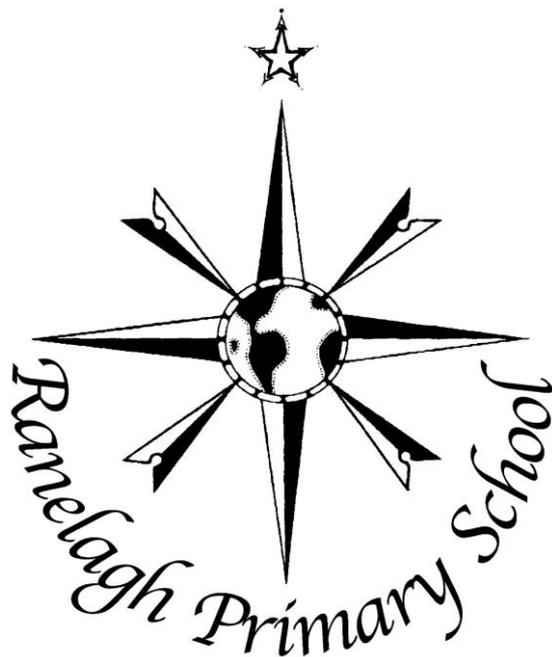


Relationship and Safety Education Policy



Drafted by Newham Local Authority

Adopted by Fareeda Zaman

Date: March 2018

Ratified by governors: Yes

Next review: Spring 2021

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Introduction

Ranelagh Primary School
Corporation Street
Stratford
London
E15 3DN

Ranelagh Primary School is located just outside Stratford, East London and is 10 minutes walk from West Ham and Plaistow Station. It is situated in an area of high social deprivation. The school is a two form entry in Key Stage 1 and Key Stage 2 and caters for children from nursery to Year 6. Ranelagh welcomes children from any cultural or religious background and creates a positive and diverse inclusive community. The percentage of children eligible for free school meals is above the national average. There are over 41 different languages spoken and many children communicate for their parents.

In this document SRE will be referred to as RSE, as the purpose of the SRE is to teach children about keeping safe within relationships.

Development of Policy

The People Involved

The policy was initially developed / reviewed by a working party which consisted:

- RSE / PSHE Coordinator / Teacher
- (Local GP) / (School Nurse)
- Newham RSE Adviser
- Manager of Shine – Newham Sexual Health Service / Manager of Teenage Health Project
- Parent governor

The Process Undertaken

- The working group was briefed by Newham's RSE advisor
- The previous sex education policy and equal opportunities policy were all reviewed
- An audit of sex education in each year was undertaken by teaching staff.
- An audit of resources used in the school was undertaken
- Pupils were consulted on previous RSE provision and what might be included in RSE provision
- Staff were consulted on the policy
- Parents were consulted on the policy
- Governors were consulted on the policy.

Purpose of the policy

The purpose of this policy is to explain the aims of RSE within Personal, Social, Health Education and Citizenship. It also describes what we teach and the approaches we use.

This policy helps to ensure that the whole school community, parents, staff, governors and pupils have a shared understanding of the important area of the curriculum.

The national Teenage Pregnancy Strategy (1999) aims to drastically reduce pregnancy among under-18s by 2010. In Newham there are higher than average rates of a STIs and unplanned Teenage Pregnancy. As a school we want to equip our pupils with the relevant knowledge, skills and attitudes to develop the self-confidence and self esteem to ensure they do not engage in early sexual activity. Both the national and local Teenage Pregnancy Strategies identify effective sex and relationships education as an important contributory factor in the reduction of under-18 conception rates.

The National Healthy School Standard (NHSS, 1999) aims to support schools in the development of a whole school approach to health. Effective sex and relationships education is one criterion for a healthy school.

Links with other policies and programmes

RSE is taught within the *PSHCE programme* across all years.

The school has a drugs policy that shares common criteria with the RSE Policy.

The *confidentiality policy* has been developed separately from the RSE policy and is available on request. Confidentiality is referred to later in this policy.

The school has achieved *Healthy Schools Status* of which an effective RSE policy and Scheme of Work is a requirement.

