

The Flying Bull Academy

Policy for Relationships and Sex Education (RSE)

This policy should be read in conjunction with the following documents:

- LIFE Education – Topics and Opportunities
- LIFE Education – Skills Progression
- LIFE Education – Relationships and Sex Education Coverage
- LIFE Curriculum Overview (intent; implementation; impact)
- Science – Topics and Opportunities
- Science – Skills Progression
- Equality Policy
- E-safety Policy
- Health and Relationships information video 2021

Rationale

We want all our children to grow up healthy, happy and safe. We want them to leave us at the end of Year 6 with basic knowledge, skills and attitudes which will help them in becoming equipped to manage the challenges and opportunities of modern Britain. From September 2020, all primary age children in this country are being taught Relationships and Health Education, in line with government guidelines. These statutory subjects are designed in a way to equip our children with knowledge to make informed decisions about their wellbeing, health and relationships as well as preparing them for a successful adult life.

Within our Relationships and Sex Education programme we aim to place an emphasis on healthy relationships, promoting decision-making skills, communication skills, assertiveness skills, exploring what to do in a situation that feels uncomfortable and identifying trusted adults who can help to keep us safe. This is why we refer to 'Relationships and Sex Education' and not just 'Sex Education' as it was a few years back.

Aims

Our Relationships and Sex Education programme of study aims to reflect the academy's ethos and values, providing pupils with knowledge and skills which aim to help them develop and grow in the following areas:

- An awareness of the place of physical relationships within the context of a healthy relationship to develop respectful attitudes and values;
- Promoting understanding of safeguarding and wellbeing through a programme that enables pupils to learn about safety and risks in relationships;
- Teaching pupils to recognise who their trusted adults are and where they can go for help;
- Equipping our pupils with the skills to make informed decisions on the topics of relationships and sex;
- Pupils' ability to develop caring attitudes towards themselves and others; to foster self-esteem and self-awareness;

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- Helping pupils to understand a range of views and beliefs about relationships and sex in society including some of the mixed messages about gender, sex and sexuality from different sources including the media;
- To explore and discuss different types of healthy relationship, including those between acquaintances, friends and families, partners, civil partnerships and marriage;
- Preparing our pupils for some of the challenges, opportunities and responsibilities of adult life;
- Helping to prepare our pupils for the physical and emotional changes they undergo at puberty;
- Knowledge and understanding of biological facts and the reproductive process;
- Providing opportunities for pupils to ask questions, share ideas, thoughts and opinions in a respectful and safe environment using appropriate language;
- Staying safe online – (Please see our E-Safety Policy).

Content and Delivery

At the Flying Bull Academy, we have a cyclical curriculum which returns to the same themes throughout the years, starting with basic health and hygiene in Nursery, all the way to conception and birth in Year 6. We are careful to teach accurate, factual information using nationally recognised and recommended resources. We always communicate with parents/carers before we teach our Year 5 and Year 6 units of work, and our Relationships and Sex Education curriculum overview can be found on the school website, as an appendix to our Relationships and Sex Education policy.

As a school we have flexibility to deliver our Relationships and Sex Education curriculum content in a way that is age appropriate, developmentally appropriate and sensitive to the needs and backgrounds of our pupils. We are always happy to speak with parents and carers, share what we are teaching and show the resources that we're using.

Right to withdraw

The Department for Education's guidance suggests that "all primary schools should have a sex education programme tailored to the age and the physical and emotional maturity of the pupils" (DfE, 2020).

From September 2020, you cannot withdraw your child from Relationships Education. It is now a government requirement that all children cover the topics outlined within this strand of the LIFE Education curriculum.

If you do not want your child to take part in some or all of the lessons on Sex Education, however, you can ask that they are withdrawn. This needs to be requested and agreed by Mr Hewett-Dale.

However, the science curriculum, which is statutory in all maintained primary schools, does include content on human development, including reproduction, which there is no right to withdraw from.

So if your child is looking at animal and human reproduction in Science, we are not allowed to grant requests for withdrawal. But if they are having Sex Education lessons as part of their LIFE education curriculum, you do have the right to ask for your child to be withdrawn from this curriculum content and it is our duty to provide alternative curriculum-based activities in these cases.

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Further information on recent statutory changes made by the government can be found in our Health and Relationships Education Video.

Monitoring and Evaluation

The Relationships and Sex Education programme is part of our LIFE Education curriculum and is monitored by our LIFE curriculum leader in consultation with school governors and senior leadership of the academy.

Pupils, staff and parents/carers are also involved through the following:

- Parent/carer consultation process 2020-21 (see Health and Relationships Education video);
- Annual subject audits including pupil interviews;
- Staff Professional Development meetings.

