



# Relationships & Sex Education



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## Relationships & Sex Education

### Introduction

The objective of Relationship and Sex Education (RSE) is to support pupils through their physical, emotional, mental, social and moral health and development. The curriculum is designed to help them learn to respect themselves and others, to take responsibility for their actions and to equip them with the personal knowledge and skills to make informed, responsible decisions in order to move with confidence from childhood through adolescence into adulthood, including within the online world.

Blackheath Prep views Relationship Education as a vital component of the PSHE curriculum across all age groups and Sex Education as part of the Science and PSHE curriculum in Year 5.

### Statutory requirements

As a primary school we must provide Relationships Education to all pupils as per section 34 of the [Children and Social work act 2017](#). In teaching RSE, we are required to have regard to [guidance](#) issued by the secretary of state as outlined in section 403 of the [Education Act 1996](#).

At Blackheath Prep we teach RSE as set out in this policy.

### Aims and objectives of relationship and sex education

We believe the school curriculum should be one which:

- Is sensitive, age-appropriate and developmentally appropriate
- Teaches the fundamental building blocks and characteristics of positive, respectful relationships and appropriate behaviour towards themselves and others, with reference to friendships, family relationships, and relationships with other children and adults, demonstrating that the principles of positive relationships and appropriate behaviour also apply online.
- Creates an opportunity to enable pupils to be taught about positive emotional and mental wellbeing, including how friendships can support mental wellbeing.
- Teaches pupils the knowledge they need to recognise and to report abuse, by focusing on boundaries and privacy, ensuring young people understand that they have rights over their own bodies. This should also include understanding boundaries in friendships with peers and also in families and with others, in all contexts, including online.
- Provides a sex education programme tailored to the age and the physical and emotional maturity of the pupils, ensuring 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 - teaches basic knowledge of human reproduction

## **Curriculum**

We have developed the curriculum in consultation with parents and staff, taking into account the age, needs and feelings of pupils.

## **Reception**

In Early Years, Relationships Education is covered in Personal, Social and Emotional Development (PSED) under the headings of:

- Self-confidence and self-awareness
- Managing feelings and behaviour
- Making relationships

## **Year 1 to Year 6**

Relationship 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

## **Year 5 only**

Relationships Education focuses on preparing pupils for the changes that adolescence brings, including the physical development of their bodies as they grow into adults, and Sex Education includes human reproduction. Full details of the content of the sex education programme are shared with parents and carers before it is taught. Parents have a right to withdraw their children from sex education beyond the national curriculum for science.

The curriculum is 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). These structures are fully integrated into the programme of study rather than delivered as stand-alone lessons.

Our RSE curriculum is set out as per Appendix A, but we may need to adapt it as and when necessary.

## **Delivery**

Relationships Education is taught within the personal, social, health and economic (PSHE) education curriculum by Form Teachers.

In Year 5, Sex Education is taught within the science curriculum in form groups by the Science teacher and within the Year 5 PSHE curriculum during the topic 'Changing Me'. Further discussions occur where the class is split into gender groups with the opportunity to speak to a member of staff of the same gender to readdress teaching points from whole class learning. Staff members include Year 5 form teachers and the school nurse.

### **Accessibility of content / SEND**

Our pupils have different needs based on their emotional and physical development, life experiences, and learning differences, but we aim to ensure that all pupils can access the RSE curriculum. Teachers will plan and deliver work in a variety of ways, in order to meet the needs of individual pupils.

### **Roles and responsibilities**

The Board of Governors will approve the RSE policy and hold the Head to account for its implementation. The Board of Governors has delegated the approval of this policy to Dr Dean Huang, Designated Safeguarding Governor.

