

# Troon CP School and Nursery



## Relationships, Sex and Health Education Policy

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Approved by:	
Date approved:	
Review due:	

## 1. Aims

The aims of relationships, sex and health education (RSHE) at our school are to:

- › Provide a framework in which sensitive discussions can take place, supported by quality information and resources
- › Promote mental and physical health and equip our pupils with strategies to support their wellbeing
- › 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
- › Link our RSHE teaching and learning to our school values
- › Acknowledge the impact we can have on others

## 2. Statutory requirements

As a primary academy we must provide relationships education to all pupils as per section 34 of the [Children and Social work act 2017](#).

We choose to use the National Curriculum objectives, including requirements to teach science which would include the elements of sex education contained in the science curriculum.

At Troon CP School we teach RSHE as set out in this policy.

## 3. Policy development

This policy has been developed in consultation with staff, pupils and parents. The consultation and policy development process involved the following steps:

1. Review - a member of staff or working group pulled together all relevant information including relevant national and local guidance. (RSHE lead)
2. Staff consultation - staff regularly review the teaching and delivery of RSHE and contribute to reviews of our provision throughout the year
3. Parent/stakeholder consultation - parents and any interested parties were invited to attend a meeting about the planning of RSHE in January 2021
4. Pupil consultation - regular pupil conferencing is used to ensure pupil voice is considered when implementing RSHE

5. Ratification - once amendments were made, the policy was shared with governors and ratified

## 4. Definition

RSHE is about the emotional, social and cultural development of pupils, and involves learning about positive relationships, sexual health, sexuality, healthy lifestyles, diversity and personal identity. It involves a combination of sharing information, and exploring issues and values, in a supportive environment.

RSHE is not about the promotion of sexual activity.

Alongside our Science curriculum, we will cover aspects of Sexual Education to ensure our pupils are informed and we can meet the needs of our pupils at Troon CP School.

## 5. Curriculum

Our curriculum is set out as per Appendix 1 but we may need to adapt it as and when necessary; we do review elements on a year by year basis, particularly the Sex Education elements.

We have developed the curriculum in consultation with parents, pupils and staff, taking into account the age, needs and feelings of pupils. If pupils ask questions outside the scope of this policy, teachers will respond in an appropriate manner so they are fully informed and don't seek answers online.

Primary sex education will focus on:

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

For more information about our curriculum, see our curriculum map in Appendix 1.

## 6. Delivery of RSHE

RSHE is taught within the personal, social, health and economic (PSHE) education curriculum. Biological aspects of RSHE may also be taught within the Science curriculum, and other aspects are included in Religious Education (RE).

**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

**Sexual education** will focus on:

- Conception and birth
- Contraception
- Topics may arise during these lessons where teachers will decide on a case by case basis how to respond and teach such topics.

**Health education** focuses on:

- Mental health, wellbeing and feelings
- Physical health and activity
- The impact of drugs, alcohol, lifestyle on our bodies
- Nutrition
- First aid
- Sun safety
- Puberty including menstruation

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

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

## **7. Roles and responsibilities**

### **7.1 The governing board**

The governing board will approve the RSE policy, and hold the headteacher to account for its implementation.

### **7.2 The headteacher**

The headteacher is responsible for ensuring that RSHE is taught consistently across the school, and for managing requests to withdraw pupils from non-statutory/non-science components of RSHE (see section 8).

### **7.3 Staff**

Staff are responsible for:

- Delivering RSHE in a sensitive way
- Modelling positive attitudes to all areas of RSHE
- Monitoring progress and using this to review provision
- Responding to the needs of individual or groups of pupils

- Responding appropriately to pupils whose parents wish them to be withdrawn from the non-statutory/non-science components of RSE

Staff do not have the right to opt out of teaching RSHE. Staff who have concerns about teaching RSHE are encouraged to discuss this with the headteacher.

RSHE lead - Sarah Johns

Class teachers (academic year 2020-21) responsible for teaching of lessons

## **7.4 Pupils**

Pupils are expected to engage fully in RSHE and, when discussing issues related to RSHE, treat others with respect and sensitivity.

## **8. Parents' right to withdraw**

Parents do not have the right to withdraw their children from relationships and health education.

Parents have the right to withdraw their children from the non-statutory/non-science components of sex education within RSHE. Requests for withdrawal should be put in writing using the form found in Appendix 3 of this policy and addressed to the headteacher.

We would encourage parents/ carers to firstly discuss their concerns with a member of staff, before requesting a withdrawal from sex education.