The school also has an *anti bullying policy* to help ensure pupils are free from discrimination

Moral and Values Framework

The sex education programme will reflect the school ethos and demonstrate and encourage the following values:

- Respect for self;
- Respect for individuals and human rights
- Responsibility for their own action;
- Responsibility for their family, friends, school and wider community
- The value of family life
- Freedom from exploitation
- Acceptance of minority groups without exploitation

Faith and Cultural Perspectives in RSE

The school believes that all young people from all faiths and cultures in the school have an entitlement to RSE that can support them on their journey through childhood to adolescence and adulthood. RSE should be sensitive to the range of different faiths in the school.

The school will ensure wide consultation with parents and the wider community to when developing its Scheme of Work and the resources it uses to be sensitive to the range of cultural and faith beliefs and values and to reassure parents.

When appropriate certain aspects of the RSE programme may be delivered in single sex groups.

The school will take account of religious festivals and celebrations to ensure as many pupils as possible can access the RSE programme.

Aims of the RSE Programme

Ranelagh Primary School believes that sex education in school will be developmental and a foundation for further work. As well as the National Curriculum Science topics, it will be delivered as part of an integrated PSHCE programme across the school.

“SRE is lifelong learning about sex, sexuality, emotions, relationships and sexual health. It involves acquiring information, developing skills and forming positive beliefs, values and attitudes” (Sex Education Forum, 1999).

Sex education will be taught in the context of relationships. Topics and themes will be repeated from year to year in greater depth taking account of the pupil’s development.

In line with Government guidance (*Sex and Relationship Education Guidance, July 2000*) Ranelagh Primary school Relationship and Safety education aims to prepare young people for an adult life in which they can:

- Develop positive values and a moral framework that will guide their decisions, judgements and behaviour;
- Be aware of their sexuality and understand human sexuality
- Understand the arguments for delaying sexual activity
- Understand the reasons for having protected sex

In accordance with government guidance (The Learning and Skills Act, 2000) we want to make sure that young people:

Learn about the nature of marriage and its importance for family life and the bringing up of children; and are protected from teaching and materials which are inappropriate having regard to the age and religious and cultural backgrounds of the pupils concerned.

The relationship and safety education programme at Ranelagh Primary school will

- Provide information which is easy to understand and relevant and appropriate to the age and maturity of the pupils;
- Include the development of communication and social skills;
- Encourage the exploration and clarification of values and attitudes.

Sex education will be taught in the context of relationships. Topics and themes will be repeated from year to year in greater depth taking account of the pupil's development and the spiritual curriculum content.

We aim to:

- Create a stimulating and attractive environment, which supports learning
- Provide access to a broad, balanced curriculum, which offers pace, challenge, continuity and progression
- Encourage pupils in their learning through active participation, differentiated teaching, effective assessment, feedback and target setting.
- Extend pupils fully by encouraging perseverance and aiming for maximum success in all things
- Support pupils in developing a sense of right and wrong through example and a school code of conduct
- Celebrate pupils success and share it within the school and the wider community
- Ensure equality of opportunity underpins everything we do. Develop a sense of community where all pupils, parents, staff and others feel valued and respected.

Organisation of Relationships and Safety Education

- **Co-ordination**

Sex education will be coordinated by the PSHE coordinator / post holder.

- **Who teaches RSE**

All members of staff are committed to delivering the programme.

External Visitors

School Nurse

- **Where RSE is taught**

Through the National Curriculum Science Curriculum

Through PSHE lessons

Assembly

• **Content of sex education**

EYFS

- Myself and other people – recognise feelings and that their behaviour affect other people, especially when angry.
- Family Networks – That family and friends care for ach other,
- Body awareness – Appreciate and value their body, its capabilities and uniqueness.
- Hygiene – to understand why hygiene is important.
- PANTS programme to be incorporated

Year 1

- Myself and others – importance of valuing one self and recognise that everyone is different.
- Family – different types of families and the roles that they have.
- Friendships –what is friendship?
- Choices
- PANTS programme to be incorporated

Year 2

- Differences in Boys and girls/ male and female
- Naming Body parts
- Every body needs caring for
- Hygiene – looking after the body.
- PANTS programme to be incorporated

Year 3

- Self Esteem - recognise positive things about them selves.
- Challenging gender stereotypes
- Difference in male and female
- Family differences
- Decision making – risk taking;
- Safety – resisting pressure.

