



**Inspiring Futures  
Through Learning**

## **Relationships Education, Sex Education and Health Education (RSHE) Core Values and IFtL Offer**

September 2021 to September 2022

### **Our IFtL Family**

At IFtL, we are committed to developing a family of schools who inspire all of our futures through learning. Schools within our Trust share the same values and ethos; our teams are constantly in the pursuit of development and excellence everyday. We open doors to opportunity and unlock the potential of both our children and our adults so that we all develop the confidence to achieve both our independent and collective ambitions. At IFtL, we are never alone. We know we are stronger together – one united family striving for excellence for all, in everything we do.

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<b>Policy name:</b>	<b>Relationships Education, Sex Education and Health Education (RSHE) and IFtL Offer</b>
<b>Version:</b>	V3
<b>Date relevant from:</b>	September 2021
<b>Date to be reviewed:</b>	September 2022 <i>This policy will be reviewed every two years unless legislation dictates otherwise. Recent changes in Legislation will need to be read and used to review this Policy.</i>
<b>Role of reviewer:</b>	IFtL Head of Quality Assurance & Safeguarding
<b>Statutory (Y/N):</b>	Y
<b>Published on website*:</b>	1B

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<b>Relevant to:</b>	All employees through all IFtL schools and departments
<b>Bodies consulted:</b>	Employees Trade unions School / department governance bodies
<b>Approved by:</b>	IFtL Board of Trustees
<b>Approval date:</b>	31 <sup>st</sup> August 2021

**Key:**

**\* Publication on website:**

**IFtL website**

1	Statutory publication
2	Good practice
3	Not required

**School website**

A	Statutory publication
B	Good practice
C	Not required

**\*\* Policy level:**

1. Trust wide:

- This one policy is relevant to everyone and consistently applied across all schools and Trust departments with no variations.
  - o *Approved by the IFtL Board of Trustees.*

2. Trust core values:

- This policy defines the values to be incorporated fully in all other policies on this subject across all schools and Trust departments. This policy should therefore form the basis of a localised school / department policy that in addition contains relevant information, procedures and / or processes contextualised to that school / department.
  - o *Approved by the IFtL Board of Trustees as a Trust Core Values policy.*

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- *Approved by school / department governance bodies as a relevantly contextualised school / department policy.*
3. School / department policies
- These are defined independently by schools / departments as appropriate
    - *Approved by school / department governance bodies.*

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Within our IFtL schools, we teach RSHE as set out in this offer and in addition, all schools will outline the curriculum coverage in more detail within their own, personalised up-to-date policy – this must be consulted with key stake holders including **parent/ carers**, staff, children and governance, and then the agreed policy made available to parents and others. All our schools must provide a copy of the policy free of charge to anyone who asks for one and must publish this IFtL offer and the school policy on the school website.

**This policy sets out our approach to relationships, sex and health education across Inspiring Futures Through Learning. All IFtL schools must have their own school policy underpinned by the requirements and expectations stated within this core values and IFtL offer.**

## **Relationships Education, Sex Education and Health Education (RSHE)**

### **Rationale and ethos**

Within IFtL and all our schools, we are unwaveringly committed to supporting all our children grow up to be happy, healthy, resilient and safe citizens and that we fully equip them with the knowledge, skills, and understanding to capitalize on the opportunities and meet the challenges of modern Britain.

We want all our children to be successful learners, responsible citizens and confident individuals ready for every stage of their educational journey and prepare them effectively for adulthood life. Relationship and Health Education is central to this. To this end, all our children within IFtL will sensitively and pragmatically be taught Relationships Education and Health Education and be considered as a key component of the school curriculum and offer.

At IFtL, we recognise the social, mental and emotional health, economic and educational impacts of the pandemic will have occurred for all children, and for many this will be significant. All IFtL schools will therefore ensure we teach pupils about physical health and mental wellbeing, to help them make good decisions about their own health and wellbeing, within the Autumn 2020 term. The focus of relationships education in our schools will be teaching the fundamental building blocks and characteristics of positive relationships, with particular reference to friendships, family relationships, family relationships and relationships with other children and with adults.