Alternative work will be given to pupils who are withdrawn from sex education.

## **9. Training**

Staff are trained on the delivery of RSHE as part of their induction and it is included in our continuing professional development calendar.

The headteacher will also invite visitors from outside the school, such as school nurses or sexual health professionals, to provide support and training to staff teaching RSHE when appropriate/ necessary.

## **10. Monitoring arrangements**

The delivery of RSHE is monitored by Sarah Johns, as RSHE Lead through:

- Learning walks
- Pupil conferencing
- Planning checks
- Book looks

Pupils' development in RSHE is monitored by class teachers as part of our internal assessment systems.

This policy will be reviewed by the RSHE Lead, annually. At every review, the policy will be approved by the governing board.

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## Appendix 1: Curriculum map

### Relationships, sex and health education curriculum map

#### Relationships, Health, Living in the Wider World

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	Welcome to School	People who care for us	Healthy Friendships	Our Health	We all have feelings	Managing our time safely online: Jessie and Friends
	Emergencies and getting help	Rights Responsibilities and respect	Our bodies and boundaries - NSPCC PANTS	Healthy Food Choices	Good and not so good feelings	
Year 2	Respecting Uniqueness	Everyday Safety	Learning About Work	Sharing photos online - keeping ourselves safe	Online friends	Keeping Our Teeth Clean
	Our communities	Basic First Aid	Horrible Hands	Online interactions and information sharing	Big Feelings	
Year 3	World of Work	Road Safety	Physical Activity	The internet and everyday life. Turn off Let's Play	Expressing Feelings	Sun Safety
	Spending and Saving Money	Teamwork Skills	Everyday drugs	Everyday feelings	Strategies to support wellbeing	
Year	What makes a good friend	Resolving conflict and managing	Money choices	Safely enjoying the online world.	Understanding that not everyone	The environment

4		pressure			is who they say they are online	
	Respecting Others	Everday safety and basic First Aid	Volunteering and citizenship	Keeping personal information private.	Managing Feelings	
Year 5	A diverse community	Illness	Online Consent	Mental Health and Keeping Well	Puberty 1 - bodies and reproduction	Risk and peer pressure
	Respectful relationships	Nutrition & healthy eating	Online Contact	Managing Challenge and Change	Puberty 2 - body changes	
Year 6	Different types of families	Keeping your body safe 1	Spending decisions	Online friendships and keeping safe.	Social Media	Changing Schools
	Healthy/harmful relationships	Consent - keeping your body safe 2	Exploring risk in relation to gambling	Skills for using the internet safely.	Feelings and common anxieties when changing schools	

Accademic year 2020/2021

\*Year 4/5 class will complete the Year 4 units with a top up of puberty in the Summer term.

\*Year 5/6 will complete the Y5 units and Year 6 pupils will complete a top up of sex education in the Summer term.

## Introduction to Lessons - Year 1

**Autumn 1 - Welcome to school:** This lesson introduces what we mean by positive behaviours, why they are important and how they link to school or classroom rules. It identifies some of the adults in school, who are there to help children and their roles.

**Autumn 1 - Emergencies and getting help:** This lesson introduces the concept of an emergency and allows children the opportunity practice making a 999 call.

**Autumn 2 - People who care for us:** This lesson encourages children to start thinking about the different people who care for them and the qualities of healthy relationships. It introduces children to different family structures whilst maintaining the core qualities of family life as love, protection and care. The lesson also explores where children can go for help.

**Autumn 2 - Rights, responsibilities and respect:** This lesson explores kindness, gratitude, positive behaviours and respect for others.

**Spring 1 - Healthy friendships:** This lesson introduces children to the concept of being a good friend to others. It touches briefly on simple tools to resolve conflict and this is covered more fully in later years.

**Spring 1 - NSPCC PANTS:** This lesson gives children an understanding that everyone has private parts on their bodies. These are the parts covered by our underwear: bottom, vulva, penis (genitals) and breasts. It is important to know the correct words for these parts of the body to help us to tell someone if we need help.

**Spring 2 - Our Health:** This lesson introduces the concept of general health including some basic ways to keep bodies healthy.

**Spring 2 - Healthy Food Choices:** "In these activities, pupils become food detectives and find out all about sugar, fruit and vegetables. By the end of the activities, the pupils have a new understanding of the importance of a variety of fruit and vegetables as an alternative to sugar and as part of their 5 a day. They will also have a better understanding of the amount of sugar in everyday food and drinks".

