



**Tudhoe Learning Trust**

# **Relationships and Sex Education Policy**

**Approved by:** Kimberley Ivory

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**by:**

## 1. What Is Relationships and Sex Education?

RSE at Tudhoe Learning Trust is a stage in lifelong learning about moral, emotional and physical development. It is about the understanding of the importance of stable and loving relationships, respect, love and care for oneself and for others, for family life. It involves acquiring information, developing skills and forming positive beliefs, values and attitudes.

### 1. Principles and Values

In addition Tudhoe Learning Trust believes that RSE should:

- be an integral part of the lifelong learning process, beginning in early childhood and continue into adult life.
- be an entitlement for all pupils in our care.
- encourage every pupil to contribute to the school community that aims to support each individual as they grow and learn.
- be set within this wider school context and supports family commitment and love, respect and affection, knowledge and openness. Family is a broad concept; not just one model, e.g. nuclear family. It includes a variety of types of family structure, and acceptance of diversity.
- encourage pupils and staff to share and respect each other's views. The important values are love, respect and care for each other.
- generate an atmosphere where questions and discussion on personal matters can take place without any stigma or embarrassment.
- recognise that parents and carers are the key people in teaching their children about sex, relationships and growing up. We aim to work in partnership with parents/carers and pupils, consulting them about the content of programmes.
- recognise that the wider community has much to offer and we aim to work in partnership with other health and education professionals.

## 2. Relationship and Sex Education in school has three main elements:

### Personal and Social Skills

- managing emotions within relationships confidently and sensitively.
- developing positive self esteem and confidence.
- developing and demonstrating self-respect and empathy for others.
- developing an appreciation of the consequences of choices made.
- managing conflict.
- empower pupils with the skills to be able to recognise inappropriate/uncomfortable situations and/or behaviours with their peers and adults.

### Attitudes and Values

- learning the importance of values, individual conscience and moral choices.
- Valuing marriage, family life and stable and loving relationships.
- learning about the nurture of children.
- demonstrating the values of respect, love and care.
- exploring, considering and understanding moral dilemmas.
- developing skills including negotiation and decision making.
- challenging myths, misconceptions and false assumptions.

### Knowledge and Understanding

- learning and understanding about physical and emotional development at appropriate stages.
- learning about, personal health, emotions and relationships and reproduction in plants and animals.
- learning about where to go for help or advice.

## 4. Aims

The aim of RSE is to provide balanced factual and age appropriate information about physical and emotional changes, together with consideration of the broader emotional, ethical, religious, and moral dimensions of relationships. Our RSE programme aims to prepare pupils for an adult life in which they can:

- develop positive values and a moral framework that will guide their decisions, judgements and behaviour.
- have the confidence and self esteem to value themselves and others and respect for individual conscience and the skills to judge what kind of relationship they want.
- understand the consequences of their actions and behave responsibly within personal relationships.
- avoid being pressured into uncomfortable or dangerous situations.
- communicate effectively by developing the appropriate language for relationship issues.
- be aware of sources of help and acquire the skills and confidence to access advice and support if necessary.

## **5. Organisation and Content of Relationship and Sex Education**

Schools within Tudhoe Learning Trust deliver relationship and sex education through PSHCE, RE and Science lessons at foundation stage, KS1 and KS2.

Much of the relationship and sex education Trust schools takes place within RE lessons and Philosophy/ PSHCE. SRE lessons focus more on the emotional aspects of development and relationships, although the physical aspects of reproduction are taught as part of National Curriculum Science. The PSHCE Programme and Science National Curriculum are taught in every year. Puberty is covered by the School Nurse in Year 6.

Assessment is carried out at appropriate times and involves assessment of knowledge, understanding and skills.

## **6. Inclusion**

### *Pupils with Special Needs*

We will ensure that all pupils receive relationship and sex education, and we will offer provision appropriate to the needs of all our pupils, taking specialist advice where necessary.

## **7. Right of Withdrawal of Pupils from Relationship and Sex Education**

Some parents prefer to take the responsibility for aspects of this element of education. They have the right to withdraw their children from all or part of the relationship and sex education except for those parts included in the statutory National Curriculum (i.e. in Science lessons). We would make alternative arrangements in such cases. Parents are encouraged to discuss their concerns and / or decisions with the Head teacher at the earliest opportunity. Parents are welcome to review any RSE resources the Trust uses.

## **8. Confidentiality and Safeguarding**

It should be made clear to pupils that all adults in school cannot guarantee absolute confidentiality. This should be made clear when forming the class Ground Rules. Durham LCSB safeguarding procedures are followed at all times in school.

## **9. Monitoring and Evaluation of Relationship and Sex Education**

It is the responsibility of the Head teacher/ Leadership Team to oversee and organise the monitoring and evaluation of RSE, in the context of the overall school plans for monitoring the quality of teaching and learning. The RSE programme will be treated as a subject and will be involved in a yearly monitoring and evaluation exercise led by the Leadership Team.

The Governing body is responsible for overseeing, reviewing and organising the revision of the RSE policy and curriculum.

Ofsted are required to evaluate and report on personal, spiritual, moral, social and cultural development of pupils. This includes evaluating and commenting on the school's RSE education policy, curriculum and on support and staff development, CPD and delivery.