



Relationships and Sex Education (RSE) Policy

Review Date: 2024

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Section 1 - The Context of our Relationships and Sex Education Policy

a) Our Shared Beliefs about RSE

We believe RSE is learning about emotional, social and physical aspects of growing up and about ourselves and our relationships. It enables young people to develop essential life skills for building and maintaining positive, enjoyable, respectful and non-exploitative relationships and staying safe, both on and off line. It should equip young people with information about the body, reproduction, sex, sexuality and sexual health. It will help young people to develop skills to keep themselves and others safer, both physically and emotionally. RSE will enable young people to explore their own attitudes and those of others respectfully.

b) Entitlements

We, together with our community partners, are committed to working towards the implementation and development of the following entitlements.

Children are entitled to:

- Accurate, up-to-date, useful and appropriate information delivered in a way that meets their individual needs
- A well-planned, well-delivered RSE programme, which is flexible to cater for their changing needs over time
- Know where and how to access information, support and local services
- Be informed about issues of confidentiality and how it affects them
- Have their views and ideas received in a respectful and non-judgmental manner
- Be involved in developing and evaluating the content, delivery and timing of their RSE programme.

Adults working with children are entitled to:

- Access high quality, up-to-date, accurate information, resources and training
- Mutual understanding of roles and responsibilities in relation to the planning and delivery of RSE
- Contribute their views and ideas in support of the development of RSE for children
- Professional guidance and support
- Opportunities to share good practice
- Be informed about issues of confidentiality and procedures to be followed.

Parents, carers and other adults in the community are entitled to:

- Accessible, accurate, up-to-date, information delivered in a way which meets their needs
- A safe and supportive environment for their children
- Information on how and when RSE is taught

- Understand their rights and responsibilities in relation to RSE policy and curriculum
- Be informed about issues of confidentiality and how it affects them and their children
- Have their views and ideas received in a respectful, non - judgmental manner

Section 2- Our Relationships and Sex Education Policy

a) Introduction

Our work in RSE is set in the wider context of our school values and ethos:

- We promote a healthy, safe and caring environment for all pupils and staff.
- We provide a broad and balanced curriculum for all our pupils, which values their diverse backgrounds and needs.
- We promote pupil's self-esteem and emotional wellbeing and help them to form and maintain worthwhile and satisfying relationships, based on respect for themselves and for others, at home, at school, at work and in the community.
- We prepare our pupils to confidently engage with the challenges of adult life.
- We provide sufficient information and support to enable our pupils to make safe choices.
- Through an enriched curriculum, we provide children, with opportunities to develop the necessary skills to manage their lives effectively.
- We help our children to learn to respect themselves and others and move safely from childhood, through adolescence, into adulthood.
- We create a wider awareness of religious and moral values within a framework that includes societal and British values and respect for other races, religions and ways of life.

Other school policies are relevant to our provision of RSE: PSHE and Citizenship, Safeguarding and Child Protection, Science, Confidentiality, Behaviour, Anti-Bullying, Inclusion and Equality.

This policy is consistent with current national legislation (Education Act 2002, Academies Act 2010, Equalities Act). It takes account of the proposed changes to RSE and Health Education which will become statutory in Sept 2020 as described in the Children and Social Work Bill 2017. It is also consistent with current national guidance 'Sex and Relationship Education Guidance' (DfE 2000) and 'Sex and Relationships Education for the 21st Century'.

We believe that provision of high quality RSE supports us in fulfilling other statutory duties:

- Education and Inspection Act 2006 describes our duty to promote pupil wellbeing
- Keeping Children Safe in Education sets out our responsibilities for safeguarding and the requirement to be alert to signs of female genital mutilation (FGM), child sexual exploitation (CSE) and peer on peer abuse, including sexual abuse and sexual harassment.
- The Equality Act 2010 describes our duty to ensure that teaching is inclusive for all students.

b) Our Aims for RSE

All adults will work towards achieving these aims for RSE in our school. We seek to enable our children to:

