

COGNITA



DOWNSEND
SCHOOL

Relationships, Sex and Health Education (RHSE) Policy

September 2021

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1 Introduction and aims

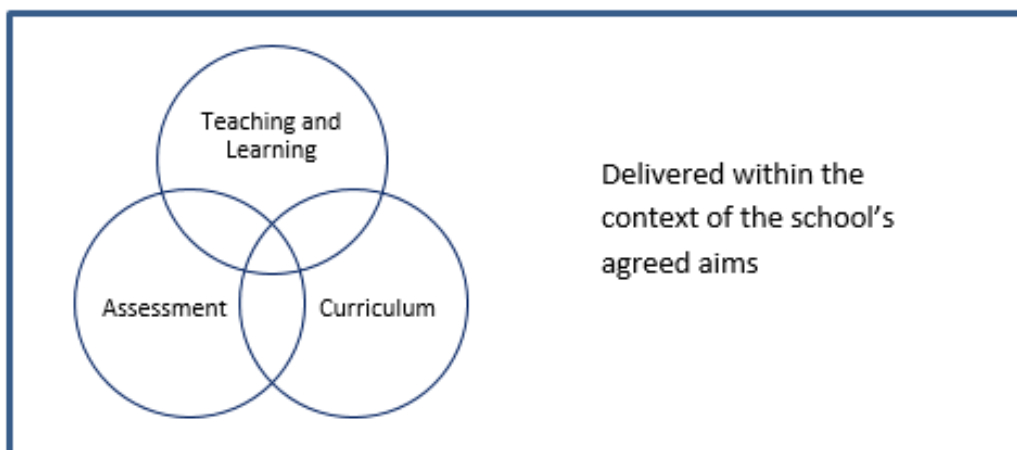
The purpose of this policy is to ensure that our RSHE Education – Relationships, Sex Education and Health Education supports our school ethos and fulfils our school aims, which are defined as:

This policy applies to all students, including those in the Early Years.

1.1 This policy forms part of the curriculum.

1.2 We see the curriculum as, 'The total learning experience for our students, which includes not only the taught lessons but also the routines, behaviours, events, activities and other opportunities that our students experience on a daily, weekly and yearly basis in order to ensure that all of them make the best progress possible and attain high standards'.

1.3 A well-structured and coherent curriculum is a fundamental element of the tripartite education that underpins all successful schools and includes Teaching, Learning and Assessment (see model below) and is underpinned by Wellbeing.



The aims of RSHE at our school are to:

1.4 Provide a framework in which sensitive discussions can take place.

1.5 Prepare students for puberty, and give them an understanding of sexual development and the importance of health and hygiene.

1.6 Help students develop feelings of self-respect, confidence and empathy.

1.7 Create a positive culture around sexuality and relationships.

1.8 Teach students the correct vocabulary to describe themselves and their bodies.

1.9 Help students understand that healthy relationships are an important part of wellbeing.

2 Statutory requirements

2.1 Our policy follows the statutory guidance given by the government (DfE) and meets the requirements of the Independent School Standards. Aspects of RSHE are infused within the day to day operation of our school; incorporated through the curriculum, both in content included in subject schemes of work and through other planned learning opportunities in the school. They are captured in our written aims and expressed in the ethos and behaviours of everyone.

2.2 In the Junior School, we must ensure that every registered student who is provided with primary education at the school is provided with relationships education, in accordance with section 34 of the Children and Social Work Act 2017 and the Independent School Standards

2.3 In the Senior School, we must ensure that every registered pupil who is provided with secondary education at the school is provided with relationships and sex education, except in so far as the pupil is excused as mentioned in sub-paragraph 9, in accordance with section 34 of Children and Social Work Act 2017 and the Independent School Standards, and with regard to guidance outlined in section 403 of the Education Act 1996.

At Downsend, we teach RSHE as set out in this policy.

3 Policy development

This policy is being developed in consultation with staff, students and parents. The consultation and policy development process will involve the following steps:

- Review – The PSHE Lead reviewed all relevant information, including but not limited to, relevant national and local guidance.
- The policy was drafted in accordance with statutory guidance and aligned with the Independent School Regulations. The school curriculum plans were amended accordingly.
- Staff consultation – school staff were given the opportunity to review the policy and make recommendations.
- Parent/stakeholder consultation – parents and any interested parties were invited to attend a meeting about the policy and offer commentary.
- Student consultation – students engagement meetings.
- Ratification – once amendments were made, the policy was published.
- Policy review – this policy will be reviewed in June 2022.

4 Definition

4.1 RSHE is about the emotional, social and cultural development of students, and involves learning about relationships, sexual health, sexuality, healthy lifestyles, diversity and personal identity.

4.2 RSHE involves a combination of sharing information and exploring issues and values.

- 4.3 RSHE is not about the promotion of sexual activity, sexual orientation, or a specific sexual identity.

5 Curriculum

- 5.1 Our curriculum is set out in Appendix 1, but we may need to adapt this as and when necessary.
- 5.2 We have developed the curriculum in consultation with parents, students and staff, taking into account the age, needs and feelings of students.
- 5.3 Primary sex education at Downsends will focus on:
- Preparing boys and girls for the physical and emotional changes that adolescence brings; and
 - How a baby is conceived and born.

It will:

- i. consider the ages, aptitudes and needs of all pupils, including those pupils with SEND/ and an EHC plan;
 - ii. not undermine the fundamental British values of democracy, the rule of law, individual liberty, and mutual respect and tolerance of those with different faiths and beliefs; and
 - iii. ensure that discriminatory, extremist opinions or behaviours are challenged as a matter of routine.
- 5.4 For more information about our curriculum, see Appendices 1 and 2 and our Curriculum Policy

6 Delivery of RSE

- 6.1 Our RSHE is taught as part of our PSHE curriculum. The PSHE course is delivered to all students through discrete PSHE lessons taught by our teachers. There is one hour-long lesson of taught PSHE over a fortnight and some topics will be supported by form tutors in Formtimes. Elements of the programme may be supported through the bringing in of additional expertise, such as outside speakers, trained health professionals, or the use of teachers with a particular interest or knowledge in a specific area. In addition to these discrete sessions, PSHE is also embedded within the curriculum (e.g. social issues through the teaching of English Literature; Health through Biology and PE; Citizenship through History & RS). There are also specific workshops focused on well-being (Global Be Well Day), Kindness (ARK week) and supporting pupils with aspects of online safety with outside speakers.

In the Junior section at Downsends:

Relationships education at Downsends focuses on teaching 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

Please see Appendix 1 and 2 for further information on the content of RSHE delivered throughout the school.

6.2 For more information about our RSHE curriculum, see Appendices 1 and 2 and our Curriculum Policy.

6.3 In the Senior section at Downsend:

RSHE focuses on giving young people the information they need to help them develop healthy, nurturing relationships of all kinds, including:

- Families
- Respectful relationships, including friendships
- Online and media
- Being safe
- Intimate and sexual relationships, including sexual health

6.4 For more information about our RSHE curriculum, see Appendices 1 and 2 and our Curriculum Policy.

These areas of learning are taught within the context of family life, taking care to ensure that there is no stigmatisation of children based on their home circumstances (families can include single parent families, LGBTQ+ parents, families headed by grandparents, adoptive parents, foster parents/carers amongst other structures), along with reflecting sensitively that some children may have a different structure of support around them (for example: looked after children or young carers).

