



# Knowsley Central School

## Relationships, Sex and Health Policy

**Reviewed by:** Debbie Sergeant **Date:** September 2023

**Last reviewed:** September 2023

**Next review due:** September 2024

## Introduction

Knowsley Central School recognises and acknowledges that an effective RSHE curriculum contributes to the overall wellbeing, health and safety of all pupils. RSHE forms an integral part of the curriculum at Knowsley Central School and it is taught as part of the wider PSHE curriculum. We believe that every child in our school has the right to an appropriate and meaningful RSHE. We emphasise the importance of considering child's needs, age, readiness, maturity and cognitive ability to all teachers delivering the subject.

Relationship and Health Education is a compulsory and statutory part of the primary curriculum. Children cannot and will not be withdrawn from the teaching of this area. The very early development of some of our children means that we provide learning which is inclusive of all levels of development and cognitive ability. Sex Education is non-statutory at Primary level. Before any child is taught aspects of sex education teachers will assess and evaluate whether a child is ready for this learning. Teachers will consider a child's age, maturity, readiness and development before consulting with parents/carers. Parents/Carers have a right to withdraw their child from sex education and this is detailed in the policy.

Knowsley Central School recognises that every child is entitled to receive an education which is relevant, meaningful and current. We are committed to delivering this in all areas including Relationship, Sex and Health Education. We view each child as an individual; we celebrate their strengths and strive to support them to develop skills which will allow them to live happy and fulfilled lives in which they meet their full potential. We are committed to safeguarding children and we recognise how RSHE learning supports this. We acknowledge that the advancements within modern technology now present a changing and credible risk to the children in our school. We also value the part technology plays in the lives of children and its many positive contributions. At Knowsley Central School, we recognise that every person is an individual, we respect the ethnicity, cultural and religious values and the sexual orientation of every member of our school community.

All teaching at Knowsley Central School is inclusive and accessible. Children receive a highly individualised approach to their learning and this is applicable during the teaching of RSHE. The teaching of RSHE is delivered within the subject of PSHE through a wide range of activities including, but not limited to; sensory activities, play based learning, structured group and individual tasks, outdoor learning and formal teaching.

Relationship Education is a statutory requirement within primary settings (DfE, 2020) and an essential aspect of the curriculum in Knowsley Central School. Relationship Education allows children to develop an understanding of what relationships are, differences in relationships and how to foster healthy relationships with others. We recognise the importance of children developing an understanding of the meaning of positive mental wellbeing; relationship education encourages children to understand how their relationships with others support this.

## Curriculum Content

### Relationships

The teaching of relationship education at Knowsley Central School focuses on the fundamental building blocks and characteristics of positive relationships. Teaching and learning supports

children to understand friendships, family relationships, their relationships with children and with adults. The teaching of relationship education at Knowsley Central School aims to ensure that children have a secure understanding of the following:

- Families and the people who care for them
- Caring Friendships
- Respectful Relationships
- Online relationships
- Keeping Safety

### Sex Education

Sex education is not compulsory in primary schools. Areas which may previously have been considered as 'sex education' such as the changing body, hygiene and puberty are taught as part of the compulsory relationship and health education areas. The Department for Education (2020) recommend that primary schools have a sex education programme which is tailored to the age and the physical and emotional maturity of the pupils. Considering the diverse and complex needs of the children at Knowsley Central School it is essential to develop a meaningful and relevant curriculum. Knowsley Central School will teach relationship and health education as laid out in this policy and will only consider Sex Education on an individual basis. It is essential that children at Knowsley Central School are effectively supported with the ongoing physical and emotional changes which they will experience; these changes are included in our curriculum as part of health and relationship education. If teachers and class staff consider it is necessary for a child to receive any form of sex education it will be discussed in school and parents/carers will be consulted with. Many things must be considered before a child is taught aspects of sex education which include the development, understanding and the maturity of the child. This will be considered on an individual basis at all times. Parents/carers have the right to withdraw their child from sex education and this will be made clear during the consultation process.