Year 4

- Growing and changing – life cycle and body changes.
- Body changes and reproduction
- What is puberty?
- Feelings
- Assertiveness

Year 5

- Gender Stereotyping.
- Human Life cycles (Becoming men and women)
- Puberty and hygiene,
- Healthy Eating

- My Body My Rules
- Building good relationships.

Year 6

- Human Life Cycles (Puberty and reproduction)
- Relationships and reproduction
- Conception and pregnancy
- Being a parent
- Online Safety
- My Body My rules (FGM)

- **How RSE is taught**

Learning methods, which involve children's full participation, will be used as much as possible. For example: whole class groups, smaller groups of pupils, case studies, role-play and drama, as well as individual quizzes / questionnaires and storyboards.

Single gender groups will be used as deemed appropriate and relevant.

Presentations from relevant external agencies and health professionals

Through circle time

Assemblies

Specific Issues Statements

All the issues highlighted in this section will be addressed while ensuring pupils are referred to the values of their communities and to discuss the issues with their parents and families if they are able.

Up to date medical information will be given in discussion of these subjects, where appropriate. This could be from the school nurse or other visiting Health Professionals, for example SHiNE, the young people's sexual health service based within Newham NHS Primary Care Trust.

- **Sexuality and Sexual Orientation**

The school upholds positive beliefs about diversity and wants to ensure pupils are not bullied or discriminated against. Also young people need to know that they will come into contact with a diverse group of people in their lives through work, leisure, family and friends.

In a lesson where homosexuality is mentioned the teacher will ensure that the young people will know that homosexuality is legal and what the age of consent is for sex between two people of the same sex.

Young people, whatever their developing sexuality, need to feel that RSE is relevant to them, and sensitive to their needs. Teachers should be able to deal honestly and sensitively with sexual orientation. Teachers can be assured that they can discuss this

subject within the classroom. Government guidance is clear that teachers should be able to deal honestly and sensitively with sexual orientation, answer appropriate questions and offer support.

Homophobia should be challenged wherever and whenever it arises in schools. Homophobic bullying should be dealt with as unacceptable like other forms of bullying such as racial or because of a pupil's appearance because of the emotional distress and harm caused. (Social Inclusion: Pupil Support Circular 10 /99)

- **Puberty**

All children, including those who develop earlier than the average, need to know about puberty before they experience the onset of physical changes. This will include addressing emotional and physical changes and how young people can deal with these. It is important for boys and girls to understand the changes for their own sex, and for the opposite one.

- **Menstruation**

Our RSE programme preparation for menstruation. Boys as well as girls will need to understand menstruation.

We have made adequate and sensitive arrangements to help girls cope with menstruation and with requests for sanitary protection (DfES SRE Guidance 2000. All CSPs have access to sanitary protection we have located in a cubicle in KS2 Girls' Toilets for those who might be embarrassed to talk to an adult. Therefore this school ensures girls know who they can go to for sanitary protection in the school. Girls know that this will be treated confidentially.

- **Masturbation**

Young people need to be given accurate medical information and be able to discuss the different religious beliefs around this topic. Teachers need to ensure they are comfortable discussing this subject so as to be careful not to give incorrect information. Teachers cannot inform young people that masturbation is harmful. It is taught about along with nocturnal emissions, which is a natural process for the majority of boys.

- **Conception**

How a baby is conceived and born. This is taught at Key Stage 2.

- **Contraception**

Pupils need to be made aware of contraception long before they might need to use it and it should be addressed in a way that is appropriate to each pupil's age, experience and level of understanding.

Contraception is referred to in a lesson as part of the Living and Growing series. We do not cover it in great detail but refer to it when talking about how a baby is conceived.

