



SAINT JAMES'

Church of England School
Nursery & Pre School



St James' CofE Primary School

**Relationships and
Sex Education
(RSE)**

**Personal, Social,
Health Education
(PSHE)**

Policy

Signed: Mrs J Moore/ Headteacher

Signed: Mr S Rusling / Chair of Governors

Review annually or when needed

St James' CofE Primary School

Mission Statement

Through him we learn to live abundant lives, especially treasuring the values of friendship, trust, thankfulness, respect, forgiveness, hope and courage.

Vision Statement

Walking hand in hand with Jesus, fulfilling the potential God has given us.

Luke 1:37 'For with God nothing shall be impossible.'

Mission Aim

At St James' CofE Primary School, the Christian (and indeed, inclusive human) values "friendship, trust, respect, forgiveness, hope and courage" inform our whole life together.

The Christian values and character of the school inform this policy; consistent implementation and evaluation, ensure a positive impact on children's learning behaviours and staff well-being.

Policy guidance

The leadership team, including governors have considered the guidance from the Church of England Education Office when designing our RSE & PSHE policy. Our policy also reflects our Christian ethos and values, as well as our local context.

'The Church of England Education Office serves children and young people in a variety of church and educational settings and seeks to promote an education that allows children and young people to live out Jesus' promise of life in all its fullness. In the statutory sector the Church engages through governance and pastoral contact with every category of school and has particular responsibility for provision of education in 4,644 Church of England schools. A quarter of primary schools and over 200 secondary schools are Church of England, educating approximately one million children'.

Vision for Relationships and Sex Education (RSE)

Relationships and sex are good gifts of God and should bring joy. In our experience, young people most desire to learn about (and have modelled for them) good, healthy relationships. They want to learn how to secure, develop and sustain healthy relationships and how to be able to recognise when and how relationships go wrong. They must be prepared for the opportunities, challenges and responsibilities of being in relationship with other people. Relationships education and RSE must give pupils the understanding, vocabulary and strategies they require to keep themselves safe and to thrive within good, stable long-term relationships of all kinds. RSE should give pupils accurate information to equip them for life in the modern world and to make sure they are not influenced by unrealistic dangerous materials.

At St James' we want our children to flourish and to gain every opportunity to live fulfilled lives.

As a primary Church of England school, RSE is about the emotional, social and physical aspects of growing up, healthy relationships & human sexuality. It is also about the spiritual and moral aspects of relationships within a context of a Christian vision for the purpose of life.

RSE should teach the diversity of healthy relationships, lifestyle choices and beliefs. It should also include our context of belief, faith and religion. Our policy is designed to be culturally and community sensitive as well as encompass the teachings of the Church, including the Christian understanding of marriage as the context for sexual relationships and the importance of trust and loyalty. Relationships education and RSE must be inclusive and meet the needs of all pupils. Leaders are supported through guidance and training so that they can provide relationships education and RSE that is suitable for pupils with different needs, including pupils who are particularly vulnerable and pupils with learning disabilities.

Our understanding of relationships education

We understand relationships education to be that pertaining to the development of pupils' understanding and ability to have positive, healthy, meaningful and sustained relationships of all kinds.

1. The importance of being in relationship
2. Healthy relationships and staying safe
3. Respecting others

Our understanding of sex education

We understand sex education to be that pertaining to the development of pupils' understanding of human sexuality.

4. Human sexuality

5. Conception and pregnancy (some of which is covered by the science and PSHE curriculum)

Engaging with parents

Parents must be given every opportunity to understand the purpose and content of relationships education and RSE.

Clear and open communication with parents will help them to understand the importance of modelling positive relationships and make sure that pupils are not withdrawn from sex education for reasons based on a misunderstanding of the subject.

The role of parents in the development of children's understanding about relationships is vital and they hold the responsibility of ensuring their children grow and mature into healthy relationships.

Key subject areas for RSE

1. The importance of human relationships

A key part of relationships education must be teaching pupils the importance of all the different types of relationships in our lives and what it means to have faithful, supportive, trusting and loving relationships with other people. At James' primary school the focus is on family relationships and friendships, giving pupils the opportunity to understand the value of human relationships, how to have healthy relationships and how to stay safe; including the importance of commitment and cherishing our relationships, for example, the good of marriage as a relationship of trust and loyalty.

The good of life-long friendships should also be recognised as an important gift that should be honoured and cherished.

