



"Love God, Love Learning, Love Life"

Policy for Personal, Social and Health Education (PSHE) including Relationships Education, Sex Education and Health Education

'Whoever heeds instruction is on the path to life'

(Proverbs 10:17)

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1. School Vision and Values

Our school vision is 'Love God, Love Learning, Love Life'.

As a Church of England aided school our mission is to serve the community by providing an education of the highest quality rooted in Christian faith and practice, within a caring, stimulating and trusting environment.

"I have come so you may have life in all its fullness" John 10:10

Our vision and Christian values are at the heart of everything we strive for at Corvedale.

Our seven school values are: Compassion, Trust, Respect, Friendship, Wisdom, Service and Endurance. These are taught under the umbrella of the British Values of Tolerance of Different Faiths and Beliefs, Mutual Respect, Individual Liberty, Rule of Law and Democracy.

2. Aims

Our school vision and values underpin the aims of Personal, Social and Health Education (PSHE) including Relationships Education, Sex Education and Health Education, which are to:

- › Provide a framework in which open, thoughtful and sensitive discussions can take place
- › Encourage pupils to reflect on their spiritual, moral, cultural and social experiences to develop their self-awareness
- › Teach pupils the features of positive relationships (friendships, family relationships and relationships with other children and with adults)
- › Teach pupils 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
- › Help pupils to recognise any less positive relationships they may encounter
- › Prepare pupils to be safe and resilient in the real world and when online, understanding appropriate behaviour and how to seek help
- › Help pupils develop feelings of self-respect, confidence and empathy so pupils can exercise self-control and self-regulate their behaviour.
- › Teach pupils the features of good physical and mental health so pupils can make informed decisions about their own health and wellbeing.
- › Help pupils to recognise that good physical health contributes to good mental wellbeing and vice versa
- › Prepare pupils for puberty, and give them an understanding of sexual development and the importance of health and hygiene
- › Teach pupils the correct vocabulary to describe themselves and their bodies
- › Teach pupils how a baby is conceived and born
- › Help children understand their place within communities locally, nationally and globally and the shared responsibility people have within these.
- › Prepare pupils for adulthood by teaching them about economic wellbeing (money, aspirations, work and careers)

3. Statutory requirements

As a maintained primary school we must provide relationships education and health education to all pupils as per section 34 of the [Children and Social work act 2017](#). However, we are not required to provide sex education but we do need to teach the elements of sex education contained in the science curriculum.

In teaching Relationships Education, Sex Education and Health Education, we must have regard to [guidance](#) issued by the secretary of state as outlined in section 403 of the [Education Act 1996](#).

At Corvedale CE Primary School we teach Relationships Education, Sex Education and Health Education as set out in this policy.

4. Policy development

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

- Review - a working group pulled together all relevant information including relevant national and local guidance
- Staff consultation - all school staff were given the opportunity to look at the policy and make recommendations
- Parent/stakeholder consultation - parents and any interested parties were invited to attend a meeting about the policy
- Pupil consultation - we investigated what exactly pupils want from their RSE
- Ratification - once amendments were made, the policy was shared with governors and ratified

5. Definition

Relationship Education is the emotional, social and cultural development of pupils, and involves learning about relationships, diversity and personal identity.

Sex Education helps pupils to understand that the changes of puberty prepare humans to be able to reproduce and create new life, with the awareness of love, support and responsibility that requires. Sex education is not about the promotion of sexual activity.

Health Education is the emotional and physical development of pupils, and involves learning about the benefits of healthy lifestyles in providing good physical health and mental wellbeing. It teaches children how to understand their bodies, how they grow and change, and are affected by outside factors such as nutrition and exercise.

6. Curriculum

Our Personal, Social and Health Education curriculum has been developed in reference to the [guidance](#) and the 2020 [programme of study](#) from the PSHE Association. It is based on three themes:

1. Health and Wellbeing
2. Relationships
3. Living in the Wider World

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.

The curriculum is a spiral model giving pupils opportunities to revisit themes annually and develop their understanding through age-appropriate learning. Teachers develop medium term planning drawn from the curriculum alongside the needs of their current cohort mix and emotional maturity. Learning in other subjects will reinforce the PSHE teaching and allow pupils further opportunity to apply their understanding. Enrichment Activities and House Activities give pupils opportunity to work in different community groups and apply their understanding appropriately. Outside visitors also support some aspects of the curriculum e.g. visits from the police service, fire service, school nurses and NSPCC.

7. Delivery of Relationships Education, Sex Education and Health Education

Relationships Education, Sex Education and Health Education is taught within the personal, social, health and economic (PSHE) education curriculum. There are also links with other curriculum subjects such as science, PE, DT, computing, RE as well as activities such as Forest School and House Activities.

Pastoral support provides additional learning for targeted individuals and groups, as well as for those pupils who seek out extra advice and help to manage their feelings and have successful relationships with others.

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, including consent
- › Online relationships
- › Being safe

Sex Education focuses on teaching how humans reproduce to create new life and the awareness of love, support and responsibility that requires. We teach pupils in year 6:

- › How a baby is conceived and born

Health Education focuses on teaching features of good physical and mental health so pupils can make informed decisions about their own health and wellbeing, including:

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

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).

For more information about the statutory requirements of the Relationships Education and Health Education curriculum, see Appendix 1.