**Summer 1 - We all have feelings:** This lesson focusses on how to recognize and describe different feelings in themselves and others; and what (or who) helps them with their feelings.

**Summer 1 - Good and not so good feelings:** This lesson focuses on good and not so good feelings, recognizing that not everyone feels the same about different things and exploring what helps people to feel better.

**Summer 2 - Managing our time safely online:** This lesson explores that while the internet can be enjoyable and fun, there are sometimes things online that can be upsetting or scary. Children learn that they should speak to an adult they trust for help or stop looking at anything that makes them feel worried, scared or sad.

## Introduction to Lessons - Year 2

**Autumn 1 - Respecting Uniqueness:** This lesson helps children to understand that we are all special and unique. Our similarities and differences should be celebrated, and we all have something to offer. It develops children's understanding of respecting ourselves and respecting others.

**Autumn 1 - Our Communities:** This lesson helps children to understand that we all belong to different communities both inside and outside of our families.

**Autumn 2 - Everyday Safety:** This lesson explores safety in a range of contexts and reinforces how to get help.

**Autumn 2 - Basic First Aid:** This lesson introduces the concept of first aid and how to recognise if someone might need help and how to give basic first aid.

**Spring 1 - Learning about work:** This lesson introduces children to different jobs and careers. It explores why adults choose (and are good at) a variety of different jobs. The children should start to recognize that their individual strengths can lead to a positive job/career.

**Spring 1 - Horrible Hands:** In this lesson, students will learn how microbes can spread through touch and that the best way to remove microbes and prevent them from spreading is by washing your hands with soap and water.

**Spring 2 - Sharing photos online** In this lesson the children learn about the sharing of images and the importance of consent and sharing appropriately. They also consider where to go for help if needed.

**Spring 2 - Online interactions and information sharing:** This lesson explores what personal information is and why it's important not to share with people they don't know.

**Summer 1 - Online friends:** This lesson explores some of the negatives of being online, that people may not be truthful or be manipulative. It looks at how and when to ask for help.

**Summer 1 - Big Feelings:** This lesson focusses on the impact of 'big' feelings on their behavior and how to manage this. They also practice how to ask for help with their feelings.

**Summer 2 - Keeping Our Teeth Clean:** This lesson explores facts about teeth, how to brush, floss and rinse, going to the dentist and ways to keep teeth healthy.

## Introduction to Lessons - Year 3

**Autumn 1 - World of Work:** Building on learning from Year 2, this lesson explores different careers and education options in more detail. The lesson also looks at the different factors involved in choosing a job and how stereotypes can influence career aspirations.

**Autumn 1 - Spending and Saving Money:** This lesson introduces children to the basics of what money looks like, where it comes from and how people decide to use their money. It looks at how children and adults might use their money differently and begins to explore how children can keep money safe.

**Autumn 2 - Road Safety:** This lesson explores risks in relation to road safety and how to be a responsible and safe pedestrian, cyclist and passenger.

**Autumn 2 - Individual and Collective Strengths:** This lesson celebrates the diverse strengths people have and allows the children to explore what skills we need for team working and why they are important.

**Spring 1 - Physical Activity:** This lesson explores the benefits of regular exercise and highlights the risks of being inactive. It identifies what is physical activity and how it can support our mental wellbeing and happiness. It provides recommendations for how long we should be physically active and what activities we should be participating in.

**Spring 1 - Everyday Drugs:** This lesson will provide a foundation understanding of what drugs are, the difference between legal and illegal drugs and the health risks of both, including addiction and what this means. The children will also know where they can go for help and support.

**Spring 2 - Turn Off Let's Play:** This lesson explores the importance of having time away from devices and how to use other people's devices respectfully.

**Spring 2 - Everyday Feelings:** This lesson focusses on feelings and emotions, how these change over time and what helps people to feel good.

**Summer 1 - Expressing Feelings:** This lesson focuses on learning to describe and express feelings and the importance of doing so.

**Summer 1 - Wellbeing:** This lesson builds on messages learnt throughout the mental health curriculum and explores practical strategies and

technique the children could employ to support their own and others mental wellbeing.

**Summer 2 - Sun Safety:** This lesson explores safety in the sun through practical activity and discussion.

#### Introduction to Lessons - Year 4

\*Year 4/5 class 2020/21 will complete the Year 4 topics with a top up of puberty in the Summer term.

