



# **Relationships and Sex Education (RSE) Policy**

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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 children 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 children with information about the body, reproduction, sex and sexuality. It will help children 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 are committed to working towards the implementation and development of the following entitlements.

**Children** are entitled to:

- Accurate, up-to-date, useful and age 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 and support
- Be informed about issues of confidentiality and how it affects them
- Have their views and ideas received in a respectful and non-judgemental manner
- Be involved in evaluating the content, delivery and timing of their RSE programme.

**Adults working with children** are entitled to:

- Access to 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 and carers** 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-judgemental manner.

### c) The Wider Agenda

RSE is part of the wider agenda of promoting positive relationships and sexual health for children and young people to which many individuals and organisations in our community contribute. Our RSE Policy contributes to meeting local and national priorities as described in strategies such as:

RSE and Health Education updated Autumn 2021

Sexual Health Enquiry – Health and Social Care Committee Oct 2018

Sexual Health Improvement Framework 2013

Transforming Children and young people's Mental Health Provision July 2018

Keeping Children Safe In Education KCSIE 2021 including duties to prevent female genital mutilation (FGM), child sexual exploitation (CSE) and peer on peer abuse.

**This policy draws on and is informed by the following national and local documents:**

Sex and Relationships Education for the 21st Century' (Brook, PSHE Association, Sex Education Forum)

Sex Education Forum Guidance & Resources (Sex Education Forum)

National Curriculum (DfE 2014)

Sex and Relationship Education Guidance (DfEE 2000)

Not Yet Good Enough (Ofsted 2013) (report on PSHE)

Programme of Study for PSHE Education (PSHE Association)

Young People. Relationships and Sex – The New Norms (IPPR 2014)

Health-Related Behaviour Survey 2016 SHEU

Shhh....No Talking – LGBTQ Inclusive RSE in the UK 2016

Digital Romance Report December 2017

'It's just everywhere' Sexism in Schools Report December 2017

Sexting in schools and colleges: Responding to incidents and safeguarding young people UKCIS

International technical guidance on sexuality education UNESCO

## **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 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 and respect for other races, religions and ways of life.

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

This RSE Policy will be made available to staff in the staff policy folder in the staff room and on the school network and on the school website.

This policy is consistent with current national legislation (Education Act 2002, Academies Act 2010, Equalities Act). It takes account of the changes to RSE and Health Education which 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' (DfEE 2000) and 'Sex and Relationships Education for the 21<sup>st</sup> Century'.

Our RSE policy is the responsibility of the governing body and has been developed through discussion with staff, with parents and governors and by the PSHE Co-ordinator with the support of the Head Teacher. It was discussed and ratified by the school governors in March 2021 and is reviewed annually by Governors.

Our Policy also reflects recommendations from OfSTED and the Sex Education Forum.

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 an 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 private parts of the body confidently and communicate with trusted adults to keep themselves safe
- understand the process of human reproduction
- be prepared for puberty and the emotional and physical effects of body changes
- 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

## **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). From September 2020, our RSE programme is covered by the new statutory status of RSE and Health Education.

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:

- PSHE through designated lessons, circle time and focused events
- Other Curriculum areas, especially Science, English, Religious Education and PE

- Enrichment activities, especially our assembly programme, social skills groups, involvement in school trips and adventurous activities, activities carried out as part of our development as a health promoting school.

Specific Units of Work on RSE are planned into our teaching programme every other year in Y1, Y2, Y3 and Y4 and each year in Y5 and Y6 as described in our PSHE Long Term Plan (see Appendix B) . Specific content on Puberty will be taught in Year 5 and revisited in Year 6.

We understand that at times children will benefit from varying methods of delivering the RSE curriculum. For example, we will use single-sex groups and small group teaching where this will help us to meet the needs of children more effectively, we will use team teaching where this enables us to best use teacher expertise. We will ensure there are positive educational reasons for each method of delivery.