8. Roles and responsibilities

8.1 The governing board

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

8.2 The headteacher

The headteacher is responsible for ensuring that Relationships Education, Sex Education and Health Education is taught consistently across the school, and for managing requests to withdraw pupils from non-statutory Sex Education lessons (see section 8).

8.3 Staff

Staff are responsible for:

- › Delivering Relationships Education, Sex Education and Health Education in a sensitive way
- › Modelling positive attitudes to Relationships Education, Sex Education and Health Education
- › Monitoring progress

- › Responding to the needs of individual pupils
- › Responding appropriately to pupils whose parents wish them to be withdrawn from non-statutory Sex Education lessons

Staff do not have the right to opt out of teaching Relationships Education, Sex Education and Health Education. Staff who have concerns about teaching these subjects are encouraged to discuss this with the headteacher.

Class teachers are responsible for teaching PSHE (including Relationships and Health Education) with additional input led by Higher Level Teaching Assistants. Sex Education is taught in Year 6 by Jenny Ebrey (Class 3 Science teacher)

8.4 Pupils

Pupils are expected to engage fully in Relationships Education and Health Education and treat others with respect and sensitivity.

9. Parents' right to withdraw

Parents do not have the right to withdraw their children from Relationships Education or Health Education.

Parents have the right to withdraw their children from the non-statutory components of sex education within Relationships and Sex Education. This is taught to Year 6 pupils over two sessions.

Requests for withdrawal should be put in writing using the form found in Appendix 2 of this policy and addressed to the headteacher.

Alternative provision will be made for pupils who are withdrawn from sex education.

10. Training

Staff are trained on the delivery of Relationship Education, Sex Education and Health Education through continuing professional development (online, staff meetings, external training sessions). 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 Sex Education.

11. Monitoring arrangements

The delivery of Relationship Education, Sex Education and Health Education is monitored by Jane Condra and Jonathan Brough through: planning scrutinies, learning walks, and pupil voice

Pupils' development in RHE is monitored by class teachers to identify pupils who may benefit from additional support in certain areas of learning.

Spring Term 2023

Review 2025

Signed Headteacher

Signed on behalf of the Governing Body.

Appendix 1: Relationships Education: 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"> • That families are important for children growing up because they can give love, security and stability • 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 • 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 • 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 • That marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong • How to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed
Caring friendships	<ul style="list-style-type: none"> • How important friendships are in making us feel happy and secure, and how people choose and make friends • The characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties • That healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded • 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 • 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
Respectful relationships	<ul style="list-style-type: none"> • 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 • Practical steps they can take in a range of different contexts to improve or support respectful relationships • The conventions of courtesy and manners • The importance of self-respect and how this links to their own happiness • 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 • 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 • What a stereotype is, and how stereotypes can be unfair, negative or destructive • The importance of permission-seeking and giving in relationships with friends, peers and adults

TOPIC	PUPILS SHOULD KNOW
Online relationships	<ul style="list-style-type: none"> • That people sometimes behave differently online, including by pretending to be someone they are not • 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 • The rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them • How to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met • How information and data is shared and used online
Being safe	<ul style="list-style-type: none"> • What sorts of boundaries are appropriate in friendships with peers and others (including in a digital context) • 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 • 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

TOPIC	PUPILS SHOULD KNOW
Mental wellbeing	<ul style="list-style-type: none"> • that mental wellbeing is a normal part of daily life, in the same way as physical health. • that there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations. • how to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings. • how to judge whether what they are feeling and how they are behaving is appropriate and proportionate. • the benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness. • simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests. • isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support. • that bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing. • where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online). • it is common for people to experience mental ill health. For many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough.
Internet safety and harms	<ul style="list-style-type: none"> • that for most people the internet is an integral part of life and has many benefits. • about the benefits of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental and physical wellbeing. • how to consider the effect of their online actions on others and know how to recognise and display respectful behaviour online and the importance of keeping personal information private. • why social media, some computer games and online gaming, for example, are age restricted. • that the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health. • how to be a discerning consumer of information online including understanding that information, including that from search engines, is ranked, selected and targeted. • where and how to report concerns and get support with issues online.

TOPIC	PUPILS SHOULD KNOW
Physical health and fitness	<ul style="list-style-type: none"> the characteristics and mental and physical benefits of an active lifestyle. the importance of building regular exercise into daily and weekly routines and how to achieve this; for example walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise. the risks associated with an inactive lifestyle (including obesity). how and when to seek support including which adults to speak to in school if they are worried about their health.
Healthy eating	<ul style="list-style-type: none"> what constitutes a healthy diet (including understanding calories and other nutritional content). the principles of planning and preparing a range of healthy meals. the characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health).
Drugs, alcohol and tobacco	<ul style="list-style-type: none"> the facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking.
Health and prevention	<ul style="list-style-type: none"> how to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body. about safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer. the importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn. about dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist. about personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing. the facts and science relating to allergies, immunisation and vaccination.
Basic first aid	<ul style="list-style-type: none"> how to make a clear and efficient call to emergency services if necessary. concepts of basic first-aid, for example dealing with common injuries, including head injuries.
Changing adolescent body	<ul style="list-style-type: none"> 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.

Appendix 2: 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	