- **Sexually Transmitted Infections (STIs), including HIV/AIDS**

Teaching about HIV / AIDS and STIs includes:

- Helping pupils clarify their knowledge of HIV/AIDS and STIs
- Teaching them assertiveness skills for negotiating relationships and
- Enabling them to become effective users of services that help prevent / treat STIs and HIV

To reinforce these points the DfES SRE Guidance 2000 states that the key messages for sexual health professionals and teachers should be:

- *Information and knowledge about HIV/AIDS is vital*
- *Young people need to understand what is risky behaviour and what is not*
- *Sex and relationship education should inform young people about condom use and safer sex in general*
- *Young people need skills to enable them to avoid being pressured into unwanted or unprotected sex (this should link with issues of peer pressure and other risk taking behaviour such as drugs and alcohol) and*
- *Young people need factual information about safer sex and skills to enable them to negotiate safer sex*

Please see Appendix 5: Procedures for supporting any members of the school community infected or affected by HIV

Answering difficult questions

Sometimes an individual pupil will ask an explicit or difficult question in the classroom. Questions do not have to be answered directly and can be addressed individually later. Ranelagh Primary School believes that individual teachers must use their skill and discretion in these situations and refer to the deputy head or Child Protection lead if they are concerned.

Teachers should not feel that they have to give an answer if they are not sure or do not want to for any reason but must do what they can to ensure pupils have access to the relevant information, if appropriate.

If outside visitors are being used to deliver elements of RSE it may be possible to consult with them to answer these questions by getting the pupils to write down questions for the visitors.

Confidentiality and Child Protection

The classroom cannot be deemed to be a confidential environment and young people should be made aware of this when *Ground rules* are being established at the beginning of the sessions.

As a general rule a child's confidentiality will be maintained by the teacher or member of staff concerned, though it cannot be promised to the students. If this person believes that a child is at risk or in danger, she/he is to talk to the deputy head / SENCO who may confer with the head teacher before any decision is made.

The child concerned will be informed that the confidentiality is being breached and the reasons why. The child will be supported by the teacher throughout the process.

Borough Child Protection Procedures and the school policy are located in the policy folder located in the staffroom.

RSE for children and young people with learning difficulties

The school believes that children with learning difficulties should have equal access to the RSE program. Advice is taken from school nurses, the local program for pupils with learning difficulties is roughly divided into:

- Body parts
- Gender
- Feelings
- Public and private
- Relationships
- Life cycle

Active methods of group work are used. These methods use a variety of ways of communicating and are not only verbal. They include circle work, matching and sequencing pictures, storytelling, drama and mime. Some of the ways that we work include:

- Setting up working agreements from the start, such as no-one will be expected to ask or answer a personal question; it also provides clarity about what will need to be passed on if there is a genuine concern
- Use of distancing techniques, e.g.: case studies
- Using group building activities to form a cooperative and safe group
- Giving a variety of opportunities for developing and practising skills like decision making and assertion
- Using distancing methods like stories, case studies, drama and 3D models to allow discussion about matters without referring to people in the group
- Using ritual and repetition to promote learning, for example using the same song or activity to start the session
- Building on what has gone before by returning to similar content at each stage
- Drawing on a wide range of materials, including visual, aural and tactile.

RSE, Equal Opportunities and Inclusion

Ranelagh Primary School is committed to working towards equality of opportunity in all aspects of school life.

The school will work to ensure that the policy and programme is relevant to:

Boys as well as girls

The range of cultures and faiths of pupils at the school and within UK society

Pupils with special needs

Lesbian, gay and bisexual pupils

All resources and methods will be as inclusive as possible and guidance will be sought on the most accessible resources relevant to the needs of the pupils in our school.

Working with the Whole Community

- **Parents and Carers**

The school is committed to working with parents. Parents have been consulted at parents evening about resources and content. Parents will be informed when RSE is being delivered and will be invited to look at resources in after school meetings.

Sex education materials will be available to parents who wish to supplement sex education in school or who wish to deliver sex education to their children at home.

- **Withdrawal from the RSE programme**

Under the Education Act 1993 their parents can withdraw pupils from part of the sex education that is outside the compulsory elements contained in the science National Curriculum.

Parents wanting to exercise this right are invited to see the PSHCE coordinator or head teacher. They will explore the concerns of the parents and the possibilities of adjusting the programme or approach and will discuss any impact that withdrawal may have on the child. They will talk with the parents about the child's possible negative experiences or feelings that may result from exclusion and the ways in which these can be minimised. Once a child has been withdrawn they cannot take part in sex education until the request for withdrawal has been removed.