#### **d) Responsibilities for Curriculum Delivery and Policy Implementation**

- We regard it as a 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 form teachers but also the Science coordinator, PSHE Co-ordinator and the School Nurse.
- 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 Co-ordinator.
- The PSHE Co-ordinator is responsible for reviewing and evaluating RSE at our school. The PSHE Co-ordinator will report to the Head Teacher in this task.
- Staff will be assisted in their planning and delivery of the 'Curriculum for RSE' by the PSHE Co-ordinator 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 Co-ordinator, Head Teacher and Staff.

#### **e) Teaching Methodologies**

RSE is taught in a safe, non-judgemental environment where adults and children are confident that they will be respected. Specific ground rules 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.

**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. We will answer questions relating to areas beyond the planned curriculum for that age group, in a sensitive and age-appropriate way, only to the student/s who have asked the question. If a member of staff is uncertain about the answer to a question, or indeed whether they wish to answer it, they will seek guidance from the PSHE leader.

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 the school Safeguarding and Child Protection policy.

**Distancing Techniques:** In order to protect children's privacy, we will employ teaching and learning strategies which enable them to discuss issues without disclosing personal experience. For example, we will use fiction, puppets, case studies, role-play, videos, theatre in education to enable children to share ideas and opinions and to practise their decision-making skills in a safe learning environment.

## **f) 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, 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.

## **g) Resources**

We will primarily use the Cambridgeshire Primary Personal Development Programme and the resources recommended within it when planning and delivering the RSE Curriculum. We will avoid a 'resource-led' approach to delivering RSE, instead focusing on the needs of the children and our planned learning objectives. We will carefully select resources which meet these objectives. 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

## **h) 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 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.

In a classroom and other teaching situations when contributing to our planned RSE programme, all professionals 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.

### **1) 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.

## **i) Staff Training**

Teaching RSE can be very rewarding, but we understand that, in order to feel confident, staff need opportunities to develop their 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.

## **j) Role of Governors**

This Policy describes the governors' views on how RSE will be delivered in addition to the requirements of the National Curriculum.

It is the responsibility of the governors to ensure that the RSE Policy reflects the wishes of the parents and the views of our community. It is the responsibility of governors to ensure that the Policy is made available to parents.

In order to facilitate this process, the RSE Policy will appear annually on the agenda of a governors' meeting. The Policy will be made available at the Annual Governors' Meeting for parents/carers and a link governor for PSHE (including RSE) will be nominated.

## **k) 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 about their perception of the strengths of our RSE programme and the areas to be further developed.

## **l) Working with Parents/Carers**

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 by letter of forthcoming RSE topics
- b. Inviting parents to learn more about the approach used in RSE
- c. Informing parents and carers about the RSE programme as their child joins the school through the school website
- d. Providing supportive information about parents' role in RSE
- e. Inviting parents to discuss their views and concerns about RSE on an informal basis.

Parents and carers will be given access to this Policy on the website and hard copies can also be obtained from the school office.

Parents and carers currently have the right to withdraw their children from all or part of those elements of RSE which are not included in the statutory national curriculum Programmes of Study for Science. They are able to withdraw their children from those elements which fall within the non- statutory guidance for PSHE. They have been made aware of the forthcoming statutory changes to Relationships and Sex Education and Health Education, and the effect this will have on their right to withdraw. 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 of the learning objectives and approaches taken.

## **m) Monitoring, Evaluating and Reviewing our RSE Policy**

Monitoring and evaluation of the Policy is the responsibility of the governing body. Information will be gathered from the Head Teacher, the PSHE Co-ordinator and parents to inform judgements about effectiveness.

We are committed to working towards the delivery of the entitlements and the provision of the Curriculum for RSE

- 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.
- The Policy will be formally reviewed every year. The next review will take place in September 2021 and given to governors in November 2021.