- develop interpersonal and communication skills
- develop positive values and a moral framework that will guide their decisions and behaviour
- develop understanding of the value of marriage, stable relationships and family life as a positive environment for bringing up children
- respect themselves and others, their views, backgrounds, cultures and experiences
- develop loving, caring relationships based on mutual respect
- name the parts of the body confidently and communicate with trusted adults to keep themselves safe
- understand the process of human reproduction
- encourage, recognise and understand the reasons for and benefits of healthy and respectful relationships
- be prepared for puberty and the emotional and physical effects of body changes
- understand the attitudes and skills needed to maintain their physical and mental health
- recognise and avoid exploitative relationships
- have opportunities throughout their schooling to address RSE in an age-appropriate way
- value, care for and respect their bodies
- access additional advice and support.

c) Delivering our RSE curriculum

Our RSE Curriculum (see appendix A) is wholly consistent with the National Curriculum (2014), DfE and OfSTED guidance. It also reflects best practice described by the Sex Education Forum and PSHE Association. Some elements of our RSE curriculum are part of the compulsory National Curriculum for Science (e.g. the biological aspects of puberty, reproduction and the spread of viruses) and some parts are based on non-statutory guidance from the PSHE Association (2013). We consider RSE to be a continuous process of learning, which begins well before the children enter our school and continues into adulthood. We have planned a progressive curriculum appropriate to each age group. All adults working with children have a part to play in supporting the delivery of RSE.

The objectives of the RSE Curriculum will be taught in different ways:

For example –

- PSHE through designated lessons, circle time, focused events, health weeks/days
- Other Curriculum areas, especially Science, English, RE and PE
- Enrichment activities, especially our assembly programme, SEAL programme, social skills groups, involvement in school trips and adventurous activities, activities carried out as part of our development as a healthy school.

We will ensure there are positive educational reasons for each method of delivery.

c) Responsibilities for Curriculum Delivery and Policy Implementation

- We regard it as the shared responsibility of all adults working in the school to respond appropriately to a child's request for information and advice. All staff are encouraged to access support from colleagues where necessary.
- The RSE curriculum will primarily be delivered by class teachers.
- Those delivering RSE will have responsibility for assessing children's needs and selecting appropriate activities and methodologies to meet these needs, supported by the PSHE Leader.
- The PSHE Leader is responsible for reviewing and evaluating RSE at our school.
- Staff will be assisted in their planning and delivery of the 'Curriculum for RSE' by the PSHE Leader who will, with support, provide lesson plans and activities for colleagues, collate assessments, liaise with PSHE advisors, plan INSET to meet staff needs and liaise with visitors who support the RSE curriculum.
- Governors hold responsibility for the RSE Policy and will be assisted in monitoring its implementation by the PSHE Leader and Head Teacher.

Teaching Methodologies

Ground Rules:

RSE is taught in a safe, non-judgmental environment where adults and children are confident that they will be respected. Specific ground rules or a Working Together Agreement will be established at the beginning of any RSE work, in addition to those already used in the classroom. They will cover the following areas:

- Appropriate use of language
- The asking and answering of personal questions • Strategies for checking or accessing information

Example of a Working Together Agreement:

- To be kind to each other;
- To listen to each other;
- To respect our rights to share different views;
- To take care with information we share about ourselves;
- To remember that we can always ask about things in private with an adult in school, but the adult may have to share information if they are worried about our safety;
- Not to ask personal questions.

Answering Questions:

We acknowledge that sensitive and complex issues will arise in RSE, as students will naturally ask questions. When spontaneous discussion arises, it will be guided in a way which reflects the stated school aims and curriculum content for RSE. As a first principle, we will answer questions relating to the planned curriculum for that age group or below to the whole class. Any questions

beyond the planned curriculum will be encouraged to talk about with an adult at home. Question Boxes may be used to allow children to ask questions anonymously if preferred.