2. Healthy relationships and staying safe

Relationships education needs to prioritise time to explore and give pupils the vocabulary and strategies to keep themselves safe and flourish within good, stable, long term relationships of all kinds. Pupils should be taught about consent and boundaries, recognising abuse and staying safe. This must include teaching about how to stay safe online and the dangers of exploitation and grooming.

As a part of staying safe and having healthy relationships, relationships education must also include how we protect self-esteem and good mental health. This should be based on the recognition that all people are valuable and deserve to be loved and cherished. It should also include education on the impact of social media on self-esteem and mental health, and it should include information about how to find and access help and support.

3. Respecting others

Relationships education must allow for the diversity of belief across our country and our school community. All pupils and members of our school community deserve dignity and respect; these values and the refusal to manipulate, exploit or bully must be taught and modelled throughout the RSE & PSHE curriculum.

Different views, including different religious views, on relationships and sex must be respected and pupils must be taught to hold healthy and respectful conversation, to appreciate differences of view which they should be encouraged to understand and engage with as their own views are formed and shaped.

In recognising this diversity, relationships education must ensure that all pupils feel it includes them and their families. Pupils from same-sex parents or trans parents, pupils who have LGBT+ family members and pupils who may themselves identify as LGBT+ should feel included and find relationships education helpful. Similarly, pupils from religious or other belief backgrounds should also feel included, and their religious beliefs treated with respect and understanding, even or especially where such beliefs may not align with majority opinion. Pupils should be given accurate information as a basis for understanding difference and removing prejudice.

4. Conception and pregnancy

Pupils must be given factual knowledge about conception and pregnancy (some of which will be covered in the science and PSHE curriculum) and the privilege and responsibility of parenthood.

5. Human sexuality

Sex education should include an understanding that all humans are sexual beings and that sexual desire is natural. Pupils should be taught that humans express their sexuality differently and that there is diversity in sexual desire.

At St James' we believe RSE is an important subset of PSHE.

Together they are part of the wider desire to teach a broad curriculum and both are equally important to the flourishing of children and young people. As such they should both be offered as part of a broad and balanced education and both must be properly resourced and supported. Accordingly, there are specialist RSE & PSHE subject leaders. At St James' our leads are Mrs Swann & Mrs Gaffney. This ensures the quality of teaching and learning in these subjects.

PSHE

Key subject areas for PSHE

1. Health and wellbeing

The physical and mental health and wellbeing of pupils must be a key topic in PSHE. Pupils should be taught about the importance of healthy lifestyles, including education on the importance of fitness and nutrition as well as drugs, alcohol and tobacco education. The dangers of addiction (from a physical and mental perspective) must be addressed, including the risks associated with gambling. Mental health must be addressed, and pupils taught how to look after their mental wellbeing and how to access support should they need it.

2. Identity and self-esteem

Intrinsically connected to the above, pupils must be allowed to explore questions of identity and how we value our own identity and the uniqueness of other people. PSHE must help pupils recognise their true identity, and teach them that our media-framed, market-driven culture that often leads to body image anxiety can be challenged. This issue is the focus of the Bishop of Gloucester's #liedentity campaign which aims to challenge negative body image and encouraging young people to look within to discover true value and beauty.

3. Diversity, equality and anti-bullying

All pupils must be given the opportunity to understand the importance of diversity and equality and how we must treat each other with dignity and respect. This should include how we value diversity of faiths, beliefs, culture and race, as well as how we support gender equality and challenge gender stereotyping. Alongside this, schools must also teach pupils about bullying and the importance of challenging bullying in school. Pupils must be taught about the different types of bullying (including homophobic, biphobic and transphobic bullying), the different forms it may take (including cyber bullying), the effects of bullying and what they should do if they witness bullying or experience bullying themselves.

4. Financial and economic education

Pupils must be taught how to manage money wisely and they must be given the opportunity to develop economic literacy. Research done by the Just Finance Foundation suggests that only 20% of KS1 pupils talk about money at home, and in a time when many in our society are financially vulnerable it is vital that pupils are given the opportunity to develop the life skills such as saving and budgeting that will enable them to make good decisions about money in the future.

At St James' we work in partnership with 'Money Mentors', whose teaching materials are designed to engage pupils in learning about money and making good financial choices, helping pupils to become financially capable.

5. Careers

At St James' we aim to give our pupils the opportunity within PSHE to learn about career possibilities and any support needed to explore and fulfil their career aspirations. Our curriculum is designed to give pupils the knowledge they need to navigate their way to career choices, as well as support to enable pupils to understand their strengths, values and motivations that will help them make choices for their future, and any perceived barriers based on gender, race or class are challenged.