



# The Study Prep

## WIMBLEDON

### **Relationship and Health Education Policy**

#### **Policy Statement**

This policy applies to all pupils including those in Early Years Foundation Stage (EYFS).

The Study Preparatory School seeks to provide a broad and balanced education and is committed to the spiritual, moral, social, cultural, mental and physical development of every pupil. Relationship and Sex Education is an important part of that provision.

This policy has been compiled with reference to Section 405 of The 1996 Education Act and the updated Relationships Education, Relationships and Sex Education (RSE) and Health Education guidance for schools in England. (Sept 2019.)

#### **Definition and Rationale of Relationship Education**

The DfE guidance 2020 states that “children and young people need to know how to be safe and healthy, and how to manage their academic, personal and social lives in a positive way”.

In 2021, Relationships and Health Education (RHE) became statutory in all primary schools in England, and Relationships and Sex Education (RSE) compulsory in all secondary schools. As the government states in their publication Relationships Education, Relationships and Sex Education (RSE) and Health Education, ‘Today’s children and young people are growing up in an increasingly complex world and living their lives seamlessly on and offline. This presents many positive and exciting opportunities, but also challenges and risks. In this environment, children and young people need to know how to be safe and healthy, and how to manage their academic, personal and social lives in a positive way. In school, we want to put in place the key building blocks of healthy, respectful relationships, focusing on family and friendships, in all contexts, including online. This will sit alongside the essential understanding of how to be healthy.’

The focus in primary relationships education is on teaching the fundamental building blocks and characteristics of positive relationships, with particular reference to:

- friendships
- family relationships
- relationships with other children and adults
- learning about different families, including single-parent families; families with same-sex parents; mixed race and faith families

This will create opportunities to ensure pupils are taught about positive emotional and mental wellbeing and how friendships can impact on this.

Pupils will also be taught to recognise and report different types of abuse, including:

- emotional
- physical
- sexual

This will include focusing on boundaries and privacy so that pupils understand that they have rights over their own bodies and know how to seek advice when they suspect or know something is wrong. There will also be opportunities to teach pupils about boundaries with their peers, friends, families and all other contexts, including when they are online, and ensuring they learn that where abuse takes place it is never the fault of the child who is abused.

The School supports a cultivation of character traits and personal attributes which supports a growing ability to form strong and positive relationships. These include:

- Resilience
- Perseverance
- Self-respect
- Self-worth
- Honesty
- Integrity
- Courage
- Humility
- Kindness and generosity
- Trustworthiness
- A sense of justice

A focus on the features of healthy friendships, family relationships and other relationships, and drawing attention to these features in a range of contexts, should enable pupils to form a strong early understanding of the features of relationships that are likely to lead to happiness and security. This will help them to recognise any less positive relationships when they encounter them.

We use the NSPCC Speak out Stay safe programme from Reception to Year 6. This programme helps pupils to understand:

- abuse in all its forms and how to recognise signs of abuse
- that abuse is never a child's fault and that they have the right to be safe
- where to get help and the sources of help available to them, including the NSPCC Childline service

Pupils should know how to raise and report concerns and seek advice when they suspect or know that something is wrong. To ensure that this culture is fostered:

- Posters - Who can you talk to? - are displayed around the school
- A post box to raise concerns/questions for discussion with their form teacher
- Post box for EQPrep at Spencer House
- Assemblies
- Form discussions
- PSHE lessons/Circle Time
- EQPrep sessions

## **Aims**

To equip pupils with the tools, knowledge and confidence that will enable and support them in making informed choices and to seek guidance and support from reliable sources, should they need it, whether in our outside School.

We want all pupils:

- To lead a healthy and safe lifestyle
- To respect others
- To care for and respect their bodies and their mental health
- To form and maintain robust and mutually rewarding relationships with others

## **We aim to:**

- To ensure that children are prepared for the changes of puberty.
- To recognise that aspects of the Relationships and Sex Education Policy will be sensitive and call for careful judgement. The policy must be complementary to, and supportive of, the role of parents in educating their children about such matters.
- To develop understanding and attitudes that are rooted in values which prepare students to view relationships in a responsible manner based on mutual respect, and develop an acceptance of difference and diversity.
- To foster self-esteem and self-awareness, and encourage consideration of values, moral issues, sexuality and personal relationships through the development of communication and decision-making skills.

