

SPARKLE MULTI-ACADEMY TRUST



ORCHARD'S JUNIOR SCHOOL

POLICY FOR RSE

REVIEWED SEPTEMBER 2024



WHAT DOES RSE STAND FOR? RSE stands for Relationships and Sex Education. Our school uses the acronym RSE or SRE (Relationships and Sex Education).

WHAT IS RSE? RSE as a subject teaches children about the different physical, social and emotional aspects of growing up, relationships and sexuality. It aims to provide pupils with the skills and knowledge they need to have safe, fulfilling relationships, take responsibility for their sexual health, and feel secure and happy in their sexuality. It also helps them to develop resilience, independence and self-esteem. RSE helps to prepare children for changes like puberty and the transition into adult life. We aim to provide a secure environment where pupils can feel comfortable asking questions they might not want to ask elsewhere. Through RSE, children can learn to better understand their needs, respect the needs of others, and improve their overall confidence. Opening the conversation on RSE topics can start by teaching children about relationships, friendships, family and the different kinds of people who can support them. This can start in early education when children begin to learn about taking turns, treating others with kindness and respect, the importance of being honest and truthful, as well as the importance of personal privacy.

WHAT IS THE RSE CURRICULUM? As of 2020, relationships education in primary schools is now a **statutory subject**, alongside Health Education. Schools are also advised to provide a relevant, appropriate sex Education curriculum in the UK as part of their whole school PSHE (Personal, Social and Health Education) curriculum. To prepare children for embracing the challenges of a happy and successful adult life, we need to give them the knowledge that helps them to make informed decisions about their wellbeing, health and relationships. This is why we teach sex education in Year 6 as part of our Science and PSHE lessons.

The focus of relationships education in our school is to emphasise the fundamental building blocks of positive relationships with a particular emphasis on friendships, family relationships, respectful relationships as well as other types of relationships with other children and adults.

Consent as a concept tends to be introduced in secondary school, but children will start practising consent at an earlier age by respecting the boundaries of others on the playground and will also learn about where or who to talk to if they feel unsafe.

From the beginning of relationships education in our school, teachers will emphasise what makes a healthy relationship, including friendships and family relationships. The aim is to give children an understanding of which relationships will lead to happiness and security. This will also help children to recognise relationships that may not be positive for them. Towards the end of primary school, more children will be using the internet and they will be taught the principles of positive relationships also apply online. Teaching children about families and how family relationships may look does require an amount of sensitivity. Families of lots of different forms can provide the nurture needed for children. Care will be taken so that no children in a class sense stigmatisation towards their home situation.