



Osidge
School

**PSHE
&
Relationship and Sex
Education Policy**

PSHE (Personal, Social, Health education) and RSE (Relationships and Sex education) policy

Aims

At Osidge School, we believe that PSHE helps to give pupils the knowledge, skills and understanding they need to lead confident, healthy, independent lives, in order to become informed, active and responsible citizens. The work we do in RSE links directly to the Barnet School's Curriculum for RSE. PSHE also flows through all other curriculum areas.

From September 2020, Relationships Education at primary school is compulsory. In order to be effective, we believe that Relationship and Sex Education should always be taught within a broader PSHE education programme. RSE enhances and is enhanced by learning related to topics including anti-bullying; keeping safe on and off line; keeping physically and mentally healthy, learning about drugs, alcohol and tobacco; and the development of skills and attributes such as communication skills, managing peer pressure, risk management, resilience and decision making.

The aims of PSHE and RSE at Osidge are to:

- Promote the spiritual, moral, cultural, mental and physical development of all pupils
- Prepare pupils for the opportunities, responsibilities and experiences of later life
- Encourage pupils to value themselves and others
- Allow pupils to acknowledge and appreciate difference and diversity
- Teach pupils how to make informed choices
- Prepare pupils to be positive and active members of a democratic society
- Teach pupils to understand what constitutes a safe and healthy lifestyle
- Provide a framework in which sensitive discussions can take place
- Promote safety in forming and maintaining relationships,
- Provide pupils with a toolkit for understanding and managing their emotions
- Provide pupils with the opportunities to consider issues which may affect their own lives and/or
- Help pupils to identify the characteristics of healthy relationships, how relationships may affect mental and physical health; and how to stay safe online.
- Prepare pupils for puberty, and give them an understanding of sexual development and the importance of health and hygiene
- 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

Statutory requirements

At Osidge School, we teach PSHE and RSE as set out in this policy.

The teaching of Relationships Education for primary pupils and Relationships and Sex Education (RSE) for secondary pupils is compulsory. It is also compulsory for all schools to teach Health Education. Through these subjects, we want to support all young people to be happy, healthy and safe – we want to equip them for adult life and to make a positive contribution to society.

At Osidge, we have committed to retain our current choice to continue to teach age-appropriate sex education alongside relationships education. In doing so, we have regard to [guidance](#) issued by the Secretary of State as outlined in Section 403 of the [Education Act 1996](#).

Definition

RSE is part of lifelong learning about the emotional, social and physical aspects of growing up, relationships, sex, human sexuality and sexual health. RSE, within PSHE aims to give children and young people essential skills for building positive, enjoyable, respectful and non-exploitive relationships and the skills to stay safe both on and off line. It enables pupils to explore their own and other's attitudes and values and builds their self-esteem and confidence to view their own sexuality positively.

RSE is not about the promotion of sexual activity.

Delivery of PSHE and RSE

RSE is taught within the personal, social and health (PSHE) education curriculum. Some biological aspects of sex education are taught within the science curriculum.

At Osidge, we use a range of resources to support our teaching. Lessons are based around a theme which changes half-termly.

At Osidge, we believe that pupils should be taught about the society in which they are growing up. Lessons are designed to foster respect for others and for difference, and educate pupils about healthy relationships. We also make links to our 6 school values.

We believe that RSE should meet the needs of all pupils, whatever their developing sexuality or identity – this should include age-appropriate teaching about different types of relationships in the context of the law. Pupils should receive teaching on LGBT relationships, which is delivered at Osidge, for example, through teaching about different types of family, including those with same- sex parents.

Pupils with SEND

As far as is appropriate, pupils with special educational needs should follow the same PSHE education programme as all other students. Careful consideration is given concerning the level of differentiation needed, and in some cases the content or delivery will have to be adapted. Teachers and/or learning support assistants work with individual pupils where required, and if appropriate. It is not the school's policy to withdraw pupils with special educational needs from PSHE education to catch up on other national curriculum subjects: these aspects of personal and social development are as important to all pupils as their academic achievement.

Roles and responsibilities

The governing body will approve the PSHE and RSE policy, and hold the headteacher to account for its implementation.

The headteacher is responsible for ensuring that PSHE and RSE is taught consistently across the school, and for managing requests to withdraw pupils from components of RSE.

