



MICKLEY VILLAGE PRIMARY & NURSERY SCHOOL policy document



Relationship and sexual Health policy (RSHE)

Introduction

“Today’s children and young people are growing up in an increasingly complex world and living their lives seamlessly on and offline. This presents many positive and exciting opportunities, but also challenges and risks. In this environment, children and young people need to know how to be safe and healthy, and how to manage their academic, personal and social lives in a positive way.” (DfE, Department of Education 2019).

Mickley Village Primary and Nursery School, we follow the DfE statutory curriculum ‘Relationships Education, Relationships and Sex Education (RSE) and Health Education (2019)’ and advice from the PSHE Association (Appendix A), to inform our Relationships Education and Health Education (RHE) offer in school. We deliver the curriculum with support from the school nurse, as well as content covered in the Science, Computing and Religious Education National curriculum. We cover the objectives set out in Appendix A up to the end of Year 2 (as detailed by the PSHE Association) even though the DfE guidance for Primary Schools covers objectives up until the end of KS2 and Secondary School.

Relationships, Sex and Health Education must be taught sensitively and inclusively, with respect to the backgrounds and beliefs of the pupils and parents in our community. It is taught in a factual way, referring to rights and responsibilities within a legal framework. We also reflect British Values in the way we teach our pupils about relationships and health.

Under the provisions of the 2010 Equality Act, we do not discriminate against pupils because of their age, sex, race, disability, religion or belief, or sexual orientation. We make reasonable adjustments to ensure children who are disadvantaged or have Special Educational Needs or Disability are able to access and participate in all lessons.

As a Primary School our RSHE is about the emotional, social and cultural development of pupils, and primarily involves learning about relationships, healthy lifestyles, diversity and personal identity. RSHE is learning accurate and age appropriate skills, attitudes and knowledge about the body and gives children and young people essential skills for building positive, enjoyable, respectful and non-exploitative relationships and helps children to understand how to stay safe both on and offline. RSHE involves a combination of sharing information, and exploring issues and values through assemblies, circle time, group sessions and other enrichment activities. RSHE is not about the promotion of sexual activity. As an Infant School, we teach the children correct terminology for body parts of humans and animals. We look at the human body as it grows and changes as well as the life cycles of humans and animals. This content is statutory as part of the Science National Curriculum. We are not teaching any other aspects of Sex Education as defined by the RSHE curriculum.

Why we teach Relationship and Health Education (RSHE)

RSHE promotes lifelong learning about:

- The spiritual, moral, cultural, emotional and physical development of children at the school and in society
- Acquiring skills and attitudes which prepare them to learn about loving and stable relationships
- Respect, responsibility, love and care
- Sexuality and health
- Provides the opportunity for children to understand and cope with personal safety, helping them to recognise safe and unsafe situations and identify and be able to talk to someone they trust.

- Developing critical thinking as part of decision-making and exercise some basic techniques for resisting peer group pressure
- Developing acceptable vocabulary for communication about their bodies
- Consider and understand the changes that occur to their bodies, minds and emotions as a consequence of growth from childhood to adulthood.
- Positive attitudes and identifying and sharing their feelings with each other
- To understand what a family unit may look like and to understand the differences between different family units and family life
- To learn how to make good, informed and safe choices concerning relationships and healthy lifestyles.

At Mickley Village Primary and Nursery School we want the teaching of RSHE and PSHE to put in place the key building blocks of healthy, respectful relationships, focusing particularly on healthy, respectful relationships (family and friendships), in all contexts, including online. We aim to foster a positive culture so children are able to develop lifelong learning about physical, moral and emotional development with a priority of focusing on physical and mental health. This will complement the essential understanding of how to be healthy. We aim to support children with their development of self-respect and empathy for others as well as managing conflict and their understanding of keeping safe as they get older.

Aims and outcomes

The aims of RSHE at Mickley Village Primary and Nursery School are:

- To provide age appropriate health and relationships education which comply with DfE guidelines
- To consider the needs of all pupils taking into account gender, religion, ethnicity and SEN, including disability
- To create a climate that encourages children to identify and express their views and feelings and to respect the views of others
- To give them an understanding of growth and change, 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 • Respect for rights and responsibilities within relationships
- Teach pupils the correct vocabulary to describe themselves and their bodies
- To provide a framework in which sensitive discussions can take place
- To promote openness and security, so that children feel able to ask questions
- To develop confidence in talking, listening and thinking about feelings and relationships
- Be aware that feelings and actions have an impact on others
- To enable pupils to develop the ability to form positive relationships
- To recognise and accept the similarities and differences between themselves and others, and treat others with sensitivity
- To learn the value of respect, love and care
- To understand that families can look different to their own family (e.g. single parent families, LGBT parents, families headed by grandparents, adoptive parents, foster parents/carers amongst other structures)
- To emphasise the role and value of family life and the importance of stable relationships for caring and sharing
- To encourage all children to value themselves and others and to develop self-esteem and a positive self-image

- To help children understand their bodies and prepare children for 'growing up'
- To equip children with the appropriate personal skills needed to make sensible choices, which enable them to protect themselves and ask for help and support
- To enable children to initiate reasoned and informed decision making, including saying 'no' to unacceptable behaviour
- To recognise safe and unsafe situations.
- Appreciate that different, successful family structures exist
- Understanding diversity regarding religion, gender, culture and sexual orientation
- Importance of striving to reduce intolerance and discrimination
- Acceptance of difference and diversity
- Promote gender equality and equality in relationships
- Challenge gender stereotypes and inequality
- Develop spiritual, moral, social and cultural awareness in line with the 2010 Equality Act and the schools' safeguarding and child protection protocols.

