



Relationships and Sex Education (RSE) Policy

Approved by governors: October 2020

Reviewed: July 2023 Next Review: July 2026

Introduction

At Otley All Saints we see Relationship and Sex Education (RSE) as an important element of Health and Well-being Education (Personal, Social and Health Education – PSHE) which enables children to understand and cope with both physical and emotional changes. High quality RSE helps create safe school communities in which pupils can grow, learn and develop positive, healthy behaviour for life.

RSE plays a vital part in meeting our safeguarding obligations. The lessons are conducted in a sensitive manner, with some of it delivered in separate gender groups where appropriate. However, if a child makes a reference which causes the teachers concern regarding sexual activity or abuse, the matter will be dealt with as a child protection issue.

At Otley All Saints, RSE will be developmental and will provide a sound foundation for further work in secondary school. All our members of staff are committed to delivering relevant aspects of RSE through a variety of classroom and whole school experiences.

Guidelines

Those marked with an * are part of the National Curriculum Science requirements.

By the end of Key Stage One, pupils will know and understand:

- The names of the main external parts of the body *
- The function of certain parts of the body, internal and external – for example how the heart rate changes during exercise
- That humans and animals grow and reproduce *
- That humans and animals can produce offspring and these grow into adults *
- The biological differences between male and female children
- Naming the biological terms for the male and female private parts (privates, vagina, penis)
- About growth and change in humans, plants and animals – life cycles
- The basic rules for keeping safe, clean and healthy
- About safe places to play and safe people to be with
- The needs of babies and young children
- The ways in which they are similar to and different from others
- That they have some control over their actions and bodies
- How emotions affect us inside and out
- That families and friends are special for sharing and caring
- How different people can help them and how they can help others – how to be a good friend

By the end of Key Stage Two, pupils will know and understand:

- That the life processes common to humans and animals include growth and reproduction *
- About the main stages of the human life cycle *
- About the physical and emotional changes that happen at puberty, why they happen and how they manage them
- How to ask age appropriate questions about puberty
- Sexual relationships
- Contraception, pregnancy and how a baby is born
- Being a parent

- How to continue to follow basic rules, as mentioned in Key Stage One, for managing personal hygiene, keeping safe and healthy
- About helpful things that go into their bodies – good food, some medicinal drugs
- The many different relationships in which they are involved – coping with these in difficult times
- About keeping themselves safe when involved with risky activities
- Child Sexual Exploitation (CSE) and how to keep themselves safe
- That their actions have consequences and learning how to resolve conflict
- About different forms of bullying and the feelings of both bullies and victims
- About a wide range of different family arrangements and accepting variety, e.g. second marriages, fostering, extended families where three or more generations live together and same sex parents
- How the media can influence people and has an impact on forming of attitudes

Throughout RSE, pupils will have considered:

- The need for love and trust in established relationships
- The diversity of lifestyles
- Others' point of view: parents, carers, friends
- Why being different can provoke bullying and why this is unacceptable
- When it's appropriate to take a risk, when to say no and seek help
- The diversity of values and customs in the school and community

Lessons relating to puberty will be timetabled towards the beginning of the year as part of the Year 5 curriculum. Those relating to sexual reproduction will be scheduled for the start of Year 6. Parents of pupils in these years will be informed in advance of relationship and sex education lessons. They will be asked to sign to confirm they give permission for these lessons to take place.

Conclusion

RSE is an essential part of our Health and Well-being (PSHE) curriculum and pupils should feel confident and secure about extending their knowledge.