



Relationships and Sex Education and Health Education Policy (RSHE)

Agreed and adopted by Cheadle Village Primary School Governing Board

Date: May 2024

Review: May 2027

In September 2020, it became statutory for all primary schools to teach **Relationships and Health Education**.

Relationships and Health Education is vital for the personal, social and emotional development of our children. As well as being our legal responsibility, it is our moral responsibility to prepare the children of Cheadle Village Primary School for the increasingly connected and diverse world in which they live.

Our Relationships Education curriculum equips our children with the information, skills and values that they need to have safe, respectful and enjoyable relationships. Also, it empowers them to take responsibility for their sexual health and well-being by preparing them for the changes that adolescence brings.

We believe that through providing a high quality and robust Relationships Education curriculum, we are upholding the ethos and values of our school and its commitment to equality and celebration of difference.

At Cheadle Village Primary School, age appropriate Relationships, Sex and Health Education is rooted firmly within the Science and PSHE curriculums. This policy should be read in conjunction with our PHSE curriculum which gives detail of what is taught in each year group. Also, as a UNICEF Rights Respecting School, we use the Articles to further support this work.

Aims

- all teaching will be age-appropriate and suitable to Cheadle Village Primary School's context
- children will learn that there are many different family structures, for example, single parent, same sex parents, adoptive parents and so on
- children will understand the importance of respecting each other, family life and stable, healthy friendships and relationships both in person and online
- children will have an awareness and understanding of equality
- children will learn about and understand the physical and emotional changes that occur in their bodies as they grow up
- children will be well supported through their physical, emotional and moral development and will be well equipped to begin their journey from childhood through adolescence and into adulthood
- for children to develop the skills, understanding, emotional well-being, resilience, self-esteem and confidence to be able to develop and maintain healthy relationships
- to promote the British values of respect, tolerance and understanding
- children will have a good understanding of online safety and appropriate behaviour
- staff, parents and carers will be clear about the statutory requirements regarding Relationships, Sex and Health Education



Outline of the Programme for Relationships, Sex and Health Education

Learning Outcomes for RSHE in EYFS

Children will be able to:

- children will understand that animals and humans change in appearance over time
- talk about their experience of growing up
- understand that every family is different
- talk about similarities and differences between themselves and others
- understand that we are all unique
- name parts of the body
- listen to and respect the ideas of others

Learning Outcomes for RSHE at the end Key Stage 1 (The statements marked with an asterisk are part of the National Curriculum statutory Science requirements.)

Children will be able to:

- identify, name, draw and label the basic parts of the human body using correct terminology*
- recognise similarities and differences between themselves and others
- identify and share their feelings with others
- recognise safe and unsafe situations
- identify and be able to talk about their feelings with someone they trust
- make a friend, talk with them and share feelings
- use simple rules for dealing with strangers and for resisting pressure when they feel uncomfortable or at risk
- understand that families are structured in many different ways
- empathise with those who are different from them
- recognise kind and unkind words and describe acts of kindness and unkindness

Children will understand:

- that animals, including humans, grow and reproduce*
- that humans and animals can produce offspring and that these grow into adults*
- the basic rules for keeping themselves safe and healthy
- about safe places to play and safe people to be with
- the needs of babies and young people
- the ways in which they are alike and different from others
- that they have some control over their actions and bodies
- why families are special
- how their feelings and actions have an impact on other people



Learning Outcomes for RSHE from Year 3 to Year 6

(The statements marked with an asterisk are part of the National Curriculum statutory Science requirements.)

Children will be able to:

- listen to, and support others
- respect other people's viewpoints and beliefs
- recognise their changing emotions with friends and family and be able to express their feelings and opinions appropriately
- identify adults that they can trust and who they can ask for help
- be confident in a wide range of new situations, such as seeking new friends
- recognise their own worth and identify positive things about themselves
- begin to balance the stresses of life in order to promote both their own mental health and well-being and that of others
- listen to, support their friends and manage friendship issues
- understand and recognise the impact of bullying
- recognise and challenge stereotypes, for example, in relation to gender

Children will understand:

- about how to keep themselves safe when involved with activities with an element of risk
- when it is appropriate to take a risk and when to seek help
- that their actions have consequences and be able to anticipate the results of them
- about different forms of bullying
- why being different can provoke bullying and know why this is unacceptable
- that families are structured in many different ways
- the need for trust and love in relationships
- that people have different points of view
- how the media can impact on forming attitudes
- about the main stages of the human life cycle*
- to describe the changes as humans develop to old age*
- how the body changes emotionally and physically during puberty for both boys and girls* (girls and boys will be split for these sessions)
- to describe the life processes of reproduction in some plants and animals*
- recognise the impact of diet, exercise, drugs and lifestyle on the way their bodies function*
- that safe routines can stop the spread of viruses
- about messages of sexuality that are developed in the media including the portrayal of women and men and how this can impact on children as they grow up

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Safeguarding and Child Protection

All staff receive annual training in relation to safeguarding and child protection and regular updates throughout the year. Staff are unable to maintain absolute confidentiality and any concerns of a safeguarding nature that children raise are dealt with according to our safeguarding procedures. (See Safeguarding Policy)

Working with Parents and Carers

Parents and carers are the key figures who support their children through the emotional and physical aspects of growing up.

Cheadle Village Primary School seeks to work in partnership with parents and carers when planning and delivering Relationships, Sex and Health Education by:

- consulting parents over the development of the policy
- providing advice and support to parents on how they can answer questions about RSHE with their children at home
- informing parents and carers of forthcoming RSHE topics so that they can prepare their children (as detailed within our PHSE curriculum).

Rights of Parents and Carers

Parents and carers cannot ask for their child to be withdrawn from **Relationships or Health Education** or the **Science** elements of growth and development which are marked with an asterisk.

Parents and carers **can** ask for their child to be withdrawn from some or all of the sex education which may be delivered as part of the statutory Relationships and Health Education.

Please contact school if you wish to discuss withdrawal for your child.

'Free to flourish; ready to learn and succeed'

