

Barnardiston Hall

Relationships and Sex Education
(RSE) Policy

Written: August 2019

Reviewed November 2019

Written in accordance with [The Relationships Education, Relationships and Sex Education, and Health Education \(England\) Regulations 2019](#) are made under sections 34 and 35 of [the Children and Social Work Act 2017](#)

Rational

Relationship and sex education should contribute to promoting the spiritual, moral, cultural, mental and physical development of pupils at school and of society and preparing pupils for the opportunities, responsibilities and experiences of adult life.

What is relationship and sex education?

It is lifelong learning about physical, moral and emotional development. It is about the understanding of the importance of marriage for family life, stable and loving relationships, respect, love and care. It is also about the teaching of sex, sexuality, and sexual health. It is not about the promotion of sexual orientation or sexual activity – this would be inappropriate teaching.

Aims

RSE in our school aims for pupils to:

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

How is RSE 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 preventing and removing prejudice.

A planned, progressive programme of RSE 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, RSE at Barnardiston will primarily be delivered through the PSHE, and Science curriculum, although some aspects may also be covered with the help of cross curricular activities.

RSE is taught to each year group, by the appointed teachers and details of topics can be found in the relevant curriculum.

RSE at Barnardiston should cover the following areas:

- Attitudes and values
 - Learning the importance of values and individual conscience and moral considerations;
 - Learning the value of family life, marriage, and stable and loving relationships for the nurture of children;
 - Learning the value of respect, love and care;
 - Exploring, considering and understanding moral dilemmas; and

– Developing critical thinking as part of decision-making.

- Personal and social skills

- Learning to manage emotions and relationships confidently and sensitively;
- Developing self-respect and empathy for others;
- Learning to make choices based on an understanding of difference and with an absence of prejudice;
- Developing an appreciation of the consequences of choices made;
- Managing conflict;
- Learning how to recognise and avoid exploitation and abuse.
- Effective and appropriate use of all electronic communication.

- Knowledge and understanding

- Learning and understanding physical development at appropriate stages;
- Understanding human sexuality, reproduction, sexual health, emotions and relationships;
- Learning about contraception and the range of local and national sexual health advice, contraception and support services;
- Learning the reasons for delaying sexual activity, and the benefits to be gained from such delay;
- The avoidance of unplanned pregnancy.

Parents 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.

The school is committed to working with parent and carers and informs parents by letter when pupils will be studying RSE. Parents have the right to withdraw their children from all or part of the RSE provided except for those parts included in the science curriculum. Parents are asked to contact the Head Teacher who will be available to discuss any concerns.

Working with the Wider Community

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

Confidentiality and Child Protection

RSE 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 RSE will be trained to recognise the signs of abuse, neglect and exploitation. The school has a separate Child Protection Policy. Effective RSE may bring about disclosures of child protection issues and staff will be aware of the procedures for reporting their concerns.

Review and Monitoring

The Relationships and Sex Education Policy is reviewed annually by the Schools SMT. The

RSE programme is monitored by the head of PSHE. Students work covered in RSE is reviewed and marked by the relevant teachers but is not graded.

Equal Opportunities

The school is committed to the provision of RSE to all of its pupils. Our programme aims to respond to the diversity of children's abilities, cultures, faiths and family backgrounds. Teaching should reflect the law (including the Equality Act 2010) as it applies to relationships, so that young people clearly understand what the law allows and does not allow, and the wider legal implications of decisions they may make.