

WOODHOUSE ACADEMY

Relationships and Sex Education (RSE) and Health Education Policy

Reviewed: Autumn 2023
To be reviewed: Autumn 2024

1. Context/Introduction

Relationship and Sex education (RSE) and Health education supports children's lifelong learning about wellbeing and, more particularly, physical, moral, emotional and cultural development. RSE is about understanding of the importance of loving and caring relationships and focuses on the teaching of sexual health, sexuality, healthy lifestyles, diversity and personal identity. RSE involves a combination of sharing information, and exploring issues and values. RSE is not about the promotion of sexual activity.

Research demonstrates that good, comprehensive Relationship and Sex Education does not make young people more likely to become sexually active at a younger age.

2. Statutory Requirements

As an academy we must provide relationships education to all pupils as per section 34 of the [Children and Social Work Act 2017](#).

As an academy, we do not have to follow the National Curriculum but we are expected to offer all pupils a curriculum that is similar to the National Curriculum including requirements to teach science which would include the elements of sex education contained in the science curriculum.

In teaching RSE, we are required by our funding agreements to have regard to [guidance \(RSE and Health Education Guidance 2019, DfE\)](#) issued by the secretary of state as outlined in section 403 of the [Education Act 1996](#).

At Woodhouse Academy we teach RSE as set out in this policy.

3. Aims and Objectives for Sex and Relationship Education

The aim of RSE is to provide children with age appropriate information, explore attitudes and values and develop skills in order to empower them to make positive decisions about their health related behaviour.

This should take place with consideration of the qualities of relationships within families.

The objectives of Relationship and Sex Education and Health Education are:

- To provide the knowledge and information to which all pupils are entitled;
- To clarify/reinforce existing knowledge;
- To raise pupils' empathy, self- esteem and confidence, especially in their relationships with others in all contexts, including online;
- To help pupils' understand their feelings and behaviour (including sexual feelings), so they can lead fulfilling and enjoyable lives and also know how to take care of themselves and receive support if problems arise;

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- To help pupils' develop skills (language, decision making, choice, assertiveness) and make the most of their abilities;
- To develop pupils' personal attributes including kindness, integrity, generosity, honesty, perseverance and resilience;
- To develop pupils' confidence to be participating members of society and to value themselves and others;
- To develop pupils' skills for a healthier, safer lifestyle;
- To support pupils' development and use of skills including communication skills and assertiveness skills to cope with the influences of their peers and the media;
- To teach pupils' respect and care for their bodies;
- To prepare pupils' for puberty and adulthood and give them an understanding of sexual development and the importance of health and hygiene
- To allow pupils to develop a positive, inclusive attitudes towards all types of family relationships, including same-sex or relationships with include transgender people.

4. Curriculum (including Moral and Values Framework)

RSE is taught in the context of relationships and reflects the values of the Personal, Social and Health education (PSHE) framework.

In addition RSE promotes self- esteem and emotional health and well- being and helps pupils form and maintain worthwhile and satisfying relationships, based on respect for themselves and for others, at home, school, work and in the community.

We have developed the curriculum in consultation with parents, pupils and staff, taking into account the age, needs and feelings of pupils. If pupils ask questions outside the scope of this policy, teachers will respond in an appropriate manner so they are fully informed and don't seek answers online.

For more information about our curriculum, see our curriculum map in Appendix 1, 2 and 3.

5. Delivery of RSE

RSE is taught within the personal, social, health education (PSHE) curriculum. Biological aspects of RSE are taught within the science curriculum.

Relationships education focuses on teaching the fundamental building blocks and characteristics of positive relationships including:

- Families and people who care for me
- Caring friendships
- Respectful relationships
- Online relationships
- Being safe

Sex education will focus on:

- How a baby is conceived and born

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For more information about our RSE curriculum, see Appendix 1, 2 and 3.

These areas of learning are taught within the context of family life taking care to ensure that there is no stigmatisation of children based on their home circumstances (families can include single parent families, LGBT parents, families headed by grandparents, adoptive parents, foster parents/carers amongst other structures) along with reflecting sensitively that some children may have a different structure of support around them (for example: looked after children or young carers).

The curriculum, teaching and resources will be appropriately differentiated and personalised for pupils based on their needs in order for them to have full access to the content of the relationships and sex education and health education. Factors considered include:

- Age
- Physical and emotional maturity
- Religious backgrounds
- Special educational needs and disabilities (SEND)

Child Protection / Confidentiality

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

The staff member will inform the Principal /Designated Safeguarding lead in line with the Safeguarding Board and school procedures for child protection.

