

Otterham Primary School

Relationship, Sex and Health Education (RSHE) Policy



Written in accordance with the DfE guidance document 'Sex and Relationship Education Guidance (ref DfE 0116/2000)

Version 3

OTTERHAM COMMUNITY PRIMARY SCHOOL
Relationship, Sex and Health Education (RSHE) Policy

RATIONALE

Sex and relationship education should contribute to promoting the spiritual, moral, cultural, mental and physical development of pupils at school and in society and prepare pupils for the opportunities, responsibilities and experiences of adult life.

WHAT IS SEX EDUCATION?

It is lifelong learning about physical, moral and emotional development. It is about the understanding of the importance of stable and loving relationships, respect and care for oneself and others. It is also about the teaching of sex, sexuality and sexual health. It is not about the promotion of sexual orientation or sexual activity.

AIMS

RSHE in our school aims for pupils to:

- Develop confidence in talking, listening and thinking about feelings and relationships
- Be able to name parts of the body and describe how their bodies work
- Be able to protect themselves and ask for help and support
- Be prepared for puberty

HOW IS RSHE PROVIDED?

Pupils need to be given accurate information and helped to develop skills to enable them to understand difference and respect themselves and others and for the purpose, also of prevention and removing prejudice.

A planned and progressive programme of RSHE gradually and appropriately begins to prepare our children for adult life. It teaches the skills they need to fully manage the natural physical and emotional changes that will happen to them as they grow and mature into healthy, confident and responsible adults.

In line with national recommendations, RSHE at Otterham C P School will be delivered through PHSE and Science. The school uses the materials developed by Christopher Winter's Project and takes advantage of being able to discuss equality and diversity in response to current affairs presented in Newsround. Lessons are led by class teachers and teaching assistants.

RSHE is taught in each year group, starting in Reception.

RSHE at Otterham C P School should cover the following areas:

Attitudes and Values

- Learning about the values of family life and stable relationships
- Learning the value of respect, love and care
- Exploring, considering and understanding moral dilemmas
- Developing critical thinking

Personal and Social Skills

- Learning to manage emotions and relationships confidently and sensitively
- Developing self-respect and empathy for others
- Understanding differences with the absence of prejudice
- Providing opportunities for young people to develop the ability to understand the consequences of their decisions and actions
- To manage conflict

Knowledge and Understanding

- Information about healthier, safer lifestyles
- Physical development
- Emotions, relationships and reproduction

Pupils at Otterham C P School will also develop their sensitivity and tolerance towards others through:

- RE
- Circle Time
- PSHE lessons

Sex and relationship education will usually be delivered in mixed gender groups. However, there may be occasions where single gender groups or individuals are more appropriate and relevant.

RSHE AND SCIENCE CURRICULUM

RSHE will be taught through the Science curriculum. Although RSHE must be taught, parents/carers have a right to remove their child from certain aspects of these lessons. Only areas involving science are compulsory, so parents/carers can withdraw their child from all optional areas of **RSHE**.

Y2 Notice that animals, including humans, have offspring that grow into adults

Find out about and describe the basic needs of animals, including humans, for survival

Describe the importance for humans of exercise, eating the right amounts of different types of food and hygiene

Y5 Describe the changes as humans develop to old age

Draw a timeline to indicate stages in the growth and development of humans. They should learn about the changes experienced in puberty

Work scientifically by researching the gestation periods of other animals and comparing them with humans; by finding out and recording the length and mass of a baby as it grows

Y6 Recognise the impact of diet, exercise, drugs and lifestyle on the way their bodies function

CHRISTOPHER WINTER'S PROJECT

See attached document to see the curriculum overview for the delivery of the Christopher Winter's Project.

WORKING IN PARTNERSHIP WITH PARENTS

Parents/carers are the key people in:

- Teaching their children about sex and relationships
- Maintaining the culture and ethos of the family
- Helping their children cope with the emotional and physical aspects of growing up
- Preparing them for the challenges and responsibilities that sexual maturity brings

WORKING WITH THE WIDER COMMUNITY

Elements of sex and relationship education are also provided by a range of people in the wider community including health professionals, social workers and visitors. If people other than school staff support RSHE provision, they will be aware of and agree to abide to our RSHE policy before any support is given.

CONFIDENTIALITY AND CHILD PROTECTION

RSHE will take place in a secure and supportive environment however the children will be made aware that teachers CANNOT offer unconditional confidentiality. All staff involved in delivering and supporting RSHE should be alert to the signs of abuse, neglect and exploitation. The school has a separate Safeguarding and Child Protection Policy. Effective RSHE may bring about disclosures of child protection issues and staff should be aware of procedures for reporting their concerns.

REVIEW AND MONITORING

The Sex and Relationships Education Policy is reviewed every two years by governors. The RSHE programme is monitored by the PSHE Coordinator and SLT.

EQUAL OPPORTUNITIES

The school is committed to the provision of RSHE to all of its pupils. Our programme aims to respond to the diversity of children's cultures, faiths and family backgrounds.

AGREED BY THE GOVERNORS OF OTTERHAM PRIMARY SCHOOL

Adopted by the Governing Body:

07 December 2021

Due for review:

October 2023

CWP Curriculum Overview

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Reception Our Lives

Lesson 1: **Our Day**

Lesson 2: **Keeping Ourselves Clean**

Lesson 3: **Families**

Year 1 Growing and Caring For Ourselves

Lesson 1: **Keeping Clean**

Lesson 2: **Growing and Changing**

Lesson 3: **Families and Care**

Year 2 Differences

Lesson 1: **Differences: Boys and Girls**

Lesson 2: **Differences: Male and Female**

Lesson 3: **Naming the Body Parts**

Year 3 Valuing Difference and Keeping Safe

Lesson 1: **Differences: Male and Female**

Lesson 2: **Personal Space**

Lesson 3: **Family Differences**

Year 4 Growing Up

Lesson 1: **Growing and Changing**

Lesson 2: **What is Puberty?**

Lesson 3: **Puberty Changes and Reproduction**

Year 5 Puberty

Lesson 1: **Talking about Puberty**

Lesson 2: **Male and Female Changes**

Lesson 3: **Puberty and Hygiene**

Year 6 Puberty, Relationships and Reproduction

Lesson 1: **Puberty and Reproduction**

Lesson 2: **Understanding Relationships**

Lesson 3: **Conception and Pregnancy**

Lesson 4: **Communication in Relationships**