## **Section 3**

### **Sensitive Issues**

#### **a) Puberty**

We will teach about puberty in Years 5 and 6, in accordance with our Curriculum for RSE. Younger children may be aware of puberty and we will answer their questions appropriately on an individual basis. We recognise the importance of ensuring that both boys and girls have a good understanding of puberty before they reach it. We will use single sex groups to address particular needs, such as girls' practical need for information about managing periods. These lessons will be taken by our School Nurse and delivered to the girls were the nurse will also explain that the school will ensure that sensitive arrangements are made for girls who have started menstruating and the discrete provision of 'emergency' sanitary protection will be



offered. Staff will respond to such requests discreetly. We will work with groups of Year 5 and Year 6 pupils separately to ensure they receive appropriate information at these age groups.

### **b) Sexual Identity and Sexual Orientation**

We understand our responsibility to ensure that RSE meets the needs of all our pupils. Whatever their developing sexuality, children must feel that RSE is relevant to them and sensitive to their needs. We will not teach directly about sexual orientation, but acknowledge that many children will be aware of both heterosexual and homosexual relationships and may ask questions about these. We will answer these questions factually, in a general way, seeking to challenge prejudice. We will discuss different family arrangements, including same sex partners, when considering relationships. If we encounter examples of homophobic language or attitudes we will challenge these. Incidents of homophobic bullying will be dealt with according to our Anti-Bullying Policy which explicitly refers to homophobic bullying.

### **c) Other Sensitive Issues and Difficult Questions**

Staff have training in how to deal with difficult and sensitive topics and are aware of the sensitivities many parents/carers may have. Staff will follow the guidelines set out in this policy and within the scheme of work in an age appropriate and clear way. Staff know to not answer questions they are unsure of and seek advice from the PSHE coordinator, telling the child they need to think about how to answer that question and that they will get back to them.

## **Section 4**

## Appendix A The Curriculum for RSE

### Foundation Stage (Age 4 - 5)

<b>Early Learning Goals (2012)</b>	<p><b>Health and self-care:</b> 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><b>Managing feelings and behaviour:</b> children talk about how they and others show feelings, talk about their own and others' behaviour, and its consequences, and know that some behaviour is unacceptable. They work as part of a group or class, and understand and follow the rules. They adjust their behaviour to different situations, and take changes of routine in their stride.</p> <p><b>Making relationships:</b> children play cooperatively, taking turns with others. They take account of one another's ideas about how to organise their activity. They show sensitivity to others' needs and feelings, and form positive relationships with adults and other children.</p> <p><b>People and communities:</b> 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 traditions.</p> <p><b>The world:</b> children know about similarities and differences in relation to places, objects, materials and living things. They talk about the features of their own immediate environment and how environments might vary from one another. They make observations of animals and plants and explain why some things occur, and talk about changes.</p>
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The following section gives the questions our children will engage with as part of our planned RSE provision. These areas will be covered using the Cambridgeshire Primary Personal Development Programme (CPPDP) Unit My Body and Growing Up BG F.

<ul style="list-style-type: none"> <li>• What does my body look like?</li> <li>• How has my body changed as it has grown?</li> <li>• Who are the members of my family and trusted people who look after me?</li> </ul>	<ul style="list-style-type: none"> <li>• What differences and similarities are there between our bodies?</li> <li>• How can I look after my body and keep it clean?</li> </ul>	<ul style="list-style-type: none"> <li>• What can my body do?</li> <li>• How am I learning to take care of myself and what do I still need help with?</li> <li>• How do I feel about growing up?</li> </ul>
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The following section gives the Learning Objectives included in the Cambridgeshire Primary Personal Development Programme Unit My Body and Growing Up BG F.