### **Definition**

RSHE is about the emotional, social and cultural development of pupils, and involves learning about relationships, sexual health, sexuality, healthy lifestyles, diversity and personal identity. RSHE involves a combination of sharing information and exploring issues and values. RSHE is not about the promotion of sexual activity.

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Relationships education will focus upon teaching the fundamental building blocks and characteristics of positive relationships, with particular reference to friendships, family relationships, and relationships with other peers and adults. Physical Health education and mental wellbeing will focus upon giving information about what children need to make good decisions about their own health and wellbeing and this includes information about the changing adolescent body, including menstruation and information to help them be healthy and safe. Sexual education teaching will focus upon relationships and health, including puberty and the national curriculum for science which includes subject content in related areas such as main external body parts, the human body as it grows from birth to old age (including puberty) and reproduction in some plants and animals. It is at the discretion of schools if they feel it is appropriate to the needs and context of their school to cover any additional elements within sexual education – these will be stated explicitly in the school policy and for these additional elements, parent/ carers must be informed and have the right to withdraw their child/ children from this additional coverage.

## Aims and objectives

The aims of relationships and sex education (RSHE) in IFTL are to:

- Provide a framework in which sensitive discussions can take place
- Give children the knowledge they need to make sound and informative decisions and develop the capacity to make sound decisions about their own relationships, health and wellbeing.
- To help prepare pupils for the opportunities, responsibilities and experiences of adult life.
- Teaching children the fundamental building blocks and characteristics of positive relationships, with particular reference to friendships, family relationships, and relationships with other children and with adults.
- Teaching children the characteristics of good physical health and mental wellbeing which will include mental wellbeing and healthy life-choices, drugs, alcohol and tobacco, health and prevention, basic first aid and the changing adolescent body.
- Prepare pupils for puberty and the changes adolescence brings including menstruation, and give them an understanding of sexual development (within the national curriculum for science) and the importance of health and hygiene
- Help pupils develop feelings of self-respect, confidence and empathy
- To support pupils to understand risks, challenges and complex contexts at an age-appropriate level and help them develop resilience
- For pupils and families to know how and when to ask for help and know where to access support
- Create a positive culture around issues of relationships, health, mental health and sexuality
- Teach pupils the correct vocabulary to describe themselves and their bodies
- Enable the promotion of social, moral, spiritual and cultural development.

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## IFtL Core Values

All our schools have a RSHE curriculum which is underpinned by the IFtL common ethos and shared values which we all hold dear.

- **Fun** - We value and believe in the importance of all children having the knowledge and understanding to lead happy, safe, healthy, successful, and fulfilling lives.
- **Unique** – all believe in all our children understand the importance of equality and respect for both themselves and for others even when others are very different from them, make different choices or have different preferences or beliefs.
- **Together** - We value the importance of all children valuing families and people who care for them, developing caring friendships and recognising the need to ask for support when needed.
- **Unafraid** – We believe in our children growing into confident individuals who are willing to try new things and make a positive contribution to society understanding mistakes is how we learn.
- **Energetic** – We value optimism and building positive citizens of society who are fully-prepared and ready to be life-long and successful learners.
- **Responsible** – we recognise the importance of providing all children with the knowledge to enable them to make informed and appropriate decisions about their wellbeing, health and relationships, building self-efficacy, so they grow into responsible and positive citizens of society.
- **Strong** - We value the importance of equipping our children with the capacity to make effective decisions when facing risks, challenges and difficult situations so that they learn from mistakes and develop into resilient and confident individuals.

## IFtL principles of RSHE

At IFtL, we believe in 12 core principles of RSHE teaching and provision:

1. It is an integral part of the broad and balanced curriculum and is part of a timetabled PSHE curriculum. All IFtL schools must teach the national curriculum for science and this is for ALL children.
2. It is taught by trained staff who are provided with effective Career Professional Development, so they are confident, knowledgeable and effective in delivering the RSHE curriculum.
3. Close collaborative working occurs with a range of stakeholders including the children themselves, parents/ carers, staff, the community and governance.
4. A supportive, open and trusting environment is created where pupils feel safe, protected and can seek support/ clarification as required.
5. Is based upon reliable and accurate sources of information.
6. Promote safe, equal, caring and enjoyable relationships while discussion real life issues.