When answering questions, we shall ensure that sharing personal information by adults, students or their families is discouraged. Where the question indicates the need for pastoral support, the conversation will be deferred to a time outside the teaching session and other colleagues may be involved. Where a question or comment from a pupil in the classroom indicates the possibility of abuse, coercion or sexual exploitation, teachers will pass this information to the designated person for child protection in line with school Safeguarding and Child Protection policy.

d) Inclusion

We understand the importance of ensuring that all children in our school receive their entitlement to RSE. We will carefully consider special educational needs or disability, gender, sexual orientation and age, nationality, religion and cultural and linguistic background when planning and delivering RSE. In relation to nationality, sexual orientation, religion and cultural diversity, we value the different backgrounds of our pupils and, in addressing different views and beliefs, seek to promote tolerance and understanding.

In order to ensure the RSE Curriculum meets the needs of all:

- We will not promote one particular lifestyle over another.
- We will not seek to gain consensus, but will accept and celebrate difference.
- We will encourage respect and discourage abuse and exploitation.
- We will not ask children to represent the views of a particular religious or cultural group to their peers, unless they choose to do so.

In relation to those with special educational needs or disability, we will review our RSE programme to ensure that provision is made for those with additional needs. We will consider:

- their level of vulnerability
- their need to learn and demonstrate appropriate behaviour
- their need to develop self-esteem and positive body image
- the need to involve all staff, including ancillary staff and carers, in policy development, planning and training
- the management of personal care • clarity about sources of support for pupils

e) Resources

We will use appropriate schemes and the resources recommended within it when planning and delivering the RSE Curriculum. We will carefully evaluate teacher resources, leaflets and videos, before using them. We will select resources which:

- are consistent with our Curriculum for RSE
- relate to the aims and objectives of this Policy
- are suitable to the age, maturity, needs, linguistic proficiency and ability of the children

- appeal to adults and children
- are up-to-date in factual content
- are produced by a reputable organisation
- do not show unfair bias e.g. towards a commercial product
- avoid racial, gender and sexual stereotyping
- encourage active and participative learning
- conform to the legal requirements for RSE

f) Confidentiality

In our school we have a clear and explicit Confidentiality Policy, which is shared with staff, pupils and parents/carers. This Policy is communicated to parents/carers on the Newtown Linford Primary School website. The policy states that:

- Staff are unable to offer absolute confidentiality.
- We will reassure children that staff will act in their best interests and that this may involve sharing information if the child is at risk of harm.
- Children will be told if information is to be shared (unless the child is very young or has significant special needs) and will be offered appropriate support.

Professionals, such as school nurses and youth workers, are bound by their professional codes of conduct when offering advice and guidance to individual pupils. This often involves offering a greater level of confidentiality to children than school staff are able to give. However, in a classroom and other teaching situations when they are contributing to our planned RSE programme, they will follow the school's Confidentiality Policy. Health professionals will ensure that children are aware of the boundaries of confidentiality when beginning work with them.

Safeguarding and Child Protection

We recognise that because effective RSE may alert children to what is appropriate and inappropriate sexual behaviour, there is an increased possibility that a disclosure relating to abuse may be made. All staff are aware of the Safeguarding and Child Protection procedures and will report the disclosure to the designated person for child protection immediately.

- g) Staff Training Teaching RSE can be very rewarding, but we understand that, in order to feel confident, staff need opportunities to develop the knowledge, skills and attitudes. We recognise that all adults have different personal beliefs and attitudes about RSE. We will discuss relevant issues and, where appropriate, arrange training to enable staff members to feel confident in delivering the Curriculum for RSE. We will also encourage the sharing of good practice.

h) Pupil Participation

We will involve children in the evaluation and development of their RSE in ways appropriate to their age.

- a. We will engage the children in assessment activities to establish their development needs, for example 'Draw and Write' activities.
 - b. We will encourage children to ask questions as they arise by providing anonymous question boxes.
 - c. We will ask children to reflect on their learning and set goals for future learning.
 - d. We will consult children (e.g. through School Council) about their perception of the strengths of our RSE programme and the areas to be further developed.
- i) Working with Parents/Carers and our School Community

Parents and carers are the key figures in supporting their children through the emotional and physical aspects of growing up and relationships education. We recognise that many children would prefer to receive information about RSE from their parents and carers. Therefore, we seek to work in partnership with parents and carers when planning and delivering RSE. We will encourage this partnership by:

- a. Informing parents and carers about the RSE programme within Newtown Linford Primary School
- b. Gathering parents' views on the RSE Policy and taking these into account when it is being reviewed if appropriate
- c. Encouraging parents to discuss their views and concerns about RSE on an informal basis.