Staff

Staff are responsible for:

- Delivering PSHE and 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 PSHE and RSE.
- Staff do not have the right to opt out of teaching PSHE or RSE. Staff who have concerns about teaching RSE are encouraged to discuss this with the headteacher.

Pupils

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

Parents' right to withdraw

The school is well aware that the primary role in children's relationships and sex education lies with parents and carers. We wish to build a positive and supporting relationship with the parents of children at our school through mutual understanding, trust and co-operation. In promoting this objective, we:

- Make available online, via the school's website, this PSHE and RSE Policy;
- Answer any questions that parents may have about the RSE/PSHE education of their child;
- Take seriously any issue that parents raise with teachers or governors about this policy or the arrangements for RSE/PSHE in the school;
- Inform parents about the best practice known with regard to RSE, so that the teaching in school supports the key messages that parents and carers give to children at home. We believe that, through this mutual exchange of knowledge and information, children will benefit from being given consistent messages about their changing body and their increasing responsibilities.

Parental Rights

We believe the contents of these subjects – such as family, friendship, safety - are important for all children to be taught. We have committed to retain parents' right to withdraw their child from sex education within the RSE curriculum. (It should be noted that parents cannot withdraw their child from sex education which forms part of the **Science** National Curriculum as this comes under separate statutory guidance).

If a parent wishes their child to be withdrawn from the sex education elements of RSE, they should discuss this with the headteacher, and make it clear which aspects of the programme they do not wish their child to participate in.

Parents should be aware that schools are legally required to provide a broad, balanced curriculum. Sex education topics can arise incidentally and overlap with relationships education lessons and it is

not possible to withdraw pupils from these relatively limited and often unplanned discussions.

Requests for withdrawal should be put in writing and addressed to the headteacher. A copy of withdrawal requests will be placed in the pupil's educational record. The headteacher will discuss the request with parents and take appropriate action.

Alternative work will be given to pupils who are withdrawn from these lessons.

Training

Staff are trained on the delivery of PSHE and RSE as part of their induction and it is included in our continuing professional development calendar. The headteacher will also invite visitors from outside the school, such as school nurses or sexual health professionals, to provide support and training to staff teaching RSE.

Monitoring arrangements

The delivery of RSE is monitored by subject leader and the SLT.

Pupils' development in RSE is monitored by class teachers as part of our internal assessment systems.

This policy will be reviewed every two years by the Curriculum and Pupil Welfare Committee.

Governor Approval: October 2020

Next review date: May 2022

Appendix 1

Osidge PSHE/RSE Skills Progression 2020 (Blocks)			
Term	Autumn	Spring	Summer
Year Group	Relationships	Health and Wellbeing (RSE and Drugs & Alcohol)	Living in the Wider World
Year 1	All About Me My Friendships My Family Losing and Finding	Awareness of Feelings Keeping Well and Clean Keeping Safe	Being Different The Environment Looking After Myself Money
Year 2	All About My Feelings Making and Breaking Friendships Exploring Our Families Coping with Conflict	Healthy People Keeping Safe About My Body	Money, Shopping and Saving Special Days Global Food
Year 3	Peer Influence/Pressure Safe Relationships Different Families	Emotions and Feelings Healthy Lifestyles Drug n Education – Smoking and Basic First Aid Be Safe	Me and My Community Where Do Things Come From? Aspirations Managing Money
Year 4	Persuasion and Pressure Friendships/Inclusion Types of Relationships	Mental Health Healthy Lifestyles Growing and Changing Rights and Responsibilities Drug Education – Alcohol and Decision Making	Media and Me Local Community-shared Responsibilities Aspirations Managing Money
Year 5	Self-Respect and Personal Goals Friendships and Coping sand with Bullying Relationships Being Left Out	Mental Health and Wellbeing Healthy Lifestyles Puberty Personal Safety Drug Education – Legal and Illegal Drugs	Stereotypes and Diversity Working Together and Aspirations What Makes a Democracy Money Media Literacy and Digital Resilience
Year 6	Conflict Resolution Family Dynamics Relationships	Healthy Lifestyles Moving On Puberty and Relationships Drug Education – Drugs, Risk and the Media Mental Health and Online Safety Sex Education	Celebration – Supporting Each Other Democracy and Decisions Media Literacy and Digital Resilience Money and Me Protected Characteristics and Bullying Aspirations, Work and Career