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7. Provides a positive view of human sexuality including learning about bodies and sexual health in an age-appropriate way.
8. Gives our children opportunities to reflect upon values and influences and fosters mutual respect.
9. Induces learning about where and how to seek help when needed.
10. Fosters understanding, respect and equality for all the protected characteristics.
11. RSHE must be accessible and meets the needs for all groups of pupils including those with SEND.
12. Actively consults and seeks the viewpoints of all stakeholders, including the pupils, about RSHE so teaching can be adapted and remains relevant.

## Statutory, Legislative and Government Requirements

All our schools must comply and adhere to statutory requirements.

- All schools will deliver their RSHE curriculum in accordance to be delivered in accordance with the Department for Education's (DfE) statutory guidance '[Relationships Education, Relationships and Sex Education \(RSE\) and Health Education](#)' (the 'Guidance').
- [The Relationships Education, Relationships and Sex Education and Health Education \(England\) Regulations 2019](#), made under sections 34 and 35 of the Children and Social Work Act 2017, make Relationships Education compulsory for all pupils receiving primary education. They also make Health Education compulsory in all schools except independent schools. Personal, Social, Health and Economic Education (PSHE) continues to be compulsory in all schools including independent schools. As a trust of primary schools, we must all therefore provide relationships education to all pupils as per section 34 of the [Children and Social Work Act 2017](#).
- In teaching RSHE, we are required by our funding agreements to have regard to [guidance](#) issued by the secretary of state as outlined in section 403 of the [Education Act 1996](#).
- **Equality:** Schools are also required to comply with relevant requirements of the Equality Act 2010. Further guidance is available for schools in The Equality Act 2010 and schools' advice. Schools should pay particular attention to the Public Sector Equality Duty (PSED) (s.149 of the Equality Act).
  - Religion and belief, including teaching in schools with a religious character.

In all schools, when teaching these subjects, the religious background of all pupils must be considered when planning teaching, so that the topics that are included in the core content of the guidance are appropriately handled. Schools must ensure they comply with the relevant provisions of the [Equality Act 2010](#), under which religion or belief are amongst the protected characteristics.

A good understanding of pupils' faith backgrounds and positive relationships between the school and local faith communities help to create a constructive context for the teaching of these subjects.

All schools may teach about faith perspectives. Schools with a religious character may teach the distinctive faith perspective on relationships, and balanced debate may take place about issues that are seen as contentious. For example, the school may wish to reflect on faith teachings



about certain topics as well as how their faith institutions may support people in matters of relationships.

In all schools, teaching should reflect the law (including the Equality Act 2010) as it applies to relationships, so that young people clearly understand what the law allows and does not allow, and the wider legal implications of decisions they may make.

- Protected characteristics:

Under the provisions of the Equality Act, schools must not unlawfully discriminate against pupils because of their age, sex, race, disability, religion or belief, gender reassignment, pregnancy or maternity, marriage or civil partnership, or sexual orientation (collectively known as the protected characteristics). Schools must also make reasonable adjustments to alleviate disadvantage and be mindful of the [SEND Code of Practice](#) when planning for these subjects.

- Sexual violence and harassment

Schools should refer to the Department's advice, 'Sexual violence and sexual harassment between children in schools and colleges'. The advice sets out what sexual violence and sexual harassment are, the current evidence on their preponderance in schools and colleges, how to minimise the risk of them occurring and what to do when they do occur or are alleged to have occurred. Schools should be aware of the importance of making clear that sexual violence and sexual harassment are not acceptable, will never be tolerated and are not an inevitable part of growing up

- Lesbian, Gay, Bisexual and Transgender (LGBT)

In teaching Relationships Education and RSHE, schools should ensure that the needs of all pupils are appropriately met, and that all pupils understand the importance of equality and respect. Schools must ensure that they comply with the relevant provisions of the Equality Act 2010, (please see The Equality Act 2010 and schools: Departmental advice), under which sexual orientation and gender reassignment are amongst the protected characteristics.

