



RSHE Policy

Updated: February 2025

Produced by: Mrs T Allen
Headteacher

Ratified by: Governing Body –

Signed:

C. Gibson

Chair of Governors

Review Date: February 2027

Intent

The intention of relationships and sex education at Ryhope Infant School Academy is to provide children with the opportunities to develop knowledge, skills and understanding to lead a confident, healthy and happy life. We have a strong focus on developing children's understanding of positive and healthy relationships, to enable successful relationships throughout their lives.

At RISA we place high value and importance on family life and we aim to reflect the different family backgrounds our children come from. We will help the children develop knowledge and understanding of what caring and loving families are.

The children will explore emotions and feelings and we will provide the children with opportunities to develop their vocabulary to enable them to express these clearly. We will help the children to understand who you should speak to when you feel unsafe or worried about something.

Our aim is for the children to develop feelings of self-respect and pride in themselves. We aim to develop the children's empathy towards others, understanding that although people and families may be different everybody is entitled to respect.

We recognise that children are growing up in a world where the internet will be a key part of their lives with both benefits and risks. We aim to equip children with the knowledge to enable them to stay safe online and understand what to do if something online concerns or worries them.

We will model healthy relationships and help the children understand how having a healthy relationship is important to your mental wellbeing.

Definition

Relationship and Sex education in Infant schools is about the emotional, social and cultural development of pupils, and involves learning about relationships, healthy lifestyles, diversity and personal identity. RSE aims to give children essential life skills to build positive, respectful and enjoyable relationships with others. RSE also aims to give children the skills to stay safe both on and off line. RSE, within PSHE, helps to explore children's own attitudes and values and develops their self-esteem and confidence to view themselves in a positive way.

Our Curriculum

We have developed the curriculum in consultation with parents, pupils and staff, taking into account the age, needs and feelings of pupils. If pupils ask questions outside the scope of this policy, teachers will respond in an age appropriate manner so they are fully informed and don't seek answers online.

For more information about our curriculum, see our curriculum map on our website.

Delivery of Relationships and Sex Education

RSE is taught within the personal, social, health and economic (PSHE) education curriculum. Some biological aspects of RSE are taught within the science curriculum, and other aspects are included in religious education (RE).

Aspects of RSE are referred to in whole school assemblies, especially when exploring themes such as tolerance, respect and understanding of others.

Relationships education 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

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, LGBT 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).

At RISA we cover the KS1 science national requirements for 'animals including humans'. This covers identifying main body parts and life cycles.

At Ryhope Infant School Academy if a child asked for the correct terminology for private areas the staff would give children the accurate and scientific name, however, this is not taught as a part of our curriculum.

Roles and Responsibilities

The School

The School will ensure that parents are kept informed of the curriculum. Teaching of Relationships and Sex Education is not explicit but rather it is embedded within different subject areas.

Governors

The governing body will approve the RSE policy, and hold the headteacher to account for its implementation.

Head Teacher

The headteacher is responsible for ensuring that RSE is taught consistently across the school.

Staff

At Ryhope Infant School Academy we believe that the nurturing of the whole child is very important and that for a child to achieve academic potential it is important to nurture their physical, moral and spiritual well being. Staffs' beliefs and attitudes will not influence the teaching of the relationships and sex education curriculum. Teaching will be matched sensitively whilst children's questions will be answered sensitively and honestly, partnership with parents is essential and staff will consult with parents where appropriate. The delivery of the content will be accessible to all pupils including those with SEND. Parents do not have a right to withdraw pupils from Relationships Education but do have a right to withdraw pupils from Sex education However at infant level sex education is not taught but rather the Foundations are laid in the children's understanding of life cycles of animals.

Staff are responsible for:

- Delivering RSE in a sensitive way
- Modelling positive attitudes to RSE
- Monitoring progress
- Responding to the needs of individual pupils

Pupils

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

Monitoring and Evaluation

The Head teacher will monitor the implementation of the Relationships and Sex Education Policy.

Pupils' development in RSE is monitored by class teachers as part of our internal assessment systems. This policy will be reviewed every 2 years. At every review, the policy will be approved by governing body and headteacher.

Equal Opportunities

The school endeavours to provide equal opportunities to all children regardless of age, gender, ethnicity, and ability including SEND and for those whom English is a second language so that the needs of each child are considered when planning the curriculum to ensure an inclusive environment so that each child reaches his/her potential.

Other relating policies

The policy should be read in conjunction with:

- PSHE
- RE
- Science
- SEN Policy
- Child Protection Policy
- Safeguarding Policy