



Moreton Church of England Primary School



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Relationship, Sex and Health Education Policy

Agreed by Governors (Date):

Signed (CoG):

Date: February 2021



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Moreton C of E Primary School's approach to Relationship, Sex and Health Education (RSHE) follows that of the Church of England Education Office in that it seeks to be faith-sensitive and inclusive. It is underpinned by two key Biblical passages:

"So God created humankind in his image, in the image of God he created them"

(Genesis 2:7)

"I have come in order that you might have life - life in all its fullness"

(John 10:10)

At Moreton C of E Primary School, everyone will be treated with dignity as all people who are made in the image of God and are loved equally by God. Our policy is based on our vision for pupils to *grow together in faith, knowledge and love* knowing that they are unconditionally loved by God. Our relationships with others are based on mutual respect and consideration for others and underpinned by Christian values. Integral to this is that pupils look after *themselves, each other and God's World*. We place value on educating pupils to ensure that they

- Have good self-esteem and learn to love themselves (Health Education)
- Learn to love others by loving their neighbours (Relationship Education)
- Learn to find security and connection with others in God's World (part of Sex Education)

This policy interlinks with our teaching of SMSC (Spiritual, Moral, Social and Cultural) development, Christian values, British values and Behaviour expectations. It also links with our curriculum drivers which aims to education children to be healthy, motivated, creative, curious, respectful citizens who will make a difference in the world.

All pupils have a right to an education which enables them to flourish and is set in a learning community where differences of lifestyle and opinion (within that which is permissible under UK law) are treated with dignity and respect; where bullying of all kinds is eliminated; and where they are free to be themselves and fulfil their potential without fear.

Our school seeks to ensure that the RSHE curriculum protects, informs and nurtures all pupils. It clearly differentiates between factual teaching (biology, medicine, the law, marriage, different types of families and the composition of society) and moral teaching about relationships and values, recognising that the distinction can be easily blurred and that there needs to be discernment about the manner in which this is taught. We teach RSHE within a moral (but not moralistic) framework.

Our **INTENT** of RSHE in Moreton Church of England Primary School is about what constitutes wellbeing and loving care for *ourselves* (physical and mental health education), how we show loving *care for others* (relationships education) and, when at an appropriate age and stage in life, how we show loving care to those we choose to be intimate with, including but not exclusively, within marriage (sex education).



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It is also about the spiritual and moral aspects of healthy, loving and nurturing relationships within a context of a Christian vision for the purpose of life. Pupils will consider how to ensure that they treat themselves and others, at all times and in all contexts, with dignity and respect.

Defining health education

Health education is learning about physical health and mental wellbeing so that pupils can make wise choices to ensure their own flourishing and the flourishing of others.¹

Defining Relationships Education

Relationships Education is learning about how to:

- be appreciative of existing relationships;
- form new healthy friendships; and
- enjoy strong positive, caring, relationships with good boundaries, online and in person.

This will particularly refer to family relationships (including marriage), friendships and relationships with peers and adults.

Our RSHE will focus on pupils having a healthy lifestyle (physically and mentally), understanding their own identity and self-worth and being able to develop strong healthy relationships.

Defining sex education

Sex education is about reproduction: learning how babies can be made and the emotions that people experience when they are ready for close intimacy.

Our curriculum for science includes content about human body parts, growth, puberty and gestation. We teach this in a spiral effect at a time which is age appropriate for our pupils. We may decide to adapt this to reflect the needs of particular cohorts of pupils. Parents do not have the right to withdraw from this aspect of the curriculum.

Through consultation with our school community, including parents, we have decided that it is important to include the names of reproductive organs, physical and emotional changes during puberty, reproduction and birth, sexual attraction and orientation within years 5 & 6 to educate the children in our community for adulthood and to prepare them for secondary school.

Our curriculum will be published on our website and parents will be advised in advance of the content and sessions that will be taught.

¹ See *Mental Health and Wellbeing: Towards a Whole School Approach* (March 2018) and *Teaching about mental wellbeing* (June 2020)



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The right to withdrawal from sex education

Parents do have the right to excuse their children from this aspect of RSHE and can do so by making concerns known and applying in writing to the Headteacher. The school will invite any enquiring parents or legal guardians to talk through concerns. An explanation of the rationale for RSHE will be given; an opportunity will be offered to review the intended materials and to consider the impact of not receiving sex education with peers. Withdrawing a child from sex education remains a statutory right as a parent or legal guardian. If a pupil is excused from sex education it is the school's responsibility to ensure that the pupil receives appropriate, purposeful education during the period of withdrawal. There is no right to withdraw from relationships education or health education. The school will document this process to ensure a record is kept.

IMPLEMENTATION of our RSHE Curriculum

At Moreton C of E Primary School, our RSHE is taken from our curriculum drivers and overarching Christian values.