Parents and carers will be given access to this Policy on request. It will be available on the school and website.

Parents and carers currently have the right to withdraw their children only from all or part of those elements of RSE which are not included in the statutory national curriculum Programmes of Study for Science (see Appendix A). They are able to withdraw their children from those elements which fall within the non- statutory guidance for PSHE. The school will make alternative arrangements for children whose parents or carers withdraw them, which will include supporting parents in finding ways to deliver the content at home.

Any parent or carer who wishes to withdraw their child from non-statutory elements of RSE should, in the first instance, contact the Head Teacher to discuss this further. Appendix A will be used to guide the discussion to explain clearly which areas of RSE are currently statutory and which are non-statutory. We will enable parents wishing to withdraw their children from the non-statutory elements of RSE to develop their understanding the learning objectives and approaches taken. Parents or carers will be asked to reconfirm their decision to withdraw as appropriate and a record of any child's withdrawal will be kept.

J) Monitoring, Evaluating and Reviewing our RSE Policy

We are committed to working towards the delivery of the Entitlements (1b) and the provision of the 'Curriculum for RSE' (4a).

- We will reflect on our contribution to the provision of the Entitlements for RSE and seek to develop this.
- We will continue to work in partnership with parents/carers and members of our community to ensure the delivery of high quality RSE for our children.

Appendix A

Relationships and Health Education Curriculum at Newtown Linford Primary School

Bold specifics – any writing in bold is non- statutory within the RSE curriculum.

Year Group	Relationships and Health Specifics taught	Example vocabulary we may use	Science Specifics taught
Reception	<ul style="list-style-type: none"> • Understanding our bodies • Keeping clean • People who care for me • Family and special people <p>Health and self-care: children know the importance for good health, of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe. They manage their own basic hygiene and personal needs successfully, including dressing and going to the toilet independently.</p> <p>Understanding The World People and communities: children talk about past and present events in their own lives and in the lives of family members. They know that other children don't always enjoy the same things, and are sensitive to this. They know about similarities and differences between themselves and others, and among families, communities and tradition.</p>	<p>penis vagina bottom nipple</p>	<p><u>In Understanding the World</u></p> <p>Children develop an understanding of growth, decay and changes over time.</p> <p>Children look closely at similarities, differences, patterns and change.</p> <p>Children make observations of animals and plants, and explain why some things occur and talk about changes.</p> <p><u>In Physical Development, Health and Self-Care</u></p> <p>Children observe the effects of activity on their bodies.</p> <p>Children eat a healthy range of foodstuffs and understand that good practices with regards to exercise, eating, sleeping and hygiene can contribute to good health.</p> <p>Children know the importance for good health of physical exercise, and a healthy diet and can talk about ways to keep healthy and safe.</p> <p><u>In PSED – Making Relationships</u></p> <p>Children can demonstrate friendly behaviour, initiate conversations and forming good relationships with peers and familiar adults.</p> <p>Children can show sensitivity to others' needs and feelings and form positive relationships with adults and other children.</p>
Year 1	<p>- Be able to recognise names for the main external parts of the body.</p>	<p>same similar</p>	<p><i>Non-statutory guidance - Pupils should have plenty of opportunities to learn the names of</i></p>

