

# Higham Ferrers Nursery and Infant School

**‘Together, we enjoy learning in a happy,  
caring and friendly environment’**



## ***RELATIONSHIPS AND SEX EDUCATION POLICY***

**This Policy was agreed by the Full Governing Body in  
Summer (2023)**

**It will be reviewed in Summer (2024)**

*(BA & PD Committee)*

Signed: 

*(Chair of Governors)*

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## 01. WHAT IS RELATIONSHIPS AND SEX EDUCATION (RSE)?

“The focus in Primary school should be on teaching the fundamental building blocks and characteristics of positive relationships, with particular reference to friendships, family relationships and relationships with other children and adults.” (DFE September 2021)

RSE develops pupils’ physical, moral and emotional understanding. The aim of RSE is to provide children with information appropriate to their age; to explore attitudes and values; and develop social skills in order to empower them to make positive decisions about their health and well-being. Giving importance about how to take turns, how to treat each other with kindness, consideration and respect, the importance of honesty and truthfulness, permission seeking and giving, and the concept of personal privacy.

*We have adapted the commonly referred to SRE term to be RSE as we firmly believe effective education should focus on the importance of healthy relationships before sex.*

## 02. AIMS OF RELATIONSHIP AND SEX EDUCATION

All pupils need to understand the importance of respectful relationships so to be prepared for adolescence and adulthood. This journey begins from the day a child is born: our children learn about sex and relationships from the very youngest age, even if we don't talk with them. Some of the things they learn are incorrect, confusing and frightening.

National Curriculum framework (DfE, 2019) makes Relationships Education compulsory in Primary schools

- Promotes the spiritual, moral, cultural, mental and physical development of pupils at the school and of society
- Prepares pupils at the school for the opportunities, responsibilities and experiences of later life.

## 03. WHY IS RELATIONSHIPS AND SEX EDUCATION IN SCHOOLS IMPROTANT?

High quality RSE helps create safe school communities in which pupils can grow, learn, and develop positive, healthy behaviour for life. The PSHE Association states RSE is *essential* for the following reasons:

- Children and young people have a right to good quality education, as set out in the United Nations Convention on the Rights of the Child.
- Children and young people want to be prepared for the physical and emotional changes they undergo at puberty, and young people want to learn about relationships.
- SRE plays a vital part in meeting schools’ safeguarding obligations. Ofsted is clear that schools must have a preventative programme that enables pupils to learn about safety and risks in relationships.
- Schools maintain a statutory obligation under the Children Act (2004) to promote their pupils’ wellbeing, and under the Education Act (1996) to prepare children and young people for the challenges, opportunities and responsibilities of adult life. A comprehensive SRE programme can have a positive impact on pupils’ health and wellbeing and their ability to achieve, and can play a crucial part in meeting these obligations.

*(PSHE Association, March 2017)*

- It builds positive relationships and can help to counteract everyday sexism, misogyny, homophobia and gender stereotypes and take action to build a culture where these are not tolerated, and any occurrences are identified and tackled. (DfE 2019)

## **04. HOME SCHOOL PARTNERSHIP**

We are well aware that the primary role in children's Relationships and Sex Education lies with parents and carers. We wish to build a positive and supporting relationship with the parents of children at our school through mutual understanding, trust and co-operation.

In the latest National Curriculum, the government made it clear that all state schools 'should make provision for Relationships Education, Relationships and Sex Education (RSE) and Health Education (PSHE), drawing on good practice.' (National Curriculum in England, DfE, 2019). In Primary schools parents do not have the right to withdraw their child from RSE unless sex education is being taught (non-compulsory in Primary RSE and within sex education lessons in National Curriculum science).

## **05. CONSULTING PARENTS**

Parents will be informed in year group newsletters when aspects RSE lessons will be taught, providing opportunities for parents to discuss the content of the lessons and to view resources being used.

Parents have the right to withdraw their child from the sex education aspect of the National Curriculum Science Programme. Should a parent choose to do so, they should communicate their wish in writing. Alternative work will be set for such pupils.

## **06. LEGAL REQUIREMENTS**

Our schools have a statutory duty to teach the following as part of the National Curriculum Science programme:

### **Key Stage 1**

- Notice that animals, including humans, have offspring which grow into adults.

Our schools have the statutory duty to teach the 5 themes as set out in the draft government guidance released in February 2019 for Relationships education, Relationships and Sex Education (RSE) and health Education. These are:

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

*Parents do not have the right to withdraw their child/children from these above aspects of the Science and PSHE/RSE curriculum.*

## 07. RELATIONSHIPS AND SEX EDUCATION COVERAGE

Within the Rushden and Higham Ferrers cluster of schools, we have a commitment to ensure that our programme is relevant to all pupils and is taught in a way that is age and stage appropriate. The coverage has been selected from the highly respected PSHE Association's primary and secondary planning toolkit.