7 Roles and responsibilities

Staff & Governance

7.1 PSHE Lead Teacher

The person with responsibility for the overview and yearly evaluation of this policy is the Junior and Senior School Head of PHSE, for their respective sections of the School. However, all staff are responsible for ensuring this policy is implemented and acted on.

When evaluating the use and impact of this policy, our school leaders will evaluate the extent to which there is evidence of a curriculum which:

- Fulfils the aims of the school;
- Embeds aspiration, attributes and the expectation to achieve high standards and high rates of progress; and
- Provides engagement and excitement for learning.

7.2 The Headteacher

The Headmaster is responsible for ensuring that RSHE is taught consistently across the school, and for managing requests to withdraw students from (non-statutory) components of RSHE (see section 8).

7.3 Cognita Governance

The Director of Education will hold the Headmaster to account for the implementation of this policy.

The Director of Education will ensure that:

- all pupils make progress in achieving the expected educational outcomes;
- the subjects are well led, effectively managed and well planned;
- the quality of provision is subject to regular and effective self-evaluation;
- teaching is delivered in ways that are accessible to all pupils with SEND;

- clear information is provided for parents on the subject content and the right to request that their child is withdrawn; and,
- the subjects are resourced, staffed and timetabled in a way that ensures that the school can fulfil its legal obligations.

7.4 Staff

Staff are responsible for:

- Delivering RSHE in a sensitive way;
- Modelling positive attitudes to RSHE;
- Monitoring progress;
- Responding to the needs of individual students; and
- Responding appropriately to students whose parents wish them to be withdrawn from the [non-statutory] components of RSE.

Staff do not have the right to opt out of teaching RSHE. Staff who have concerns about teaching RSHE are encouraged to discuss this with the Headteacher.

Please see section 11.3 for those responsible for teaching RSHE at Downsend.

8 Students

Students are expected to engage fully in RSHE and, when discussing issues related to RSHE, treat others with respect and sensitivity.

8.1 Students with Special Educational Needs and Disabilities

Our curriculum is inclusive and our RSHE is accessible for all students. For those pupils with special educational needs or specific learning difficulties, the Junior and Senior schools have well-established Learning Support departments, led by the section SENCOs. Further details of this provision can be found in our Special Educational Needs and Disability (SEND) Policy.

High quality teaching that is differentiated and personalised will be the starting point to ensure accessibility.

As set out in the SEND code of practice, when teaching these subjects to those with SEND, Downsend is mindful of preparing students for adulthood.

Downsend is aware that some pupils are more vulnerable to exploitation, bullying and other issues due to the nature of their SEND. Relationships Education and RSE can also be particularly important subjects for some pupils; for example those with Social, Emotional and Mental Health needs or learning disabilities. Such factors will be taken into consideration in designing and teaching these subjects.

9 Parents' right to withdraw

- 9.1 For further information on RSHE for primary aged children, please follow the link below:
https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/812593/RSE_primary_schools_guide_for_parents.pdf
- 9.2 For further information on RSHE for secondary aged children, please follow the link below:
https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/812594/RSE_secondary_schools_guide_for_parents.pdf
- 9.3 In the Junior School section at Downsend:
Parents do not have the right to withdraw their children from relationships education.

Parents have the right to withdraw their children from the non-statutory components of sex education within RSHE.

Requests for withdrawal should be put in writing using the form found in Appendix 4 of this policy and addressed to the Headteacher.

Alternative work will be given to students who are withdrawn from sex education.

- 9.4 In the Senior School section at Downsend, parents have the right to withdraw their children from the non-statutory components of sex education within RSHE up to and until 3 terms before the child turns 16. After this point, if the child wishes to receive sex education rather than being withdrawn, the school will arrange this. Requests for withdrawal should be put in writing using the form found in Appendix 4 of this policy and addressed to the Headteacher.

A copy of withdrawal requests will be placed in the pupil's educational record. The Headmaster will discuss the request with parents and take appropriate action. Alternative work will be given to students who are withdrawn from sex education.

10 Training

- 10.1 Staff are trained on the delivery of RSHE as part of our continuing professional development training.
- 10.2 The Headmaster will also invite visitors from outside the school, such as school nurses or sexual health professionals, to provide support and training to staff teaching RSHE.

11 Monitoring arrangements

- 11.1 The delivery of RSHE is monitored by Jo Hawes and Helen Black (Head of PHSE) through: Lesson observations, training support for staff, learning walks, peer coaching and regular team meetings.
- 11.2 Students' development in RSHE is monitored by class teachers as part of our internal assessment systems.
- 11.3 Staff teaching PSHE/RSHE during academic year 2021 – 2022:
- Year 2: Yvette De Vries, Charlotte Coulson, Sarah Butcher.
- Year 3: Marian Bayley, Natasha Ludlham, Chelsea Wilby, Alexa Winn.
- Year 4: Marc Popham, Jodie Newbury, Sally Temlett, Vicki Birch, Amy Sutton
- Year 5: Caroline Driscoll, Ljubica Carmody, Robyn Temlett, Caitlin McGovern.
- Year 6: Camilla Coates, Beth Day, Helen Black, Becky Davies, Emily Friend
- Year 7: Jo Hawes, Jenny Graham.
- Year 8: Jo Hawes, Jenny Graham.
- Year 9: Jo Hawes, Jenny Graham, Stephanie Elmas
- Year 10: Jo Hawes, Jenny Graham, Karl Newland