	<ul style="list-style-type: none"> - Be able to name the sexual parts using colloquial and occasionally scientific words. - Be able to describe what their bodies do and understand how amazing their body is. - Show some understanding that their body belongs to them. - Be able to describe some basic personal hygiene routines and understand how these can prevent spread of disease. - Be able to recognise babies, children and adults of different ages. - Understand that human babies grow inside their mothers. - Be able to describe the main physical developments which take place in early childhood. - Be able to describe some of the changes in responsibilities and expectations during childhood. - Understand the basic needs of babies and understand how a baby is dependent on their parents. - Family, emotions and belonging (home and school) 	<p>different unique responsibility external body parts teenager adult penis vagina bottom nipple</p>	<p>the main body parts (including head, neck, arms, elbows, legs, knees, face, ears, eyes, hair, mouth, teeth) through games, actions, songs and rhymes.</p> <p><i>Non-statutory guidance - The focus at this stage should be on helping pupils to recognise growth; they should not be expected to understand how reproduction occurs. The following examples might be used: egg, caterpillar, pupa, butterfly. Growing into adults can include reference to baby, toddler, child, teenager, adult.</i></p> <p>Children should be taught to - identify, name, draw and label the basic parts of the human body and say which part of the body is associated with each sense</p> <p>Children should recognise that living things produce offspring of the same kind, but normally offspring vary and are not identical to their parents e.g. Caterpillar/butterfly at a basic level.</p>
Year 2	<ul style="list-style-type: none"> - Be able to recognise names for the main external parts of the body. - Be able to name the sexual parts using colloquial and occasionally scientific words. - Be able to describe what their bodies do and understand how amazing their body is. - Show some understanding that their body belongs to them. - Be able to describe some basic personal hygiene routines and understand how these can prevent spread of disease. - Be able to recognise babies, children and adults of different ages. - Understand that human babies grow inside their mothers. - Be able to describe the main physical developments which take place in early childhood. - Be able to describe some of the changes in responsibilities and expectations during childhood. - Understand the basic needs of babies and understand how a baby is dependent on their parents. - Be able to understand the role of family and friends. - Be able to describe stable and caring relationships. - Be able to understand the principles of anti-bullying. - Understand medicines, injections and keep safe. - Be able to describe what to do if they are worried, identify private parts and saying no to unwanted touch. 	<p>same similar different unique responsibility external body parts teenager adult penis vagina bottom nipple breast</p>	<p><i>Non-statutory guidance –children should be introduced to the basic needs of animals for survival, as well as the importance of exercise and nutrition for humans. They should also be introduced to the processes of reproduction and growth in animals. The focus at this stage should be on questions that help pupils to recognise growth; they should not be expected to understand how reproduction occurs. The following examples might be used: egg, chick, chicken; egg, caterpillar, pupa, butterfly; spawn, tadpole, frog; lamb.</i></p> <p>Children should be taught to - describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene.</p> <p>Children should be taught to - notice that animals, including humans, have offspring which grow into adults.</p> <p>Children should be taught to – Identify that most living things they depend on each other for survival.</p>
Year 3	<ul style="list-style-type: none"> - Be able to give a list of the main external parts of male and female bodies and may use some scientific names for these. - Be able to use the scientific terms penis, testicles, breast and vagina and explain which parts are male and which are female. - Be able to give several examples of the capabilities of their own bodies. 	<p>male female same similar different unique responsibility</p>	<p><i>Non-statutory guidance - Pupils should be introduced to the idea that characteristics are passed from parents to their offspring, for instance by exploring the family trees and family resemblances of historical personalities such as the Tudors or the Hapsburgs.</i></p>

