



# Castlebar School Relationship and Sex Education Policy

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## 1. Introduction

Relationship and Sex Education (RSE) is part of Castlebar School's Personal, Social and Health Education (PSHE) curriculum. In this document relationship and Sex Education is defined as: 'learning about caring friendships, families and people who care for me, respectful relationships being safe, growing up and puberty'. The aim of Relationships Education is to put in place the building blocks needed for positive and safe relationships of all kinds; starting with family and friends and moving on to other kinds of relationships including those we may encounter online. Relationships and Sex Education provides pupils with life-skills that will enable them to make informed decision and protect themselves as they grow up and move forward in their lives, it also gives pupils a forum to ask questions. Relationship and Sex Education is not used as a means of promoting any form of sexual orientation. Staff have received training from 'Image in Action' who have skilled people in use of resources and ideas to present the concepts to children with MLD/SLD. The PSHE curriculum map outlines the teaching of 'Relationships' (RSE) from Yellow department through to the year 6 children in Purple department. We are committed to delivering Relationships and Sex Education sensitively and inclusively including content which is age appropriate, respectful of all backgrounds and which takes into consideration the developmental needs and understanding of our pupils. Specific Sex Education lessons take place in the Summer term of Year 6.

This policy is linked to, and should be read in conjunction with other school policies including:

- PSHE
- Safeguarding
- Online Safety
- Science
- Teaching and Learning
- Equality and Diversity

## 2. Aims and Objectives

The 2019 Ofsted Framework states that schools should ensure they are developing pupil's age appropriate understanding of healthy relationships through appropriate RSE. From September 2020, primary schools are required by law to provide RSE and health education curriculum.

Relationship and Sex Education at Castlebar School is taught within the content of the school's aims and values. We give pupils information about sex and relationships with an awareness of the moral code and values which underpin all the work in the school. RSE as an integrated part of our work to ensure safeguarding and positive well-being for all our pupils.

At Castlebar we teach pupils about:

- Positive relationships and different types of relationships e.g. friends, adults who help us, family
- Keeping yourself clean and healthy in relation to personal hygiene
- The importance of family life and family units
- Gender awareness

- Keeping safe including appropriate touch and the PANTS rule
- Body parts and the concept of public and private
- Growing up including the human life cycle, the physical changes of puberty
- Acceptable behaviour/personal care routines in public and private places

As a maintained primary school, we must provide Relationships Education to all pupils as per section 34 of the Children and Social work act 2017. We are not required to provide sex education, but we do need to teach the elements of sex education contained in the science curriculum. Our school also delivers sex education as part of Relationships Education. Parents can withdraw from a specific sex education lessons provided in the Summer term of Year 6. See section 6.

### 3. Delivery Of RSE; content delivery and training

All pupils at Castlebar School are taught Relationships Education and Growing up (see objectives above in Section 2) within the delivery of the personal, social and health curriculum. Through other subject areas such as physical education and science, pupils are also taught about the physical development of their bodies, how it changes and grows. However, specific Relationship and Sex Education is taught to the Year 6 pupils in their final year at the school, when they may have reached puberty.

A planned programme covering such topics as positive and negative touch, keeping yourself safe, puberty, menstruation and masturbation will be delivered by the Year 6 staff in collaboration with the Assistant Headteacher and the PSED co-ordinator. A female member of staff will deliver the programme to the girls and a male member of staff will deliver the programme to the boys. This planned programme of activities will be supported by staff from, or advice and materials from Image In action; a non-profit organisation specialising in teaching RSE to children and young people with learning difficulties.

All lessons are planned with due regard for the emotional and social development of all pupils. A meeting is arranged with the Parents/Carers of the pupils in Year 6 to discuss the planned programme of relationship and Sex Education lessons; also to explain the content of the lessons; view materials to be used and raise any issues of concern.

RSE is taught within the context of a broad and balanced programme of Personal, Social and Health Education (PSHE)

- The planning, monitoring and evaluating the teaching of RSE will be undertaken by the PSED co-ordinator and the Senior Management Team, under the direction of the Head Teacher.
- RSE will be delivered by class teachers, in liaison with specialists such as the Ealing Health Improvement Team and Image in Action.