**Autumn 1 - What Makes a Good Friend:** This lesson builds on learning about what makes a good friend. Children will review this learning and develop it by looking at online relationships and how friendships change and develop across lifetimes. The group will also explore solutions to managing conflict in a friendship.

**Autumn 1 - Respecting Others:** This lesson further explores respect and how people have different opinions. It focuses on respecting other people's viewpoints.

**Autumn 2 - Resolving conflict and managing pressure:** This lesson builds on previous learning about healthy friendships and identifies strategies to manage conflict in relationships in a positive way. This lesson goes on to introduce how to manage peer pressure and when and where to get support.

**Autumn 2 - Everyday Safety and Basic First Aid:** This lesson introduces everyday safety, common hazards and how to identify them. It also looks at ways to avoid injury and harm and ways to get help if needed.

**Spring 1 - Money Choices:** The lesson revisits learning on why people choose to spend their money or save it. It then develops learning on value by identifying whether or not something is "good" value and what might influence this. Children will learn to identify resources to track spending habits and create basic budgets.

**Spring 1 - Volunteering and Citizenship:** This lesson will help children to understand the concepts of volunteering and citizenship and how they can make a difference.

**Spring 2 - Safely enjoying the online world:** This lesson explores how to have fun safely online, including how to keep online information private and being respectful to others. It also includes where to go for help.

**Spring 2 - Keeping personal information private:** This lesson build on key messages from session 1, exploring keeping personal information safe online and understanding consent when sharing content.

**Summer 1 - Understanding that not everyone is who they say they are online:** This lesson builds on key messages from session 1&2, exploring that we must be aware that people can pretend to be someone else online to manipulate us. It discusses tactics people use to manipulate others, how we can spot them and ask for help.

**Summer 1 - Managing Feelings:** This lesson explores ways of managing when feelings (especially strong feelings) influence actions and behavior, sometimes negatively. Children consider who is best to help them with their feelings and learn how to seek appropriate help and advice.

**Summer 2 - The Environment:** This lesson explores climate change and the environment. It also looks at positive ways in which children can work together to have a positive impact on the environment.

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Introduction to Lessons - Year 5 \*Year 5/6 will complete the Y5 units in the academic year of 2020/21. Year 6 pupils will complete a top up of sex education in the Summer term.

**Autumn 1 - A Diverse Community:** This lesson explores what makes us similar and different to other people. By exploring who we are and how we connect with other people, we can start to see that we all have links and things in common, whilst celebrating diversity.

**Autumn 1 - Respectful Relationships:** This lesson builds on learning about healthy relationships. It goes on to explore differences between families in the community and the importance of respecting differences. Children should understand how to be respectful to others and also develop an understanding of self-respect.

**Autumn 2 - Illness:** This lesson explores how illness is part of human life, but we can take steps to help our bodies to keep healthy. Our bodies have natural defences but sometimes we need to use medication or vaccinations to help.

**Autumn 2 - Nutrition & Healthy Eating:** This lesson introduces the different food groups in a balanced diet and provides opportunities to discuss nutritional content, calories and energy. It reinforces the risks of a poor diet introduced at KS1.

**Spring 1 - Online Content:** This lesson allows children to critically assess the information and content they see online, giving them skills in understanding whether it is a trustworthy source and where to go for help.

**Spring 1 - Online Contact:** This lesson builds on key messages from Lesson 1, developing skills in assessing online contact and whether this contact is safe. It explores the importance of not sharing personal information online and where to go for help.

**Spring 2 - Mental Health and Keeping Well:** This lesson builds on learning from lower KS2 about different feelings and emotions and shifts the focus to 'mental health' - what we mean by this and how we look after it.

**Spring 2 - Managing Challenge and Change:** This lesson explores some of the things that can affect a person's mental health as well as managing times of change and challenge. It begins to look at healthy coping strategies and how to put them into practice.

**Summer 1 - Puberty 1:** This lesson introduces the group to key messages about conception and pregnancy, while supporting them to understand their and other people's bodies and how they relate to reproduction.

**Summer 1 - Puberty 2:** This lesson explores changes that can happen during puberty both physically and emotionally and covers menstruation.

**Summer 2 - Exploring Risk:** This lesson explores the idea of risk, and how to manage risky situations safely.

## Introduction to Lessons - Year 6

**Autumn 1 - Different Types of Families:** This lesson extends learning by looking at diversity in both romantic and family relationships. It also explores the idea of marriage or civil partnership and the alternatives. It briefly touches on forced marriage and ensures that pupils know how to get support if they feel unsafe in a relationship.