A member of staff cannot promise confidentiality if concerns exist.

Dealing with difficult questions

Ground rules are essential to provide an agreed structure to answering sensitive or difficult questions. This framework facilitates the use of an anonymous question box as a distancing technique for all year groups.

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.

Use of visitors

When appropriate, visitors such as the school nurse may be involved in the delivery of sex and relationship education. Visitors will complement and not substitute or replace planned provision as it is the PSHE Leader's and teacher's responsibility to plan the curriculum and lessons.

6. Roles and responsibilities

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6.1 The Governing Body

The Governing Body will approve the RSE policy, and will hold the Principal of Woodhouse Academy to account for its implementation.

6.2 The Deputy Principal

The Deputy Principal, along with the PSHE Coordinator, is responsible for ensuring that RSE is taught consistently across the school, and for managing requests to withdraw pupils from [non-statutory/non-science] components of RSE (see section 7).

6.3 Staff

Staff are responsible for:

- Delivering RSE in a sensitive way
- Modelling positive attitudes to RSE
- Monitoring progress
- Responding to the needs of individual pupils
- Responding appropriately to pupils whose parents wish them to be withdrawn from the [non-statutory/non-science] components of RSE

Staff do not have the right to opt out of teaching RSE. Staff who have concerns about teaching RSE are encouraged to discuss this with the Deputy Principal.

6.4 Pupils

Pupils are expected to engage fully in RSE and, when discussing issues related to RSE, treat others with respect and sensitivity.

7. Parents'/carers' right to withdraw

Parents/carers do not have the right to withdraw their children from relationships education or health education.

Parents/carers have the right to withdraw their children from some or all of the [non-statutory/non-science] components of sex education within RSE.

At Woodhouse Academy, puberty is taught as a statutory requirement of science and covered by our Y5 science curriculum. Sex education is also taught as human reproduction in Y7.

Requests for withdrawal should be put in writing using the form found in Appendix 4 of this policy and addressed to the Deputy Principal.

Alternative work will be given to pupils who are withdrawn from sex education.

8. Training

Delivery of RSE is included in our continuing professional development calendar.

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The Deputy Principal and PSHE Coordinator may also invite visitors from outside the school, such as school nurses or sexual health professionals, to provide support and training to staff teaching RSE.

9. Monitoring and Evaluation arrangements

Monitoring is the responsibility of the Principal, named governor and teacher with responsibility RSE and Health education.

The academy will assess the effectiveness of the aims, content and methods in promoting students' learning by lesson visits, planning and work scrutinies, feedback from pupils, teachers and parents.

The effectiveness of the RSE programme will be evaluated by assessing children's learning, consulting with parents/carers and implementing change if required.

This policy will be reviewed annually by the Principal. At every review, the policy will be approved by the Directors' Resources Committee.

Reviewed & Agreed by the Governing body on:

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Appendix 1: Relationships education expectations

Relationships Education in schools – DfE Guidance 2019

The focus should be on teaching the fundamental building blocks and characteristics of positive relationships, with particular reference to friendships, family relationships, and relationships with other children and with adults.

The guidance states that:

	Pupils should know...
Families and people who care for me	<ul style="list-style-type: none"> • that families are important for children growing up because they can give love, security and stability. • the characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other’s lives. • that others’ families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children’s families are also characterised by love and care. • that stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children’s security as they grow up. • that marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong (Marriage in England and Wales is available to both opposite sex and same sex couples. The Marriage (Same Sex Couples) Act 2013 extended marriage to same sex couples in England and Wales. The ceremony through which a couple get married may be civil or religious). • how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed.

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Caring Friendships	<ul style="list-style-type: none">• how important friendships are in making us feel happy and secure, and how people choose and make friends.• the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties.• that healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded.• that most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right.• how to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed.
Respectful Relationships	<ul style="list-style-type: none">• the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs.• practical steps they can take in a range of different contexts to improve or support respectful relationships.• the conventions of courtesy and manners.• the importance of self-respect and how this links to their own happiness.• that in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority.• about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help.• what a stereotype is, and how stereotypes can be unfair, negative or destructive.• the importance of permission seeking and giving in relationships with friends, peers and adults.
Online Relationships	<ul style="list-style-type: none">• that people sometimes behave differently online, including by pretending to be someone they are not.• that the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online including when we are anonymous.• the rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them.• how to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met.• how information and data is shared and used online.