Appendix 1: Curriculum Map

Relationships and Sex Education Curriculum Map

| YEAR GROUP | TERM | TOPIC DETAIL | RESOURCES |
|------------|----------|--|---|
| Year 2 | Summer 1 | <p>Relationships:</p> <p>Different types of family</p> <p>Physical contact boundaries</p> <p>Friendship and conflict</p> <p>Secrets</p> <p>Trust and appreciation</p> <p>Expressing appreciation for special relationships.</p> | <p>Jigsaw:</p> <p>Jigsaw Chime 'Calm Me' script Families PowerPoint Jigsaw Jo Jigsaw Jerrie Cat Mixing bowl, post-it notes, wooden spoon Happy Home recipe sheets Jigsaw Journals My Jigsaw Learning</p> <p>PowerPoint of different types of contact 'Mending Friendships' chart, printed on A3 or displayed on whiteboard 'Mending Friendships' res Picture of 'good secret' and 'worry secret' ource sheet</p> <p>Vocabulary:</p> <p>Family Different Similarities Special Relationship Important Cooperate ouc h Physical contact Friends Likes/dislikes Conflict Point of view Positive problemsolvin Communication Hugs Like Dislike Acceptable Not acceptable Secret Surprise Good secret Worry secret Telling Adult Tr ust Surprised Happy Sad Frightened Tr ust Tr ust wo r t hy Honesty Reliability Compliments Celebrate Positive Negative Appreciate</p> |
| Year 2 | Summer 2 | <p>Changing Me:</p> <p>Life cycles in nature</p> <p>Growing from young to old</p> <p>Increasing independence</p> <p>Differences in female and male bodies (correct terminology)</p> <p>Assertiveness</p> <p>Preparing for transition</p> | <p>Jigsaw:</p> <p>Laminated Jigsaw Charter Find your pair cards Jigsaw Jo Jigsaw Jerrie Cat Jigsaw Chime 'Calm Me' script PowerPoint slides of seasonal changes PowerPoint of lifecycle images Jigsaw Journals My Jigsaw Learning</p> <p>PowerPoint - young to old Photos from home Card leaf templates A4 size - one per child</p> <p>Timeline labels: Baby, Toddler, Child, Teenager, Adult A box or bag of collected items to represent different stages of growing up (see below for details) Timeline template</p> <p>Body parts cards (2 sets so you have duplicates of some cards) A bag or laundry-type basket containing a collection of girls' and boys' clothes including underwear and swim suits</p> <p>Feely bag 1 (containing e.g. pebble, sandpaper, Playdoh, fur, velvet, pine cone, plastic dinosaur toy and any other suitable objects) Feely bag 2 (containing soft material like velvet, satin or silk, a soft toy) Poem: 'What about you?'</p> <p>Card leaf templates on A4 PowerPoint slide of leaf mobile instructions</p> <p>Vocabulary:</p> <p>Change Grow Life cycle Control Baby Adult Fully grown Growing up Old Young Change Respect Appearance Physical Baby Toddler Child Teenager Adult Independent Timeline Freedom Responsibilities Male Female Vagina Penis Testicles Vulva Anus Public Private Touc h Texture Cuddle Hug Squeeze Like Dislike Acceptable Unacceptable Comfortable Uncomfortable Change Looking forward Excited Nervous Anxious Happy</p> |

Relationships and Sex Education (RSE) Policy

| YEAR GROUP | TERM | TOPIC DETAIL | RESOURCES |
|------------|----------|---|---|
| Year 3 | Summer 1 | <p>Relationships:</p> <p>Family roles and responsibilities</p> <p>Friendship and negotiation</p> <p>Keeping safe online and who to go to for help</p> <p>Being a global citizen</p> <p>Being aware of how my choices affect others</p> <p>Awareness of how other children have different lives</p> <p>Expressing appreciation for family and friends.</p> | <p>Jigsaw:</p> <p>Jigsaw Chime, 'Calm Me' script, Male/female Jobs PowerPoint, Jigsaw Jino, Male/female/both cards, Sets of the 'Whose Responsibility?' cards, Jigsaw Journals, My Jigsaw Journey, Jigsaw Jerrie Cat.</p> <p>'Donkey' PowerPoint, Solve it together technique, Mending friendships resource sheet, Friendship conflict scenarios, PowerPoint slide of 'Gaming App', 'Top Tips' cards</p> <p>World map or globe, Bag of items including fair trade chocolate, a T-shirt made in a different country, rice, sugar, PowerPoint: Work in Other Countries Jigsaw, sweetcorn, Mobile phone,</p> <p>Power Point- Children around the world and handouts, A set of the 'Wants and Needs' cards cut up, Paper and pens to create posters</p> <p>Jigsaw song: 'RELATIONSHIPS', Appreciation streamer description sheet, Materials for streamers: strips of coloured paper, pens, wooden batons, tape to secure streamers,</p> <p>Vocabulary: MenWomenMaleFemaleUnisexRoleJobResponsibilitiesDifferencesSimilarities RespectStereotype ConflictSolutionProblem solvingFriendshipWin-win Safe UnsafeRiskyInternetSocial mediaPrivate Messaging (PM)Gaming GlobalCommunicationsTr ansport r InterconnectedFood journeysClimateTr adelnequality Needs WantsRightsDeprivationUnited NationsEqualityJustice HappinessCelebratingRelationshipsFriendshipFamilyThank youAppreciation</p> |
| Year 3 | Summer 2 | <p>Changing Me:</p> <p>How babies grow</p> <p>Understanding a baby's needs</p> <p>Outside body changes</p> <p>Inside body changes</p> <p>Family stereotypes</p> <p>Challenging my ideas</p> <p>Preparing for transition</p> | <p>Jigsaw</p> <p>Jigsaw Chime, 'Calm Me' script, Baby/mother pair cards, PowerPoint of baby animal pictures, Jigsaw Jino, Mini-whiteboards and pens (or paper and pens), Jigsaw Journals, My Jigsaw Journey, Jigsaw Jerrie Cat.</p> <p>Baby PowerPoint slide, Mini-whiteboards/ pens (or paper and pens), Baby growing P</p> <p>Outline figure of a body on large flipchart paper, Set of Body Change cards, PowerPoint slides: Body Changes, My Life, My Changes' sheet,powerPoint,</p> <p>Parent/Child pairs cards (from lesson/Piece 1), Jigsaw Chime, 'Calm Me' script, PowerPoint slides: Body Changes from Piece (lesson) 3, PowerPoint slides: Changes on the inside, Animations (moving diagrams): Male and Female Reproductive Systems, 'The Great Growing Up Adventure' sheet, Jigsaw Journals, Post-it notes/small slips of paper</p> <p>Charades cards, Jigsaw Jino, Jigsaw Chime, 'Calm Me' script, Task card resource sheet, Flipchart paper/pens,</p> <p>PowerPoint slide for 'Ribbon mobiles', Wooden batons/sticks, Different coloured paper strips (6 per child),</p> <p>Vocabulary: ChangesBirthAnimalsBabiesMotherGrowing up BabyGrowUterusWombNutrientsSurviveLoveAffectionCare ChangePubertyControl PubertyMaleFemaleTesticlesSpermPenisOvariesEggOvum/ OvaWomb/ UterusVagina StereotypesTaskRolesChallenge ChangeLooking forwardExcitedNervousAnxiousHappy</p> |