In Higham Ferrers Nursery and Infant school we follow a PSHE curriculum which encompasses the 5 themes focusing on the fundamental building blocks and characteristics of positive relationships. It has Protective Behaviours at its core. Online safety is drip fed through the curriculum and in dedicated lessons as well as via parents' events and newsletters.

The learning outcomes of Relationships and Sex Education for our schools are:

### Early Years

In Personal Social and Emotional Development, during class discussions, class teachers will aim to teach pupils the following important safety skills without giving explicit information or telling scary stories. Staff will be teaching pupils how to stay safe by learning the PANTS rules which the NSPCC have developed to be like a Green Cross Code for staying safe from sexual abuse. PANTS stands for:

- Privates are private
- Always remember your body belongs to you
- No means no
- Talk about secrets that upset you
- Speak up, someone can help

The lessons will introduce a range of ideas, all delivered in a way that is fully age-appropriate, empowering pupils without using any frightening words. These include:

- Good and bad touching
- Your child's right to say 'no' to things that make them feel upset or uncomfortable
- Naming parts of the body
- Who your child can turn to if they ever feel upset or worried

### Key Stage 1

Personal, Social and Health Education offers both explicit and implicit learning opportunities and experiences which reflect pupils' increasing independence and physical and social awareness as they move through the primary phase. It builds on the skills that pupils started to acquire during the Early Years Foundation stage to develop effective relationships, assume greater personal responsibility and manage personal safety.

Children will learn:

- To recognise what they like and dislike, how to make real, informed choices that improve their physical and emotional health, to recognise that choices can have good and not so good consequences
- About good and not so good feelings, a vocabulary to describe their feelings to others and to develop simple strategies for managing feelings
- About change and loss and the associated feelings (including moving home, losing toys, pets or friends)
- The names for the main parts of the body (including external genitalia) and the bodily similarities and differences between boys and girls

- About people who look after them, their family networks, who to go to if they are worried and how to attract their attention
- About the ways that pupils can help the people who look after them to more easily protect them
- To recognise that they share a responsibility for keeping themselves and others safe, when to say, 'yes', 'no', 'I'll ask' and 'I'll tell' including knowing that they do not need to keep secrets
- What is meant by 'privacy'; their right to keep things 'private'; the importance of respecting others' privacy
- To communicate their feelings to others, to recognise how others show feelings and how to respond
- To recognise that their behaviour can affect other people
- Strategies to keep safe and make the right choices on the internet and where to ask for help if needed.
- Strategies for mental wellbeing

## **08. RELATIONSHIPS AND SEX EDUCATION POLICY AND PRACTICE**

- A designated teacher will have overall responsibility for the provision of RSE learning, for monitoring developments within RSE nationally and for recommending to governors any amendments that they feel necessary and appropriate.
- Parents will receive prior notification of when RSE teaching will take place to enable them to discuss issues with staff or their own children.
- Materials used in RSE learning will be available to parents upon request.
- Parents may withdraw their children from all or part of the school's RSE learning if they wish.
- The children may be taught in either single or mixed gender groups as is deemed appropriate.
- If questions are asked by children outside the RSE lessons, the designated RSE lead teacher will use their discretion in answering them in an appropriate manner and at an appropriate and suitable time.
- Every child – including those with protected characteristics - is entitled to receive RSE and teachers will be responsive and considerate of circumstances.
- It is our intention all children have the opportunity to experience a RSE at a level which is appropriate for their age and physical development with differentiated provision if required.
- The school's RSE Policy and Procedure is subject to annual review.

### **Dealing with difficult questions**

Ground rules are essential to provide an agreed structure to answering sensitive or difficult questions. This framework facilitates the use of an anonymous question box as a distancing technique. Teachers will endeavour to answer questions as honestly as possible but questions they do not feel comfortable answering within the classroom, or ones which are not age appropriate, will not be answered or explored.

### **Use of visitors**

"Visitors should complement but never substitute or replace planned provision. It is the PSHE coordinator's and teacher's responsibility to plan the curriculum and lessons." Sex and Relationship Guidance DfE 0116/2000 P 29 6.11

When appropriate, visitors such as the school nurse, may be involved in the delivery of RSE.

#### Children with special educational needs or disabilities

Teaching and resources will be differentiated as appropriate to address the needs of these children in order for them to have full access to the content of RSE.

#### Child Protection / Confidentiality

Teachers need to be aware that effective RSE, which brings an understanding of what is and is not acceptable in a relationship, may lead to disclosure of a child protection issue. The staff member will inform the Head Teacher /Designated Safeguarding Lead in line with the NSCP procedures for child protection.

A member of staff cannot promise confidentiality if concerns exist.

## **09. LINKED POLICIES**

Please read:

- Wellbeing for all
- Drugs education policy

## **10. MONITORING AND REVIEW**

Monitoring is the responsibility of the Head Teacher, Behaviour and Welfare Committee and teacher with responsibility for Relationships and Sex Education. The effectiveness of the RSE learning will be evaluated by assessing children's learning and implementing change if required.

This policy document will be available to parents via our website or via requesting a paper copy from the school office.