Schools should ensure that all their teaching is sensitive and age appropriate in approach and content. At the point at which schools consider it appropriate to teach their pupils about LGBT, they should ensure that this content is fully integrated into their programmes of study for this area of the curriculum rather than delivered as a standalone unit or lesson. Schools are free to determine how they do this, and we expect all pupils to have been taught LGBT content at a timely point as part of this area of the curriculum.

- Political Impartiality

All our schools must:

- Forbid the pursuit of partisan political views
- Forbid the promotion of partisan political views in the teaching of any subject in the school
- Take reasonable practical steps to secure that where political issues are brought to the attention of pupils they are offered a balanced presentation of opposing views.
- Not permit extreme positions which include promoting non-democratic systems whether for political or religious reasons or otherwise, teaching that requirements of English civil or criminal law may be disregarded whether for political or religious reasons





or otherwise, engaging in or encouraging active or persistent harassment or intimidation of individuals in support of their cause or promoting divisive or victim narratives that are harmful to British Society.

- Not permit extreme political stances including opposition to the right of freedom of speech, association, assembly or religion and conscience or endorsement of racist, including antisemitic , language or communications, the encouragement or endorsement of illegal activity and failure to condemn illegal activities.

### **Updated guidance in response to the pandemic:**

The February 2021 revised guidance made adaptations to timescales due to the pandemic and all IFtL schools must fulfill their requirements.

We expect our schools to have the following in place for the start of academic year 2021 to 20222:

- Have a policy in place (it can be a part of another policy) which has been consulted with parents/carers.
- The policy must set out the content and how it is taught; parents' withdrawal rights for their child, and how the subjects are monitored and evaluated.
- Schools must be teaching content for RSHE as required to meet the guidelines.

## **Curriculum and delivery of RSHE**

Within all our schools, at IFtL, we follow the [National Curriculum](#) and we must ensure we offer all our children a RSHE curriculum that incorporates the requirements to teach science which also includes the elements of sex education contained within the science curriculum. Biological aspects of RSHE are taught within the science curriculum, and other aspects are included in religious education. Across our IFtL schools, RSHE will be taught explicitly within the personal, social, health and economic (PSHE) education curriculum and will be embedded throughout the whole school curriculum including the 'hidden' curriculum to consistently promote the SMSC development of all children so they equipped to grow into successful learners, confident individuals, effective contributors and responsible citizens so they can manage the opportunities and challenges of modern Britain.

RSHE complement several national curriculum subjects and therefore our schools will look for opportunities to draw links between the subjects and integrate teaching where appropriate. There continues to be no right of withdrawal from any part of the national curriculum. At key stages 1 and 2, the national curriculum for science includes teaching about the main external parts of the body and changes to the human body as it grows from birth to old age, including puberty.

The national curriculum for computing aims to ensure that all pupils can understand and apply the fundamental principles and concepts of computer science, including logic, algorithms and data representation. It also covers e-safety, with progression in the content to reflect the different and escalating risks that young people face as they get older. This includes how to use technology safely, responsibly, respectfully and securely, how to keep personal information private, and where to go for help and support.

The national curriculum for PE aims to ensure that pupils develop competence to excel in a broad range of physical activities, are physically active for sustained periods of time, engage in competitive sport and activities and lead healthy, active lives.

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Our IFtL schools will carefully consider how they can ensure that RSHE complements the existing national curriculum subjects and whole school approaches to wellbeing and health.

When teaching these subjects, the religious background of all pupils will be considered when planning teaching so that core topics are appropriately handled.

Schools with a religious character may teach the distinctive faith perspective on relationships, and balanced debate may take place.

### **Curriculum Content**

All our IFtL schools will ensure their RSHE curriculum includes the following key areas:

1. Relationships education – this focuses upon teaching the fundamental building blocks and characteristics of positive relationships, with particular reference to friendships, family relationships, and relationships with other peers and adults. Topics taught must include:
  - Families and people who care for me
  - Caring friendships
  - Respectful relationships
  - Online relationships
  - Being safe

Relationships Education is compulsory in all primary schools.

2. Sexual Education focuses upon relationships and health, including puberty and preparing children for the changes that adolescence brings and the national curriculum for science which includes subject content in related areas such as main external body parts, the human body as it grows from birth to old age (including puberty) and reproduction in some plants and animals, including how a baby is conceived and born. All children should participate in these aspects of education.