### Health Education

Health Education is an essential part of the curriculum at Knowsley Central School. It equips children with the knowledge and skills to lead a healthy life. Children learn of the importance of leading a healthy lifestyle and how both physical and mental wellbeing are essential to good health. Children learn to acknowledge, understand and communicate their emotions. Pupils are encouraged to articulate how they feel and recognise how they can seek support. Children learn the importance of exercise and the positive effects it can have upon both physical and mental wellbeing. Through a combination of strategies and approaches children learn to recognise their self-care needs and how they contribute to good overall health. Children are taught the importance of good personal hygiene and the impact this has upon their health. Children are guided to understand the importance of community. They are part of groups and communities and they are taught to recognise these. Children are encouraged to consider the needs of others as part of their community. The use of electronic devices is important to many of the children in our school, through effective PSHE teaching children learn to recognise that limiting their time on such devices will allow them to take part in other activities. Children are taught the importance of age restrictions in regards to gaming and social media; they will learn why these restrictions exist and the importance of adhering to them. Knowsley Central School teaches Health Education in accordance with DfE requirements of what all children will be taught during primary school. These areas include:

- Mental wellbeing
- Internet safety and harms
- Physical health and fitness
- Healthy eating
- Drugs, alcohol and tobacco
- Health and prevention
- Basic first aid
- Changing adolescent body

Some aspects of health education can create difficult questions and misconceptions for a child. Considering the complex learning needs of the children in Knowsley Central School, it is essential to ensure that delivery is meaningful and appropriate to each individual child. A range of strategies are drawn upon to ensure the successful delivery of this curriculum, these include the following:

- Effective differentiation-children may be taught in larger groups, small groups or on an individual basis where necessary.
- Teaching can be adapted to include sensory and practical activities to ensure that all children can access the curriculum in a way which is appropriate to them.
- Safe and secure environment-children will be made to feel comfortable and respected throughout their learning.
- Appropriate resources including the use of social stories and the use of technology

### Delivery and Responsibility of RSHE

The delivery of RSHE at Knowsley Central School is the responsibility of individual class teachers. Class teachers will identify when children are developmentally and emotionally ready to access aspects of RSHE and follow the guidance within this policy to ensure that children access thorough, meaningful and appropriate RSHE curriculum. Key aspects of RSHE compliment other areas of the curriculum. Knowsley Central School recognise that the teaching of PE, Science and Computing can complement RSHE learning. PSHE learning is developed across all aspects of learning at Knowsley Central School, it is not limited to discrete lessons. We recognise that our Knowsley Central School children learn best through practical activities which are meaningful and motivating to them. We cherish every opportunity for learning and acknowledge that these appear throughout all of our activities, however sometimes these opportunities are spontaneous and led by the individual child. Teachers harness these opportunities to promote further progress for the individual. Class teachers will also deliver RSHE within timetabled PSHE/ RSHE sessions. Learning within this area will also include informal settings such as playtime. (DfE, 2020) Individual class teachers can assess and baseline children according to their development and their needs. From this baseline, an effective and individualised programme of learning can be devised. Regular assessment will provide evaluation of progress and effectiveness of resources.

### Monitoring and Evaluation

The PSHE lead and senior leadership of the school have responsibility for:

- Reviewing the policy and ensuring it was in compliance with up to date DfE guidance.
- Ensuring that resources and materials used are appropriate and relevant for the children.

- Ensuring relevant information is given to relevant staff.
- Attending relevant CPD opportunities and the feeding this back to staff.

The teaching of RSHE is monitored by the Head Teacher and members of the governing body.

### Parents and Families

Knowsley Central School recognises that parents/carers have a vital role in the development of their children. Parents/carers play an essential part in a child's development of understanding the importance of positive relationships and parents/carers have the most significant influence in enabling their child to form healthy relationships. (DfE, 2020) Parents/carers are aware of what will be taught and when. Parents/carers will be made aware that they do have the right to request that their child be withdrawn from some or all of the sex education teaching. Knowsley Central School fosters positive relationships between school and parents/carers, based on effective communication.

### Right to be excused

According to the Department for Education "Parents have the right to request that their child be withdrawn from some or all of sex education delivered as part of statutory RSE" (DfE, 2020) If a parent requests that their child is withdrawn from Sex Education, the Head Teacher will discuss this request with the parent and ensure that their wishes and concerns are understood and aim to provide clarification. A record of any such request and conversation will be kept. The Head Teacher will automatically grant a request to withdraw their child from sex education, other than as part of the Science curriculum. (DfE, 2020)

There is no right to withdraw from Health Education or Relationship Education.

### Lesbian, Gay, Bisexual and Transgender

Knowsley Central School recognise that it is essential that the needs of all pupils are met. Equality and respect underpins all of our teaching. We ensure that all teaching is sensitive, appropriate and meaningful in its approach and content. Children learn through the delivery of the PSHE curriculum that relationships and partnerships can be between people of any gender.

### Safeguarding

This policy and the teaching of RSHE is in accordance with Keeping Children Safe in Education (Department for Education, 2020). Keeping children safe is at the heart of all RSHE teaching. All children are taught about the importance of their safety including how to stay safe online. Children should always be made aware of who they can raise a concern to and how to do so. We recognise the importance of providing an environment within our school that will help children feel safe and respected. We recognise the importance of enabling children to talk openly and to feel confident that they will be listened to.