Relationships and Sex Education (RSE) Policy

| YEAR GROUP | TERM | TOPIC DETAIL | RESOURCES |
|------------|----------|--|--|
| Year 4 | Summer 1 | <p>Relationships:</p> <p>Jealousy</p> <p>Love and loss</p> <p>Memories of loved ones</p> <p>Getting on and falling out</p> <p>Girlfriends and boyfriends</p> <p>Showing appreciation to people and animals</p> | <p>Jigsaw</p> <p>Jigsaw Chime, 'Calm Me' script, Jigsaw Jaz, Jealousy PowerPoint, 'Situation Cards', Jigsaw Journals, My Jigsaw Journey, Jigsaw Jerrie Cat.#</p> <p>Jigsaw in Focus book 'Can You Hear the Sea?' available to purchase inexpensively from www.jigsawpshe.com/online-store, Flipchart prepared with scenarios, Post-it notes, Jigsaw Jaz, Jigsaw Journals, Jigsaw Jaz's memory box (a box filled with items e.g. shell, pine cone, pebbles, photos, other 'precious' objects)</p> <p>Jigsaw Jaz, Jigsaw Jaz's memory box (from last Piece)Mini whiteboards/ pens (or paper and pens), PowerPoint photo of Tammy, Candle, Paper and pens for creating poems and pictures</p> <p>Mini whiteboards and pens/ or paper and pens, 'Make Friends, Break Friends?' scenario cards, 'Mending Friendships' slide, 'Solve it together' technique slide</p> <p>'Agree' and 'Disagree' labels, PowerPoint slides of boy-friend/girl-friend couples,</p> <p>Squares of strong coloured paper or card 20cm square, A range of collage materials and glue, Jigsaw Journals</p> <p>Vocabulary:</p> <p>RelationshipCloseJealousyProblem-solveEmotionsPositiveNegative</p> <p>LossStrategyShockDisbeliefNumbDenialAngerGuiltSadnessPainDespairHopelessnessReliefAcceptanceDepression</p> <p>SouvenirMementoMemorialLossMemoriesSpecialRemember</p> <p>FriendshipsNegotiateCompromiseTrustLoyaltyAngerBetrayalEmpathy</p> <p>BoyfriendGirlfriendAttractionPressurePersonalComfortable</p> <p>SpecialLoveAppreciationSymbolCare</p> |
| Year 4 | Summer 2 | <p>Relationships:</p> <p>Being unique</p> <p>Having a baby</p> <p>Girls and puberty</p> <p>Confidence in change</p> <p>Accepting change</p> <p>Preparing for transition</p> <p>Environmental change</p> | <p>Jigsaw:</p> <p>Jigsaw Jaz, Jigsaw Chime, 'Calm Me' script, Kitten and cat cards, Photo of teacher with parents, 'Parents and children' templates, Jigsaw Jaz's post box (teacher to make), Jigsaw Journals, My Jigsaw Journey, Jigsaw Jerrie Cat.</p> <p>Flashcard pictures of sperm and egg, PowerPoint slides - Changes on the inside, Animation: The Female Reproductive System, How do I feel about puberty?' cards, Jigsaw Chime, 'Calm Me' script, A 'bag of tricks' – a mystery bag containing a collection of items relating to puberty and growing up- see lesson plan for suggestions, Animation:The Female Reproductive System, PowerPoint slide of internal female organs, Sets of Menstruation Cards for card-sort and/ or sticking into Jigsaw Journals</p> <p>Season tree pictures, Sofia and Levi PowerPoint, Circle of Change diagram/template, Split pins, Cardboard arrows,</p> <p>Emotions cards, PowerPoint slides of environmental change , Change Scenario cards</p> <p>The same objects used for the 'Bag of Tricks' activity in lesson 3, laid out on a tray or the floor, A piece of cloth, 'Calm Me' script, Jigsaw Jaz's post box, Circle of Change templates, Jigsaw Journals, My Jigsaw Journey, Certificates, Jigsaw Jerrie Cat.</p> <p>Vocabulary:</p> <p>PersonalUniqueCharacteristicsParents</p> <p>SpermEgg/ OvumPenisTesticlesVagina/ VulvaWomb/ UterusOvariesMaking loveHaving sexSexual IntercourseFertiliseConception</p> <p>PubertyMenstruationPeriods</p> <p>CircleSeasonsChangeControl</p> <p>Range of emotions - see emotions card resourceControl ChangeAcceptance</p> <p>ChangeLooking forwardExcitedNervousAnxiousHappy</p> |

Relationships and Sex Education (RSE) Policy

| YEAR GROUP | TERM | TOPIC DETAIL | RESOURCES |
|------------|----------|--|--|
| Year 5 | Summer 1 | <p>Relationships:</p> <p>Self-recognition and self-worth</p> <p>Building self-esteem</p> <p>Safer online communities</p> <p>Rights and responsibilities online</p> <p>Online gaming and gambling</p> <p>Reducing screen time</p> <p>Dangers of online grooming</p> <p>SMAART internet safety rules</p> | <p>Jigsaw:</p> <p>Jigsaw Jez, Jigsaw Chime, 'Calm Me' script, Mini- whiteboards and pens or paper and pens, Paper and pens, Jigsaw Journals, My Jigsaw Journey, Jigsaw Jerrie Cat.</p> <p>Labels for the online safety game (Safe, Unsafe, I'm not sure)</p> <p>PowerPoint slide: Different online communities Flipchart and pens</p> <p>PowerPoint slide 'How many gamers?', PowerPoint slide 'Mia's story', Game cards,</p> <p>Mini whiteboards and pens/or paper and pens, Countdown timer (can be easily sourced online), PowerPoint slide: Mason's story, PowerPoint slide: 'Are you having too much screen time?', Screen time solutions resource, Screen time log (optional)</p> <p>PowerPoint of text messages, PowerPoint slide of 'Clare', PowerPoint slide 'Staying Safe and happy online', Paper and pens for poster designs,</p> <p>Vocabulary:</p> <p>Characteristics Personal qualities Attributes Self-esteem</p> <p>Responsibility/Being responsible Age-limit</p> <p>Social network Community Online Off line Responsibility Rights Risky</p> <p>Age-limit Community Violence Appropriate Grooming Trolled Gambling/ betting Trustworthy Responsibility Rights Risky</p> <p>Devices Screen time Social Off line Mental health Physical health</p> <p>Personal information Safe Online Choices Vulnerable Risk Grooming Rights Responsibilities</p> |
| Year 5 | Summer 2 | <p>Changing Me:</p> <p>Self and body image</p> <p>Influence of online and media on body image</p> <p>Puberty for girls</p> <p>Puberty for boys</p> <p>Conception (including IVF)</p> <p>Growing responsibility</p> <p>Coping with change</p> <p>Preparing for transition</p> | <p>Jigsaw:</p> <p>Jigsaw Chime, 'Calm Me' script, Jigsaw Jez, Self-image cards, Emoji face classroom labels, Airbrushed images (teacher sourced), PowerPoint slide 'Self-image prompts', Frame card template, Jigsaw Journals, My Jigsaw Journey, Jigsaw Jerrie Cat.</p> <p>PowerPoint slides of male and female bodies, Animation: The Female Reproductive System, Menstruation Card Match, A range of sanitary products, The Great Growing Up Adventure resource sheet, A set of Menstruation Worries cards If available: some examples of published information leaflets about puberty, Jigsaw Jez's Private Post Box</p> <p>Puberty: Points of View statements, Agree and Disagree labels, Animation: The Male Reproductive System, PowerPoint slide: Male organs, Boys 'n' Puberty Quiz - either single sheets or cut up into sets of cards, Materials as necessary to produce a colourful information leaflet or PowerPoint presentation, If available: some examples of published information leaflets about puberty</p> <p>Animations: The Female Reproductive System and The Male Reproductive System, Having A Baby, Diamond 9 cards, PowerPoint slides: A Baby in the Womb, The Truth About Conception and Pregnancy card sort - statements, true/false cards, explanation cards</p> <p>Selection of pages from teen magazines, Flip chart paper, Paper or card for card designs</p> <p>Spinning top template, Circle of Change template.</p> <p>Vocabulary:</p> <p>Self Self-image Body image Self-esteem Perception Characteristics Aspects Affirmation</p> <p>Puberty Menstruation Periods Sanitary towels Sanitary pads Tampons Ovary/ Ovaries Vagina Oestrogen Vulva Womb/Uterus</p> <p>Puberty Sperm Semen Testicles/Testes Erection Ejaculation Wet dream Larynx Facial hair Growth spurts Hormones</p> <p>Relationships Conception Making love Sexual intercourse Fallopian tube Fertilisation Pregnancy Embryo Umbilical cord Contraception Fertility treatment (IVF)</p> <p>Teenager Milestone Perceptions Puberty Responsibilities</p> <p>Change Hope Manage Cope Opportunities Emotions Fear Excitement Anxious</p> |