### 4. Equal Opportunities

Developing an inclusive curriculum is a statutory requirement of the National Curriculum. We will ensure that:

- All pupils are encouraged to develop and display attitudes of mutual knowledge, understanding and acceptance.

- Staff are aware of pupils' religious, ethnic, cultural and linguistic heritage.
- Teaching and learning methods take account of the diversity of pupils' needs and encourage positive attitudes to diversity and race equality.
- The resources, images and contexts used are inclusive and diverse: mirroring the pupils' own lives and offering insight into other lives.
- Schemes of work and lesson plans are based on diverse backgrounds, experiences and cultural perspectives

## 5. Monitoring and Evaluation

PSHE co-ordinator/senior manager to monitor and evaluate the delivery of relationship and Sex Education through:

- written and verbal feedback from pupils, parents and support staff involved in the Sex Education lessons
- the practical and verbal activities the pupils complete throughout the planned programme of relationship and sex education
- the level of attendance by parents/carers at the Parents meeting
- to keep up to date with health initiatives, resources and materials related to relationship and Sex Education

The Governors also monitor and evaluate the delivery of the sex and education relationship policy through the Pupil and Parents Committee.

## 6. Partnerships with Parents/Carers

At Castlebar school we believe in working closely with parents/carers and families to ensure the best outcomes for our pupils and believe that a joint approach to learning about growing up, keeping safe, relationships and other areas of SRE is highly beneficial.

Castlebar School wishes to build a positive and supporting relationship with the parents/carers of the pupils at the school (and complement what parents are teaching pupils in the home) through mutual understanding, trust and co-operation.

In promoting this objective the school:

- informs parents/carers about the school relationship and Sex Education policy and practice
- informs parents/carers what pupils will be taught and when and to clearly communicate the fact that parents have the right to request that their child be withdrawn for some or all of Sex Education delivered as part of statutory RSE.
- responds to any questions/concerns parents/carers may have about the relationship and Sex Education of their child
- informs parents/carers of best known practices with regard to relationship and Sex Education, so that teaching in school supports key messages parents/carers give to their child at home. The School believes that through this mutual exchange of knowledge and information pupils will benefit from being given consistent messages about their changing body and their increasing responsibilities.

Parents do not have the right to withdraw their children from statutory Relationships and Health Education lessons. Parents also cannot withdraw their children from the statutory National Science Curriculum

- Parents have the right to withdraw their children from the non-statutory components of sex education (taught in year 6 only) within Relationships Education (which include the teaching of ‘identifying parts of the body you can touch in public and private places’ with a link to masturbation and wet dreams within the physical changes of puberty).
- Requests for withdrawal from these lessons should be put in writing and addressed to the head teacher. In the event of a child being withdrawn from a lesson, that child must stay in school and will be assigned to another class until that specific lesson is over.
- If you withdraw your child from the sex education lesson described above, the school cannot guarantee that your child will not hear about the content of lessons from other pupils e.g. on the playground. By withdrawing children from this sex education lesson, they may seek the information from elsewhere e.g. friends, siblings, or on the internet. These sources of information are often incorrect and unreliable and can expose children to information which is not appropriate for their age or their developmental understanding.

## 7. Role of Headteacher/Governors

The role of the Headteacher and governors is:

- to inform staff, parents/carers of the relationship and Sex Education policy
- to ensure that the policy is effectively implemented
- to ensure that staff are given sufficient training so that they can teach effectively and handle any difficult issues with sensitivity
- to liaise with external agencies regarding the school’s relationship and Sex Education programme
- Governors and Headteacher to monitor relationship and sex policy
- Headteacher and Governors to give serious consideration to any comments or concerns raised by parents/carers about the relationship and Sex Education programme. To record all comments and concerns and to keep a written record.

## 8. Confidentiality

At Castlebar School Sex Education lessons are conducted in a sensitive manner and in total confidence. However, if a pupil makes a reference to being involved or likely to be involved in sexual activity then the member of staff will take the matter seriously, dealing with it as a child protection issue. The Headteacher as the Child Protection Officer will then be informed and will deal with the matter in the appropriate way.

CASTLEBAR SCHOOL

March 2020

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