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Being Safe	<ul style="list-style-type: none"> • what sorts of boundaries are appropriate in friendships with peers and others (including in a digital context). • about the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe. • that each person’s body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact. • how to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know. • how to recognise and report feelings of being unsafe or feeling bad about any adult. • how to ask for advice or help for themselves or others, and to keep trying until they are heard. • how to report concerns or abuse, and the vocabulary and confidence needed to do so. • where to get advice e.g. family, school and/or other sources.
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Our PSHE curriculum covers the above in the following topics:

Strands of PSHE curriculum that cover RSE:

KS2

R1 Different Types of relationships R2&3 Attraction & Marriage	R5&6 Committed relationships/families R4 Forced Marriage R8&R9 Family Life & Help in family relationships
R10 Importance of Friendships & R13 Support	R11 Positive Healthy Friendships & R13 Support
R12 Online relationships & R18 online support R14 Healthy friendships R16 Changing friendships R22 Privacy & R25 physical contact (PANTS?) R26 Permission/consent R27 Secrets R34 Debating	R24 Appropriate Adult contact R31 Self-respect R15 Peer influence R17 Friendship ups and downs R29 Reporting concerns R28 Pressure from others R30 Respect for others/online

KS3

H45 FGM	R3 Similarities, differences & diversity & R41 Discrimination
R1 Different relationships & factors R6 Marriage & Media relationship portrayal	R43 Peer support R Biological Sex/Gender/Orientation
R10 Trust in relationships	R7 Relationships Online

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R2 Relationships R13 Safe Online & R17 Risks online and support	H3 Media and body image R5 Sexual attraction & sexuality & R18 Strong Feelings
R38 Stereotypes/prejudice R14 Positive Relationships R22 Effects of relationship change R21 Relationship breakdown & R23 Support R37 Abusive Behaviours	R8&12 Protrayal of Sex in media & sex choice R11 Gender roles R9 Values in friendships R46 & R45 Gangs R42 Peer Influence R19 Conflict management R44 Peer approval & R23 Support R47 Carrying weapons

Appendix 2: Health education expectations

Physical health and mental well-being education in schools – DfE Guidance

The focus should be on teaching the characteristics of good physical health and mental wellbeing. Teachers should be clear that mental well-being is a normal part of daily life, in the same way as physical health.

By the end:

	Pupils should know...
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Mental wellbeing	<ul style="list-style-type: none">• that mental wellbeing is a normal part of daily life, in the same way as physical health.• that there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations.• how to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings.• how to judge whether what they are feeling and how they are behaving is appropriate and proportionate.• the benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental well-being and happiness.• simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests.• isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support.• that bullying (including cyberbullying) has a negative and often lasting impact on mental well-being.• where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else's mental well-being or ability to control their emotions (including issues arising online).• it is common for people to experience mental ill health. For many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough.
Internet safety and harms	<ul style="list-style-type: none">• that for most people the internet is an integral part of life and has many benefits.• about the benefits of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental and physical wellbeing.• how to consider the effect of their online actions on others and knowhow to recognise and display respectful behaviour online and the importance of keeping personal information private.• why social media, some computer games and online gaming, for example, are age restricted.• that the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health.• how to be a discerning consumer of information online including understanding that information, including that from search engines, is ranked, selected and targeted.• where and how to report concerns and get support with issues online.

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Physical health and fitness	<ul style="list-style-type: none">• the characteristics and mental and physical benefits of an active lifestyle.• the importance of building regular exercise into daily and weekly routines and how to achieve this; for example, walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise.• the risks associated with an inactive lifestyle (including obesity).• how and when to seek support including which adults to speak to in school if they are worried about their health.
Healthy eating	<ul style="list-style-type: none">• what constitutes a healthy diet (including understanding calories and other nutritional content).• the principles of planning and preparing a range of healthy meals.• the characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health).
Drugs, alcohol and tobacco	<ul style="list-style-type: none">• the facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking.
Health and Prevention	<ul style="list-style-type: none">• how to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body.• about safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer.• the importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn.• about dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist.• about personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing.• the facts and science relating to immunisation and vaccination
Basic First Aid	<ul style="list-style-type: none">• how to make a clear and efficient call to emergency services if necessary.• concepts of basic first-aid, for example dealing with common injuries, including head injuries.
Changing adolescent body	<ul style="list-style-type: none">• key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes.• about menstrual wellbeing including the key facts about the menstrual cycle.

