

Glendale Infant School

RSE Policy

Introduction:

1. This policy covers our school's approach to Relationship and Sex education, not only in lessons but through the attitude of our staff and pupils alike, our ethos and approach and commitment to equality both within and outside of the classroom.

2. It was produced with guidance from the Department for Education (DfE) and through consultation with our staff and governing body.

3. It will be reviewed on a regular basis every 3 Years to ensure that it reflects the attitudes and belief of the school population and remains up to date with both current guidance from Government and the DfE but also remains relevant to the experiences of our pupils.

4. To ensure its use, this policy will be available for staff to refer to and to parents/carers through the website. Paper copies available on request.

5. We recognise that as a school we have a legal responsibility under The Relationships Education, Relationship & Sex Education and Health Education (England) Regulations 2019, made under sections 34 & 35 of the Children & Social Work Act 2017, to provide comprehensive Relationship Education and Health Education for all pupils receiving primary education.

6. We acknowledge that in order for children to embrace the challenges of creating a happy and successful adult life, pupils need knowledge that will enable them to make informed decisions about their wellbeing, health and relationships and to build their self-efficacy. We understand that high quality, evidence-based and age-appropriate teaching of these subjects can help prepare pupils to develop resilience, to know how and when to ask for help.

7. As part of the Education Act 2002/Academies Act 2010 all schools must provide a balanced and broad-based curriculum which promotes the spiritual, moral, cultural, mental and physical development of pupils at the school and of society, whilst also preparing pupils for the opportunities, responsibilities and experiences of later life.

8. We recognise that we have a responsibility under the Equality Act 2010 to ensure the best for all pupils irrespective of disability, educational needs, race, nationality, ethnic or national origin, sex, gender identity, pregnancy, maternity, religion, sexual orientation or whether they are looked after children. As a result RSE needs to be sensitive to the different needs of individual pupils and may need to adapt and change as the pupils of the school change. Not only does the teaching need to be sensitive of these needs, but also to help the pupils realise the nature and consequences of discrimination, teasing, bullying and aggressive behaviours or prejudice-based language. MFFF. © Copyright Going off the Rails 2020 All rights reserved (all wrongs learnt from.)

9. Whilst as a school we are aware we need to be mindful of and respectful to a wide variety of faith and cultural beliefs, and we will make every attempt to be appropriately sensitive; equally it

is essential that young people still have access to the learning they need to stay safe, healthy and understand their rights as individuals.

10. We acknowledge that all young people deserve the right to honest, open and factual information to help better form their own beliefs and values, free from bias, judgement or subjective personal beliefs of those who teach them.

Defining Comprehensive Relationship Education:

11. The Department for Education defines relationships education as, teaching the fundamental building blocks and characteristics of positive relationships, with particular reference to friendships, family relationships and relationships with other peers and adults.

12. However, we believe comprehensive relationship education is designed to help children to develop the skills to recognise and manage healthy relationships both online and in the real world. It is designed to build self esteem and to explore personal identity.

13. It is about helping children understand and make sense of the world they are growing up in; to recognise the differences and similarities between their peers and their families; to understand the fact every human being is unique and has the right to be respected. There are many different family structures and all children have the right to feel safe.

14. Comprehensive relationship education has been shown to help keep children safe by allowing them to understand appropriate and inappropriate touching, to realise that their body is fantastic and belongs to them. It is about building the foundations of an understanding of consent and personal boundaries; in that no one has the right to touch you in a way you don't like but also the difference between public and private behaviours.

15. It is important for children to know the names and functions of their body and to be reassured it is natural to be curious about them. Indeed, by teaching children the correct terms for their private parts, children are proven to be safer from abuse.

16. In addition we believe comprehensive relationship education helps children to develop their vocabulary and emotional literacy to enable them to talk about and manage their feelings. It helps children build their own support networks and the confidence to ask for help when they feel unsafe. This is a required element of the Health Education Guidance. MFFF. © Copyright Going off the Rails 2020 All rights reserved (all wrongs learnt from.)

Defining Sex Education at Primary School:

17. Although The Relationships Education, Relationship & Sex Education and Health Education (England) Regulations 2019, made Relationship Education compulsory in all primary schools, Sex education is currently not compulsory. However, the Department for Education continues to recommend that all primary schools should have a sex education programme tailored to the age and maturity of the pupils.

18. As set out in the guidance it is up to individual schools to determine whether they need to cover any additional content on sex education to meet the needs of their pupils. We like many other schools already choose to teach some aspects of sex education and will continue to do so.

19. We recognise that some parents may be uncomfortable with the thought of their children receiving sex education in primary school. Equally, we recognise it is completely natural for children to have questions about sex, their bodies and to be curious about where they came from. In the age of information where children in primary school have access to the internet through mobile technology we believe it is better that children receive age appropriate answers from us than it being left to their peers or the internet.

20. In our school sex education is an opportunity to answer children's healthy questions about where they came from, an opportunity to explore their own stories and to be clear about how a baby is conceived and formed as set out in human life cycle set out in the national curriculum for science.