At Mickley Village Primary and Nursery School we believe that a carefully formulated programme for RSHE is crucial if we are to prepare children to learn to respect themselves and others and move with confidence from childhood through adolescence into adulthood. These aims have been formulated in line with our school ethos, values and safeguarding principles. The school will promote an atmosphere that allows questioning where any questions raised will be answered accurately with sensitivity and related to family life, loving relationships and respect for others. We will support children in helping them to understand themselves, respect others and how to sustain healthy relationships. All children should feel at ease with themselves and around other people as they grow and develop. We are clear that parents and carers are the prime educators for children on many of these matters. At Mickley Village Primary and Nursery School we want to complement and reinforce this teaching by providing children with adequate subject knowledge which builds on their prior knowledge in line with statutory guidance and parent views.

Who teaches RSHE? How it is organised within the curriculum?

Relationship and Health Education is taught within the Personal, Social, Health and Economic (PSHE) curriculum. Biological aspects of RSHE are taught within the Science curriculum, and other aspects are included in Religious Education (RE) and the Computing curriculum. Teachers will use correct biological terms (including vagina, vulva, penis, testicles, anus, nipples and breasts) and will encourage children to do the same. We understand it is vital that the language used is clear, agreed by all staff and is non-offensive. Each lesson is differentiated for children and appropriate to each of the age groups we teach. Within these lessons, children are encouraged to contribute, share ideas and express their own opinions in a safe and non-judgemental environment. Each week, we allocate time to PSHE in order to teach the PSHE knowledge and skills in a developmental and ageappropriate way. These explicit lessons are reinforced and enhanced in many ways including; assemblies, praise and reward systems, our school's Learning Behaviours, circle time, trips and visits, workshops, national charity events and celebrations (e.g. Anti-bullying day or week, Children in Need, Safer Internet day), through relationships child to child, adult to child and adult to adult across the school. Class teachers deliver the weekly lessons to their own classes. Teachers will ensure all children are able to access the PSHE/ RSHE lessons and will provide additional support where necessary. Relationships Education (Appendix A) 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

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. Staff will be sensitive to the range of different family situations and groupings. Work will be covered with individuals, groups or whole class as appropriate. In delivering the programme for RSHE the school will seek the advice of the School Nurse and other experts, where appropriate. Health Education (Appendix A) focuses on teaching the characteristics of good physical health and mental wellbeing. Teachers should be clear that mental wellbeing is a normal part of daily life, in the same way as physical health. This starts with pupils being taught about the benefits and importance of daily exercise, good nutrition and sufficient sleep, and includes:

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

Non statutory coverage

At Mickley Village Primary and Nursery School we recognise that alongside the statutory elements of the curriculum, it is also important to cover non statutory requirements. We have indicated the following areas as a priority alongside our statutory duty to cover the curriculum requirements:

- People who help us (social services/police/fire service/ambulance)
- Peer on peer abuse
- Child sexual exploitation and grooming
- Fire safety
- Safety in the local environment such as road, rail and water safety
- Stranger danger
- Sun safety
- Money and economic outcomes linked to mathematics
- Eco-awareness including Forest School.

These sensitive areas will be addressed in an age appropriate way and therefore not all of this terminology will be used with the children.

Inclusion and support

This policy reflects and is in line with the schools' Equal Opportunities policy and the school ensures that the Relationship and Health teaching programme is an inclusive one and is appropriate and relevant to all pupils, including those with SEN and disabilities. Teachers make sure that the content, approach and use of inclusive language reflect the diversity of the school community, and help all pupils feel valued and included, regardless of their gender, ability, disability, experiences and family background

RSHE strives to meet the needs of all pupils and deals honestly and sensitively to topics or questions which arise, answers appropriate questions and offers support to those who need it.

Parental involvement- right to withdraw

Parents do not have the right to withdraw their children from all, or part of the Relationships Education or Health Education Curriculum. Nor do parents have the right to withdraw their children from the Science Curriculum. As Mickley Village Primary and Nursery School is an Infant School, we are not teaching any aspects of Sex Education outside of the statutory Science curriculum. Therefore parents do not have the right to withdraw their children. Parents are welcome to discuss the content of our Relationships Education, Health Education and PSHE curriculum if they have any concerns. Parents can refer to the additional information available which gives a summary of how and what we are teaching (see Appendix E). Parents are also made aware through our school brochure that the RSHE curriculum is essential in supporting Mickley Village Primary and Nursery Schools statutory duty to:

- safeguard and promote the welfare of their children
- adhere to the 2010 Equality Act
- encourage the spiritual, moral, social, and cultural development of pupils⁸
- foster British Values (see Appendix C)

Ultimately the content is statutory, and the school has a duty to ensure the curriculum is covered.

Children will have formal and informal questions relating to Relationships and Health Education, and these are answered according to the age and maturity of the children we teach in line with statutory guidance and curriculum content. Teachers are vigilant and able to use their professional judgement when answering questions. Children's questions may be unpredictable in their content and in the school context teachers will always attempt to give straightforward, factual answers, whilst making judgements such as:

- Whether to answer immediately or at a later time
- Whether to answer in the whole class situation or on an individual basis
- In what depth to frame the answer
- Whether to refer the question to parents to be addressed at a later time.

Confidentiality and child protection issues

Discussion about relationships or health may prompt a pupil to disclose about sensitive topics. If a staff member believes a child is at risk or in danger or has concerns about information that was disclosed then it is the staff members responsibility to report this to the Designated Safeguarding Lead and take action according to the school Safeguarding Policy. Staff will not make promises to children to keep information private, and will always act with the best interests of the child in mind. The child will be supported by staff as necessary and safeguarding procedures will be followed.

Visitors will also be invited to the school, such as school nurses or health professionals, to provide support and training to staff teaching RSHE if it is deemed necessary.