Relationships and Sex Education (RSE) Policy

| YEAR GROUP | TERM | TOPIC DETAIL | RESOURCES |
|------------|----------|--|--|
| Year 6 | Summer 1 | <p>Relationships:</p> <p>Mental health</p> <p>Identifying mental health worries and sources of support</p> <p>Love and loss</p> <p>Managing feelings</p> <p>Power and control</p> <p>Assertiveness</p> <p>Technology safety</p> <p>Take responsibility with technology use</p> | <p>Jigsaw:</p> <p>Jigsaw Chime, 'Calm Me' script, Post it notes or slips of paper, PowerPoint slide 'Mental health definition', PowerPoint slide of a set of scales, Optional: Set of balance scales, 'Situation cards', Jigsaw Jem, Jigsaw Journals, My Jigsaw Journey, Jigsaw Jerrie Cat. Ball of string or wool, PowerPoint slide 'Thoughts, feelings, actions cycle' and handouts, Scenario cards,</p> <p>20 random objects on a tray, Jigsaw Chime, 'Calm Me' script, Loss or change cards, Post-its, PowerPoint - stages of grief, Optional: Jigsaw in Focus book: 'Can You Hear the Sea?' available to purchase inexpensively from the Jigsaw online store www.jigsawpshs.com/online-store, Scenario cards</p> <p>PowerPoint slide 'Power and Control', Power and Control scenario cards</p> <p>Calculators, SMARRT rules PowerPoint, 'Online scenario cards',</p> <p>PowerPoint slide SMARRT rules from last Piece (lesson), PowerPoint slide of confused adult, PowerPoint slides of outdated technology, Planning sheets for Internet safety PowerPoint presentation, Jigsaw Journals, My Jigsaw Journey, Certificate</p> <p>Vocabulary:</p> <p>Mental healthAshamedStigmaStressAnxietySupport</p> <p>Mental healthWorriedSignsStressAnxietyWarningSupportSelf-harm</p> <p>EmotionsFeelingsSadnessLossGriefDenialDespairGuiltShockHopelessnessAngerAcceptanceBereavementCoping strategies</p> <p>PowerControlAuthorityBullyingScriptAssertiveStrategies</p> <p>RisksPressureInfluencesSelf-controlReal/FakeTrue/untrueAssertivenessJudgement</p> <p>CommunicationTechnologyPowerControlCyberbullyingAbuseSafety</p> |

Relationships and Sex Education (RSE) Policy

| YEAR GROUP | TERM | TOPIC DETAIL | RESOURCES |
|------------|----------|---|--|
| Year 6 | Summer 2 | <p>Changing Me:</p> <p>Self-image</p> <p>Body image</p> <p>Puberty and feelings</p> <p>Conception to birth</p> <p>Reflections about change</p> <p>Physical attraction</p> <p>Respect and consent</p> <p>Boyfriends/girlfriends</p> <p>Sexting</p> <p>Transition</p> | <p>Jigsaw:</p> <p>Classroom labels (letter A- D), 'Time and Money' PowerPoint slides, Facts About Fashion PowerPoint slide, Jigsaw Chime, 'Calm me' script, Flip chart and pens, Unhelpful/helpful resource, Jigsaw Journals, My Jigsaw Journey, Jigsaw Jerrie Cat.</p> <p>Growing-Up Bingo cards, Jigsaw Chime, 'Calm Me' script, Puberty Flashcards, PowerPoint slides of male and female organs, PowerPoint slides: female and male body changes, Animation: Female and Male Reproductive Systems, Puberty Truth or Myth cards, enough for each working group to have one complete set, Boy worries / Girl worries cards, Teacher notes page (Boy/Girl worries), Advice on personal hygiene for teens (can be from leaflets or sourced online by the TEACHER for appropriateness)., Blank paper, Jigsaw Jem's Private Post Box,</p> <p>Tennis ball, Jigsaw Chime, 'Calm Me' script, Jigsaw Jem, PowerPoint slides of a baby developing in the womb, A set of 'Baby Can...' cards, cut up and shuffled, Animations: Female and Male Reproductive Systems, From Conception to Birth resource sheet, Conception to Birth card sort template,</p> <p>Should I/ Shouldn't I? resource, Diamond 9 Cards</p> <p>Cosmetic items: a tube of toothpaste, a hair product for men, an item of make-up, PowerPoint slides 'Ideal bodies', 'Real self'/ideal self templates – 2 copies per child, Different coloured pens,</p> <p>Jerrie Cat.Are looking forward to change6. The Year Ahead! can identify what I am looking forward to and what worries me about the transition to secondary school /or moving to my next class.I know know how to prepare myself emotionally for the changes next year.Jigsaw Jem, Jigsaw Chime, 'Calm Me' script, PowerPoint slide - Bungee run, Paper and pens, Optional: Blank T-shirts, Optional: Fabric pens.</p> <p>Vocabulary:</p> <p>Self-imageSelf-esteemReal selfCelebrity</p> <p>OpportunitiesFreedomsResponsibilitiesPuberty vocabulary as represented on the flash cards</p> <p>PregnancyEmbryoFoetusPlacentaUmbilical cordLabourContractionsCervixMidwife</p> <p>AttractionRelationshipPressureLoveSexting</p> <p>Self-esteemNegative body-talkChoiceFeelings/emotionsChallengeMental health</p> <p>TransitionSecondaryLooking forwardJourneyWorriesAnxietyHopesExcitement</p> |
| Year 7 | Summer 1 | <p>Relationships:</p> <p>Characteristics of healthy relationships</p> <p>Healthy romantic relationships</p> <p>Consent</p> <p>Relationships and change</p> <p>Emotions within friendships</p> <p>Being discerning</p> <p>Assertiveness</p> <p>Sexting</p> | <p>Jigsaw:</p> <p>Jigsaw ChimeJigsaw CharterPowerPoint slidesBall of string or woolPost-It notes for each studentRelationship recipe template (optional)Jigsaw Journals</p> <p>Signposting information www.youngminds.org.ukwww.nspcc.org.ukwww.youtube.com/watch?v=u7Nii5w2Fal</p> <p>Jigsaw ChimeJigsaw CharterPowerPoint slidesSupport-wall template (optional)Post-It notes Jigsaw Journals</p> <p>Jigsaw JournalsSignposting information www.youngminds.org.ukwww.youngpeople.nyas.net</p> <p>Jigsaw ChimeJigsaw CharterPowerPoint slidesScenario cards printed for groupsPaper for group workJigsaw Journals</p> <p>Signposting information www.youngminds.org.ukMindfulness script Mindfulness script follows the</p> <p>Jigsaw ChimeJigsaw CharterPowerPoint slidesJigsaw Journals</p> <p>Signposting information www.youngminds.org.ukwww.mind.org.uk/information-support www.thinkuknow.co.uk</p> <p>Jigsaw ChimeJigsaw CharterPowerPoint slidesAssertive/Passive/Aggressive cards (optional)Scenario cards (optional)Jigsaw Journals</p> <p>Signposting information www.youngminds.org.uk www.princes-trust.org.uk/help-for-young-people/tools-resources/building-confidence/being-assertivewww.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/sexting</p> <p>Jigsaw ChimeJigsaw CharterPowerPoint slidesWorkbook</p> <p>Signposting information www.youngminds.org.ukwww.youngpeople.nyas.net</p> |

