



**Relationships and Sex Education (RSE) Policy**  
This policy applies to the whole school, including the EYFS

## 1. Aims

The aims of relationships and sex education (RSE) at Warlingham Park School are to:

- Provide a framework in which sensitive discussions can take place
- Prepare pupils for puberty, and give them an understanding of sexual development and the importance of health and hygiene
- Help pupils develop feelings of self-respect, confidence and empathy
- Create a positive culture around issues of sexuality and relationships
- Teach pupils the correct vocabulary to describe themselves and their bodies
- Raise pupils' self-esteem and confidence
- Develop communication and assertiveness skills

The RSE scheme of work will teach pupils to be accepting of the different beliefs, cultures, religions, sexual orientations, physical and mental abilities, backgrounds and values of those around them. We want our pupils to lead a healthy and safe lifestyle, teach them to care for and respect their bodies and provide them with all the right tools that will enable them to seek information or support, should they need it, both during their school years and after.

The aim of this policy is to ensure that the right provision is in place so that pupils may have all the background knowledge they need to make informed decisions and responsible choices as they grow up.

The RSE Policy should be read in conjunction with our PHSE and Child Protection and Safeguarding Policies and procedures.

## 2. Definition

RSE is about the emotional, social and cultural development of pupils, and involves learning about relationships, healthy lifestyles, diversity and personal identity.

RSE involves a combination of sharing information and exploring issues and values.

RSE is not about the promotion of sexual activity.

## 3. Teaching and Learning Style

RSE is taught within the personal, social, health and economic (PHSE) education curriculum. Biological aspects of RSE are taught within the Science curriculum, and other aspects may be included in Religious Education (RE).

The content of Relationships and Sex Education should match the age and maturity of the pupils involved and at EYFS, KS1 and KS2 include:

### *Attitudes and Values*

- Valuing and respecting others and ourselves;
- Valuing and respecting healthy personal relationships, including between friends, families and others;
- Developing an understanding of the value of family life and an appreciation of the many different types of family;
- Recognising the importance of pursuing a healthy lifestyle and keeping others and ourselves safe.

### *Knowledge and Understanding*

- Recognising and naming parts of the body;
- Describing the reproductive system;
- Developing and understanding of the physical and emotional aspects of puberty;
- Developing an understanding of behaviour that carries risks;
- Providing opportunities for pupils to ask questions and clarify misinformation.

### *Personal and Social Skills*

- Developing skills in talking, listening and thinking about feelings and relationships;
- Enabling pupils to identify and seek help and support;
- Developing pupils' abilities to make informed decisions, manage their relationships and in the future lead fulfilling and healthy lives.

### **Terminology**

Pupils will be taught the anatomically correct names for body parts, but slang or everyday terms used in certain social circles will be discussed; this will surround discussion about what is and is not acceptable language to use.

### **Establishing a safe learning environment and dealing with difficult questions**

Teaching staff will use a range of strategies to deliver RSE. This will enable pupil participation and involvement in their learning and develop pupil's confidence in talking, listening and thinking about relationships and sex. These techniques include:

- Establishing ground rules with pupils – as in all aspects of PHSE a set of ground rules helps create a safe environment;
- Using 'distancing' techniques (talking about things in general, rather than personal, terms)
- Knowing how to deal with unexpected questions or comments from pupils;
- Encouraging reflection.
- Create a 'safe zone' to speak freely about relationships and sex.

In PHSE and RSE sessions, teachers will ensure that a safe learning environment is established. A set of ground rules will provide boundaries over what is appropriate and not

appropriate and about how to respond to unexpected, embarrassing questions or comments from pupils in a whole-class situation.

#### **4. Roles and Responsibilities**

##### **The Governing Board**

The governing board will approve the RSE policy, and hold the headteacher to account for its implementation.

##### **The Headteacher**

The Headteacher is responsible for ensuring that RSE is taught consistently across the school, and for managing requests to withdraw pupils from components of RSE.

##### **Staff**

Staff are responsible for:

- Delivering RSE in a sensitive way
- Modelling positive attitudes to RSE
- Monitoring progress
- Responding to the needs of individual pupils
- Responding appropriately to pupils whose parents wish them to be withdrawn from the components of RSE Staff do not have the right to opt out of teaching RSE.

Staff who have concerns about teaching RSE are encouraged to discuss this with the Headteacher.

##### **Pupils**

Pupils are expected to engage fully in RSE and, when discussing issues related to RSE, treat others with respect and sensitivity.

##### **Parents**

This policy and the related schemes of work have been shared with parents and teachers will inform parents of when aspects such as puberty are to be taught; giving parents the opportunity to discuss this teaching.

#### **5. Parents right to withdraw**

Parents' have the right to withdraw their children from the non-statutory components of RSE. Requests for withdrawal should be put in writing and addressed to the Headteacher. The Headteacher will discuss the request with parents and take appropriate action. Parents do not have the right to withdraw from the 'relationships' part of the learning.

#### **6. Version control**

Date of adoption of this policy	September 2020
Date of last review of this policy	September 2021
Date for next review of this policy	September 2022
Policy owner (SMT)	Sarah Buist

Policy owner (Proprietor)	ILG
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