



Westbourne Primary School

Relationships Education and **Health Education Policy**

This policy also explains the school's approach to any additional, non-statutory sex education that may be taught in Upper Key Stage 2

Introduction and Purpose

Relationships Education in Primary Schools means teaching the fundamental building blocks and characteristics of positive relationships, with particular reference to friendships, family relationships, and relationships with other children and with adults. Relationships Education is a key part of helping children and young people to stay safe and be well-prepared for life in modern Britain. This policy outlines the legal framework around Relationship Education for primary school pupils, how the curriculum is planned and quality checked and confirmation that from 2020 pupils cannot be withdrawn from these lessons by their parents.

Parents should be aware that all primary schools have to uphold the legal duties set out in the Equality Act 2010 and should not discriminate against any member of the school community.

Primary Relationships Education from September 2020

Parents will not be able to withdraw their children from any aspect of Relationships Education or Health Education (which includes learning about the changing adolescent body and puberty).

It is for primary schools to determine **whether** they need to **cover any additional content on sex education** to meet the needs of their pupils. At Westbourne, parents will be contacted when any sex education lessons are planned and will have the opportunity to withdraw their children from these. Materials used to support class teaching will be shared with parents in advance, and parents will also have the opportunity to meet with the PSHE co-ordinator to ask any questions.

Parents will be able to withdraw their children from any aspects of Sex Education other than those which are part of the science curriculum. Headteachers in primary schools must grant requests to withdraw a pupil from sex education, **other** than where it is part of the science curriculum.

The statutory **National Science Curriculum** states that at Key Stage 2, all children should learn:

- That life processes common to humans and other animals include nutrition, growth and reproduction
- About the main stages of the human life cycle.

Policy Statement

Westbourne Primary School is committed to providing a high-quality programme of Relationships Education and Health Education that equips pupils with the knowledge, understanding and skills they need to develop healthy, respectful relationships, maintain positive physical and mental health, and keep themselves safe both offline and online.

Our curriculum aims to:

- promote positive relationships founded on kindness, respect and responsibility;
- develop pupils' understanding of personal safety, consent, privacy and boundaries;
- help pupils recognise and respond to risks, including abuse, exploitation and harmful online content;
- support pupils' physical, emotional, social and mental wellbeing;
- prepare pupils for the opportunities, responsibilities and experiences of later life;
- foster respect for diversity and the protected characteristics identified within the Equality Act 2010; and
- ensure all pupils are able to make informed and ethical decisions about their wellbeing, health and relationships.

The school will deliver Relationships Education and Health Education in accordance with statutory guidance and in a way that is age-appropriate, evidence-informed, inclusive and accessible to all pupils.

Coordination and Implementation

The Headteacher will oversee the planning of a programme of content for Relationships Education and ensure it is age appropriate, meets all statutory guidance and is taught well.

The school's curriculum is planned through the **Jigsaw PSHE programme** (<https://www.jigsawpshe.com/>), and supplemented where necessary, to ensure full coverage of statutory Relationships Education and Health Education requirements. Curriculum content is sequenced progressively and taught at an age-appropriate stage.

By the end of primary school, pupils will have been taught the statutory content within the following areas:

Relationships Education

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

These areas include teaching about healthy family relationships, marriage and civil partnerships, respect for different family structures, friendship skills, conflict resolution, boundaries, bullying, online relationships, personal safety, abuse prevention and seeking help from trusted adults. Pupils will learn that families may take many forms and that stable, caring relationships are important for children's wellbeing and development.

Health Education

- General wellbeing
- Wellbeing online
- Physical health and fitness
- Healthy eating
- Drugs, alcohol, tobacco and vaping
- Health protection and prevention
- Personal safety
- Basic first aid
- Developing bodies and puberty

Teaching includes emotional wellbeing, physical health, online wellbeing, healthy lifestyles, personal hygiene, sleep, vaccinations, first aid, personal safety and puberty education. Teaching about growing and changing bodies will include the use of correct scientific vocabulary for body parts in an age-appropriate manner.

Online Safety and Digital Relationships

The school recognises that safeguarding children in the digital world is an essential element of Relationships and Health Education.

