



MARLCLIFFE PRIMARY SCHOOL

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

Last Reviewed	January 2024	Next Review	January 2025
		Ratified by Governors	January 2024

Personal, Social and Health Education (PSHE) including Relationships and Sex Education (RSE) – our school's approach

Aims

- To give parents and carers information on statutory Relationships and Health Education and non- statutory Sex Education.
- To outline how PSHE and RSE fits with our school ethos and values.
- To share information on how we plan to teach the content of our curriculum including statutory guidance.

The Relationships Education RSE and Health Education (England) Regulations 2019 have made Relationships Education compulsory in all primary schools. Sex education is not compulsory in primary schools, it is optional. The guidance states that from September 2020, all schools must deliver relationships education (in primary schools) and relationships and sex education (in secondary schools).

We also have regard to legal duties set out in:

- Sections 406 and 407 of the *Education Act 1996*
- Part 6, Chapter 1 of the *Equality Act 2010*
- The Public Sector Equality Duty (as set out in Section 149 of the *Equality Act 2010*). This duty requires public bodies to have due regard to the need to eliminate discrimination, advance equality of opportunity and foster good relations between different people when carrying out their activities.
- *Keeping Children Safe in Education 2023* – Statutory Safeguarding Guidance.

At Marlcliffe, we teach PSHE and RSE as set out in this policy.

Rationale for teaching of RSE and its place in the PSHE curriculum

Personal, Social and Health Education (PSHE) is a non-statutory programme incorporating drugs and alcohol education, emotional health and well-being, relationships and sex education, nutrition and physical activity, personal finance, online safety, personal safety and work-related learning careers education. It is acknowledged that our pupils are growing up in an increasingly complex world and living their lives on and offline. This presents positive and exciting opportunities and also risks and challenges. Our children need to know how to keep themselves safe in the real world and in the online world. Hence the government has made Relationships Education compulsory. It is most effective when embedded within a wider Personal, Social Health Education (PSHE) education curriculum. PSHE permeates through the taught and untaught curriculum at Marlcliffe Primary.

Why is Relationships and Sex Education important?

- It helps to keep pupils safe. RSE gives pupils the knowledge to tell right from wrong, and the skills to assess risk and seek support if they are worried. Giving pupils the language to describe genitals helps to keep them safe. If someone touches them inappropriately, they can seek help from an adult and accurately describe what is happening.
- It gives pupils information and skills to make healthy choices. Pupils need to have knowledge about what is healthy and what is not, but also the skills to be able to use this information. RSE provides the perfect environment for pupils to practice these skills safely.
- It promotes tolerance and respect. This fits in with the requirement to promote British Values and our own school ethos and core values. We want pupils to become adults who are accepting of all people, even if their way of life is not the same as their own.
- It prepares pupils for the changes of puberty. Some pupils will begin the changes of puberty in during KS2, some later. Every pupil will experience these changes at some point and needs to be prepared.
- It allows children to develop the skills to form and maintain healthy relationships. Whether friendships, family, or future work relationships, every pupil needs these skills in order to function effectively in society.

PSHE and RSE fits in with the aims, values and ethos of our school

At Marlcliffe Primary, PSHE is at the core of what we do and equips our Marlcliffe Learners to understand and value how they fit into and contribute to the world. Our approach to PSHE closely links to our Marlcliffe Values and our whole school curriculum drivers. Our approach to teaching PSHE has a strong emphasis on emotional literacy and social skills. PSHE at Marlcliffe has a focus on children building resilience and nurturing their own mental and physical health.

At Marlcliffe we use *The Sheffield Scheme for PSHE/RSE* to deliver engaging and relevant PSHE following a tailored, whole-school scheme. Our PSHE approach allows for teachers to meet the demands of the National Curriculum while considering the needs of their classes and the individual pupils in their care. With an ever-changing society, we are able to provide our children with a strong understanding of the diverse world around them and support them in playing a positive role in contributing to the school and wider community.

Statutory Relationships, Health and Sex Education

- Relationships Education and Health Education are statutory in primary schools from September 2020.
- Primary schools can choose to provide additional sex education as part of this programme.

- Parents/carers only have the right to excuse their child from non-statutory sex education.

