

Oldbury Park Primary School
Relationships Education Policy

Relationships and Sex Education (RSE) and Health Education

From September 2019, it will be compulsory for all schools to teach Relationships and Sex Education to support all young people in staying safe and preparing for life in modern Britain.

Subject content must be age appropriate and taught sensitively and inclusively, respecting the children's different backgrounds and beliefs.

At Oldbury Park we will teach the children about:

- **different types of relationships**, including friendships, family relationships, dealing with strangers and, at secondary school, intimate relationships;
- how to recognise, understand and build **healthy relationships**, including self-respect and respect for others, commitment, tolerance, boundaries and consent, and how to manage conflict, and also how to recognise unhealthy relationships;
- how relationships may **affect health and wellbeing, including mental health**;
- healthy relationships and **safety online**;
- teaching the fundamental building blocks and characteristics of **positive relationships**

Teaching on mental wellbeing is central and the children are encouraged to ask for support when needed. Our focus is on teaching the characteristics of good physical health and mental wellbeing. The main areas of focus are:

- Mental wellbeing
- Internet safety
- Physical health and fitness
- Healthy eating
- Drugs, alcohol and tobacco
- Health and prevention
- Basic First Aid
- Changing adolescent bodies

There will be close links with our PSHE teaching. We would expect this to cover broad pillars of:

- healthy bodies and lifestyles, including keeping safe, puberty, drugs and alcohol education;
- healthy minds, including emotional wellbeing, resilience, mental health;
- economic wellbeing and financial capability;
- careers education, preparation for the workplace and making a positive contribution to society.

The Key Objectives

- Develop knowledge and understanding of positive and healthy relationships
- Make pupils aware of their rights especially in relation to their bodies

- Prepare children for the physical and emotional changes of puberty
- Explore attitudes and values around sex and relationships
- Ensure children know how and where to access appropriate support

Dealing with questions

As with any topic children will ask questions during RSE to further their understanding. Due to the sensitive nature of the topic, teachers will employ strategies to ensure that questions are asked and answered in an appropriate way. KS2 use question and answer boxes to answer questions anonymously and sensitively.

Parents right to withdraw their child from SRE

Parents have the right to request that their child be withdrawn from some or all of sex education learning in Year 6. Parents are informed prior to the teaching via letter. We will respect any requests for children to be withdrawn. This is because parents have the right to teach this themselves in a way which is consistent with their culture and values.

The Law

Teaching should reflect the law as it applies to relationships, so that the children develop an understanding of what the law allows and does not allow.

Lesbian, Gay, Bisexual and Transgender (LGBT)

The DfE recommends that LGBT is integral throughout our RSE teaching. We ensure that our teaching is sensitive, age-appropriate and delivered with reference to the law.

Relationship Education

Our focus at Oldbury Park is to build the fundamental building blocks and characteristics of positive relationships.

This includes:

- Online safety
- Different family dynamics and structures
- Resilience
- Values
- Boundaries and privacy

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