Our PSHE curriculum covers the above in the following topics:

Strands of PSHE curriculum that cover physical health and mental well-being education:

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KS2

H15 Mental Health	H16 Strategies for good Mental Health
H17 Changing Feelings Over Time	H19 Vocab when talking about feelings
H18 Expressing Feelings	H24 Mental Health Problem solving strategies
H20 Strategies to respond to feelings	Feelings Review
H21 Mental Health Warning Signs & H22 support	H23 Change & Loss
H4 Habits and healthy lifestyle	H8 Sleep
H10 Medicines & H14 Adults to help with health	H9 (KS2) Bacteria & Viruses
H38 Risk	H41 Safe in the local environment
H25 Personal Identity	H26 Gender Identity vs biological sex
H27 Personal Qualities	H28 Personal Strengths
H35 Increasing Independence	H37 Complying with regulations
H46 Risks associated with legal drugs	H47 Laws surrounding drugs
R1 Different Types of relationships	R5&6 Committed relationships/families
R2&3 Attraction & Marriage	R4 Forced Marriage
H7 Different Families	R8&R9 Family Life & Help in family relationships
R10 Importance of Friendships & R13 Support	R11 Positive Healthy Friendships & R13 Support
R12 Online relationships & R18 online support	R24 Appropriate Adult contact
R14 Healthy friendships	R31 Self-respect
R16 Changing friendships	R15 Peer influence
R22 Privacy & R25 physical contact (PANTS?)	R17 Friendship ups and downs
R26 Permission/consent	R29 Reporting concerns
R27 Secrets	R28 Pressure from others
R34 Debating	R30 Respect for others/online

KS3

H45 FGM	R3 Similarities, differences & diversity & R41 Discrimination
H7 Mental Health Strategies	H5 External influences on health
H2 What can affect wellbeing	H6 Emotions Vocab
H4 Resilience against opinions	H9 Resilience strategies
H11 Unhealthy coping strategies	H8 Language & mental health stigma & H12 support
H10 Healthy coping strategies	R43 Peer support
H19 Responsibility for Health	H15 Sleep
H20 Personal Hygiene & Infection	H21 Health Services

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H40 (KS2) Taking medicines safely	H48 (KS2) Use of drugs or not
H1 Uniqueness	R Biological Sex/Gender/Orientation
H29 (KS2) Setbacks/Failures	H36 (KS2) Transition
H49 (KS2) Media & drugs	H39 (KS2) Hazards
R1 Different relationships & factors	R7 Relationships Online
R6 Marriage & Media relationship portrayal	H3 Media and body image
R10 Trust in relationships	R5 Sexual attraction & sexuality & R18 Strong Feelings
R2 Relationships	R8&12 Protrayal of Sex in media & sex choice
R13 Safe Online & R17 Risks online and support	R11 Gender roles
R38 Stereotypes/prejudice	R9 Values in friendships
R14 Positive Relationships	R46 & R45 Gangs
R22 Effects of relationship change	R42 Peer Influence
R21 Relationship breakdown & R23 Support	R19 Conflict management
R37 Abusive Behaviours	R44 Peer approval & R23 Support
	R47 Carrying weapons

Strands of science curriculum that cover physical health and mental well-being education:

Y6:

The Human body

- Diet and exercise
- Drugs and lifestyle
- Nutrients and water

Y8:

Health and lifestyle

- Nutrients
- Food tests
- Unhealthy diet
- Digestive system
- Drugs
- Alcohol
- Smoking

Appendix 3: Sex education expectations

The DfE recommends that teaching:

- Draws on knowledge of the human life cycle set out in science lessons to explain how a baby is conceived and born

Strands of the science curriculum that cover sex and relationships education are:

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Y5

In 'reproduction and growth'

- Puberty
- Menstruation
- Reproduction in plants & animals
- Animal changes
- Life cycles
- Old age
- Gestation in humans and animals

Y7

In 'reproduction'

- Adolescence
- Reproductive systems
- Fertilisation and implantation
- Development of a foetus
- The menstrual cycle
- The menopause

Appendix 4: Parent form: withdrawal from sex education within RSE

TO BE COMPLETED BY PARENTS			
Name of Child		Class	
Name of Parent		Date	

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Reason for withdrawing from sex education within relationships and sex education	
Any other information you would like the school to consider	
Parent Signature	
TO BE COMPLETED BY THE SCHOOL	
Agreed actions from discussion with parents	Include notes from discussions with parents and agreed actions taken. E.g. Joe Bloggs will be taking part in all relationships lessons and during the sex education lessons, he will be working independently on a project in the Year 5 classroom.