



Mithian School

Relationships Education Policy including Sex Education

From September 2020 the Department for Education has made Relationships and Health Education (Primary) and Relationships Sex Education and Health Education compulsory in all schools.

Aims:

- to promote personal wellbeing and development
- to focus on healthy relationships and keeping children safe in the modern world
- to cover a wide range of topics relating to physical and mental health, wellbeing, safeguarding and healthy relationships. L
- to learning about the emotional, social and physical aspects of growing up
- to share information, skills and positive values to have safe, fulfilling relationships
- to help pupils take responsibility for their own well-being
- to prepare our pupils in line with other young people locally (and nationally)

Content:

- The RSE national curriculum alongside the Science national curriculum on a two year rolling programme.

The PSHE curriculum (following the Cornwall and Isles of Scilly PSHE curriculum plan) is divided into three core themes, which run throughout the key stages:

- 1. Health and Wellbeing** – including lessons on mental health, lessons on puberty and the changing body, dental health, benefits of keeping active and healthy eating
- 2. Relationships** – including lessons on respectful and healthy relationships – on and offline, kindness and sex education
- 3. Living in the Wider World** – including lessons on career planning, financial literacy and lessons exploring our rights and responsibilities

An overview of session headings for Y1-Y6 are shown below:

Instructional Planner

Relationships, Health, Living in the Wider World

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	Welcome to School	People who care for us	Healthy Friendships	Our Health	We all have feelings	Managing our time safely online: Jessie & Friends 1 Watching videos
	Emergencies and getting help	Rights Responsibilities and respect	Our bodies and boundaries – NSPCC PANTS	Healthy Food Choices	Good and not so good feelings	
Year 2	Respecting Uniqueness	Everyday Safety	Learning About Work	Sharing photos online: Jessie & Friends Sharing pictures 2	Jessie & Friends Playing games 2	Keeping Our Teeth Clean
	Our communities	Basic First Aid	Horrible Hands	Online interactions and information sharing: Jessie & Friends Playing games 1	Big Feelings	
Year 3	World of Work	Road Safety	Physical Activity	The internet and everyday life. Turn off Let's Play	Expressing Feelings	Sun Safety
	Spending and Saving Money	Teamwork Skills	Everyday drugs	Everyday feelings	Strategies to support wellbeing	
Year 4	What makes a good friend	Resolving conflict and managing pressure	Money choices	Safely enjoying the online world. Play, like, share 1 – Alfie	Play, like, share 3 – Fans	The environment
	Respecting Others	Everyday safety and basic First Aid	Volunteering and citizenship	Keeping personal information private. Play, like, share 2 – Magnus	Managing Feelings	
Year 5	A diverse community	Illness	Puberty 1 – bodies and reproduction	Online content	Mental health and keeping well	Risk & peer pressure
	Respectful relationships	Nutrition & healthy eating	Puberty 2 – body changes	Online contact	Managing challenge and change	
Year 6	Different types of families	Keeping your body safe 1	Spending decisions	Online friendships and keeping safe. Share Aware 1- Alex	Social Media	Changing schools
	Healthy / harmful relationships	Consent - Keeping your body safe 2	Exploring risk in relation to gambling	Skills for using the internet safely. Share Aware 2 – Lucy	Feelings and common anxieties when changing schools	

How will this be delivered?

- Through the Cornwall and Isles of Scilly PSHE Curriculum.
- Taught throughout the school in every year group.
- Taught on a two year rolling programme ensuring all children have the content needed to progress (Y6 to be taught subject specific content prior to their transition to Secondary school).
- In a safe learning environment and be underpinned by our school ethos and values: EMERGE.
- Including opportunities for pupils to ask questions to further their understanding and to find out more about what affects them personally.
- Age-appropriately and meeting the needs of all pupils in the class including SEND pupils.
- Through sequenced lessons to reinforce learning and build on knowledge; however, staff will use the curriculum to meet the needs of our school and cohorts, adapting it as required.

Teachers and pupils will follow these protocols:

- No-one (teacher or pupil) will have to answer a personal question
- No-one will be forced to take part in a discussion
- The scientific names for body parts will be used – age appropriate
- Meanings of words will be explained in a sensible and factual, age appropriate way
- Teachers may use their discretion in responding to questions and may say that the appropriate person to answer that question is the parent or that the child will learn in more detail during later schooling

How will the subject be monitored?

- Regular monitoring and reviewing by the staff and governing body
- Policy amendments and developments to be reviewed with parents, staff and Governors regularly
- Parents are invited to express an opinion and this will help school to decide how and when to cover the statutory guidance and also whether to teach additional non-statutory content.

Right to Withdraw

Parents can withdraw their children from all or part of sex education that does not form part of the statutory National Curriculum. Parents complete permission slips at the beginning of each academic year. If they wish to withdraw their child from all or part of the school's sex education programme they are required to contact school and make an appointment to see their child's class teacher and the headteacher before the programme starts in the Autumn term each year. Staff are happy to talk with parents to discuss any concerns they may have.

After discussion with parents Head teachers may grant a request to withdraw a pupil from any sex education delivered in primary schools, other than as part of the science curriculum. If a pupil is excused from sex education, it is the school's responsibility to ensure that the pupil receives appropriate, purposeful education during the period of withdrawal. There is no right to withdraw from Relationships Education or Health Education.

Where a member of staff is concerned that a child protection issue is arising it is his/her responsibility to follow the school's child protection policy in this matter.

This policy has been written as part of whole school staff training and discussion in addition to parental and Governor feedback on previous policies and proposed schemes of work.

DE
PSHE co-ordinator
January 2022

Agreed by:

Headteacher Date January 2022

Chair of Governors Date January 2022

Review Spring 2024