



## **PSHE: Relationships and Sex Education Policy**

**2023 - 2024**

It is the aim of the Governing Body of Lickey Hills Primary School and Nursery to support the implementation of policies and procedures which support the vision of: 'Dream together, Believe together, Achieve together'

### **Aims**

At Lickeyhills Primary School and Nursery we provide a curriculum that is broadly based, balanced and meets the needs of all pupils. Our PSHE curriculum aims to

- Promote the spiritual, moral, cultural, mental and physical development of pupils at the school and of society, and
- Prepare our pupils for the opportunities, responsibilities and experiences of later life.

### **Definition of Relationships, Sex and Health Education (RSHE)**

From September 2020, Relationships Education is compulsory for all primary schools as set out in the DfE Guidance (2019). For all maintained schools there is also a statutory duty to provide Health Education. This includes primary aged children learning about the 'changing adolescent body', included in the expected outcomes for primary Health Education. (Relationships Education, Relationships and Sex Education, and Health Education, DfE, 2019). All primary schools are legally obliged to have an up-to-date policy for Relationships and Sex Education (RSE) that describes the content and organisation of RSE. In primary schools if the decision is taken to teach sex education beyond Relationships and Health Education and National curriculum Science, this should also be documented in the policy. The policy is available to parents/carers on request and also available on the school's website. It is the school governors' responsibility to ensure that the policy is developed and implemented effectively.

Effective Relationships and Sex Education can make a significant contribution to the development of the personal skills needed by pupils if they are to establish and maintain relationships. It also enables children and young people to make responsible and informed decisions about their health and well-being. This is why the DfE recommend:

## Compulsory aspects of Relationships, Sex and Health Education.

"... that all primary schools should have a sex education programme tailored to the age and the physical and emotional maturity of the pupils. It should ensure that both boys and girls are prepared for the changes that 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." (Relationships Education, Relationships and Sex Education, and Health Education, DfE, 2019, para 67).

### **Teaching and Learning**

At Lickeyhills , we teach Personal, Social, Health Education as a whole-school approach to underpin children's development as people and because we believe that this also supports their learning capacity.

To ensure progression and a spiral curriculum, we use Jigsaw, the mindful approach to PSHE and Relationship, Sex and Health Education, as our chosen teaching and learning programme and tailor it to your children's needs. Jigsaw covers all areas of PSHE for the primary phase including statutory Relationships and Health Education. The table below gives the learning theme of each of the six Puzzles (units) and these are taught across the school; the learning deepens and broadens every year.

<b>Term</b>	<b>Puzzle (Unit)</b>	<b>Content</b>
<b>Autumn 1:</b>	Being Me in My World	Includes understanding my own identity and how I fit well in the class, school and global community. Jigsaw Charter established.
<b>Autumn 2:</b>	Celebrating Difference	Includes anti-bullying (cyber and homophobic bullying included) and understanding
<b>Spring 1:</b>	Dreams and Goals	Includes goal-setting, aspirations, who do I want to become and what would I like to do for work and to contribute to society
<b>Spring 2:</b>	Healthy Me	Includes drugs and alcohol education, self-esteem and confidence as well as healthy lifestyle choices, sleep, nutrition, rest and exercise
<b>Summer 1:</b>	Relationships	Includes understanding friendship, family and other relationships, conflict resolution and communication skills, bereavement and loss

<b>Summer 2:</b>	Changing Me	Includes Relationships and Sex Education in the context of coping positively with change
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The information below shows specific RSE content for each year group:

At Lickeyhills School, the specific RSE content is taught in 'Changing Me' Puzzle (unit) over a 6 week period, usually in the second half of the summer term. Each year group will be taught appropriate to their age and developmental stage, building on the previous years' learning.

Ages 3-5 Growing up: how we have changed since we were babies.

Ages 5-6 Boys' and girls' bodies; correct names for body parts.

Ages 6-7 Boys' and girls' bodies; body parts and respecting privacy (which parts of the body are private and why this is).

Ages 7-8 How babies grow and how boys' and girls' bodies change as they grow older.

Introduction to puberty and menstruation.

Ages 8-9 Internal and external reproductive body parts. Recap about puberty and menstruation. Conception explained in simple terms.

Ages 9-10 Puberty for boys and girls in more detail including the social and emotional aspects of becoming an adolescent. Conception explained in simple biological terms.

Ages 10-11 Puberty for boys and girls revisited. Understanding conception to the birth of a baby. Becoming a teenager.