<ul style="list-style-type: none"> <li>• To describe their own appearance and name external body parts including using agreed names for the sexual parts.</li> <li>• To understand ways in which their body has changed since they were a baby.</li> <li>• To understand how members of their family and other trusted people care for and look after them.</li> </ul>	<ul style="list-style-type: none"> <li>• To recognise similarities and differences between the bodies of girls and boys.</li> <li>• To understand ways of looking after their body and keeping it clean.</li> </ul>	<ul style="list-style-type: none"> <li>• To understand and value what their bodies can do.</li> <li>• To understand ways in which they can take responsibility for looking after themselves and recognise situations where they still need to be supported by others.</li> <li>• To recognise how growing up makes them feel.</li> </ul>
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Below are questions children will engage with as part of our wider Wellbeing programme and in other taught areas of PSHE

<ul style="list-style-type: none"> <li>• Who is my family and how do we care for each other?</li> <li>• Who are the different people who make up a family?</li> <li>• How do I know if something is safe or unsafe?</li> </ul>	<ul style="list-style-type: none"> <li>• How can I be a good friend?</li> <li>• Can I recognise and show my emotions?</li> <li>• Can I recognise emotions in other people and say how they are feeling?</li> <li>• Can I say 'No' if I feel unsure about something and it does not feel safe or good?</li> </ul>	<ul style="list-style-type: none"> <li>• What things are especially important to my family and me?</li> <li>• What do I think I have to keep safe from?</li> </ul>
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## Key Stage 1 (Year 1/2)

<b>Statutory Science Curriculum</b>	<ul style="list-style-type: none"> <li>identify, name, draw and label the basic parts of the human body and say which part of the body is associated with each sense.</li> <li>notice that animals, including humans, have offspring which grow into adults</li> <li>find out about and describe the basic needs of animals, including humans, for survival (water, food and air)</li> <li>describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene.</li> </ul>	
<b>Non-statutory PSHE Curriculum most relevant to RSE (PSHE Assoc 2013)</b>	<ul style="list-style-type: none"> <li>about the process of growing from young to old and how people's needs change</li> <li>about growing and changing and new opportunities and responsibilities that increasing independence may bring</li> <li>the names for the main parts of the body (including external genitalia) the similarities and differences between boys and girls</li> </ul>	<ul style="list-style-type: none"> <li>about good and not so good feelings, a vocabulary to describe their feelings to others and simple strategies for managing feelings</li> <li>the importance of and how to maintain personal hygiene</li> <li>how some diseases are spread and can be controlled and the responsibilities they have for their own health and that of others</li> </ul>

The following section gives the questions our children will engage with as part of our planned RSE provision. These are taken from the Cambridgeshire Primary Personal Development Programme (CPPDP) Framework for Year 1/2. These areas will be covered using the CPPDP Units Sex and Relationships SR1 and SR2. Those in bold text are directly linked to the statutory elements of the National Curriculum for Science.

<ul style="list-style-type: none"> <li><b>What are the names of the main parts of the body?</b></li> <li><b>How can I keep my body clean?</b></li> <li><b>How can I stop common illnesses and diseases spreading?</b></li> <li><b>How do babies change and grow?</b></li> <li><b>What do babies and children need?</b></li> </ul>	<ul style="list-style-type: none"> <li>What can my body do?</li> <li><b>How have I changed since I was a baby?</b></li> <li>What are my responsibilities now I'm older?</li> </ul>	<ul style="list-style-type: none"> <li>Do I understand how amazing my body is?</li> <li>When am I in charge of my actions and my body?</li> </ul>
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This section shows the Learning Objectives which will be covered using Cambridgeshire Primary Personal Development Programme Units SR1 and SR2

<ul style="list-style-type: none"> <li><b>To recognise the main external parts of the bodies of humans, including agreed names for sexual parts.</b></li> <li><b>To know how to keep themselves clean.</b></li> <li><b>To understand the importance of basic hygiene practices, e.g. washing hands, using a tissue, and how these prevent the spread of disease.</b></li> <li><b>To know that humans produce babies that grow into children and then into adults.</b></li> <li><b>To understand the needs of babies and young children.</b></li> </ul>	<ul style="list-style-type: none"> <li>To describe what their bodies can do.</li> <li><b>To consider the ways they have changed physically since they were born.</b></li> <li>To consider their responsibilities now and compare these with when they were younger.</li> </ul>	<ul style="list-style-type: none"> <li>To understand that they have responsibility for their body's actions and that their body belongs to them.</li> <li>To appreciate how amazing their body is.</li> </ul>
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Below are questions children will engage with as part of our wider Wellbeing programme and in other taught areas of PSHE