Relationships and Sex Education (RSE) Policy

| YEAR GROUP | TERM | TOPIC DETAIL | RESOURCES |
|------------|----------|---|--|
| Year 7 | Summer 2 | <p>Changing Me: Puberty changes FGM Breast flattening/ironing Responsibilities of parenthood Types of committed relationships Happiness and intimate relationships Media and self-image Brain changes in puberty Sources of help and support</p> | <p>Jigsaw: Jigsaw Chime Jigsaw Charter PowerPoint slides Truth or Myth Game Sheet Puberty flashcards (optional) Jigsaw Journals Signposting information www.healthforteens.co.uk/growing-up/puberty/ www.childline.org.uk/info-advice/bullying-abuse-safety/abuse-safety/female-circumcision-fgm-cutting Jigsaw Chime Jigsaw Charter PowerPoint slides Having a Baby Diamond 9 cards Truth about Conception and Pregnancy Cards Jigsaw Journals Signposting information www.nhs.uk/conditions/ivf/ Jigsaw Chime Jigsaw Charter PowerPoint slides Relationships Matching Game Cards Post-It notes Jigsaw Journals Signposting information kidshealth.org/en/parents/nine-steps.html Jigsaw Chime Jigsaw Charter PowerPoint slides Jigsaw Journals Jigsaw Journals Signposting information www.respectyourself.org.uk www.youngminds.org.uk Jigsaw Chime Jigsaw Charter PowerPoint slides Situation cards Mood and mindset template (optional) Jigsaw Journals Signposting information www.mind.org.uk/information-support/for-children-and-young-people/useful-contacts/ youngminds.org.uk/find-help/looking-after-yourself Jigsaw Chime Jigsaw Charter PowerPoint slides Workbook Signposting information www.nhs.uk/live-well/sexual-health/stages-of-puberty-what-happens-to-boys-and-girls/</p> |
| Year 8 | Summer 1 | <p>Relationships: Positive relationship with self Social media and relationship with self Negative self-talk Managing a range of relationships Personal space Online etiquette Online privacy and personal safety Coercion Unhealthy balance of power in relationships Sources of support</p> | <p>Jigsaw: Jigsaw Chime PowerPoint slides Jigsaw Charter Tables Signposting information www.youngminds.org.uk/youngpeople.nyas.net/index.php/useful-info/useful-links Jigsaw Chime PowerPoint slides Jigsaw Charter Paper and pens (optional) Signposting information www.youngminds.org.uk www.anti-bullyingalliance.org.uk www.disrespectnobody.co.uk Jigsaw Chime PowerPoint slides Jigsaw Charter Paper and pens Signposting information www.princes-trust.org.uk/help-for-young-people/tools-resources/building-confidence/being-assertive Jigsaw Chime Jigsaw Charter PowerPoint slides Care, Coercion or more info situations www.youtube.com/watch?v=a9ZNV9a9N3M Pre-thinking grid Signposting information ChildLine : 0 8 0 0 1111 Family Lives: 0800 800 2222 The Mix: 0800 808 4994 Jigsaw Chime Jigsaw Charter PowerPoint slides Materials for Top Ten Tips activity (optional) Signposting information www.saferinternet.org.uk www.childline.org.uk www.ceop.police.uk/safety-centre www.mind.org.uk www.thinkuknow.co.uk Jigsaw Chime Jigsaw Charter PowerPoint slides Workbook Signposting information www.saferinternet.org.uk www.childline.org.uk www.ceop.police.uk/safety-centre www.thinkuknow.co.uk</p> |

Relationships and Sex Education (RSE) Policy

| YEAR GROUP | TERM | TOPIC DETAIL | RESOURCES |
|------------|----------|---|---|
| Year 8 | Summer 2 | <p>Changing Me:</p> <p>Types of close intimate relationships</p> <p>Physical attraction</p> <p>Legal status of relationships</p> <p>Behaviours in healthy and unhealthy romantic relationships</p> <p>Pornography</p> <p>Sexuality</p> <p>Alcohol and risky behaviour</p> | <p>Jigsaw:</p> <p>Jigsaw ChimeJigsaw CharterPowerPoint slidesSlide 3 as a hand-outSlide 4 as a hand-out</p> <p>Signposting information National sexual health helpline 0300 123 7123www.healthforteens.co.ukwww.nhs.ukwww.nspcc.org.uk</p> <p>Jigsaw ChimeJigsaw CharterPowerPoint slidesBlank A4 gender non-specific gingerbread person</p> <p>Signposting information National sexual health helpline 0300 123 7123www.healthforteens.co.ukwww.nhs.uk/live-well/sexual-health/where-can-i-get-sexual-health-advice-nowwww.nspcc.org.uk/what-is-child-abuse/types-of-abuse/child-sexual-abuse</p> <p>Jigsaw ChimeJigsaw CharterPowerPoint slideswww.youtube.com/watch?v=p578HIQyUaYwww.youtube.com/watch?v=DJfj-5fwikcwww.youtube.com/watch?v=NS4fpagwyPAScript (optional)</p> <p>Signposting information National sexual health helpline 0300 123 7123. (free)www.healthforteens.co.uk/sexual-healthwww.nhs.uk/live-well/sexual-health/where-can-i-get-sexual-health-advice-nowwww.nspcc.org.uk/what-is-child-abuse/types-of-abuse/child-sexual-abuse</p> <p>Jigsaw ChimeJigsaw CharterPowerPoint slidesWorksheets:1) Isn't it curious that ... 2) In American-made pornography ...3) Actors/Actresses and 'Performers'</p> <p>Signposting information National sexual health helpline 0300 123 7123. (free)www.healthforteens.co.uk/sexual-healthwww.nhs.uk/live-well/sexual-healthwww.nspcc.org.uk</p> <p>Jigsaw ChimeJigsaw CharterPowerPoint slidesMix and match activitywww.youtube.com/watch?v=7x6HUNTnXUwOrwww.youtube.com/watch?v=g2gVzVIBc_gOrwww.youtube.com/watch?v=EY37BFmVxwQ</p> <p>Signposting information National sexual health helpline 0300 123 7123. www.drinkaware.co.uk/advice/underage-drinking/the-law</p> <p>Jigsaw ChimeJigsaw CharterPowerPoint slidesWorkbook</p> <p>Signposting information National sexual health helpline 0300 123 7123www.healthforteens.co.ukwww.nhs.ukwww.nspcc.org.uk</p> |

