



# Relationships and Sex Education

Information for Parents



# Changes to the Curriculum

A new curriculum for relationships and sex education is mandatory from September 2020. Primary schools must teach relationships education and health education, including education on mental wellbeing.



# What is Relationships and Sex Education?

Relationships and Sex Education is learning about the emotional, social and physical aspects of growing up, relationships, sex and health. Some aspects are taught in science, and others are taught as part of personal, social, health and economic education (PSHE).

A comprehensive programme of RSE provides accurate information about the body, reproduction, sex, and health. It also gives children and young people essential skills for building positive, enjoyable, respectful and non-exploitative relationships and staying safe both on and offline.



# What is effective Relationships & Sex Education (RSE)?

- Age appropriate
- Based on needs of pupil
- Progressive
- Inclusive
- Delivered by trained staff in a safe environment
- Prepares children adequately for puberty in a timely way
- Prepares children for adult life
- Promotes positive relationships



# Aims

Relationships and Sex Education (RSE) is a key aspect of our PSHE curriculum. At Roding Primary, good relationships are fundamental to our ethos and our success in being a happy, caring and safe school. RSE is lifelong learning about positive relationships, emotions, changes, looking after ourselves, different families and staying safe (including online).

We aim for the children of Roding to acquire the appropriate knowledge, develop their skills and form positive beliefs, values and attitudes. At Roding, we believe that RSE has a key part to play in the personal, social, moral and spiritual development of our children.

By the end of primary school, pupils will have been taught content on:

- families and people who care for me
- caring friendships
- respectful relationships
- online relationships
- being safe

You can find further detail by searching 'relationships and health education' on GOV.UK.



# Why is RSE important?

We are required to teach Relationships and Sex Education (RSE) as part of our PSHE curriculum. Current regulations and guidance from the Department for Education (DfE) state that from September 2020, all schools must deliver RSE. High quality RSE help create a safe school community in which our students can grow, learn and develop positive, healthy behaviour for life.

It improving their ability to achieve in school and under the Education Act (1996) to prepare them for the challenges, opportunities and responsibilities of adult life. A comprehensive RSE programme can have a positive impact on students' health and wellbeing and their ability to achieve, and can play a crucial part in meeting these obligations.



# What are the topics covered in RSE?

In school RSE topics will be taught within our Personal Social and Health Education (PSHE) curriculum. Our PSHE curriculum is split into three categories. RSE is part of the first two categories.

<b>Relationships</b>	<b>Health and Mental Well-being</b>	<b>Wider World</b>
Families and people who care for me Caring friendship Respectful friendships Online Relationships Being Safe	Mental Well being Internet Safety and Harm Physical health and fitness Healthy Eating Drug, alcohol and tobacco Health and prevention Basic First Aid Changing Adolescent Body	Economic Well being Enterprise Careers



# Statutory Requirements

- Relationships education will be compulsory for all primary age pupils from September 2020.
- Relationships and Sex education (RSE) will be compulsory for all Secondary age pupils
- Health education will be compulsory for all pupils in all state funded schools.



# Parental Rights

Parents of Primary School children have the right to withdraw their child from Sex Education, but **not** Relationships and Health Education. Parents must write a letter to the headteacher and state a reason for wishing to withdraw their child from Sex Education. A meeting (on the phone/or in person) will take place with the parent and Headteacher/ Senior Leader.

The school will document this process to ensure a record is kept.

The head teacher/senior leader will discuss with parents/carers the benefits of receiving this important education and any detrimental effects that withdrawal might have on the student. This could include any social and emotional effects of being excluded, as well as the likelihood of the student hearing their peers' version of what was said in the classes, rather than what was directly said by the teacher (although the detrimental effects may be mitigated if the parents/carers propose to deliver sex education to their child at home instead).



# Role of Parents

The role of parents in the development of their children's understanding about relationships is vital. Parents are the first teachers of their children. They have the most significant influence in enabling their children to grow and mature and to form healthy relationships.

The school will:

- work closely with parents/carers when planning and delivering RSE
- ensure that parents/carers know what will be taught and when, and clearly communicate the fact that parents have the right to request that their child be withdrawn from Sex Education lessons
- give parents/carers every opportunity to understand the purpose and content of RSE
- communicate and give opportunities for parents/carers to understand and ask questions about the school's approach help increase confidence in the curriculum
- encourage parents/carers to create an open home environment where pupils can engage, discuss and continue to learn about matters that have been raised through RSE



# Special educational needs and disabilities (SEND)

RSE helps all students understand their physical and emotional development and enable them to make positive decisions in their lives. We will ensure that all students receive RSE and we will offer provision appropriate to the particular needs of our students, taking specialist advice where necessary. Staff will differentiate lessons to ensure that all members of the class can access the information fully. The school will use a variety of different strategies to ensure that all students have access to the same information.



# Equality Act 2010

Inclusive RSE will foster good relations between pupils, tackle all types of prejudice, including homophobia, and promote understanding and respect, enabling us to meet the requirements, and live the intended spirit, of the Equality Act 2010.

**Protected Characteristics under the Equality Act 2010**

- Age
- Disability
- Gender reassignment
- Marriage and civil partnership
- Pregnancy & maternity
- Race
- Religion and/or belief
- Sex
- Sexual orientation



**Equality Act 2010 a quick guide**

9 protected characteristics	6 prohibited acts / conduct
- Age	- Direct discrimination
- Disability	- Associative discrimination
- Gender reassignment	- Perceptive discrimination
- Race	- Indirect discrimination
- Religion / belief	- Harassment
- Sex	- Victimisation
- Sexual orientation	
- Marriage & Civil Partnership	
- Pregnancy & maternity	



# School Policy

Our school policy for Relationships and Sex Education can be found on our school website.

<https://www.rodningprimaryschool.co.uk/policies-and-procedures/>



# DFE Frequently Asked Questions

<https://www.gov.uk/government/news/relationships-education-relationships-and-sex-education-rse-and-health-education-faqs>



Finally...

Our aim is to work in effective partnership with parents and carers. If you have any questions regarding the teaching of Relationships and Sex Education, please speak to your child's class teacher. Alternatively, please email your question to the school office email [office@roding.bardaglea.org.uk](mailto:office@roding.bardaglea.org.uk).

*Many Thanks,  
The Roding Team*