- **Governors**

Governors will be notified when the policy is updated and kept up to date with consultation with pupils. A governor will form part of the working group when reviewing the policy and the governing body will be kept informed of the process before the policy is brought before the governing body for approval.

- **Pupils**

In the school pupils will be consulted through the school council. Each class in each year were provided with a questionnaire asking them what they think about the content of their RSE lessons.

Evaluation and Assessment

The policy will be reviewed using a consultative process, which identifies teachers', pupils' and parents' feedback on the sex education programme.

A variety of informal evaluation activities have been built into the programme. The PSHE Co-ordinator will consult with teachers to review the policy and scheme of work.

Elements of sex education in the science curriculum will be assessed formally. The PSHE co-ordinator is currently working on formal assessment for PSHE.

Use of support agencies

The school appreciates the input that visitors can contribute to the RSE programme. There are various people who can resource and support school based sex education. In Newham these people may include Healthy Schools, SHINE, SPARK, Teenage Health Project, Connexions, as well as parents, the school nurse, religious or other health professionals. A visitor can:

- Bring a new perspective to a subject
- Offer specialised knowledge, experience and resources
- Make the topic less embarrassing because the visitor is a 'safe stranger'
- Form a link to the community and make local services more accessible
- Add variety to the curriculum
- Give support to teachers

Most agencies will have a policy for working in schools and the school RSE coordinator will meet with an agency representative to ensure the following:

- Any contributions by visitors are consistent with the governments overall policy,
- Consistent with statutory requirements
- Are aware of the schools relationship and safety education policy specifically the Specific Issues content of the policy
- Role of visitor when delivering the session
- Role of teacher when visitor is delivering a workshop

Loco parentis remains with the teacher when an outside visitor is leading a class and it is important that the teacher and the visitor have agreed roles and responsibilities so that they do not undermine each other.

Training and Support

Inset is provided for teachers and one to one support is given by the PSCHE co-ordinator if required.

Teaching Materials and Resources

The school has a variety of resources that it uses to deliver elements of PSHE such as the Christopher winter project, Croydon scheme of work SEAL, Telling Tales Scheme and the Living and Growing series. These are kept in the resources room.

Materials used will be available for parents to view on request and as part of parental curriculum meetings.

Dissemination of the Policy

All staff members and governors will receive a copy of this policy and is available for parents on request from the main office and/or a member of the leadership team.

Appendix 1: Learning Outcomes

The learning outcomes below have been reproduced in their entirety from the Ofsted report on RSE (2002). In their inspection and survey of RSE practice in schools Ofsted found that schools paid insufficient attention to the learning outcomes for RSE. Ofsted developed draft outcomes that can act as a guide for schools and which can be adapted to suit their individual RSE programmes.

The following statements are offered as illustration of learning outcomes for RSE for each key stage. They give a basis for planning work to develop knowledge and understanding, values and attitudes and personal skills in RSE. They draw on DfES and other guidance on RSE and they reflect elements of the non-statutory framework for PSHE. Those statements marked with an asterisk are part of the National Curriculum science requirements.

By the end of Key Stage 1

Pupils will be able to:

Recognise and compare the main external parts of the bodies of humans*
Recognise similarities and differences between themselves and others and treat others with sensitivity*
Identify and share their feelings with others
Recognise safe and unsafe situations
Identify and be able to talk with someone they trust
Be aware that their feelings and actions have an impact on others
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.

Pupils will know and understand:

That animals, including humans, grow and reproduce*
That humans and animals can produce offspring and 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
Ways in which they are like and different from others
That they have some control over their actions and bodies
The names of the main external parts of the body including agreed names for sexual parts
Why families are special for caring and sharing.

Pupils will have considered:

Why families are special
The similarities and differences between people
How their feelings and actions have an impact on other people.

