



DEAN CLOSE
PRE-PREPARATORY SCHOOL
CHELTENHAM

**Independent and Co-educational
Pre-Preparatory School**

**Relationships and Sex Education Policy
(PP314)**

Registered Charity No: 1086829

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DEAN CLOSE PRE-PREPARATORY SCHOOL

RELATIONSHIPS AND SEX EDUCATION POLICY

What is relationships and sex education?

Relationships and sex education (RSE) is learning about the emotional, social and physical aspects of growing up, relationships, sex, human sexuality and sexual health.

A comprehensive programme of RSE provides accurate information at the appropriate times of a pupil's educational journey about the body, reproduction, sex, and sexual 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. At Pre-Prep the relevant aspects for the Early Years and Key Stage One pupils are taught as part of our personal, social, health and citizenship education (PSHCE) and through Science topics on 'Growing up'.

Why is relationships and sex education in schools important?

High quality RSE helps create safe school communities in which pupils can grow, learn, and develop positive, healthy behaviour for life. It is essential for the following reasons:

- Children and young people have a right to good quality education, as described in the United Nations Convention on the Rights of the Child.
- Children and young people want to be prepared for the physical and emotional changes they undergo at puberty, and young people want to learn about relationships.
- RSE plays a vital part in meeting schools' safeguarding obligations. Schools must have a preventative programme that enables pupils to learn about safety and risks in relationships. Schools maintain a statutory obligation under the Children Act (2004) to promote their pupils' wellbeing, and under the Education Act (1996) to prepare children and young people for the challenges, opportunities and responsibilities of adult life. A comprehensive RSE programme can have a positive impact on pupils' health and wellbeing and their ability to achieve, and can play a crucial part in meeting these obligations.

The law in relation to RSE states:

- a. The governing bodies of schools are required to keep an up-to-date RSE policy that describes content and the organisation of RSE provided outside the Science National Curriculum.

- b. From September Education Act 2020: Relationships Education must be taught in all Primary Schools and Relationships and Sex Education must be taught from the age of 11 in all secondary schools.
- c. Parents/Guardians have the right to withdraw their children from sex education lessons (taught from the age of 11 years).

Dean Close Pre-Prep follows a RSE curriculum which is in line with the new requirements, using resources from the Gloucestershire Local Authority PINK curriculum, Folens Getting Personal scheme, Circle Time and Golden Time, Stanley Thorne – Citizenship, SEAL (Social, Emotional Aspects of Learning), NSPCC Pants programme

Further recommendation from the DFE:

- Schools should set SRE within a broader base of self-esteem and responsibility for the consequences of one's actions.

Relationships and sex education:

- is a partnership between home and school
- ensures children and young people's views are actively sought to influence lessons
- starts early and is relevant to pupils at each stage in their development and maturity
- is taught by class teachers who are trained and confident in talking about issues such as respectful relationships, families and people who care for me, caring friendships, online relationships, being safe
- includes the acquisition of knowledge, the development of life skills and respectful attitudes and values
- helps pupils understand 'on' and 'offline' safety consent
- teaches the importance of communication and assertiveness skills including the importance of values such as respect (for self and others), equality, responsibility, care and compassion
- helps pupils use active learning methods, and is rigorously planned, assessed and evaluated
- helps pupils understand a range of views and beliefs about relationships and sex in society
- promotes equality in relationships, recognises and challenges gender inequality and reflects girls' and boys' different experiences and needs

In relation to this, the findings in March 2021 on the social media platform #Everyone'sInvited reflect the need and importance for clear instruction about respectful attitudes to everyone regardless of their sex, starting from a young age.

Relationships and Sex education contributes to:

- a positive ethos and environment for learning
- safeguarding pupils (Children Act 2004), promoting their emotional wellbeing, and improving their ability to achieve in school
- a better understanding of diversity and inclusion, a reduction in gender-based and homophobic prejudice, bullying and violence and an understanding of the difference between consenting and exploitative relationships
- helping pupils keep themselves safe from harm, both on and offline, enjoy their relationships and build confidence in accessing services if they need help and advice
- reducing early sexual activity, teenage conceptions, sexually transmitted infections, sexual exploitation and abuse, domestic violence and bullying

Why do children and young people think RSE is important?