<ul style="list-style-type: none"> <li>What are risky situations and how can I keep myself safer?</li> <li>What healthy choices can I make?</li> <li>What are some of the similarities and differences between me and others?</li> <li>Who looks after me and what are their responsibilities?</li> <li>Do I understand what good and bad secrets might be?</li> </ul>	<ul style="list-style-type: none"> <li>Can I name some different feelings?</li> <li>How can I stand up for myself?</li> <li>How can I negotiate to sort out disagreements?</li> <li>Can I describe what a friend is and does?</li> <li>How do I cope when friendships change?</li> </ul>	<ul style="list-style-type: none"> <li>How do my feelings and my actions affect others?</li> <li>Who is in my family and how do we care for each other?</li> <li>Can I recognise and describe 'yes' and 'no' and 'I'm not sure' feelings?</li> </ul>
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## Key Stage 2 (Year 3/4)

<b>Statutory Science Curriculum</b>	<ul style="list-style-type: none"> <li>identify, name, draw and label the basic parts of the human body and say which part of the body is associated with each sense.</li> <li>notice that animals, including humans, have offspring which grow into adults</li> <li>find out about and describe the basic needs of animals, including humans, for survival (water, food and air)</li> <li>describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene.</li> </ul>	
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<p><b>Non-statutory PSHE Curriculum most relevant to RSE (PSHE Assoc 2013)</b></p>	<ul style="list-style-type: none"> <li>to deepen their understanding of good and not so good feelings, to extend their vocabulary to enable them to explain both the range and intensity of their feelings to others</li> <li>to recognise their increasing independence brings increased responsibility to keep themselves and others safe</li> <li>that bacteria and viruses can affect health and that following simple routines can reduce their spread</li> </ul>	<ul style="list-style-type: none"> <li>that pressure to behave in an unacceptable, unhealthy or risky way can come from a variety of sources, including people they know and the media</li> <li>how their body will change as they approach and move through puberty</li> <li>to recognise how images in the media do not always reflect reality and can affect how people feel about themselves</li> <li>about human reproduction</li> </ul>
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The following section gives the questions our children will engage with as part of our planned RSE provision. These are taken from the Cambridgeshire Primary Personal Development Programme (CPPDP) Framework for Year 3/4. These areas will be covered using the CPPDP Units Sex and Relationships SR3 and SR4. Those in bold text are directly linked to the statutory elements of the National Curriculum for Science.

<ul style="list-style-type: none"> <li><b>How are males and females different and what are the different parts called?</b></li> <li><b>What are the main stages of the human life cycle?</b></li> <li>How do different illnesses and diseases spread and what can I do to prevent this?</li> </ul>	<ul style="list-style-type: none"> <li>Why is it important to keep clean?</li> <li>What am I responsible for now and how will this change?</li> <li>What can I do for myself to stay clean and how will this change in the future?</li> </ul>	<ul style="list-style-type: none"> <li>What can my body do and how is it special?</li> <li>How do parents and carers care for babies?</li> <li>What does it mean to be 'grown up'?</li> </ul>
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This section shows the Learning Objectives which will be covered using Cambridgeshire Primary Personal Development Programme Units SR3 and SR4

<ul style="list-style-type: none"> <li><b>To understand the physical differences between males and females.</b></li> <li><b>To recognise the main external parts of the bodies of humans, including scientific names for sexual parts.</b></li> <li><b>To understand the main stages of the human lifecycle: birth, baby, child, adolescent, adult, middle age, old age, death.</b></li> <li><b>To understand a range of ways illness and disease, e.g. colds, chickenpox, head lice, might be spread and how they are able to reduce this.</b></li> </ul>	<ul style="list-style-type: none"> <li>To understand the benefits of carrying regular personal hygiene routines.</li> <li>To consider their responsibilities and how these have changed and how they will change in the future.</li> <li>To consider who is responsible for their personal hygiene now, and how this will change the future.</li> </ul>	<ul style="list-style-type: none"> <li>To value their own body and recognise its uniqueness.</li> <li>To consider the responsibilities that parents and carers have for babies and children.</li> <li>To investigate perceptions of being 'grown up'.</li> </ul>
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Below are questions children will engage with as part of our wider Wellbeing programme and in other taught areas of PSHE