By the end of Key Stage 2

Pupils will be able to:

Express opinions, for example, about relationships and bullying
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 positively
Identify adults they can trust and who they can ask for help
Be self-confident in a wide range of new situations, such as seeking new friends
Form opinions that they can articulate to a variety of audiences
Recognise their own worth and identify positive things about themselves
Balance the stresses of life in order to promote both their own mental health and well-being and that of others
See things from other people's viewpoints, for example their parents and their carers
Discuss moral questions
Listen to, support their friends and manage friendship problems
Recognise and challenge stereotypes, for example in relation to gender
Recognise the pressure of unwanted physical contact, and know ways of resisting it.

Pupils will know and understand:

That the life processes common to humans and other animals include growth and reproduction*
About the main stages of the human life cycle*
That safe routines can stop the spread of viruses including HIV
About the physical changes that take place at puberty, why they happen and how to manage them
The many relationships in which they are all involved
Where individual families and groups can find help
How the media impact on forming attitudes
About keeping themselves safe when involved with risky activities
That their actions have consequences and be able to anticipate the results of them
About different forms of bullying people and the feelings of both bullies and victims
Why being different can provoke bullying and know why this is unacceptable
About, and accept, a wide range of different family arrangements, for example second marriages, fostering, extended families and three or more generations living together.

Pupils will have considered:

The diversity of lifestyles
Others' points of view, including their parents' or carers
Why being different can provoke bullying and why this is unacceptable
When it is appropriate to take a risk and when to say no and seek help
The diversity of values and customs in the school and in the community
The need for trust and love in established relationships

Appendix 2: Procedures for supporting any members of the school community infected or affected by HIV.

The London Borough of NEWHAM Education Department published its policy on HIV and Aids in March 1994, updated 1999. Staff and governors of Ranelagh Primary School have agreed to follow procedures laid out in the policy to support any members of the school community infected or affected by HIV. No one living with HIV should be excluded or prevented from all the services provided by the Education Department

The following issues apply:

1. HIV is not a notifiable disease and there is no obligation for anyone associated with the school, either staff or pupil to inform the school of their HIV status.
2. Confidentiality concerning a person's HIV status must be safeguarded at all times and information shared only with the person's informed consent. The need for strict confidentiality to be maintained applies to whether a person received information about someone's HIV status directly (specifically being informed) or indirectly (finding out).
3. Universal infection control procedures should be followed at all times. Surgical gloves will be made available to all staff and should be worn when dealing with blood.
4. Education about HIV and AIDS is an essential part of the drugs and sex education component of any personal, social and health education (PSHE) programme. The purpose of teaching about HIV is to foster a sense of responsibility and respect for oneself and others and to provide young people with the self esteem, confidence and skills they will need to maintain good health and relationships. We would also wish to promote a caring and compassionate attitude to those in the community who have become infected with HIV.

Appendix 3: Possible Letter To Parents of Year 6

School Address

Dear Parents

Over the next few weeks the pupils in Year ____ will be learning about ____ as part of their PHSE lessons. The school nurse will be supporting teachers in the lessons.

In one of the lessons the children will be watching a video called *Living and Growing* about _____.

There is a different section of the video to inform boys about the changes that happen to their bodies during puberty and a different section to inform girls what happens to them during puberty.

The boys will watch their section of the video separately from the girls.

We will be showing the video to interested parents at the following times:

If you would like to look at the resources or discuss any of the content of these sessions please contact:

_____.

Appendix 4: Useful Contacts

Please refer to Borough Guidance “Sex Still Matters” for a full list of Newham and National Support Agencies.

- | | |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------|
| 1. Connexions
www.futures-careers.co.uk
Advice and support for young people offered by personal advisors and peers at one-stop shops located throughout the borough. | 020 8227 1500 |
| 2. Newham Healthy Schools Co-ordinator
www.newhamhealthyschools.org
Advice, information, resources and training for schools and agencies on the Newham Healthy Schools Schemes and themes including sex and relationships education. | 020 8548 5001 |
| 3. Newham Personal, Social, Health And Citizenship (PSHCE) Co-ordinator. | 020 8548 5001 |
| 4. Greenway Centre | 020 7363 8146 |
| 5. Shine | 020 8586 5249 |
| 6. School Nurses | 020 8586 5000 |
| 7. Newham Teenage Pregnancy Strategy Coordinator | 020 8430 6687 |