Pupils will learn:

- that the same expectations of kindness and respect apply online as offline;
- how to develop safe online relationships;
- the risks associated with sharing personal information and images online;
- how privacy and location settings protect personal information;
- how to identify harmful content, harmful contact and online manipulation;
- how to report concerns and seek support;
- that social media services have age restrictions designed to protect children; and
- strategies to recognise and resist online pressure from peers or strangers.

Teaching will be aligned with the school's safeguarding arrangements, online safety curriculum and monitoring systems.

Equality, Diversity and Inclusion

Westbourne Primary School fulfils its duties under the Equality Act 2010.

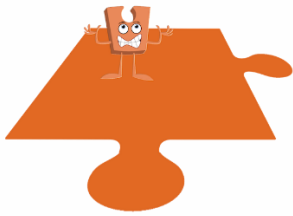
The curriculum promotes understanding, equality, dignity and respect for all people. Teaching reflects the diversity of modern Britain and includes discussion of:

- different family structures;
- disability;
- race;

- religion and belief;
- sex;
- sexual orientation; and
- gender reassignment.

Teaching will be factual, age-appropriate and respectful. Pupils will learn about the protected characteristics contained within the Equality Act 2010 and that all people should be treated with dignity, courtesy and respect. Teaching will not discriminate against any individual or group.

Jigsaw's Units of Work (Puzzles) are:



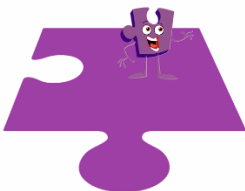
1. Being Me in My World

Includes understanding my place in the class, school and global community as well as devising Learning Charters.



2. Celebrating Difference

Includes anti-bullying (cyber and homophobic bullying included) and diversity work.



3. Dreams and Goals

Includes goal-setting, aspirations for yourself and the world and working together.



4. Healthy Me

Includes drugs and alcohol education, self-esteem and confidence as well as healthy lifestyle choices.



5. Relationships

Includes understanding friendship, family and other relationships, conflict resolution and communication skills.



6. Changing Me

This puzzle includes sex and relationships education in the context of coping positively with change (includes age-appropriate sex education).

Relationships Education is coordinated, monitored and assessed by the Personal, Health, Social and Economic (PSHE) coordinator. It is predominantly delivered through PSHE lessons, but many of the themes are also explored as part of daily school life such as in Assemblies, RE, Philosophy and Science lessons.

Partnership with Parents

The school recognises parents as the primary educators of their children and seeks to work in partnership with families when delivering Relationships Education and Health Education.

The school will:

- provide opportunities for parents to discuss curriculum content;
- make curriculum materials available for parents to view upon request;
- inform parents of any significant changes to the curriculum;
- support parents in discussing Relationships Education and Health Education with their children; and
- provide clear information regarding withdrawal rights from any non-statutory sex education.

Parents cannot withdraw their child from Relationships Education, Health Education or National Curriculum Science. Where additional sex education is taught, parents may request withdrawal in accordance with statutory requirements. Parents will receive clear communication about this at the time.

Withdrawal from Sex Education

Relationships Education and Health Education are statutory subjects and parents do not have the right to withdraw their child from these lessons.

Westbourne Primary School may teach additional age-appropriate sex education in upper Key Stage 2 to support pupils' understanding of human development and prepare them for transition to secondary education.

Where additional sex education is taught:

- parents will be informed in advance;
- curriculum materials will be available for review;
- the Class Teacher or Subject Leader will discuss any requests for withdrawal with parents;
- requests for withdrawal will be granted automatically, except where the content forms part of the statutory science curriculum; and
- pupils withdrawn from lessons will receive alternative purposeful educational provision.

Managing Questions

Pupils are encouraged to ask questions and explore issues in a safe, respectful and supportive environment.

Teachers will answer questions in an age-appropriate, factual and inclusive manner, taking account of the age, maturity and understanding of pupils. Relationships Education and Health Education lessons may occasionally lead to questions beyond the planned curriculum content.