	<ul style="list-style-type: none"> - Be able to describe familiar hygiene routines such as brushing teeth and washing hair, and understand the reasons for doing these things. - Be able to look forward to new areas of responsibility for their personal hygiene. - Be able to explain how common illnesses such as colds or tummy bugs are spread and be able to describe how they can prevent the spread of one such illness. - Be able to identify the main stages of the human lifecycle and identify the stage of an individual with reasonable accuracy. - Be able to explain ideas about being grown up and show they have a relatively realistic view of adulthood. - Be able to identify an area for which they can take more responsibility. - Be able to explain some ways that parents/carers are responsible for babies and understand that these responsibilities are based on the fact that a baby cannot look after itself. - Be able to understand belonging and building relationships. - Be able to describe managing emotions, valuing yourself and caring for other people's feelings. - Understand making healthy and safe decisions online. 	<p>external body parts teenager adult penis vagina bottom nipple breast</p>	<p><i>Note: At this stage, pupils are not expected to understand how genes and chromosomes work.</i></p> <p>Children should be taught to - identify how plants and animals, including humans, resemble their parents in many features.</p> <p>Children should be taught to - Identify that animals, including humans, need the right types and amount of nutrition, and that they cannot make their own food; they get nutrition from what they eat.</p>
Year 4	<ul style="list-style-type: none"> - Be able to give a list of the main external parts of male and female bodies and may use some scientific names for these. - Be able to use the scientific terms penis, testicles, breast and vagina and explain which parts are male and which are female. - Be able to give several examples of the capabilities of their own bodies. - Be able to describe familiar hygiene routines such as brushing teeth and washing hair, and understand the reasons for doing these things. - Be able to look forward to new areas of responsibility for their personal hygiene. - Be able to explain how common illnesses such as colds or tummy bugs are spread and be able to describe how they can prevent the spread of one such illness. - Be able to identify the main stages of the human lifecycle and identify the stage of an individual with reasonable accuracy. - Be able to explain ideas about being grown up and show they have a relatively realistic view of adulthood. - Be able to identify an area for which they can take more responsibility. - Be able to explain some ways that parents/carers are responsible for babies and understand that these responsibilities are based on the fact that a baby cannot look after itself. - Be able to describe healthy relationships on and offline. - Understand anti-bullying and the principles of bullying. - Understand medical and legal drugs and their purpose. 	<p>male female same similar different unique responsibility external body parts teenager adult penis vagina bottom nipple breast</p>	<p><i>Non-statutory guidance</i> - Pupils should be introduced to the main body parts associated with the digestive system, for example, mouth, tongue, teeth, oesophagus, stomach and small and large intestine and explore questions that help them to understand their special functions.</p> <p>Children should be taught to - describe the simple functions of the basic parts of the digestive system in humans.</p> <p>Children should be taught to - describe the life cycles common to a variety of animals, including humans (birth, growth, development, reproduction, death), and to a variety of plants (growth, reproduction and death).</p>

Year 5	<ul style="list-style-type: none"> - Be able to describe the main stages of how a baby is made, using some scientific vocabulary. - Be able to describe some emotions associated with the onset of puberty and have strategies to deal with these positively. Understand that puberty affects people in different ways both physically and emotionally. - Understand that the way they behave affects others and that they have some responsibility to others to make sure they are not hurt needlessly. - Describe some characteristics of a loving trusting relationship. - Understand some basic reasons why a couple might choose to have children. - Show awareness of some family arrangements which are different from theirs. - Understand mental wellbeing. 	penis testicles vagina vulva puberty menstruation sexual reproduction internal body parts commitment marriage period menstruation cervix sperm conception pregnancy	<p><i>Non-statutory guidance – Children should know that growing into adults can include reference to baby, toddler, child, teenager, adult. Pupils should find out about different types of reproduction, including sexual and asexual reproduction in plants, and sexual reproduction in animals.</i></p> <p><i>Non-statutory guidance – children might observe changes in an animal over a period of time (for example, by hatching and rearing chicks), comparing how different animals reproduce and grow.</i></p> <p><i>Non-statutory guidance – children might should draw a timeline to indicate stages in the growth and development of humans. They should learn about the changes experienced in puberty. Pupils could work scientifically by researching the gestation periods of other animals and comparing them with humans; by finding out and recording the length and mass of a baby as it grows.</i></p> <p>Children should be taught to - describe the life process of reproduction in some plants and animals.</p> <p>Children should be taught to - recognise the impact of diet, exercise, drugs and lifestyle on the way their bodies function.</p> <p>Children should be taught to - describe the changes as humans develop to old age.</p>
Year 6	<ul style="list-style-type: none"> - To know about the facts of the human lifecycle, include sexual intercourse. - Be able to describe the main stages of how a baby is made, using some scientific vocabulary. - Be able to describe some emotions associated with the onset of puberty and have strategies to deal with these positively. Understand that puberty affects people in different ways both physically and emotionally. - Understand that the way they behave affects others and that they have some responsibility to others to make sure they are not hurt needlessly. - Describe some characteristics of a loving trusting relationship. - Understand some basic reasons why a couple might choose to have children. - Show awareness of some family arrangements which are different from theirs. - Be able to explain about healthy friendships and relationships on and offline. - Be able to explain appropriate and inappropriate contact / touch. - Be able to explain anti-bullying including prejudice, technology and social media. - To understand the use of drugs as medicines. - To understand the effects of alcohol, smoking and solvents. - To know that some drugs are illegal. 	penis testicles vagina vulva puberty menstruation sexual reproduction internal body parts commitment marriage period menstruation cervix sperm conception pregnancy Vocabulary related to sexual reproduction e.g. erection, ejaculation,	<p><i>Non-statutory guidance - They should be introduced to the idea that variation in offspring over time can make animals more or less able to survive in particular environments and lead to evolutionary change. Pupils might find out about Charles Darwin's work on evolution</i></p> <p><i>Non-statutory guidance- They should find out about different types of reproduction, including sexual and asexual reproduction in plants, and sexual reproduction in animals.</i></p> <p><i>Non-statutory guidance- They should learn how to keep their bodies healthy and how their bodies might be damaged – including how some drugs and other substances can be harmful to the human body. Pupils might work scientifically by: exploring the work of scientists and scientific research about the relationship between diet, exercise, drugs, lifestyle and health.</i></p> <p>Children should be taught to:</p> <ul style="list-style-type: none"> - describe the life process of reproduction in some plants and animals. - recognise that living things produce offspring of the same kind, but normally offspring vary and are not identical to their parents.