Relationships and Sex Education (RSE) Policy

| YEAR GROUP | TERM | TOPIC DETAIL | RESOURCES |
|------------|----------|---|--|
| Year 9 | Summer 1 | <p>Relationships:</p> <p>Power and control in intimate relationships</p> <p>Risk in intimate relationships</p> <p>Importance of sexual consent</p> <p>Assertiveness skills</p> <p>Sex and the law</p> <p>Pornography and stereotypes</p> <p>Contraception choices</p> <p>Family planning</p> <p>STIs</p> <p>Support and advice services</p> | <p>Jigsaw:</p> <p>Jigsaw Chime PowerPoint slides Jigsaw Charter Healthy relationships top 10 handout The Good, Bad and Ugly balance of power - scenario cards (optional) Power Games feedback sheet (optional)</p> <p>Signposting information www.youngminds.org.uk www.childline.org.uk respectyourself.org.uk</p> <p>Jigsaw Chime PowerPoint slides Jigsaw Charter Person template, one per group Aggressive, Assertive or Passive signs Assertiveness scenarios</p> <p>Signposting information www.youngminds.org.uk www.childline.org.uk www.princes-trust.org.uk/help-for-young-people/tools-resources/building-confidence/being-assertive</p> <p>Jigsaw Chime Jigsaw Charter PowerPoint slides</p> <p>Signposting information www.childline.org.uk www.familylives.org.uk www.relate.org.uk www.brook.org.uk</p> <p>Jigsaw Chime PowerPoint slides Jigsaw Charter Contraception information sheet Materials for Big Bit activities (optional)</p> <p>Signposting information www.fpa.org.uk www.nhs.uk/pages/home.aspx www.lgbt.foundation www.brook.org.uk www.nhs.uk/conditions/contraception</p> <p>Jigsaw Chime PowerPoint slides Jigsaw Charter STI matching game and STI information sheet Character cards (optional)</p> <p>Signposting information www.themix.org.uk www.brook.org.uk www.nhs.uk/conditions/contraception www.fpa.org.uk www.nhs.uk/pages/home.aspx</p> <p>Jigsaw Chime Jigsaw Charter PowerPoint slides Workbook</p> <p>Signposting information www.themix.org.uk www.brook.org.uk www.nhs.uk/conditions/contraception www.fpa.org.uk www.nhs.uk/pages/home.aspx</p> |
| Year 9 | Summer 2 | <p>Changing Me:</p> <p>Mental health stigma</p> <p>Triggers</p> <p>Support strategies</p> <p>Managing emotional changes</p> <p>Resilience and how to improve it</p> <p>Reflection on importance of sleep in relation to mental health</p> <p>Reflection on body and brain changes</p> <p>Stereotypes</p> | <p>Jigsaw:</p> <p>Jigsaw Chime Jigsaw Charter PowerPoint slides www.youtube.com/watch?v=irADsJrh1jI&feature=youtu.be Instruction sheet - printed, one per group</p> <p>Signposting information www.headmeds.org.uk www.goodchoicesgoodlife.org/choices-for-young-people/youngpeople.nyas.net www.themix.org.uk www.youngminds.org.uk/find-help/looking-after-yourself</p> <p>Jigsaw Chime Jigsaw Charter PowerPoint slides Materials for resilience list</p> <p>Signposting information www.goodchoicesgoodlife.org/choices-for-young-people/youngpeople.nyas.net www.themix.org.uk www.youngminds.org.uk/find-help/looking-after-yourself</p> <p>Jigsaw Chime Jigsaw Charter PowerPoint slides Plain paper, coloured pens (optional)</p> <p>Signposting information www.nhs.uk/Livewell/Childrens_sleep/Pages/teensleeptips.aspx www.nhs.uk/LiveWell/sleep/Pages/sleep-home.aspx</p> <p>Jigsaw Chime Jigsaw Charter PowerPoint slides Giving Advice scenarios handout - printed, one per student</p> <p>Signposting information www.realisingdreams.co.uk/about www.goodchoicesgoodlife.org/choices-for-young-people/youngpeople.nyas.net www.themix.org.uk www.youngminds.org.uk/find-help/looking-after-yourself</p> <p>Jigsaw Chime Jigsaw Charter PowerPoint slides</p> <p>Signposting information www.goodchoicesgoodlife.org/choices-for-young-people/youngminds.org.uk/find-help/looking-after-yourself www.themix.org.uk</p> <p>Jigsaw Chime Jigsaw Charter PowerPoint slides Workbook</p> <p>Signposting information www.goodchoicesgoodlife.org/choices-for-young-people/youngpeople.nyas.net/index.php/useful-info/useful-links www.themix.org.uk www.youngminds.org.uk/find-help/looking-after-yourself</p> |

Appendix 2: By the end of primary school, students should know:

| TOPIC | STUDENTS SHOULD KNOW |
|---------------------------------------|---|
| Families and people who care about me | <ul style="list-style-type: none"> • That families are important for children growing up because they can give love, security and stability • The characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives • That others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care • That stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up • That marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong • How to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed |
| Caring friendships | <ul style="list-style-type: none"> • How important friendships are in making us feel happy and secure, and how people choose and make friends • The characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties • That healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded • That most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right • How to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed |

Relationships and Sex Education (RSE) Policy

| TOPIC | STUDENTS SHOULD KNOW |
|--------------------------|---|
| Respectful relationships | <ul style="list-style-type: none"> • The importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs • Practical steps they can take in a range of different contexts to improve or support respectful relationships • The conventions of courtesy and manners • The importance of self-respect and how this links to their own happiness • That in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority • About different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help • What a stereotype is, and how stereotypes can be unfair, negative or destructive • The importance of permission-seeking and giving in relationships with friends, peers and adults |
| Online relationships | <ul style="list-style-type: none"> • That people sometimes behave differently online, including by pretending to be someone they are not • That the same principles apply to online relationships as to face-to face relationships, including the importance of respect for others online including when we are anonymous • The rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them • How to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met • How information and data is shared and used online |
| Being safe | <ul style="list-style-type: none"> • What sorts of boundaries are appropriate in friendships with peers and others (including in a digital context) • About the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe • That each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact • How to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know • How to recognise and report feelings of being unsafe or feeling bad about any adult • How to ask for advice or help for themselves or others, and to keep trying until they are heard • How to report concerns or abuse, and the vocabulary and confidence needed to do so • Where to get advice e.g. family, school and/or other sources |

Appendix 2: By the end of secondary school, students should know:

| TOPIC | STUDENTS SHOULD KNOW |
|---|--|
| Families | <ul style="list-style-type: none"> • That there are different types of committed, stable relationships • How these relationships might contribute to human happiness and their importance for bringing up children • What marriage is, including their legal status e.g. that marriage carries legal rights and protections not available to couples who are cohabiting or who have married, for example, in an unregistered religious ceremony • Why marriage is an important relationship choice for many couples and why it must be freely entered into • The characteristics and legal status of other types of long-term relationships • The roles and responsibilities of parents with respect to raising of children, including the characteristics of successful parenting • How to: determine whether other children, adults or sources of information are trustworthy: judge when a family, friend, intimate or other relationship is unsafe (and to recognise this in others' relationships); and, how to seek help or advice, including reporting concerns about others, if needed |
| Respectful relationships, including friendships | <ul style="list-style-type: none"> • The characteristics of positive and healthy friendships (in all contexts, including online) including: trust, respect, honesty, kindness, generosity, boundaries, privacy, consent and the management of conflict, reconciliation and ending relationships. This includes different (non-sexual) types of relationship • Practical steps they can take in a range of different contexts to improve or support respectful relationships • How stereotypes, in particular stereotypes based on sex, gender, race, religion, sexual orientation or disability, can cause damage (e.g. how they might normalise non-consensual behaviour or encourage prejudice) • That in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including people in positions of authority and due tolerance of other people's beliefs • About different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders to report bullying and how and where to get help • That some types of behaviour within relationships are criminal, including violent behaviour and coercive control • What constitutes sexual harassment and sexual violence and why these are always unacceptable • The legal rights and responsibilities regarding equality (particularly with reference to the protected characteristics as defined in the Equality Act 2010) and that everyone is unique and equal |