Policy Reviewed: March 2021

Policy Review: March 2023



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LIFE – Relationships and Sex Education	
Year Group	Area of Learning
Nursery	Becoming more independent in areas of self-care, including washing and drying hands Gaining a sense of own immediate family and relations Identifying some similarities and differences in relation to friends and family
Reception	Keeping ourselves clean and understanding why hygiene is important Routines and patterns of a typical day Recognise that all families are different
Year 1	The importance of personal hygiene and some basic hygiene principles Introduce the concept of growing and changing Explore different types of families and consider people who look after them Explore who to go to if a child is worried and how to attract their attention
Year 2	Identify similarities and differences between males and females Introduce the concept of recognising and challenging gender stereotypes (Equalities Act 2010) Explore some of the differences between males and females and to understand how this is part of the lifecycle Know the names for the main parts of the body (including external genitalia) the similarities and differences between boys and girls
Year 3	Explore the differences between males and females and to name the body parts Judge what kind of physical contact is acceptable or unacceptable and how to respond Explore different types of families and consider people who look after them Recognise when and how to ask for help
Year 4	Explore the human lifecycle Begin to understand how their body will change as they approach & move through puberty and how this is linked to reproduction
Year 5	Deepen their understanding of how their body will and emotions may change as they approach and move through puberty Unit 1 Growing Up/Physical Changes Video: "Am I the same as everyone else?" Quiz: "What changes do boys and girls go through at puberty?" Unit 1 Growing Up/Emotional Changes Video: "Feeling Positive" Video: "Crushes" Unit 4: Family Life/Different Family Patterns Video: "Have you ever felt like this?" Explore the impact of puberty on the body & the importance of Hygiene

Year 6

Know about menstrual wellbeing including the key facts about the menstrual cycle

Unit 1 Growing Up/Physical Changes

Video: "How does my body change at puberty?"

Video: "What is a period?"

Video: "Talking about periods"

Video: "Talking about wet dreams" (Use as introduction to wet dreams)

Exercise: "What is a wet dream?"

Video: "Keeping clean"

Explore ways to get support during puberty

Learn about human reproduction including conception and pregnancy (and that this can be prevented)

Unit 2: Cycle of Life/Sexual Reproduction

Video: "Puberty and sex"

Video: "How a baby grows: the inside story"

Exercise: "Sexual Reproduction words"

Quiz: "Reproduction Quiz"

Unit 2: Cycle of Life/Sexuality

Audio: "Sexual Feelings"

Consider physical & emotional behaviour in relationships

Unit 4: Family Life/Different Family Patterns

Video: Have you ever felt like this?

Deepen their understanding of what constitutes a positive, healthy relationship including communicating in a relationship

LIFE – Relationships and Sex Education - Vocabulary

Year Group	Examples of typical vocabulary used within RSE curriculum
EYFS: Nursery and Reception	Dress, undress, clean, smelly, flannel, sponge, towel, hands, toothpaste, toothbrush, comb, family, mum, dad, brother, sister, grandma, grandad, stepmum, stepdad.
Year 1	Boy, girl, gender, baby, child, teenager, elderly, life cycle, change, grow, feelings, love, care, (un)comfortable feeling, clean, similar, different, family, male, female.
Year 2	Boy, girl, gender, penis, testicles, vulva, pregnant, baby, child, teenager, elderly, life cycle, change, grow, feelings, love, care, comfortable feeling, uncomfortable feeling, similar, different, sex (as in biological sex: male or female), gender, stereotypes, male, female.
Year 3	Change, grow, mature, feelings, emotions, excited, worried, reproductive organs, sperm, egg, stereotypes, gender roles, similar, different, male, female, private parts, penis, testicles, vagina, womb, family, fostering, adoption, relationship.
Year 4	Puberty, change, lifecycle, reproduction, physical, breasts, feelings, excited, attraction, worried, internal, inside, reproductive organs, sperm, egg, penis, testicles, vagina, womb, pubic hair, emotional feelings.
Year 5	Puberty, physical changes, emotional changes, moods, sexual feelings, grow, mature, private parts, genitals, vagina, labia, vulva, clitoris, womb, penis, testicles, breasts, feelings, excited, attraction, worried, internal, inside, reproductive organs, spots, pubic hair, facial hair, underarm air, menstruation, uterus, fallopian tubes, ovary/ovaries, cervix, menstrual cycle, period, blood, Adam's apple, penis, testicles, scrotum, sperm, semen, erection, ejaculation, wet dream, masturbation, sweat, body odour, sanitary towel, tampon.
Year 6	Puberty, physical changes, emotional changes, moods, sexual feelings, grow, mature, private parts, genitals, vagina, labia, vulva, clitoris, womb, penis, testicles, breasts, feelings, excited, attraction, worried, internal, inside, reproductive organs, spots, pubic hair, facial hair, underarm air, menstruation, uterus, fallopian tubes, ovary/ovaries, cervix, menstrual cycle, period, blood, Adam's apple, penis, testicles, scrotum, sperm, semen, erection, ejaculation, sexual intercourse, conception, fertilisation, embryo, pregnant, birth, baby, twins, contraception, condom, consent, wet dream, masturbation, sweat, body odour, sanitary towel, tampon, fostering, adoption, relationship, friendship, love, intimacy, communication, personal/private information, internet safety.