Some of our schools may choose to teach some aspects of sex education according to contextual and individual needs of the school – these must be stated clearly within the school policy, consulted with all key stakeholders and parents/ carers must be aware of when and what content is being taught. For these additional areas (not those within the science curriculum and those required to be taught within relationships and health as described in the paragraph above) parent/ carers have the right to withdraw their child/ children from these additional aspects. This request needs to be stated in writing. (Please see below parents/ carers rights to withdraw).

3. Physical health and mental wellbeing focuses upon the teaching the characteristics of good physical health and mental wellbeing. The aim is to provide all our children the information they need to make good decisions about their own health and wellbeing so that they can recognise what is normal and what is an issue in themselves and others. It is also to help equip all our children to know, when issues arise, how to seek support and early as possible and the different sources of help they could access. All our children will understand that good physical health contributes to good mental wellbeing and vice versa. Puberty, including menstruation, will be taught in all our schools within health education.

All IFtL schools will promote the growth of our children to develop self-control and the ability to self-regulate including strategies for enabling this. They will be actively encouraged to become confident in their ability to achieve well and persevere when they encounter setbacks. A key aim of our teachings will be to reduce stigma attached to health issues, including those to do with mental



wellbeing. All schools will actively foster an atmosphere which encourages openness so all our children can check their understanding and seek any additional support.

IFtL schools will ensure they state clearly within their policy the RSHE curriculum and what is taught and when. The curriculum will be created in consultation with parents, pupils and staff, considering the age, needs and feelings of the children, including any children with special educational needs (SEN) or disabilities. If pupils ask questions outside the scope of the policy, teachers will respond in an appropriate manner so they are fully informed and don't seek answers online.

See [appendix one](#) for further information on each of these three areas and what all IFtL school must ensure all children know by the end of primary school.

### **The Early Years**

Within IFtL, we believe the Early Years are an essential building block and the foundation for success in future years. Many aspects of the Early Years curriculum, for example Personal, Social and Emotional Development and Physical Development, have an important role to play in promotion and supporting the development and growth of our children from a young age within RSHE. We believe the foundations of positive relationship and health and self-care start in the early years and the RSHE curriculum should take full account of children's learning from Early Years to Year 2 (infant schools) and Year 6 (primary schools).

### **Managing difficult questions**

Primary-age pupils will often ask their teachers or other adults questions pertaining to sex or sexuality which go beyond what is set out for Relationships Education. The school's policy should cover how the school handles such questions. Given ease of access to the internet, children whose questions go unanswered may turn to inappropriate sources of information and therefore it is important we respond to these questions in an age-appropriate and sensitive manner.

Meeting these objectives will require a graduated, age-appropriate programme of Relationships Education. Children of the same age may be developmentally at different stages, leading to differing types of questions or behaviours. Teaching methods should take account of these differences (including when they are due to specific special educational needs or disabilities) and the potential for discussion on a one-to-one basis or in small groups. All our schools will carefully consider what is appropriate and inappropriate in a whole-class setting, as teachers may require support and training in answering questions that are better not dealt with in front of a whole class.

### **Whole school approach**

All our IFtL schools will ensure that they demonstrate effective practice and there will be clear responsibility for these subjects by a senior teacher in leadership position with dedicated time to lead specialist provision, for example, a subject lead or co-ordinator.

All these subjects will be set in the context of a wider whole-school approach to supporting pupils to be safe, happy and prepared for life beyond school. For example, the curriculum on relationships, health and on sex education will complement, and be supported by, the school's wider policies on behaviour, inclusion, respect for equality and diversity, bullying and safeguarding (including handling of any reports pupils may

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make as a result of the subject content). The subjects will sit within the context of a school's broader ethos and approach to developing pupils socially, morally, spiritually and culturally; and its pastoral care system. This is also the case for teaching about mental health within health education. The curriculum on health education will also complement, and be supported by, the school's wider education on healthy lifestyles through physical education, food technology, science, sport, extra-curricular activity and school food.

