



SARRATT CHURCH OF ENGLAND PRIMARY SCHOOL

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

Laying the foundations for our children to be confident, respectful and to achieve their full potential.

This policy was written in consultation with staff, governors and parents of Sarratt C of E School in order to fully meet the needs of our children.

Aims of this policy:

At Sarratt School, PSHE and citizenship enables children to become healthy, independent and responsible members of society. We encourage our pupils to play a positive role in contributing to the life of the school and the wider community. In so doing we help develop their sense of self-worth. We teach children both about their rights and about their responsibilities. They learn to appreciate what it means to be positive members of a diverse and multicultural society.

The aims of PSHE and RSE at Sarratt are to:

- Promote the spiritual, moral, cultural, mental and physical development of all pupils
- Prepare pupils for the opportunities, responsibilities and experiences of later life
- Encourage pupils to value themselves and others
- Allow pupils to acknowledge and appreciate difference and diversity
- Teach pupils how to make informed choices
- Prepare pupils to be positive and active members of a democratic society

- Teach pupils to understand what constitutes a safe and healthy lifestyle
- Provide a framework in which sensitive discussions can take place
- Promote safety in forming and maintaining relationships
- Provide pupils with a toolkit for understanding and managing their emotions
- Provide pupils with the opportunities to consider issues which may affect their own lives and/or the lives of others
- Help pupils to identify the characteristics of healthy relationships, how relationships may affect mental and physical health; and how to stay safe online
- Prepare pupils for puberty, and give them an understanding of sexual development and the importance of health and hygiene
- Help pupils develop feelings of self-respect, confidence and empathy
- Create a positive culture around issues of relationships
- Teach pupils the correct vocabulary to describe themselves and their bodies

What is PSHE and RSE?

Personal, Social, Health and Economic (PSHE) education is defined as a planned programme of learning opportunities and experiences that help children and young people grow and develop as individuals and as members of families and of social and economic communities. Evidence shows that well-delivered PSHE programmes have an impact on both academic and non-academic outcomes for pupils, particularly the most vulnerable and disadvantaged.

Under the new guidance issued by the DfE, by September 2020, Relationships Education at primary school will be compulsory. Relationships Education teaches the fundamental building blocks and characteristics of positive relationships, with particular reference to friendships, family relationships, and relationships with other peers and adults. We believe that children should learn about relationships as well as the emotional, social and physical aspects of growing up, human sexuality and sexual health in an age-appropriate way. This goes beyond learning about relationships, to include puberty, how a baby is conceived and born, body ownership, and safeguarding.

We believe that, to be effective, RSE should always be taught within a broader PSHE education programme. RSE enhances and is enhanced by learning related to topics including anti-bullying; keeping safe on and off line; keeping physically and mentally healthy, learning about drugs,

alcohol and tobacco; and the development of skills and attributes such as communication skills, managing peer pressure, risk management, resilience and decision making.

From 2020: it became statutory for schools to deliver Relationships Education in primary schools. Schools are encouraged by the Department of Education to deliver Sex Education that ensures that both boys and girls are prepared for the changes adolescence brings and – drawing on knowledge of the human life cycle set out in the National Curriculum for science - how a baby is conceived and born. Health Education, also statutory from September 2020, covers the key facts about puberty and the changing adolescent body.

Delivering the aims:

The work we do in PSHE links directly to the **CORAM SCARF: Safety, Caring, Achievement, Resilience and Friendship** programme for RSE and Drugs/Alcohol Education. PSHE also flows through all other curriculum areas.

CORAM SCARF delivers the Personal Health, Social and Economic education requirements of the National Curriculum. It aims to provide a stimulating and thought-provoking learning package that is relevant and appropriate to the child at their stage of personal development.

National Curriculum objectives are delivered through six units across the year. Each unit follows the same theme from Reception to Year 6. The titles of each unit are:

- Me and My Relationships
- Valuing Difference
- Keeping Myself Safe
- Rights and Responsibilities
- Being My Best
- Growing and Changing

Lessons are timetabled each week to deliver the units mapped out in long term plans. Every SCARF lesson plan is set out in an easy-to-use way and provides all the resources needed to cover learning outcomes, including:

Comprehensive lesson notes, some with additional guidance for dealing with sensitive or complex Issues. Before beginning, teachers should read the SCARF guidance for creating a safe learning environment to ensure that sensitive issues are taught safely and confidently.

Accessibility:

PSHE and RSE lessons are accessible to all children at Sarratt C of School. This policy follows the same principles as outlined in the school's equality statement.

Children with identified Special Educational Needs and/or Disabilities need to have access to an ambitious PSHE curriculum. Within the curriculum area of PSHE SEND children will be provided with reasonable adjustments through their tasks and level of challenge provided. Advice can be sought from the school's SENDCO/PSHE curriculum coordinator where applicable.

Home/ school partnership:

We aim to engage our parent community in the development and delivery of our PSHE and RSE curriculum. The school will share information about the curriculum via the school website including long term planning and links to useful websites.

From September 2020 parents will have the right to request that their child be withdrawn from some or all of sex education delivered as part of statutory RSE but not Relationships Education.

We encourage parents to contact the school to discuss the curriculum should they have any questions or concerns before taking this decision.

Assessment:

We use both formal and informal judgements for PSHE and RSE through observations within lessons and contributions to planned activities.

At the end of each module, there are self-assessment opportunities for pupils. These encourage learners to reflect on how well they are developing skills, knowledge and attitudes and can be completed individually, or as a result of dialogic partner work. There are clear expectations of what the pupils will know, understand and be able to do at the end of each Key Stage.

Roles and Responsibilities:

It is the responsibility of all staff to ensure that they are following the policy. The subject leader and SLT will monitor and evaluate the application of the policy

Other references:

Where relevant, this policy should be considered alongside and in accordance with the Child Protection policy, Behaviour policy, Anti-bullying policy, SEN policy, Inclusion policy, Assessment policy and Teaching and Learning Policy.

This policy has drawn on:

- Brook, Sex Education Forum and PSHE Association 'Sex and Relationships Education (SRE) for the 21st Century' - Supplementary advice to the Sex and Relationship Education Guidance DfE (0116/2000) (2011)
- DfE Relationships Education, Relationships and Sex Education (RSE) and Health Education Guidance (June 2019)
- DfE Keeping Children Safe in Education (2020)

Useful resources:

Coram Life Education Online Teaching and Learning Training Film Clips and RSE Guidance Document: supports schools in organising and delivering RSE with confidence. Available as part of the SCARF online comprehensive Relationships Education and Health Education curriculum resources:

<https://www.coramlifeeducation.org.uk/scarf/lesson-plans/relationships-education--teacher-resources-guidance-documents-and-training-films> (password protected).

PSHE Association RSE Policy Guidance

<https://www.pshe-association.org.uk/curriculum-and-resources/resources/writing-your-rse-policy-guidance-pshe-association> (members only)

The Sex Education Forum RSE Policy Guidance

<https://www.sexeducationforum.org.uk/resources/advice-guidance/sre-policy-guidance>

The Sex Education Forum have also provided a free resource to assist you in consulting pupils, parents and staff to inform you about what changes need to be made to your RSE policy and practice. 'Activities for consulting about your school sex and relationships policy'.

<https://www.sexeducationforum.org.uk/sites/default/files/field/attachment/Consultation%20activities%20-%20SRE%20policy%20-%20Sept%202014.pdf>

This policy will be reviewed every three years.

Reviewed: Summer 2020

Next Review: Summer 2023