All lessons are taught using correct terminology, child-friendly language and diagrams. Within these units sex education refers to Human Reproduction and puberty, and therefore inform parents of their right to request their child be withdrawn from the PSHE lessons that explicitly teach this. These are the Jigsaw Changing Me Puzzle (unit) :

Year 4, Lesson 2 (Having a baby) and Lesson 3 (How our bodies change at puberty)

Year 5, Lesson 2 and 3 (Puberty) and 4 (Conception)

Year 6, Lesson 2 (Puberty) and 3 (Conception, birth)

The school will inform parents of this right in the Spring Term before the Changing Me Puzzle is taught.

### **The role of the Headteacher and Governing body**

It is the responsibility of the Governors to ensure that as well as fulfilling their legal obligations, the governing boards or management committee should also make sure that:

- all pupils make progress in achieving the expected educational outcomes in regard to RSHE;
- RSHE is well led, effectively managed and well planned;
- the quality of RSHE provision is subject to regular and effective self-evaluation;
- teaching is delivered in ways that are accessible to all pupils with SEND;

The headteacher ensures that all adults who work with children on these issues are aware of the school policy, and that they work within this framework. The headteacher monitors this policy on a regular basis and reports to governors, when requested, on the effectiveness of the policy.

### **Monitoring and Review**

The Curriculum Committee of the governing body monitors the RSE policy on an annual basis. This committee reports its findings and recommendations to the full governing body, as necessary, if the policy needs modification. The Curriculum Committee gives serious consideration to any comments from parents about the sex education programme, and makes a record of all such comments.

As Jigsaw materials are copyrighted the school is not permitted to put teaching materials on the public facing website, or provide electronic copies of materials to parents and carers at home. Certain material can be shared through a password protected system such as ParentMail that we use at Lickeyhills.

Governors require the headteacher to keep a written record, giving details of the content and delivery of the RSE programme that is taught in your school. Governors should scrutinise materials to check they are in accordance with the school's ethos. Parents and carers have the right to see sample materials used within the teaching of RHSE and these are available via ParentMail or by contacting the school office.

### **Withdrawal from RSE lessons**

Parents/carers have the right to withdraw their child/children from those specifically lessons teaching about puberty and human reproduction. Those parents/carers wishing to exercise this right are asked to complete the parent mail form to opt out of the sessions. Once a child has been withdrawn they cannot take part in the specific sex education lessons until the request for withdrawal has been removed. If withdrawn for the sessions they will then take part in a different PSHE/C lesson instead such as sun safety.

At LickeyHills School, puberty is taught as a statutory requirement of Health Education and covered by our Jigsaw PSHE Programme in the 'Changing Me' Puzzle (unit). We conclude that sex education refers to Human Reproduction, and therefore inform parents of their right to request their child be withdrawn from the PSHE lessons that explicitly teach this. These are the Jigsaw Changing Me Puzzle (unit) :

Year 4, Lesson 2 (Having a baby) and Lesson 3 (How our bodies change at puberty)

Year 5, Lesson 2 and 3 (Puberty) and 4 (Conception)

Year 6, Lesson 2 (Puberty) and 3 (Conception, birth)

The school will inform parents of this right in the Spring Term before the Changing Me Puzzle is taught.

### **Monitoring and Review**

The Curriculum Committee of the governing body monitors this policy on an annual basis. This committee reports its findings and recommendations to the full governing body, as necessary, if the policy needs modification. The Curriculum Committee gives serious consideration to any comments from parents about the PSHE (RSHE) programme, and makes a record of all such comments. Governors scrutinise and ratify teaching materials to check they are in accordance with the school's ethos.

### **Equality**

**This policy will inform the school's Equalities Plan.**

At LHPSN we promote respect for all and value every individual child. We also respect the right of our children, their families and our staff, to hold beliefs, religious or otherwise, and understand that sometimes these may be in tension with our approach to some aspects of Relationships, Health and Sex Education.

RSHE has clear links with other school policies aimed at promoting pupils' spiritual, moral, social and cultural development, including the:

ICT Policy and Safe Internet Use Policy  
Inclusion Policy  
Relationship based Behaviour Policy and Anti Bullying including Cyber Bullying  
RE Policy  
Safeguarding/Child Protection Policy  
SMSC Policy  
Special Educational Needs Policy

**H Williams**

**September 2023**

This policy is reviewed annually.