### **The Head**

The Head is responsible for ensuring that RSE is taught consistently across the school, and for managing requests to withdraw pupils from non-science components of RSE covered in Year 5

The Head ensures that both staff and parents are informed about the RSE Policy, and that the Policy is implemented effectively. It is also the Head's responsibility to ensure that members of staff are given sufficient training, so that they can teach effectively and handle any difficult issues with sensitivity. The Head may delegate responsibility to another member of the SLT for these actions, although they remain accountable at all times for the school's provision.

### **Staff**

Staff are responsible for:

- Delivering RSE in a sensitive way
- Modelling positive attitudes to RSE
- Monitoring progress
- Responding to the needs of individual pupils
- Responding appropriately to pupils whose parents wish them to be withdrawn from the non-science components of RSE

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

### **Pupils**

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

### **Monitoring and evaluation**

The Head of PSHE, Assistant Head Pastoral and Assistant Head Academic monitor the RSE Policy on an annual basis. They give consideration to any comments from parents about the RSE programme and make a record of all such comments. Pupils' development in RSE is monitored by the class teachers as part of our internal assessment systems. Staff feedback, pupil interviews and lesson observations are used to review the impact and effectiveness of the curriculum. Pastoral care is tracked and informs the RSE Policy and curriculum. Where appropriate, reviews may involve consulting parents.

At every review, the Policy will be reviewed and approved by the Assistant Head Pastoral and Assistant Head Academic, the Head and the Governor responsible for safeguarding and child protection.

### **Parental rights**

Parents do not have the right to withdraw their child from Relationships Education as covered in PSHE lessons. At the beginning of the academic year, parents receive a curriculum overview for PSHE so they can see which topics are being covered and when. All parents and carers of children are informed about the content being covered in Sex Education lessons in Year 5. We recognise that parents have the final decision about their child's sex education. Some of the topics discussed may be deemed inappropriate to the background and beliefs of individual parents and their child. In such cases, we fully respect and uphold the rights of parents to withdraw their child from aspects of the curriculum. Alternative arrangements will be made for pupils in these circumstances. The right to withdraw from lessons relates only to Sex Education as covered in PSHE lessons in Year 5 and not to the teaching of the biological aspects of human growth and reproduction in science. Parents can contact the Head if they would like to withdraw their child from such lessons. See Appendix B for template of letter sent.

### **Confidentiality**

If, in the event of a child revealing any information where, in the opinion of the member of staff, the child may be at some risk, there is a designated procedure which must be followed. The matter will be reported immediately to the school's Designated Safeguarding Lead (DSL). The DSL will decide whether to inform the parents and/or appropriate authorities.

**APPENDIX A: Relationships and sex education curriculum**

RSE curriculum is covered in the 'Relationships' and 'Changing Me' strands in each year group in [the Long Term Plan](#).



## **APENDIX B: Letter to parents**

### **Relationships and Sex education – Year 5**

After half-term, the children in Year 5 will be receiving Relationships and Sex Education as part of their Science and PSHE lessons. The unit of work focuses primarily on the physical and emotional changes of puberty, but the children will also receive education on conception, pregnancy and birth. Some of the lessons will be taught to the boys and girls together but there will also be the opportunity for questions and discussions to take place in single sex groups. The lessons will be taught by a combination of trained and familiar staff members; [insert names]

Relationships and Sex Education will be delivered using a range of teaching methods, including a question box, discussion, books, video clips and work sheets. Ground rules and expectations will be shared before the topic is taught to ensure respectful participation for all pupils. We recognise that parents have the final decision about their child's sex education. The curriculum as covered in science lessons is compulsory for all pupils. As parents and carers you have the right to withdraw your child from the further discussions around reproduction that take place in PSHE lessons. If you would like to withdraw your child from these lessons, please contact the Head directly. If you have any queries or require any clarification, please contact [insert name] to organise a time for us to meet.



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4 St Germans Place Blackheath | London SE3 0NJ  
020 8858 0692 | [info@blackheathprep.co.uk](mailto:info@blackheathprep.co.uk) | [blackheathprep.co.uk](http://blackheathprep.co.uk)