			<ul style="list-style-type: none"> - identify and name the main parts of the human circulatory system, and describe the functions of the heart, blood vessels and blood - recognise the impact of diet, exercise, drugs and lifestyle on the way their bodies function - describe the ways in which nutrients and water are transported within animals, including humans.
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Appendix B1

Statutory Guidance on Relationships and Health Education for Primary Schools (taken from DfE 2019)

Relationships education (Primary)

By the end of primary school:

Families and people who care for me	<p><u>Pupils should know:</u></p> <ul style="list-style-type: none"> • that families are important for children growing up because they can give love, security and stability. • the characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives. • that others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care. • that stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up. • that marriage ¹³ represents a formal and legally recognized commitment of two people to each other which is intended to be lifelong. • how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed.
Caring friendships	<p><u>Pupils should know:</u></p> <ul style="list-style-type: none"> • how important friendships are in making us feel happy and secure, and how people choose and make friends.

	<ul style="list-style-type: none"> • the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties. • that healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded. • that most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right. • how to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed.
Respectful relationships	<p><u>Pupils should know:</u></p> <ul style="list-style-type: none"> • the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs. • practical steps they can take in a range of different contexts to improve or support respectful relationships. • the conventions of courtesy and manners. • the importance of self-respect and how this links to their own happiness. • that in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority. • about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help. • what a stereotype is, and how stereotypes can be unfair, negative or destructive. • the importance of permission-seeking and giving in relationships with friends, peers and adults.

Online relationships	<p><u>Pupils should know:</u></p> <ul style="list-style-type: none"> • that people sometimes behave differently online, including by pretending to be someone they are not. • that the same principles apply to online relationships as to face-to face relationships, including the importance of respect for others online including when we are anonymous. • the rules and principles for keeping safe online, how to recognize risks, harmful content and contact, and how to report them. • how to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met. • how information and data is shared and used online.
Being safe	<p><u>Pupils should know:</u></p> <ul style="list-style-type: none"> • what sorts of boundaries are appropriate in friendships with peers and others (including in a digital context). • about the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe. • that each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact. • how to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know. • how to recognise and report feelings of being unsafe or feeling bad about any adult. • how to ask for advice or help for themselves or others, and to keep trying until they are heard. • how to report concerns or abuse, and the vocabulary and confidence needed to do so. • where to get advice e.g. family, school and/or other sources.