21. We believe that Sex education should allow children a safe space to ask the questions they may have without shame or judgement. Evidence states that a graduated age appropriate spiral curriculum is the best way of preventing the topic of reproduction and private body parts of becoming taboo and children from becoming embarrassed by the topic.

22. We believe it is the duty of our school to give our young people the learning that will enable them to live safe, fulfilled and healthy lives. This includes ensuring that they have the skills to keep themselves safe from harm and develop positive and healthy relationships - free from exploitation, pressure or abuse.

Subject Content:

23. In school we meet the learning objectives as set out in the The Relationships Education, Relationship & Sex Education and Health Education (England) Regulations 2019 for primary schools with a whole school approach. Across all year groups we deliver the My Feelings, Friends and Families programme to support the teaching of RSE.

24. We believe it is important that this material is delivered by the classroom teacher as it highlights to the children that relationship and sex education is something we can all talk about. Our classroom teachers cover all other aspects of the curriculum, we believe it is important that all staff are able to deliver this material to their class also. Furthermore, our classroom teachers know our children. This means they are more likely to be aware of any additional needs, support or particularly sensitive topics that may make a child in their class vulnerable due to some of the sensitive nature of the topic. We believe this makes them ideally placed to deliver the material sensitively to all children in their class.

Protective Behaviours:

25. Protective Behaviours is a practical and down to earth approach to personal safety. It is a process which encourages self-empowerment and brings with it the skills to avoid being victimised. This is achieved by helping children recognise and trust their intuitive feelings (Early Warning Signs) and to develop strategies for self-protection. The protective Behaviours Process

encourages an adventurous approach to life which satisfies the need for fun and excitement without violence and fear.

26. Theme 1: We all have the right to feel safe all the time.

27. Theme 2: We can talk with someone about anything, even if it feels awful or small

28. Protective Behaviours encourages children to recognise their Early Warning Signs (EWS) and develop their own support networks of safe adults who they can share their worries with.

29. Protective Behaviours is delivered across the entire school from Reception to year 2.

30. As a school Protective Behaviours is delivered throughout the year, across all year groups.

31. An overview of the Protective Behaviours

Reception-

Feelings: There is no such things as good or bad feelings

Theme 1, Body Awareness: Naming Private body parts: Penis, Vulva, & Anus, mouths are private too. EWS/Scary body feelings: identifying children's EWS Telling & Secrets:

Theme 2, Children will construct their own support networks hands.

Year 1 -

Feelings: Feelings are feelings, not good or bad, it is how we behave when we have feelings that matters

Theme 1. Unsafe Feelings & Body Awareness: Our bodies warn us if we feel unsafe - we call these feelings EWS Body Privacy & Secrets: Naming Private body parts: Penis, Vulva, & Anus, mouths are private too. Safe & unsafe secrets Telling & Networks:

Theme 2, Children will construct their own support networks hands.

Year 2 -

Feelings, Rights & Responsibilities: What are Rights & Responsibilities?

Theme 1. Unsafe Feelings, Problem Solving: recognising EWS. Is my fun, fun for everyone? Body Awareness & Personal Space: my body belongs to me. No one has the right to touch me in a way I don't like.

Theme 2. Networks & Using Them: Children will construct their own support networks hands.

32. The My Feelings, Friends and Family (MFFF) is programme of resources designed by Going off the Rails: GOTR SRE Consultancy Limited. It is an evidence based programme of Comprehensive Relationship & Sex Education based on good practice.

33. MFFF is designed on a spiral curriculum and based on a values and human rights approach. It is built on the premise that it is much better to drip feed positive messages and have little conversations about themselves and how they are changing.

34. We deliver the programme through scheduled PSHE lessons throughout each school year.
35. The lessons are all activity based and pupil led, with lots of time for questions. There are art activities, circle time discussions, stand up-sit down, move around games, pair work, group work and scenario based activities.
36. MFFF is designed to review and reinforce all of the key messages from Protective Behaviours, allowing children to refresh their support networks and build on previous learning.
37. The lesson 'Mummy's Bump' in year one is the only 'sex education lesson' in the infant programme. Whilst it is not a core requirement of the statutory guidance for Relationship Education, we believe it is an essential lesson. This lesson is designed in a specific way which means that it is pupil-led and we shape the lesson to fit what the class is ready for; we ask them a question, see what they know, correct the bits that aren't quite right, and then fill in the blanks.
38. We believe by answering children's questions - which are perfectly natural at this age, especially considering that they will likely be exposed to pregnant parent's having MFFF. © Copyright Going off the Rails 2020 All rights reserved (all wrongs learnt from) siblings, or aunts, and family friends at their age, we can feed their natural curiosity in safe way. As a result, rather than the topic becoming a taboo, something that is shameful, instead, we can ensure children continue to come to us for answers that we can answer age appropriately rather than building barriers to addressing the topic which will later have to be overcome.
39. We are aware that children are likely to have many questions that may pop out at any time. Children tend to ask whatever is on their mind. We see this as a positive point and a sign that we have created a safe environment where children feel empowered to MFFF. © Copyright Going off the Rails 2020 All rights reserved (all wrongs learnt from) feed their natural curiosity and learn about themselves, their bodies and the world around them. However, we acknowledge that some parents may feel uncomfortable about how particular questions may be dealt with in class.
40. We believe children are better off receiving honest, open answers from safe adults in their lives, rather than it being left to the internet or older children with a smart phone. In the age of information, where children in primary have access to tablets, smart phones and the internet (often unsupervised) it is essential that we help children to recognise they are able to ask questions without judgement rather than searching for answers on the internet.
41. We believe that if children ask a question they deserve an answer. The replies: "you are too young to know", or "I think you would be better off asking your parent" are not sufficient; instead they merely build unnecessary barriers, making children think they have done something wrong. They are unlikely to ask again, and are instead left to seek their answers from less reliable or child friendly sources, due to shame. However, uncomfortable the question may be, the thought is already in their head - it is much better we as safe adults take responsibility and tackle the question safely and age appropriately.
42. Staff have received guidance as to how to deal with children's questions age appropriately. This will be done consistently across the school as follows:

- Children will be praised for asking questions. We wish to encourage children to seek answers from safe adults.
- If a question is relevant to the whole class, we will answer it to the whole group.
- However, as with any other subject, there may occasionally, be the need to differentiate depending on children's knowledge & experience. Some children may need additional information or support compared to others.
- If a child asks a question that is not necessarily suitable for the entire class, we will respond, by saying: "that is fantastic question, hold that thought, I am going to set everyone some work and I will come and talk to you and answer your question in a minute when everyone else is working."
- If the member of staff doesn't have an answer or doesn't know - they will say so. There is no shame in not knowing the answer - but the member of staff should make an effort to help the child to find the answer later.
- If the member of staff is not sure how best to answer a particularly tricky question, they should say so: "That is a brilliant question... But I would like to give you an equally brilliant answer, so let me have a think about it and once I know the best way to explain it clearly I will come back to you" MFFF. © Copyright Going off the Rails 2020 All rights reserved (all wrongs learnt from)
- This will allow teaching staff time to think, seek help, advice or support from colleagues, or to speak to senior management.
- If a child asks a question we know parent's may be uncomfortable with, staff may choose to delay answering the question (as above) before catching the parent at the school gates if possible and talk through their response.
- Teachers will answer questions, openly, honestly, scientifically and factually without relying on their own personal beliefs. Teachers will not be expected to answer personal questions about themselves or to ask direct personal questions of their students that could make either parties vulnerable.

Parents and parental rights to withdraw:

43. We believe that successful teaching around RSE can only take place when parents and school work together. Especially, considering we both want children to grow up safe and happy in healthy relationships, with the ability to manage their emotions and speak up when they feel unsafe. Therefore, we are committed to working together with parents.

44. We endeavour to be transparent and give parents information about all the programmes and lessons we deliver around RSE as we recognise it can be a sensitive subject for some families for a number of reasons.

45. All new parents to our school will be given information about the RSE programmes we run as part of their induction to the school, including information of how they can get a copy of this policy.

46. We recognise the importance of parents knowing about the content of the lessons so they can carry on the conversations at home and have an opportunity to talk to their children about their own families, beliefs and values - we encourage this by sending information home.

47. Before, any lessons that could be described as sex education are delivered we will send home a letter to parents to inform them of the dates the lessons will be delivered, If parents have any concerns, special circumstances we should be aware of, they will be advised to contact the class teacher or contact the school.

48. We recognise under the new DfE guidance for Relationship Education, Relationship & Sex education and Health Education (DfE 2019), parents retain the right to request their child is removed from some or all of the elements of sex education which go beyond the national curriculum for science. Maintained schools are required to teach about the main external body parts and changes to the human body as it grows from birth to old age, including puberty. There is no right to withdraw from the national curriculum.

49. In the Infant programme parents can choose to opt their child out of only the lesson Mummy's Bump, which sits in the year one programme under the My Relationships MFFF. © Copyright Going off the Rails 2020 All rights reserved (all wrongs learnt from) subject heading. All other lessons in the Infant programme are statutory under the new guidance.

50. If parents do decide to withdraw their child, they should inform the head teacher, in writing, who will find other provision for the child to engage in during the lesson. Currently, head teachers must comply with requests to withdraw from any non-statutory lessons in the programme.

51. When teaching any sensitive topic, such as RSE which deals with family life, safe and appropriate touching, personal body parts and healthy relationships, we recognise the potential to uncover incidents of abuse through children's disclosures.

52. All members of staff who deliver any of our Relationship or Sex Education Programme, have statutory training around safeguarding children and are all aware of our school's safeguarding policy and procedures in the case of a disclosure or suspicion of a safeguarding concern. However, we recognise that for children who may be vulnerable due to past, or present abuse, or changes in family situations this type of work, whilst it may be sensitive, and there may be needs to adapt the programme or offer additional support, it is also a MFFF. © Copyright Going off the Rails 2020 All rights reserved (all wrongs learnt from) protective factor in preventing further abuse, to help them make sense of their experiences.