In Key Stage 1 (Years 1 & 2) we teach about:

- Being special, loved and made by God
- Good rest, sleep and personal care
- Exercise
- Healthy food
- Screen time and good rules
- Talking about our feelings
- Families and those who give us love
- Friendships and how to be a good friend
- What bullying is and how to get help
- Bad secrets and safe/unsafe touching
- Keeping safe online and offline
- Basic names of body parts



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In Lower Key Stage 2 (Years 3 & 4), we teach about:

- Being special, loved and made by God
- Importance of families and commitments within these including faith
- Healthy food and diets
- Good medication to make us well – antibiotics, vaccines and pain relief
- Self-care – good sleep, hygiene (teeth and washing)
- Mindfulness activities
- Improving fitness and experiencing types of activities for good mental health (hobbies)
- Looking after our world
- Good rules to keep us safe
- Types of bullying, bystanders and how to get help
- Recognising and report feeling of being unsafe
- Where to get help – in school and from outside organisations (NSPCC)
- Life cycle of animals (Science)

In Upper Key Stage 2 (Years 5 & 6), we teach about:

- Being special, loved and made by God
- Types of families and relationships
- Trust and aspects of good relationships – how to deal with bad relationships
- Planning a healthy lifestyle – diet, exercising, being outdoors, looking after our mental health, restricting on-line activities
- Basic First Aid
- Good sleep and spiritual places for reflection
- Facts about smoking alcohol and drug taking
- What puberty is – changes to our bodies and hygiene
- Good rules to keep safe on and off line
- Protecting ourselves and others from bullying of all types
- Creating safe boundaries with our bodies – inappropriate contact
- What happens in conception and birth (Science)
- Having a baby is wonderful and a responsibility
- What attraction is (including sexual attraction)
- How babies are made and what happens in sexual intercourse (including that closeness affects people physically and emotionally)
- Names of body parts involved in sexual intercourse
- Campaigning for a better world

- **Year 6 only**



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How will RSHE be taught in our school?

RSHE will be delivered professionally and as an identifiable part of PSHE. It will be led, resourced and reported to parents in the same way as any other subject. There will be a planned programme delivered in a carefully sequenced way.

RSHE will be delivered in a way that affords dignity and shows respect to all who make up our diverse community. It will not discriminate against any of the protected characteristics in the Equality Act and will be sensitive to the faith and beliefs of those in the wider school community. RSHE will seek to explain fairly the tenets and varying interpretations of religious communities on matters of sex and relationships and teach these viewpoints with respect. It will value the importance of faithfulness as the underpinning and backdrop for relationships. It will encourage pupils to develop the skills needed to disagree without being disagreeable, to appreciate the lived experience of other people and to live well together.

RSHE will seek to build resilience in our pupils to help them form healthy relationships, to keep themselves safe and resist the harmful influence of the excesses of media in all its forms.

RSHE will promote healthy resilient relationships set in the context of character and virtue development that sits within the schools Christian Vision and Values.

Values such as such as love, compassion, respect, courage, humility, kindness, forgiveness, generosity and a sense of justice.

All staff teaching this sensitive and important subject will have received training. This training will be regularly reviewed and revisited.

Pupils with SEND will have had the content made accessible to them as is appropriate for their needs following discussion with the SENCo. This will be individualised, if required, according to particular needs as part of their One Plan.

At Moreton C of E Primary School RSHE is taught by confident trained staff and only some elements will be taught by outside agencies (such as First Aid or aspects about puberty). It is

important that pupils have confidence in the teacher and that a 'safe space' is created where pupils feel confident and can ask age-appropriate questions.²

RSHE will be monitored and evaluated

We will evaluate the **IMPACT** of our RSHE through following the same monitoring and evaluation processes used throughout the school for other subjects i.e. pupil conferencing, work reviews, learning walks etc.

²It does not need to be the class teacher or tutor who teaches Relationships [and Sex] Education. It is best delivered by teachers who are skilled and confident at managing sensitive issues and are good at handling class discussion. See research from Bristol University about secondary RSE

<https://bmjopen.bmj.com/content/7/5/e014791>



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Policy Review

This policy has been produced following training from the Diocese of Bristol & Chelmsford, and through Governor consultation, parent engagement and pupil views.

It will be reviewed through parent engagement annually. It must, however, be recognised that the law specifies that what is taught and how it is taught is ultimately a decision for the school.

This policy will be reviewed every:	2 years
It is due to be reviewed again on:	May 2023
It was approved by FGB on:	May 2021
Date for review process to begin:	Spring term 2021
Date for final review to FGB:	Summer term 2021

This policy should be read in conjunction with The Equalities Act 2010

<https://www.gov.uk/guidance/equality-act-2010-guidance>