Children and young people:

- want to learn about issues such as body confidence, love, how to respond to peer pressure, and how to behave in a relationship
- have a right to feel safe and healthy, and a right to education that helps them learn and achieve
- want parents and carers to talk to them about growing up and sex education, and to learn about other people's views and opinions in school
- need help to understand the way their bodies and feelings change as they grow and develop, and to develop skills and confidence

Aims and Objectives Dean Close School aims to:

- a. inform and prepare pupils for adult life and relationships in an age appropriate way
- b. provide a Christian moral framework as the context for future choices
- c. provide a safe and secure environment within which personal matters relating to their own bodies, and development into young adults, can be discussed openly and honestly
- d. encourage high self-esteem, self-awareness and emotional health
- e. encourage pupils to understand personal responsibility in all matters of relationships – mental and physical
- f. encourage pupils' sensitivity to the needs and situations of others
- g. give pupils the skills to make informed choices (that reduce risk)
- h. develop pupils' understanding of their own bodies and of the rights they have over their own body

Sex and relationship education is mainly delivered through the PSHCE curriculum

Content of RSE within the PSHCE (Personal Social Health and Citizenship Education) curriculum.

At Pre-Prep age, schools must deliver **relationships education** which teaches 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

Our Relationships Education and Health Education programme is an integral part of our whole school PSHCE education provision.

EYFS and Key Stage 1 pupils learn:

- a. How thoughts and feelings can affect behaviour.
- b. To maintain positive relationships, being respectful of others.
- c. Friends and families, and people who look after us.
- d. To build self-esteem and develop resilience.
- e. To recognise healthy lifestyle choices.
- f. Changes as we grow.
- g. How we keep safe, including the NSPCC Pants programme (Reception, Year 1 and 2) and safety online.
- h. To respect the views of others and to challenge stereotypes .
- i. how to ask for consent before doing something to/with someone, e.g. a high-five.
- j. How to access sources of advice and support and when and where to get help.

Parents are always asked for consent for their children to join the NSPCC Pants programme lessons, given information and a link to understand the content of the lessons before they are delivered.

EYFS PSHCE Topics (SEAL):

Michaelmas 1	New beginnings
Michaelmas 2	Getting on and falling out
Lent 1	Going for goals
Lent 2	Good to be me
Trinity 1	Relationships
Trinity 2	Changes

KS1 PSHCE
Year One – Units of Study

Knowing Me

All about Me
Feelings and emotions
Taking responsibility – Golden Rules and Foundation Values
Making decisions / choices

Staying Healthy

Hygiene – inc. Covid-19 protective measures
Healthy Eating
Exercises
Growing up
Safety including NSPCC Pants Programme and safety online

Protecting the Environment

Pollution
Packaging and Recycling

Being with other people

Friends and families
Being a good friend
Respect and Multicultural Understanding
Resolving Conflict

Living in the Community

Needs of Different Community Groups
Money and Charity

Year Two – Units of Study

Knowing Me

Personal strengths and weaknesses
Emotional Literacy and mental health
Taking Responsibility – Golden Rules and Foundation Values
Making Decisions/Choices

Staying Healthy

Healthy Eating & Exercise
Hygiene inc. Covid-19 protection measures
Growing Up
Medicine
Safety including NSPCC Pants Programme
and safety online

Being with Other People

Friends and Families
Peer Group Pressure
Bullying
Resolving Conflict
Respect and Multicultural Understanding

Living in the Community

Needs of different community Groups
Political Literacy - voting
Money and Charity
Looking after others

Protecting the Environment

Pollution
Packaging and recycling
Conservation and Endangered animals
Sustainability