**Autumn 1 - Healthy/Harmful Relationships:** This lesson explores how different relationships make us feel including identifying unhealthy and harmful behaviours in a relationship, from friends or family and how to get support. The lesson explores on and offline bullying and how to report this. Children will also revisit learning on difference within the community by exploring stereotypes and discrimination.

**Autumn 2 - Keeping Your Body Safe 1:** This lesson explores physical contact and feeling safe, and understanding how to tell someone when a situation can lead to feelings of being uncomfortable or in danger.

**Autumn 2 - Keeping Your Body Safe 2:** This lesson follows on from 'Keeping your body safe - Lesson 1' and builds on the ideas of how to recognize concerns of feeling bad about an adult or peer, and how to report and worries about themselves or others.

**Spring 1 - Spending Decisions:** This lesson continues from the Year 4 lesson 'Money choices', which explores the benefits of saving and how to track money using budgeting skills. During this lesson, children should begin to understand how their spending decisions positively and negatively impact their own another's health and well-being and the environment.

**Spring 1 - Gambling:** This lesson builds on previous learning about risk and explores the risks involved with gambling and the impact it can have on people's health and wellbeing.

**Spring 2 - Online friendships and keeping safe.:** This lesson allows children to think about appropriate content to share online and understand the importance of being respectful online, just as we should be in the real world.

**Spring 2 - Skills for using the internet safely:** This lesson leads on from key messages in lesson 1, reinforcing understanding about keeping personal information private and that there are risks to speaking to people we don't know online.

**Summer 1 - Social Media:** This lesson explores the positives and negatives of social media use, including key strategies to support our emotional wellbeing while being online.

**Summer 1 - Feelings and common anxieties when changing schools:** This lesson focusses on the feelings and common anxieties pupils may face when starting key stage 3/starting secondary school and ways in which they can more positively manage them. It also encourages pupils to carefully consider the best sources of support when seeking help and advice.

**Summer 2 - Changing Schools:** "This lesson explores the transition to secondary school and identifies some of the challenges that can arise and where to get support if needed". The lesson also focusses on practical strategies to help with the transition.

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## Appendix 2: By the end of primary school pupils should know

TOPIC	PUPILS SHOULD KNOW
Families and people who care about me	<ul style="list-style-type: none"> <li>• That families are important for children growing up because they can give love, security and stability</li> <li>• 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</li> <li>• 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</li> <li>• 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</li> <li>• That marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong</li> <li>• How to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed</li> </ul>
Caring friendships	<ul style="list-style-type: none"> <li>• How important friendships are in making us feel happy and secure, and how people choose and make friends</li> <li>• The characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties</li> <li>• That healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded</li> <li>• 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</li> <li>• 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</li> </ul>

TOPIC	PUPILS SHOULD KNOW
Respectful relationships	<ul style="list-style-type: none"> <li>• 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</li> <li>• Practical steps they can take in a range of different contexts to improve or support respectful relationships</li> <li>• The conventions of courtesy and manners</li> <li>• The importance of self-respect and how this links to their own happiness</li> <li>• 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</li> <li>• 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</li> <li>• What a stereotype is, and how stereotypes can be unfair, negative or destructive</li> <li>• The importance of permission-seeking and giving in relationships with friends, peers and adults</li> </ul>
Online relationships	<ul style="list-style-type: none"> <li>• That people sometimes behave differently online, including by pretending to be someone they are not</li> <li>• 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</li> <li>• The rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them</li> <li>• How to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met</li> <li>• How information and data is shared and used online</li> </ul>

TOPIC	PUPILS SHOULD KNOW
Being safe	<ul style="list-style-type: none"><li>• What sorts of boundaries are appropriate in friendships with peers and others (including in a digital context)</li><li>• 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</li><li>• That each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact</li><li>• How to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know</li><li>• How to recognise and report feelings of being unsafe or feeling bad about any adult</li><li>• How to ask for advice or help for themselves or others, and to keep trying until they are heard</li><li>• How to report concerns or abuse, and the vocabulary and confidence needed to do so</li><li>• Where to get advice e.g. family, school and/or other sources</li></ul>

### Appendix 3: Parent form: withdrawal from sex education within RSE

TO BE COMPLETED BY PARENTS			
Name of child		Class	
Name of parent		Date	
Reason for withdrawing from sex education within relationships and sex education			
Any other information you would like the school to consider			
Parent signature			

  

TO BE COMPLETED BY THE SCHOOL	
Agreed actions from discussion with parents	