Relationships and Sex Education (RSE) Policy

| TOPIC | STUDENTS SHOULD KNOW |
|------------------|--|
| Online and media | <ul style="list-style-type: none"> • Their rights, responsibilities and opportunities online, including that the same expectations of behaviour apply in all contexts, including online • About online risks, including that any material someone provides to another has the potential to be shared online and the difficulty of removing potentially compromising material placed online • Not to provide material to others that they would not want shared further and not to share personal material which is sent to them • What to do and where to get support to report material or manage issues online • The impact of viewing harmful content • That specifically sexually explicit material e.g. pornography presents a distorted picture of sexual behaviours, can damage the way people see themselves in relation to others and negatively affect how they behave towards sexual partners • That sharing and viewing indecent images of children (including those created by children) is a criminal offence which carries severe penalties including jail • How information and data is generated, collected, shared and used online |
| Being safe | <ul style="list-style-type: none"> • The concepts of, and laws relating to, sexual consent, sexual exploitation, abuse, grooming, coercion, harassment, rape, domestic abuse, forced marriage, honour-based violence and FGM, and how these can affect current and future relationships • How people can actively communicate and recognise consent from others, including sexual consent, and how and when consent can be withdrawn (in all contexts, including online) |

Relationships and Sex Education (RSE) Policy

| TOPIC | STUDENTS SHOULD KNOW |
|--|--|
| Intimate and sexual relationships, including sexual health | <ul style="list-style-type: none"> • How to recognise the characteristics and positive aspects of healthy one-to-one intimate relationships, which include mutual respect, consent, loyalty, trust, shared interests and outlook, sex and friendship • That all aspects of health can be affected by choices they make in sex and relationships, positively or negatively, e.g. physical, emotional, mental, sexual and reproductive health and wellbeing • The facts about reproductive health, including fertility and the potential impact of lifestyle on fertility for men and women • That there are a range of strategies for identifying and managing sexual pressure, including understanding peer pressure, resisting pressure and not pressurising others • That they have a choice to delay sex or to enjoy intimacy without sex • The facts about the full range of contraceptive choices, efficacy and options available • The facts around pregnancy including miscarriage • That there are choices in relation to pregnancy (with medically and legally accurate, impartial information on all options, including keeping the baby, adoption, abortion and where to get further help) • How the different sexually transmitted infections (STIs), including HIV/AIDs, are transmitted, how risk can be reduced through safer sex (including through condom use) and the importance of and facts about testing • About the prevalence of some STIs, the impact they can have on those who contract them and key facts about treatment • How the use of alcohol and drugs can lead to risky sexual behaviour • How to get further advice, including how and where to access confidential sexual and reproductive health advice and treatment |

Appendix 3: Parent form: Withdrawal from sex education within RSE

| TO BE COMPLETED BY PARENTS | | | |
|--|--|-------|--|
| Name of child | | Class | |
| Name of parent | | Date | |
| Reason for withdrawing from sex education within relationships and sex education | | | |
| | | | |
| Any other information you would like the school to consider | | | |
| | | | |
| Parent signature | | | |

| TO BE COMPLETED BY THE SCHOOL | |
|---|--|
| Agreed actions from discussion with parents | |
| | |

Appendix 4: DfE RSE Statutory Guidance Suggested Resources

Link to Annex B (page 46) in DfE Relationship Education, Relationships and Sex Education and Health Education guidance – Suggested resources:

[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/805781/Relationships Education Relationships and Sex Education RSE and Health Education.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/805781/Relationships_Education_Relationships_and_Sex_Education_RSE_and_Health_Education.pdf)

Link to Section 34 of of the Children and Social Work Act 2017:

<https://www.legislation.gov.uk/ukpga/2017/16/section/34/enacted>

Link to Section 403 of Education Act 1996:

<https://www.legislation.gov.uk/ukpga/1996/56/section/403>

Appendix 5: RSHE Vision Parent letter:

Dear Parents,

You will be aware that, as part of your child's educational experience at Downsend School, we aim to promote personal wellbeing and development through a comprehensive taught programme of Personal, Social, Health and Economic (PSHE) education that gives children and young people the knowledge, understanding, attitudes and practical skills to live safe, productive, and fulfilled lives, both now and in the future. I am writing to inform you that, over the next few weeks, starting (date), your child's year group will be taking part in lessons which will focus on relationships and sex education (RSHE).

Lessons in Year --, will include pupils learning about: Healthy Relationships, including friendships; families; growing and changing, including puberty; personal hygiene; changing feelings; becoming more independent; keeping safe; developing self-esteem and confidence. In all year groups we follow the Jigsaw SOW. Please see the website for details of the curriculum overview in all year groups. (here)

This is part of our school's PSHE education programme which is taught throughout the school in every year group and is monitored and reviewed regularly by the staff and Senior Leadership Team. You will find a detailed overview of the school's PSHE/RSHE curriculum on the website (here). All teaching of PSHE/RSHE will take place in a safe learning environment and be underpinned by our school ethos and values. A variety of opportunities will be provided for pupils to ask questions in order to prepare them for relationships of all kinds in the modern world.

We would like to invite you to attend a parent information evening on (TBC) to find out more about what your child will learn, view the materials and resources being used in lessons and discover how you can best support your child to discuss these topics at home. As a school community, we are committed to working in partnership with parents; recent parental feedback has indicated that the overwhelming majority of parents continue to be highly supportive of the relationships and sex education programme. If you would like to find out more or discuss any concerns, we would urge you to attend the information meeting and look forward to seeing you there.

Yours Sincerely,

Jo Hawes (Head of PSHE – Jo.Hawes@downsend.co.uk)

Relationships and Sex Education (RSE) Policy

| Ownership and consultation | |
|-----------------------------------|---|
| Document sponsor (role) | Group Director of Wellbeing |
| Document author (name) | Beth Kerr/PSHE Leads |
| Consultation February 2020 | Consultation with the following schools: Alison Barnett, RSL/Danuta Tomasz, DE |
| Review – June 2022 | |

| Audience | |
|-----------------|------------------|
| Audience | All school staff |

| Document application and publication | |
|---|-----|
| England | Yes |
| Wales | Yes |
| Spain | TBC |

| Version control | |
|------------------------|--|
| Implementation date | September 2020 |
| Review date | Review and update for implementation in September 2022 |

| Related documentation | |
|------------------------------|---|
| Related documentation | Curriculum Policy SEND Policy EAL Policy Prevent Duty Early Years Policy, where relevant Safeguarding and Child Protection Policy and Procedures Independent School Standards |