## **Delivery within the Curriculum**

This programme will be delivered appropriate to the age and stage of development of the pupils being taught. Relationships and Health Education is covered through our PSHE curriculum which is supported by the Jigsaw scheme of work. Jigsaw teaches children life skills, for now and for their futures. Children are at the heart of Jigsaw and the whole-school programme helps them know and value who they really are and how they relate to other people in our ever-changing world. The curriculum is delivered through:

- a weekly PSHE lesson
- school assemblies
- themed weeks, e.g. Anti-bullying Week
- Form Time
- EQPrep - mental health workshops
- Cross-curricular opportunities
- the NSPCC Speak Out Stay Safe Programme
- On-line Safety programme - Computing lessons, assemblies, annual visit from Child Net

## **Details of the Curriculum:**

The Summer Term Jigsaw PSHE Programme has two units of work that focus on 'Relationships' and 'Changing Me'. They include lessons on all aspects of the compulsory Relationships and Health Education, designed in a sensitive, spiral, age-appropriate curriculum. By the end of Year 6, Jigsaw aims to have helped children understand puberty and human reproduction to ensure they know the accurate facts before going to secondary school. It is treated in a matter-of-fact manner to allay embarrassment and fear and is supported by our Science curriculum.

Our Relationships Education has positive, respectful and healthy relationships at its core, along with a protection of self; for the older girls, this will include the appropriateness of attraction and behaviour. The 'Changing Me' coverage in each year group is outlined below:

**Reception:** making relationships; self-confidence and self-awareness; managing feelings and behaviour; looking forward to change.

**Year 1:** starting to understand life cycles; making relationships; self-confidence and self-awareness; respecting my body (understanding which parts are private); coping with change – growing up and how we have changed since we were babies

**Year 2:** life cycles in nature; my changing body; body parts and respecting privacy (which parts of the body are private and why this is); assertiveness; looking ahead

**Year 3:** life cycles in nature; growing from young to old and becoming more independent; body parts and respecting privacy; family stereotypes; looking ahead

**Year 4:** how babies grow and how their bodies change as they grow older; introduction to having a baby (this will be taught in an age-appropriate manner and expanded upon in Years 5+6); internal and external reproductive body parts; body changes in girls and menstruation (an introduction); accepting change and looking ahead

**Year 5:** self and body image; puberty and dealing with feelings (social and emotional aspects); conception and how babies are made (in simple biological terms); looking ahead and coping with the changes of growing up

**Year 6:** self-image and self-esteem; puberty and dealing with feelings associated with becoming a teenager; understanding conception to the birth of a baby; attraction, relationships and growing independence; transition to secondary school.

In KS2 the girls will be taught human reproduction within their science lessons – reproduction is a compulsory part of the Science curriculum. Along with specific science lessons, RSE is also incorporated within Computing, PE and our assemblies. All teaching will be age-appropriate to inform, guide, prepare and protect our girls. Lessons will be taught using correct terminology, child-friendly language and diagrams.

### **Equal Opportunities**

This programme will be delivered in accordance with the School's Equal Opportunities Policy. Throughout our teaching, we will remain respectful of different faiths, beliefs and the contexts of our pupils' families. Pupils with special needs are taken into consideration

### **Working with parents**

The School values parents' views and welcomes comments regarding the content and delivery of this programme. The School aims to keep parents informed about all aspects of the RSE curriculum and invites parents to review this policy. RSE is a vital part of the school curriculum and supports the whole development of the child. We arrange talks for parents, hosted by EQ Prep, on a range of topics relevant to Relationship Education.

### **Monitoring and evaluation**

Our Relationship Education curriculum, and its implementation, is reviewed annually and on an ongoing basis as part of the regular review of curriculum delivery within the School. The following training is undertaken:

- Staff receive annual training sessions
- New form teachers receive training as part of the induction programme

**This policy should be read in conjunction with:**

- PSHE Scheme
- Equal Opportunities Pupils Policy
- Curriculum Policy
- Science Policy
- E-Safety Policy

The policy was created by the PSHE Subject Co-ordinator, the Deputy Head (Pastoral Head), and in consultation with relevant staff members.

**Policy Reviewed: February 2022**