



Relationship Education



“TO BE THE BEST THAT WE CAN BE”

At Ightenhill Primary School, our school vision and ethos is strongly supported through, and embedded in, the delivery of our PSHE whole-school approach to the curriculum which includes Relationship Education. We are committed to ensuring that the emotional and social needs of all of our children are met within our school environment; and we support the development of children's health and wellbeing, self-esteem and confidence.

As part of providing a broad and balanced PSHE/RE curriculum, we are able to nurture and support the spiritual, moral, social and cultural (SMSC) development of our young children and promote the fundamental British Values in young lives. We support children to develop the knowledge, skills and understanding that they need to lead confident, healthy and independent lives, and become responsible citizens. We recognise that our school vision and values - ambition, co-operation, kindness, honesty, resilience, respect and responsibility - are crucial to this learning and are a fundamental part of our PSHE and wider curriculum.

At Ightenhill Primary School, we believe that effective Relationship Education is essential if young people are to make responsible and well informed decisions about their lives. It is delivered as an integral part of our curriculum within PSHE and Science.

The four main aims of teaching RSE:

- To enable children to understand and respect their bodies.
- To help children develop positive and healthy relationships appropriate to their age and development
- To support children to have positive self-image and body image
- To empower them to be safe and safeguarded.

It is our aim to:

- Provide a framework in which sensitive discussions can take place
- Help pupils develop feelings of self-respect, confidence and empathy
- Create a positive culture around issues of sexuality and relationships
- Teach pupils the correct vocabulary to describe themselves and their bodies
- Prepare pupils for puberty, and give them an understanding of sexual development and the importance of health and hygiene
- Develop confidence in talking, listening and thinking about feelings and relationships
- Allow pupils to understand about the range of relationships, including the importance of family for the care and support of children
- Explore the consequences of their actions and behave responsibly within relationships
- Develop their self-esteem and sense of responsibility

- Teach pupils how they can protect themselves and ask for help and support enable children to move with confidence from childhood through adolescence into adulthood, developing the skills and understanding that they need to live confident, healthy and independent lives.

What is relationship education?

Relationship is defined as learning about physical, moral and emotional development. It is about understanding the importance of family life, stable and loving relationships, respect, love and care. Relationship Education is part of the personal, social and health education curriculum in our school.

Statutory requirements

We are required to teach relationships education (RSE) as part of our PSHE and Science Curriculum. Current regulations and guidance from the Department for Education state that relationships education is be mandatory from September 2020. However, we adopted the new curriculum early from September 2019.

Implementation

The school aims to provide a graduated, age-appropriate RSE programme emphasising the social and emotional aspects of relationships.

Education about relationships for 3-7 year olds will focus on the building of self-esteem and confidence by encouraging learners to:

- respect, value and care for themselves and others,
- value recognise and communicate their feelings
- form friendships and relationships,
- respect boundaries – their own and other peoples.

RSE will teach 7-11 year olds to understand:

- the range of their own and others' feelings and emotions,
- the importance of personal safety (including online) and what to do or to whom to go when feeling unsafe,
- to develop and use communication skills and assertiveness skills to cope with the influences of their peers and the social media,
- to be prepared for puberty and adulthood, including physical and emotional changes that take place at puberty, including conception, pregnancy and birth.

RSE is included in the National Curriculum for Science for all children within school:

Key Stage 1

- Animals, including humans, move, feed, grow, use their senses and reproduce.
- Children should name and recognise the main external parts of the human body.
- That humans can produce offspring and these grow into adults.
- Children should recognise similarities.

Key Stage 2

- That the life processes common to humans and other animals include nutrition, growth and reproduction.
- The main stages of the human life cycle, including puberty

Safe and Effective practice

Relationship education is delivered through science, RE, PSHE and, ICT. A planned and co-ordinated approach to each subject can provide an appropriate framework for RSE to take place providing pupils with a consistent message. RSE is taught by classroom teachers, HLTA's and if appropriate, outside visitors such as the school nurse. A range of active learning methods include use of video, discussion, looking at case studies, drama and role-play. Relationship and sex education is usually delivered in mixed gender groups however, there may be occasions where single gender groups are more appropriate and relevant.

Dealing with difficult topics / questions

All teachers are aware of the ground rules which provide an agreed structure to answering sensitive or difficult questions. Teachers will endeavour to answer questions as honestly as possible but if faced with a question they do not feel comfortable answering within the classroom, provision would be made to meet the individual child's needs. All classrooms have 'Ask it Baskets' where staff can direct children to put their questions to be answered in an appropriate manner, children are also aware that if they wish to ask a question which they do not want to voice to the class they are able to utilise the 'Ask it Basket'.

- 'Silly questions' Children are testing boundaries and have no interest in the answer. In this case, teachers will not answer questions, and explain that they are inappropriate.
- 'Concerning questions' these could possibly be indicative of safeguarding issues. In this case, teachers will follow the school safeguarding procedures.
- 'Genuine questions' the child has a genuine but age inappropriate question. In this case, the child's question will be acknowledged and children will be directed to put their question in the 'Ask it Basket'. Staff will consult with the PSHE lead and or SLT as to how to answer the question. Where appropriate the class teacher will then consult with the child's parents, and discuss if they would like to answer, or they want school to answer, in the case of the latter, it will be discussed with parents how much information they are happy for their child to have.

Parental Consultation

Relationship education policy is shared on the school website and full detail are available on request. The school informs parents when aspects of the programme are taught and will be given an outline of the lessons in advance. Parents have the right to withdraw their children from those aspects of sex and relationship education, not included in the Science National Curriculum or statutory RSE content. However this rarely happens, by working in partnership with parents they recognise the importance of this aspect of their child's education. 'If the parent of any pupil in attendance at a maintained school requests that he may be wholly or partly excused from receiving sex education at the school, the pupil shall, except so far as such education is comprised in the National Curriculum, be so excused accordingly until the request is withdrawn.' Education Act 1996 (Section 405)

Safeguarding / Confidentiality

Teachers need to be aware that effective relationship education, which brings an understanding of what is and is not acceptable in a relationship, may lead to disclosure of a child protection issue.

- Staff will follow the guidance set out in the safeguarding policy.

Monitoring, Assessing and Reviewing

To ensure that the policy is adhered to and is effective, it will be monitored, reviewed and evaluated regularly. The school will assess the effectiveness of the aims, content and methods in promoting pupils' learning by lesson observation, sampling teachers planning, questionnaires to teachers and children and feedback from parents. Furthermore PSH floor books will be regularly assessed to ensure children are developing knowledge in RSE and PSHE throughout school.

The effectiveness of the RSE programme will be evaluated by assessing children's learning and implementing change if required.

Links with other policies

This policy is linked with the following policies:

- PSHE
- Equal Opportunities
- Safeguarding
- ICT and online safety
- Confidentiality
- Behaviour
- Anti-Bullying
- Science

Policy reviewed Sept 2025

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