

# Carlton Digby School



## Relationships, Sex and Health Education Policy

**2023 – 2026**

**Reviewed: November 2023**

**To be reviewed: November 2026** (or earlier if the need arises)

## **Intent**

Relationships and Health Education is compulsory for all primary and secondary schools.

At Carlton Digby School we recognise the need for pupils to access relationship and sex education that is relevant, accessible and appropriate to their individual needs. We aim to provide pupils with knowledge and understanding of all kinds of relationships, including recognizing the difference between healthy and unhealthy relationships and how to seek help if needed.

We expect our pupils to form positive, tolerant relationships and teach them about respect for themselves and others and we aim to prepare pupils for the physical and emotional challenges of growing up. We aim to teach our pupils to understand the importance of keeping their bodies healthy and having positive mental health. Pupils will also learn about online and offline safety.

We deliver this learning through science, specific SRE and more general PSHE lessons as well as through naturally occurring opportunities during the school day.

## **Provision**

At Carlton Digby School we follow the Jigsaw scheme themes for PSHE in our curriculum pathways 1 & 2 for those pupils for whom it is appropriate. This scheme covers all aspects of Relationships, Sex and Health Education (RSHE) in an age appropriate way which we adapt as necessary to suit the needs of our pupils. The Jigsaw scheme of work is spiral and progressive. There are six topics for each half-term and the headings remain the same while the content is built on and developed over time. The topics are: Being Me in My World, Celebrating difference, Dreams and Goals, Healthy Me, Relationships and Changing Me.

Health education embedded in the Jigsaw curriculum includes topics such as substance abuse, mental health education and safety education.

In accordance with national curriculum guidelines for science, pupils will learn about puberty in advance of experiencing these physical changes for themselves. Children will also learn about how a baby is conceived and born at an age that is developmentally appropriate for them. We look at this in the context of relationships and different kinds of family makeups.

All pupils are supported to work towards aims from our self-reliance toolkit which address the areas of attachment, confidence, independence, problem solving, self-help and social and interaction, at an appropriate level.

Teachers address any specific issues that arise in their classes in an appropriate way, e.g. 1:1 teaching or small group teaching where appropriate.

Some groups of pupils will access NSPCC workshops on staying safe. Parents and carers will receive a letter if your child is invited to take part in these.

Upper school pupils access age and stage appropriate SRE teaching which looks at healthy and unhealthy relationships, body image and the effects of porn, contraception, STIs (including HIV and AIDS) and sexuality and gender. The class teachers will adapt content and themes to include any other topics that may arise.

Throughout teaching, sensitivity and teachers' professional judgment is used to decide when the children are ready for particular messages, such as discussing puberty and child sexual exploitation.

### **Equal opportunities**

Every child is entitled to receive SRE, regardless of ethnicity, gender, religion, age, culture, disability, sexuality, language special needs, disadvantaged and looked after children. It is our intention that all children have the opportunity to experience a programme of SRE at a level which is appropriate for their age and physical development, including differentiated provision if required.

In compliance with the 2010 Equality Act, we ensure that teaching is accessible to all children and young people, including those who are lesbian, gay, bisexual and transgender (LGBT). Inclusive RSHE fosters good relations between pupils, tackle all types of prejudice – including homophobia – and promotes understanding and respect.

We also have a legal duty to promote equality and combat bullying (which includes homophobic, sexist, sexual and transphobic bullying).

### **Special Educational Needs**

Teaching and resources will be differentiated as appropriate to address the needs of pupils within the school in order for them to have full access to the content of sex and relationship education.

## Specific Issues

- **Parental consultation**

We work closely alongside parents in order that they recognise the importance of this aspect of their child's education and fully support us. If you have any questions about the content of what your child is being taught then please do not hesitate to contact your child's teacher who will discuss this with you further. Parents and carers have the right to see sample materials used within the teaching of RHSE and this can be arranged in advance with your child's teacher.

- **Withdrawal from RSE lessons**

Parents/carers have the right to withdraw their children from Sex Education provided at school except for those parts included in statutory National Curriculum Science and that included within Statutory Relationships and Health Education. Those parents/carers wishing to exercise that right are invited in to see the head teacher and/or PSHE lead who will explore any concerns and discuss any impact that withdrawal may have on the child. Parents and carers cannot withdraw from any aspect of relationships Education and also Health Education lessons covering the changing adolescent body (puberty).

- **Pupil consultation**

Pupils will be consulted where appropriate on their own personal, social and citizenship development. This could be in lessons as well as through student council activities.

- **Teaching sensitive and controversial issues**

Teachers will establish a safe, open and positive learning environment based on trusting relationships between all members of the class, adults and children alike. 'Ground rules' are agreed and owned at the beginning of the year and reinforced regularly.

Teachers will take steps to ensure that, where political or controversial issues are brought to pupils' attention, they are offered a balanced presentation of opposing views.

- **Dealing with difficult questions**

Questions do not have to be answered directly, and can be addressed individually later. The use of an anonymous question box is another way in which pupils would be supported to ask difficult or sensitive questions without fear of embarrassment. 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.

- **Child Protection / Confidentiality**

All those delivering RSHE need to be aware that effective sex and 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. Should this situation arise, the staff member will inform the Designated Safeguarding Lead in line with the school procedures for child protection and safeguarding. Staff would make it clear to a child at this point that confidentiality cannot be assured if concerns exist. All members of staff at Carlton Digby School have attended Safeguarding training.