IFtL schools will consider how their teaching can help support the development of important attributes in pupils, such as honesty, kindness, tolerance, courtesy, resilience and self-efficacy, as well as how those attributes are also developed by other aspects of the school's provision. The curriculum will proactively address issues in a timely way in line with current evidence on children's physical, emotional and sexual development. This will be in line with pupil need, informed by pupil voice and participation in curriculum development and in response to issues as they arise in the school and wider community.

### **Pupils with Special Educational Needs and disabilities (SEND)**

All our schools will ensure that the curriculum is fully accessible for all groups of children including those who are SEND and disadvantaged. High quality teaching that is differentiated and personalised will be the starting point to ensure accessibility and our schools will include within their planning and delivery the 'preparing for adulthood outcomes', as set out in the SEND code of practice, when teaching these subjects to those with SEND.

Our schools are aware that some pupils are more vulnerable to exploitation, bullying and other issues due to the nature of their SEND. Relationships Education and RSHE can also be particularly important subjects for some pupils; for example, those with Social, Emotional and Mental Health needs or learning disabilities. Factors such as these will be taken into consideration in designing and teaching these subjects.

For some of our SEND pupils in mainstream schools, there may be a need to tailor content and teaching to meet the specific needs of pupils at different developmental stages. As with all teaching for these subjects, our schools will ensure that their teaching is sensitive, age-appropriate, developmentally appropriate and delivered with reference to the law.

## **Policy Development and Engaging Stakeholders**

It is a requirement for all schools to consult with parents when creating their school RSHE policy. At IFtL, we believe in the importance of listening to all our different stakeholder viewpoints – children, parents/ carers, staff and governance – and therefore all schools will ensure they consult with all parties to ensure they gain a thorough understanding of different perceptions and act upon them so they are incorporated into their school policy as appropriate.

The IFtL offer has been developed in consultation with staff and governance. The consultation and policy development process involved the following steps:

1. Review – a working group of staff from some of the schools/central trust education team pulled together all relevant information including relevant national and local guidance
2. Staff consultation – heads and senior leaders and then staff across all schools were given the opportunity to look at the policy and make recommendations
3. Governance consultation – the offer was shared with trustees for consultation and recommendations/ adaptations provided

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4. Ratification – once amendments were made, the final offer was shared with the board of trustees for ratification and published on the IFTL Trust website.

The school policy must be developed in consultation with parent/ carers, pupils, staff and governance. The consultation and policy development process involved the following steps:

1. Review – a working group of staff from to pull together all relevant information including relevant national and local guidance
2. Staff consultation – to share the policy with all staff and ensure they have the opportunity to look at the policy and make recommendations
3. Parent/stakeholder consultation – parents and any interested parties were invited to attend a meeting about the policy at their respective schools
4. Pupil consultation – schools to explore what exactly pupils want from their RSHE
5. Ratification – once amendments are made following the above consultation process, the school policy needs to be shared with local governors and for ratification and published on the school website.

### **Working with parents/ carers and the wider community**

The role of parents in the development of their children’s understanding about relationships is vital. Parents are the first teachers of their children. They have the most significant influence in enabling their children to grow and mature and to form healthy relationships. All IFTL schools must work closely with parents when planning and delivering these subjects. Schools should ensure that parents know what will be taught and when, and clearly communicate the fact that parents have the right to request that their child be withdrawn from some or all of sex education delivered as part of statutory RSHE.

All our parents/ carers should be given every opportunity to understand the purpose and content of Relationships Education and RSHE. Good communication and opportunities for parents to understand and ask questions about the school’s approach help increase confidence in the curriculum.

Within our IFTL schools, we value and promote the importance of building positive relationships with parents and we believe it is important to fully involve them within the RSHE curriculum so they fully know and understand what is being taught and enabling opportunities for them to discuss and share their viewpoints – for example, by inviting parents into school to discuss what will be taught, address any concerns and help support parents in managing conversations with their children on these issues. This is an important opportunity to talk about how these subjects contribute to wider support in terms of pupil wellbeing and keeping children safe. It is important through such processes to reach out to all parents, recognising that a range of approaches may be needed for doing so.

