

**To be read in conjunction with the CRST Relationship, Sex and Health Education Policy:**



## **Relationship, Sex and Health Education at Sutton Park**

### **School overview**

At Sutton Park, we base our RSHE education programme upon the Islington 'You, Me and PSHE' PSHE programme and use it as a framework to meet all Relationship, Sex and Health Education statutory requirements. This is a progressive and sequential approach to the learning of key concepts and ideas. It is adapted to meet the needs of individual pupils and groups of pupils and is carefully designed to fit with our overall curriculum methodology. This ensures children can make meaningful links across subject areas and build on existing knowledge and skills.

As a Thrive school, children are empowered to understand and regulate their emotions. We will ensure that RSHE is inclusive and meets the needs of all our pupils, including those with special educational needs and disabilities, and that RSHE fosters equality for all.

### **Curriculum overview**

By the end of Key Stage 2, pupils will have had the opportunity to express their views and respect those of others. They will have discussed some of the bodily and emotional changes that occur during puberty and how to deal with these in positive way. They will have practiced skills in making judgements and decisions and will be able to list some ways of resisting negative peer pressure around issues affecting health and well-being. Pupils will also have considered different types of relationship (for example friendship, siblings) and discussed ways in which people can maintain good relationships (for example listening, supporting, caring).

With regards to the relationship and sex element of the curriculum pupils will cover the following:

<b><u>Year 5 RSE</u></b>	<b><u>Year 6 RSE</u></b>
<b>Growing up and changing</b>	<b>Healthy Relationships: How a baby is made</b>
<p>Students learn:</p> <ul style="list-style-type: none"> <li>about the way we grow and change throughout the human lifecycle</li> <li>about the physical changes associated with puberty</li> <li>about menstruation and wet dreams</li> <li>about the impact of puberty on physical hygiene and strategies for managing this</li> <li>about how puberty affects emotions and behavior and strategies for dealing with the changes associated with puberty</li> <li>about strategies to deal with feelings in the context of relationships</li> <li>to answer each other's questions about puberty with confidence</li> <li>where to seek support and advice when they need it</li> </ul>	<p>Students learn:</p> <ul style="list-style-type: none"> <li>about the changes that occur during puberty</li> <li>to consider different attitudes and values round gender stereotyping and sexuality and consider their origin and impact</li> <li>what values are important to them in relationships and to appreciate the importance of friendship in intimate relationships.</li> <li>about human reproduction in the context of the human life cycle</li> <li>about how a baby is made and grows (conception and pregnancy)</li> <li>about roles and responsibilities of parents and carers</li> <li>to answer each other's questions about sex and relationships with confidence</li> <li>where to find support and advice when they need it.</li> </ul>

The PSHE Curriculum is available to view on our website.

### **Timetabling and staffing**

Lessons will be taught by class teachers. All teachers are confident to deliver the content and all subject matter and technical language will be explained.

Teaching and resources will be differentiated as appropriate to address the needs of all learners including those with special educational needs in order for them to have full access to the content of relationships and sex education.

### Monitoring & assessment

RSHE will be monitored by the subject leader through student voice, questioning and observations. Anonymous question boxes will be used in the lessons so pupils can ask questions should they feel the need to use it.

### Pupil Services

Pupils will be taught how to access various support services such as the NSPCC and Childline.

The RSHE Policy is implemented in line with the following school/Trust policies:

- Safeguarding and Child Protection
- PSHE
- Relationships & Behaviour
- Online Safety
- SEND
- Equality

This appendix will be reviewed in line with the CRST Relationships, Health and Sex Education Policy.