

Explaining Relationships Education, Health Education and Relationship and Sex Education (RSE)

and how this will impact the PSHE curriculum at Allerton CE Primary

The role of parents and carers in the development of their children's understanding about relationships is vital. You are the first teachers of your children. You have the most significant influence in enabling your children to grow and mature and to form healthy relationships. When covering Relationships Education, Health Education and RSE (Relationships and Sex Education) we want to work closely with you, ensuring you know what will be taught, how it will be covered and when. Below, we clarify answers to some commonly asked question around RSE. If you are seeking additional information or advice around this area please do not hesitate to get in contact with PSHE leader who will be more than happy to support you further.

Why do we teach this?

Fundamentally, high quality Relationships Education, Health Education and RSE helps create safe school communities in which pupils can grow, learn, and develop positive, healthy behaviour for life. However we are also legally responsibility to ensure we are covering the following statutory requirements:

- From September 2020 the **Children and Social Work Act 2017** will come into force making RSE statutory in all secondary schools, and 'Relationships Education' in all primary schools.
- Schools are required to comply with relevant requirements of the **Equality Act 2010**. Under the provisions of the Equality Act, schools must not unlawfully discriminate against pupils because of their age, sex, race, disability, religion or belief, gender reassignment, pregnancy or maternity, marriage or civil partnership, or sexual orientation (collectively known as the protected characteristics).
- Ensuring coverage of the **National Curriculum (2014)** including promoting the Spiritual, Moral, Social and Cultural (SMSC) development of the children who attend our school. 'Puberty' and the 'Human Life Cycle' is a statutory requirement of the Primary Science curriculum.

What does Relationships Education, Health Education and RSE cover?

Below is a grid outlining how we cover these areas. A copy of our 'Skills for Life' Curriculum, along with our PSHE policy, is available on request. The themes below are revisited and built upon in an age appropriate manner within our 'Skills for Life' Curriculum. It starts building upon these concepts in Nursery and covers them on a yearly basis until Year 6.

What we cover	How we cover it
Relationships Education <ul style="list-style-type: none"> • Families and people who care for me • Caring friendships • Respectful relationships • Online relationships • Being safe 	<ul style="list-style-type: none"> ✓ Through our 'Skills for Life' Curriculum using stories and historical events in cross curricular lessons. ✓ Weekly PSHE lessons using the You, me and PSHE scheme ✓ Visitors ✓ Whole School events –Anti-bullying week,
Primary Relationship and Sex Education (RSE) <ul style="list-style-type: none"> • Changing adolescent body: It is recommended 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. 	<ul style="list-style-type: none"> ✓ A tailored RSE programme for Year 5 & 6 around understanding the physical and emotional challenges of puberty. This includes a single sex lesson on specific changes around puberty. ✓ Through the statutory science curriculum. ✓ Parent Q & A session (including support materials)
Health Education <ul style="list-style-type: none"> • Mental wellbeing • Internet safety and harms • Physical health and fitness • Healthy eating • Drugs, alcohol and tobacco • Health and prevention • Basic first aid 	<ul style="list-style-type: none"> ✓ Through our 'Skills for Life' Curriculum using stories and historical events in cross curricular lessons. ✓ Weekly PSHE lessons using the You, me and PSHE scheme ✓ Visitors ✓ Whole School events – Safer internet day ✓ Healthy School award

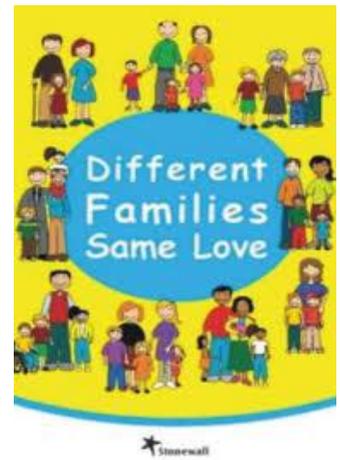
How do we address sensitive topics?

With children being able to get information so easily from the internet we have found being open and honest with our pupils is the best approach. However, we approach our Relationships Education, much like we do with any other curriculum subject, slowly building up **age appropriate knowledge and understanding** so they have a firm grasp of key concepts preparing them for their Secondary Education.

Firstly, we always ensure a safe, respectful climate for sharing in the classroom using 'Ground Rules'. For example, no naming names, being respectful and keeping discussions within the classroom. When appropriate, we will address pupil's questions within a whole class setting so that views/feelings can be investigated and shared. Where this is inappropriate, a different approach will be taken. This could mean that we contact you to arrange a 1-1 meeting to discuss what approach we will take in addressing any curiosities or issues that arise. Our primary aim is to ensure that all our pupils know the appropriate routes to seek advice, information and support.

What LGBT (Lesbian, Gay, Bisexual and Transgender) content do we teach?

Under the Equalities Act (2010) we cover LGBT content as part of our work around diversity. Our work around this starts with 'Different Families Same Love' in Foundation and Key Stage 1. This extends into Key stage 2 where we discuss the historical contributions of the LGBT community (for example Alan Turing who developed the idea of the modern computer) and identify prejudice faced by these communities. We also make links with similar events throughout history, for example other civil right movements like women's right to vote. We discuss homophobic, transphobic and biphobic bullying as part of our work on Respectful Relationships. A child friendly copy of our Anti bullying policy is available on request, which includes the definitions of the above bullying behaviours along with several others. We also believe that children's life choices should not be limited by their gender so endeavour to widen views around gender stereotyping. For example, girls can be scientists and boys can engage in the Arts.



Proactive response to 'Being Safe'

Where specific safeguarding requirements arise in the community, for example issues around 'sexting', 'knife crime', 'inappropriate sharing' or 'FGM', we will plan a targeted programme that will empower your children to deal with these pressures in an appropriate, safe way. You will be consulted as part of this process, and you will be made aware of what is being covered and by whom. We do not take these type of interventions lightly and ensure you that they are necessary in order to prevent negative risk taking behaviour, in turn keeping your children safe.

What are my rights to withdraw my child from RSE?

You will not have the option to withdraw your children from Relationships Education or Health Education as a result of the Children and Social Work Act 2017. 'Puberty' and 'Human Life Cycles' remain statutory under the Science curriculum. However, parents retain the right to withdraw their child from 'Sex Education'. Parent Q & A session will be held before starting the RSE units of work. This will provide you with the opportunity to see resources, discuss content in greater depth and give you the option to feedback your views. If after attending this session you still have any further concerns you will be invited into school to discuss the matter with the Head Teacher. We hope this transparency will reassure you that we offer an age appropriate programme which will significantly support your children 'health and wellbeing' during their challenges of growing up.

We thank you for all the support you provide as parents and carers, and acknowledge your valuable contribution in enabling our school community to succeed.