

Sex and Relationship Education Policy

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From September 2020 it became statutory for all maintained schools to provide education in Relationships and Sex Education, as well as Health Education. At Paddox this is nothing new, the school has provided SRE for many years and this Policy sets out how we deliver this element of the curriculum.

1. What is Relationships Education?

The fundamental building blocks and characteristics of positive relationships, with particular reference to friendships, family relationships and relationships with other children and with adults.

This starts with pupils being taught about what a relationship is, what friendship is, what family means and who the people are that can support them. From the beginning of primary school, building on early education, pupils should be taught how to take turns, how to treat each other with kindness. Consideration and respect, the importance of honesty and truthfulness, permission seeking and giving and the concept of personal privacy. Establishing personal space and boundaries, showing respect and understanding the differences between appropriate and inappropriate or unsafe physical, and other, contact – these are the forerunners of teaching about consent.

The principles of positive relationships must also apply online, especially, as by the end of primary school many pupils are accessing the internet in a variety of ways. Online safety has to be addressed from a young age in order to keep the children safe.

Teaching about families requires sensitive and well-judged teacher based on knowledge of the pupils and their families. Families of many kinds form a nurturing environment for children. Care must be given to ensure there is no stigmatisation of children based on their home circumstances and needs, to reflect sensitively that some children may have a different structure of support around them, e.g. Looked after children or young carers.

Relationships education also creates an opportunity to enable pupils to be taught about positive emotional and mental wellbeing, including how friendships can support mental well-being.

Through Relationships Education Paddox Primary School endeavours to teach pupils the knowledge they need to recognise and to report abuse, including emotional, physical, and sexual abuse. This is covered through the use of the PSHE programme called Jigsaw, as well as our teaching of Protective Behaviours.

These two programmes together develop the understanding in the pupils about boundaries and privacy, what rights children have over their own bodies, boundaries in friendships with peers and also in families and with others, in all contexts, including online. Pupils are taught how to report concerns and seek advice when they suspect or know something is wrong.

By the end of primary school pupils should know about:

- Families and people who care for me
- Caring friendships
- Respectful relationships
- Online relationships
- Being safe

On occasions children can ask difficult questions, these are managed by the staff member in question, but only if they feel comfortable to answer it, if not then they direct the child to ask the question at home. Staff who need support teaching any area of the Relationships education are supported by a member of the pastoral team,

2. What is Sex Education?

The Relationships Education RSE and health Education (England) Regulations 2019 have made Relationships Education compulsory in all primary schools. Sex education is not compulsory in primary schools, but it is widely recommended to prepare the children as they leave primary school for the changes that their bodies will go through and what they mean.

Puberty is covered in Relationships education and many of the subjects about the human body, including main external parts, the development of the human body from birth to old age and reproduction in some plants and animals are covered in the Science curriculum.

The transition phase from primary to secondary needs to fully support the ongoing emotional and physical development effectively, so it is recommended by the Department for Education that all primary schools has a programme of sex education tailored to the physical and emotional maturity of the children. At Paddox Primary School we use the Changing Me module of the Jigsaw programme that we use for our PSHE delivery.

3. Consultation with Parents

All parents are invited to attend an annual information evening that informs them of the content of our Sex Education programmes, which are delivered across one week in the Spring Term. Parents are also sent – prior to the parents' meeting- an information leaflet which covers all topics that will be



covered so they can be fully prepared for any conversations that may be raised at home by the children.

4. The Right to Withdraw

Parents have the right to request that their child be withdrawn from some or all of sex education delivered as part of statutory RSE. Parents should put their request in writing to the Headteacher and the Headteacher will then set up a meeting to discuss the concerns of the parent, and if appropriate the concerns of the child. This discussion will be documented to ensure a record is kept. It is important for parents to be aware that this only relates to the sex education part of RSE lessons. The topics will still be covered in Relationship Education and the Science curriculum.

If a parent of a primary age pupil makes such a request, their request will be granted.

5. What is Health Education?

The aim of teaching pupils about physical health and mental well-being is to give them the information that they need to make good decisions about their own health and well-being. It should help them to recognise what is normal and what is an issue in themselves and others and, when issues arise, know how to seek support as early as possible from appropriate sources.

Pupils will be taught about self-control and how to develop the ability to self-regulate, this will enable them to become confident in their ability to achieve well and persevere even when faced with setbacks or challenges. This approach will have a positive impact on achievement and behaviours. They will be taught about the importance of daily exercise, good nutrition and sufficient sleep, as well as being given the language to enable them to articulate their emotions and feelings.

Equally, through a firm foundation in the benefits and characteristics of good health and well-being being taught, teachers will be enabled to talk about the negative impact on health and well-being of isolation, loneliness, unhappiness and bullying and that online activities are not the solution to all problems.

Paddox Primary School takes a proactive approach in reducing the stigma that surrounds mental health issues, the pupils are encouraged to be open and inquisitive, enabling them to check their own understanding about good physical and mental health.

Puberty, including menstruation is covered in Health Education, ensuring that both boys and girls are prepared for the changes that they and their peers will experience.

By the end of Primary education pupils will know about:

- Mental well-being

- Internet safety and harms
- Physical health and fitness
- Healthy eating
- Drugs, alcohol and tobacco
- Health and prevention
- Basic first aid
- Changing adolescent body

6. Assessment

There are no formal expectations for this area of the curriculum to be assessed. It will however be monitored to ensure delivery of information is of the highest quality.

7. Accountability

Relationships and Health Education are in the scope of Ofsted Inspections and therefore will be addressed through the personal development of all pupils as well as their spiritual, moral, social, and cultural development.