Where a question:

- falls outside the scope of the planned curriculum;
- is not appropriate for a whole-class discussion;
- relates to content not taught in primary school; or
- raises a safeguarding concern,

teachers will use their professional judgement when responding. Pupils may be encouraged to discuss the matter with a parent, carer or trusted adult, and staff may signpost pupils to appropriate sources of support and information.

Teachers will never deliberately provide misleading information. Any safeguarding concerns arising from a pupil's question or disclosure will be managed in accordance with the school's Child Protection and Safeguarding Policy.

Where a pupil has been withdrawn from non-statutory sex education, teachers will respond sensitively to questions whilst respecting parental withdrawal decisions and ensuring that pupils continue to receive appropriate support and guidance

Training

The Headteacher and PSHE/RSHE Lead are responsible for ensuring that all staff delivering Relationships Education and Health Education receive appropriate training and support.

Training will include:

- statutory Relationships Education and Health Education requirements;
- safeguarding and child protection procedures;
- recognising and responding appropriately to disclosures;
- online safety and emerging digital risks;
- equality, diversity and protected characteristics;
- adapting provision for pupils with SEND; and
- managing sensitive questions and discussions.

The school will ensure that staff are equipped with the knowledge, confidence and skills required to deliver the curriculum accurately, sensitively and effectively. Staff training needs will be reviewed regularly and updated where statutory guidance changes.

Special Educational Needs and Disabilities

Relationships Education and Health Education will be accessible to all pupils.

Teaching will be appropriately adapted to meet the needs of pupils with SEND and will support pupils in preparing for adulthood and becoming as independent as possible.

The school recognises that some pupils with SEND may be more vulnerable to abuse, exploitation, harmful sexual behaviour, bullying and online risks. Therefore, teaching

will be carefully planned to equip pupils with the knowledge and skills needed to recognise these risks and seek support when required.

Safeguarding

Relationships Education and Health Education contribute significantly to the school's safeguarding duties.

Teaching helps pupils to:

- recognise abuse and harmful behaviour;
- understand appropriate and inappropriate contact;
- identify trusted adults;
- know how to seek help;
- understand that abuse is never the fault of the victim; and
- recognise risks in both offline and online environments.

All staff delivering Relationships Education and Health Education will follow the procedures outlined within the school's Child Protection and Safeguarding Policy and Keeping Children Safe in Education.

Staff will never promise absolute confidentiality and any safeguarding concern disclosed during lessons will be reported immediately to the Designated Safeguarding Lead or Deputy Designated Safeguarding Lead.

Responsibilities

The following responsibilities apply in relation to this policy:

- The Trustees are responsible for evaluating the impact of the policy and for reviewing it annually to ensure compliance with statutory regulations;
- The Headteacher is responsible for implementing the policy and assuring high-quality teaching of Relationships Education.

Policy Development and Approval

This policy has been developed in accordance with statutory Relationships Education, Relationships and Sex Education (RSE) and Health Education guidance.

The school is committed to maintaining an open and transparent partnership with parents and carers. Communication with parents, pupils, staff and trustees will be part of the regular review process to ensure that the curriculum remains relevant, age appropriate and responsive to pupil needs.

The policy has been approved by the Trust Board and is published on the school website. A copy will be made available free of charge to any parent or member of the public on request.

Governance, Monitoring and Review

The Trust Board is responsible for ensuring that the school complies with statutory Relationships Education and Health Education requirements and that this policy is reviewed regularly. Governors and Trustees will ensure that:

- all pupils make progress towards the intended curriculum outcomes;
- teaching is accessible to all pupils including those with SEND;
- curriculum content remains aligned with statutory guidance;
- parents receive clear information regarding curriculum content and withdrawal rights; and
- effective systems are in place to evaluate provision and outcomes.

The Headteacher is responsible for implementation of this policy and for ensuring staff receive appropriate training.

The PSHE/RSHE Lead is responsible for curriculum development, monitoring, quality assurance and staff support.

This policy will be reviewed annually or sooner where there is a change in statutory guidance.

Monitoring and Compliance

This policy will be monitored by the SMT/Trustees throughout the year and reviewed on an annual basis. It should be read in conjunction with the school's PSHE policy.

Next Review date: October 2027