<ul style="list-style-type: none"> <li>What risks are there to my safety, my friendships and my feelings?</li> <li>What are some of the different lifestyles and beliefs people have?</li> <li>When might I need to break a promise or tell a secret?</li> <li>What changes have I already experienced and might I experience in the future?</li> </ul>	<ul style="list-style-type: none"> <li>How can I communicate my emotions?</li> <li>How can I cope with difficult emotions?</li> <li>How do I cope when relationships change?</li> </ul>	<ul style="list-style-type: none"> <li>How can I have a healthy lifestyle?</li> <li>How am I changing as I grow up?</li> </ul>
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## Key Stage 2 (Year 5/6)

<p><b>Statutory Science Curriculum</b></p>	<ul style="list-style-type: none"> <li>identify, name, draw and label the basic parts of the human body and say which part of the body is associated with each sense.</li> <li>notice that animals, including humans, have offspring which grow into adults</li> <li>find out about and describe the basic needs of animals, including humans, for survival (water, food and air)</li> </ul>	<ul style="list-style-type: none"> <li>describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene.</li> <li>describe the life process of reproduction in some plants and animals.</li> <li>describe the changes as humans develop to old age.</li> </ul>
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<p><b>Non-statutory PSHE Curriculum most relevant to RSE (PSHE Assoc 2013)</b></p>	<ul style="list-style-type: none"> <li>● to deepen their understanding of good and not so good feelings, to extend their vocabulary to enable them to explain both the range and intensity of their feelings to others</li> <li>● to recognise their increasing independence brings increased responsibility to keep themselves and others safe</li> <li>● that bacteria and viruses can affect health and that following simple routines can reduce their spread</li> </ul>	<ul style="list-style-type: none"> <li>● that pressure to behave in an unacceptable, unhealthy or risky way can come from a variety of sources, including people they know and the media</li> <li>● how their body will change as they approach and move through puberty</li> <li>● to recognise how images in the media do not always reflect reality and can affect how people feel about themselves</li> <li>● about human reproduction</li> </ul>
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The following section gives the questions our children will engage with as part of our planned RSE provision. These are taken from the Cambridgeshire Primary Personal Development Programme (CPPDP) Framework for Year 5/6. These areas will be covered using the CPPDP Units Sex and Relationships SR5 and SR6. Those in bold text are directly linked to the statutory elements of the National Curriculum for Science.

<ul style="list-style-type: none"> <li>● <b>What are male and female sexual parts called and what do they do?</b></li> <li>● <b>What happens to the bodies of boys and girls when they reach puberty?</b></li> <li>● <b>How can the spread of viruses and bacteria be stopped?</b></li> <li>● <b>How are babies made?</b></li> </ul>	<ul style="list-style-type: none"> <li>● <b>How can I keep my growing and changing body clean?</b></li> <li>● How can I express my feelings positively as I grow up?</li> <li>● What should adults think about before they have a baby?</li> </ul>	<ul style="list-style-type: none"> <li>● What influences my view of my body?</li> <li>● What are families like?</li> <li>● When am I responsible for how others feel?</li> </ul>
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This section shows the Learning Objectives which will be covered using Cambridgeshire Primary Personal Development Programme Units SR5 and SR6