Physical health and mental wellbeing (Primary)

By the end of primary school:

Mental wellbeing	<p>Pupils should know</p> <ul style="list-style-type: none"> • that mental wellbeing is a normal part of daily life, in the same way as physical health. • that there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations.
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	<ul style="list-style-type: none"> • how to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings. • how to judge whether what they are feeling and how they are behaving is appropriate and proportionate. • the benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness. • simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests. • isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support. • that bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing. • where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online). • it is common for people to experience mental ill health. For many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough.
Internet safety and harms	<p><u>Pupils should know</u></p> <ul style="list-style-type: none"> • that for most people the internet is an integral part of life and has many benefits. • about the benefits of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental and physical wellbeing. • how to consider the effect of their online actions on others and know how to recognise and display respectful behaviour online and the importance of keeping personal information private. • why social media, some computer games and online gaming, for example, are age restricted. • that the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health. • how to be a discerning consumer of information online including understanding that information, including that from search engines, is ranked, selected and targeted. • where and how to report concerns and get support with issues online.
Physical health and fitness	<p><u>Pupils should know:</u></p> <ul style="list-style-type: none"> • the characteristics and mental and physical benefits of an active lifestyle.

	<ul style="list-style-type: none"> • the importance of building regular exercise into daily and weekly routines and how to achieve this; for example walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise. • the risks associated with an inactive lifestyle (including obesity). • how and when to seek support including which adults to speak to in school if they are worried about their health.
Healthy eating	<p><u>Pupils should know:</u></p> <ul style="list-style-type: none"> • what constitutes a healthy diet (including understanding calories and other nutritional content). • the principles of planning and preparing a range of healthy meals. • the characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health).
Drugs, alcohol and tobacco	<p><u>Pupils should know:</u></p> <ul style="list-style-type: none"> • the facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking.
Health and prevention	<p><u>Pupils should know:</u></p> <ul style="list-style-type: none"> • how to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body. • about safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer. • the importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn. • about dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist. • about personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing. • the facts and science relating to allergies, immunisation and vaccination.
Basic first aid	<p>Pupils should know</p> <ul style="list-style-type: none"> • how to make a clear and efficient call to emergency services if necessary. • concepts of basic first-aid, for example dealing with common injuries, including head injuries.

13 Marriage in England and Wales is available to both opposite sex and same sex couples. The Marriage (Same Sex Couples) Act 2013 extended marriage to same sex couples in England and Wales. The ceremony through which a couple get married may be civil or religious.

Appendix B2

Guidance on Sex Education for Primary Schools (taken from DfE 2019)

Sex Education (Primary)

65. 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 and the content set out in this guidance therefore focuses on Relationships Education.

66. The content set out in this guidance covers everything that primary schools should teach about relationships and health, including puberty. The national curriculum for science also includes subject content in related areas, such as the main external body parts, the human body as it grows from birth to old age (including puberty) and reproduction in some plants and animals (see below). It will be for primary schools to determine whether they need to cover any additional content on sex education to meet the needs of their pupils. Many primary schools already choose to teach some aspects of sex education and will continue to do so, although it is not a requirement.

67. It is important that the transition phase before moving to secondary school supports pupils' ongoing emotional and physical development effectively. The Department continues to recommend therefore 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. As well as consulting parents more generally about the school's overall policy, primary schools should consult parents before the final year of primary school about the detailed content of what will be taught. This process should include offering parents support in talking to their children about sex education and how to link this with what is being taught in school. Meeting 24 these objectives will require a graduated, age-appropriate programme of sex education. Teaching needs to take account of the developmental differences of children.

68. Where a maintained primary school chooses to teach aspects of sex education (which go beyond the national curriculum for science), the school must set this out in their policy and all schools should consult with parents on what is to be covered. Primary schools that choose to teach sex education must allow parents a right to withdraw their children. Unlike sex education in RSE at secondary, in primary schools, head teachers must comply with a parent's wish to withdraw their child from sex education beyond the national curriculum for science. Schools will want to draw on the good practice for conversations with parents around the right to withdraw as set out in paragraphs 45 and 46. Schools must also ensure that their teaching and materials are appropriate having regard to the age and religious backgrounds of their pupils. Schools will also want to recognise the significance of other factors, such as any special educational needs or disabilities of their pupils.

National curriculum – Science

KS1 - Identify the main parts of the human body

KS1 - Know that animals, including humans have offspring which grow into adults

KS2 - Describe the changes as humans develop into old age