Statutory Relationship education includes:

- Families and people who care for me
- Caring friendships
- Respectful relationships
- Online relationships
- Being safe

Statutory Health education includes:

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

The guidance that schools are required to follow in Relationships, Sex and Health education can be found here:

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/1090195/Relationships_Education_RSE_and_Health_Education.pdf

Sex Education

- The DfE guidance states that 'The DFE continues to recommend that all primary schools should have a sex education programme tailored to the age and the physical and emotional maturity of the pupils'. We include sex education in our PSHE curriculum as it meets the needs of the pupils within our context. RSE is taught within the personal, social, health and economic (PSHE) education curriculum. Biological aspects of RSE are taught within the science curriculum.
- All pupils must be taught the aspects of sex education outlined in the primary science curriculum – this includes teaching about the main external parts of the human body, how it changes as it grows from birth to old age, including puberty, and the reproductive process in some plants and animals. The school is free to determine whether pupils should be taught sex education beyond what is required of the national curriculum.

At Marlcliffe, we do teach pupils sex education beyond what is required of the science curriculum. This occurs in Year 6 only and follows the lessons outlined in the *The Sheffield*

Scheme for PSHE/RSE. We believe that knowledge empowers and protects children. We believe our role is to prepare children with accurate knowledge about human reproduction. This also supports safeguarding. Parents/carers are fully consulted in the organisation and delivery of our sex education curriculum.

In Year 6 coverage will include:

- To know the internal sex organs and how they are used to create a baby
- To know the basic facts about what happens during sex
- To know that the law states that people should not have sex until they are over 16 and consent is given by those involved

Parents do not have the right to withdraw their child from relationship or health education; however, they do have the right to withdraw their children from the non-statutory/non-science components of sex education within PSHE/RSE. If a parent wishes to withdraw their child from the non-statutory elements of the RSE curriculum they must consult with a member of the school's senior leadership team.

Our approach for delivering PSHE and RSE

PSHE is delivered both explicitly as weekly, stand-alone lessons, and implicitly through assemblies and wider curricular opportunities. Using the Sheffield Scheme for PSHE ensures the delivery of a comprehensive PSHE curriculum, including statutory Relationships and Sex Education, which gives children relevant learning experiences to help them navigate their world and to develop positive relationships with themselves and others.

The *Sheffield Scheme for PSHE* consists of half-term units of work. The themes of each unit are the same for Years 1 - 6 allowing clear progression which builds on previous learning. The main themes covered are:

- Relationships- families, friends
- Living in the Wider World- Our communities, Online Safety
- Health and Wellbeing- Mental Wellbeing, Physical Health, Growing Up

To support all learners, including those with SEND or additional needs, an oracy approach is used to ensure all pupils can access learning and tasks are scaffolded or adapted by the class teacher to meet all pupil's needs.

The various teaching and learning activities are engaging and mindful of different learning styles and the need for adaptation. Early Years (EYFS) planning is aligned to the National Early Years Framework (England).

Ensuring safe and effective PSHE and RSE

Each teacher will set ground rules with their class to ensure that everyone feels safe to participate and understands boundaries around behaviour and questions. Teachers will deliver lessons in a balanced, non-judgemental way without giving personal views. Pupils' questions will be answered in a factual, age-appropriate way. All teaching will be inclusive of all pupils and families. Teachers will use their professional judgment when responding to

pupils' questions. The most important thing is that pupils receive information that supports them in making safe and healthy choices. Questions that raise safeguarding or child protection concerns will be dealt with in accordance with relevant school policies.

Working together with parents and carers

At Marlcliffe Primary our aim is that, every parent/carer will have full confidence in the school's PSHE and RSE programme to meet their child's needs. Parents/carers will be given the opportunity to view the scheme of work as well as materials and resources at consultation events and via the school website. We will support parents/carers by providing resources and signposting to help parents/carers build their knowledge and confidence of discussing these matters with their children at home to help support their learning if required. Parents/carers will be informed when the more sensitive aspects of PSHE/RSE will be covered in order that they can be prepared to talk and answer questions about their children's learning.

Monitoring and review

The PSHE leader and SLT are responsible for monitoring the standards of children's work and the quality of teaching. A subject enquiry including lesson visits, pupil voice and planning scrutiny will take place annually and additional monitoring activities will take place during the year. The subject leaders support colleagues in the teaching of PSHE, by giving them information about current developments in the subject, keeping them up to date with relevant guidance and ensuring that the teaching of PSHE is of the highest quality.