<ul style="list-style-type: none"> <li>● <b>To identify male and female sexual parts and describe their functions.</b></li> <li>● To know the appropriate terminology for use in different situations.</li> <li>● <b>To know and understand about the physical changes that take place at puberty, why they happen</b> and how to manage them.</li> <li>● To understand that physical change happens at different rates for different people.</li> <li>● <b>To know and understand that safe routines can stop the spread of viruses and bacteria.</b></li> <li>● <b>To know about the facts of the human lifecycle, including sexual intercourse.</b></li> </ul>	<ul style="list-style-type: none"> <li>● To know about new aspects of personal hygiene relevant to puberty.</li> <li>● To be able to recognise their changing emotions with friends and family and be able to express their feelings and concerns positively.</li> <li>● To have a basic awareness of responsible parenting choices.</li> </ul>	<ul style="list-style-type: none"> <li>● To understand how the media, families and friends can influence attitudes to their bodies.</li> <li>● To consider how they have some responsibility for the feelings and well-being of others.</li> <li>● To consider the need for trust and love in marriage and established relationships.</li> <li>● To understand and respect a wide range of family arrangements e.g. second marriages, fostering, same sex partners, extended families.</li> </ul>
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Below are questions children will engage with as part of our wider Wellbeing programme and in other taught areas of PSHE

<ul style="list-style-type: none"> <li>● What are the different consequences for taking physical, social and emotional risks?</li> <li>● What does being healthy mean and what are the benefits?</li> <li>● What different kinds of families are there?</li> <li>● How are my friendships and relationships changing?</li> </ul>	<ul style="list-style-type: none"> <li>● How do I manage strong emotions?</li> <li>● How do I recognise how other people feel and respond to them?</li> <li>● How can I share my views effectively and negotiate with others to reach agreement?</li> </ul>	<ul style="list-style-type: none"> <li>● How can I show respect for different views, lifestyles and beliefs?</li> <li>● What can I do when I realise I'm in a bad mood?</li> <li>● When am I responsible for my personal safety?</li> </ul>
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## Appendix B PSHE Long Term Plan

### Long Term Plan – Two year rolling programme, Whole school at the same time YEAR A

Year A	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Foundation	Beginning and Belonging	Family and Friends (Inc. Anti-bullying) My Emotions	Me and My World	My Body and Growing Up	Keeping Safe (including Drug Education)	Healthy Lifestyles
Year 1 & 2	Beginning and Belonging	Family and Friends Anti-Bullying	Working Together Financial Capability	Relationships and Sex Education	Managing Risk Safety Contexts	Healthy Lifestyles
Year 3 & 4	Beginning and Belonging	Family and Friends Anti-Bullying	Working Together Financial Capability	Relationships and Sex Education	Managing Risk Safety Contexts	Healthy Lifestyles
Year 5 & 6	Beginning and Belonging	Family and Friends Anti-Bullying	Working Together Financial Capability	Relationships and Sex Education	Managing Risk Safety Contexts	Healthy Lifestyles

### Long Term Plan – Two year rolling programme, Whole school at the same time YEAR B

Year B	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Foundation	Beginning and Belonging	Family and Friends (Inc. Anti-bullying) My Emotions	Me and My World	My Body and Growing Up	Keeping Safe (including Drug Education)	Healthy Lifestyles
Year 1 & 2	Rights and Responsibilities	My Emotions Anti-Bullying	Diversity and Communities	Drug Education	Personal Safety	Managing Change
Year 3 & 4	Rights and Responsibilities	My Emotions Anti-Bullying	Diversity and Communities	Drug Education	Personal Safety	Managing Change
Year 5 & 6	Rights and Responsibilities	My Emotions Anti-Bullying	Diversity and Communities	Drug Education	Personal Safety Relationship and Sex Education	Managing Change

<b>Policy Name</b>	RSE Policy (Relationship and Sex Education)	<b>Last Review Date by Governors</b>	March 2021
		<b>Reviewed again due to changes in legislation.</b>	Spring 2022
<b>Status</b>	Mandatory	<b>Next Review Date</b>	Spring 2023
<b>Circulation</b>	SLT/All teaching staff/Governors/Parents		

