ul> <p><i>Vocabulary:</i><br/><i>Sexual intercourse, sex, fertilise, conception, foetus, sperm, egg, pregnant, IVF, adoption, caesarean section, babies, commitment, responsibility, law, legal, age restriction, age of consent, safe</i></p> |

### **Delivery of Sex Education**

Our Relationships and Sex Education programme will be delivered in an age appropriate and sensitive manner by class teachers. Teaching is taught in mixed gender groups. We aim to provide a learning atmosphere where children feel safe and relaxed, and where they feel confident to engage in discussions around potentially sensitive subjects and themes.

Ground rules in class and across the school are essential when discussing sensitive subject matter and teaching RSE. Clear ground rules are established in partnership with the class, then reinforced at the start of each relevant lesson. As a minimum, ground rules are likely to include the following basic guidelines:

Listen politely to each other

Everyone gets a turn to speak, if they want to

Everyone has a right not to speak

Everyone's contribution is respected

We don't ask or have to answer any personal questions

We use anatomically correct language when we have learnt it.

### **Confidentiality**

Pencoys Primary School encourages pupils to talk to their parents and carers and will give them support to do so. Teachers cannot offer or guarantee absolute confidentiality. It is only in the most exceptional circumstances that teachers will handle information without parental knowledge and this will be where there are grounds for serious concerns and child protection issues will need to be raised.

### **Dealing with sensitive issues**

Teachers need to be sure that they are aware of issues that may arise out of teaching and learning about RSE. The following are protocols for discussion based lessons with pupils:

- no one (teacher or pupil) will have to answer a personal question;
- no one will be forced to take part in a discussion;
- only the correct biological names for body parts will be used;
- meanings of words will be explained in a sensible and factual way;

Teachers may use their discretion in responding to questions and may say that the appropriate person to answer that question is the parent.

Where a member of staff is concerned that a child protection issue is arising it is his/her responsibility to follow the school's policy in this matter.

### **Right to withdraw**

As previously stated, the Relationships and Sex Education (RSE) curriculum consists of both statutory and non-statutory elements:

- Parents do have the right to withdraw their child/ren from the non-statutory/non-science components of sex education within RSE (Year 6).
- Parents do not have the right to withdraw their children from statutory relationships education, health education or the science curriculum.

A letter informing parents that RSE lessons (Yrr1,4,5 and 6) are going to take place are sent out and a summary of the content is included. If a parent has concerns, we encourage them to discuss their concerns with us (class teacher/PSHE lead/head teacher). If a parent wishes to withdraw their child from the RSE lessons we request this is put in writing to the headteacher.

### **Equal Opportunities**

The staff at Pencoy's School are committed to the view that all children are of equal value and have equal rights to education, whatever their race, gender, class, disability, learning need, age or religion.

### **Special Educational Needs**

Pupils with special educational needs will be given the opportunity to fully participate in RSE lessons, and a differentiated program will be provided where necessary, to ensure that all pupils gain a full understanding.

### **Monitoring and Evaluation**

The governing body will review this policy annually and assess its implementation and effectiveness. The policy will be promoted and implemented throughout the school. Parents are invited annually to be part of the review of this policy.