### **Right to be excused from sex education (commonly referred to as the right to withdraw)**

Parents have the right to request that their child be withdrawn from some or all of sex education delivered as part of RSHE. However, we will work closely with any parent/ carer concerned to alleviate concerns and ensure they fully understand what is planned to be taught. Therefore, before granting any such request, the head teacher or a senior leader must discuss the request with parents/ carers and, as appropriate, with the child to ensure that their wishes are understood and to clarify the nature and purpose of the curriculum. Schools need to document this process to ensure a record is kept.

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As a part of this discussion, it is important parent/ carers understand IFtL and the school highly recommend that the child is not withdrawn and they are clear of the benefits of receiving this important area of education and any detrimental effects that withdrawal might have on the child. This could include any social and emotional effects of being excluded, as well as the likelihood of the child hearing their peers' version of what was said in the classes, rather than what was directly said by the teacher.

Once those discussions have taken place, except in exceptional circumstances, the school should respect the parents' request to withdraw the child, up to and until three terms before the child turns 16.

Head teachers will automatically grant a request to withdraw a pupil from any sex education delivered in primary schools, other than as part of the science curriculum.

If a pupil is excused from sex education, it is the school's responsibility to ensure that the pupil receives appropriate, purposeful education during the period of withdrawal.

### **Working with external agencies and visitors**

Our IFtL schools highly value collaboration with all stakeholders, including external agencies. We recognise that close working relationships with external agencies can enhance delivery of these subjects, bringing in specialist knowledge and different ways of engaging with young people. Additionally, they provide additional support and guidance for our children and families.

All our schools will ensure that the teaching delivered by the visitor fits with their planned programme and their published policy. Schools will discuss the detail of how the visitor will deliver their sessions and ensure that the content is age-appropriate and accessible for all the children. Schools will view the materials visitors will use as well as a lesson plan in advance, so that they can ensure it meets the full range of the children's' needs, including those with special educational needs. Schools will agree how confidentiality will work in any lesson and that the visitor understands how safeguarding reports should be dealt with in line with school policy. The use of visitors will be to enhance teaching by an appropriate member of the teaching staff and will not be used as a replacement for teaching by those staff.

### **Safeguarding, reports of abuse and confidentiality**

At the heart of these subjects, there must be a focus on keeping children safe, and all our schools understand they must play an important role in preventative education. Keeping Children Safe in Education (KCSIE) sets out that all schools must ensure children are taught about safeguarding, including how to stay safe online, as part of providing a broad and balanced curriculum.

Our IFtL schools believe it is important to actively promote and provide all children opportunities to openly discuss and debate potentially sensitive issues. It is recognised that such discussions can lead to increased safeguarding reports and sharing of concerns. Children should be made aware of how to raise their concerns or make a report and how any report will be handled. This should include processes when they have a concern about a friend or peer or an adult.

All staff must know what to do if a child tells them that they are being abused or neglected or are witnessing abuse. Staff must know how to manage the requirement to maintain an appropriate level of confidentiality. This means only involving those who need to be involved, such as the Designated Safeguarding Lead (or deputy) and children's social care. Staff should never promise a child that they will not tell anyone about a report of abuse, as this may ultimately not be in the best interests of the child.

The Designated Safeguarding Lead (or a deputy) will oversee anything that is safeguarding-related in the context of these subjects. They will potentially have knowledge of trusted, high quality local resources that

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could be engaged, links to the police and other agencies and the knowledge of any local issues which it may be appropriate to address in lessons. When a school invites external agencies in to support delivery of these subjects, they must agree in advance of the session how a safeguarding report should be dealt with by the external visitor. It is important that children understand how confidentiality will be handled in a lesson and what might happen if they choose to make a report.

There are some important points for teachers in terms of how they approach this content and how they consider their planning. When teaching the new subjects, schools should be aware that children may raise topics including self-harm and suicide. In talking about this content in the classroom, teachers must be aware of the risks of encouraging or making suicide seem a more viable option for pupils and avoid material being instructive rather than preventative. To avoid this, they should take care to avoid giving instructions or methods of self-harm or suicide and avoid using emotive language, videos or images. 'Teacher Guidance: preparing to teach about mental health and emotional wellbeing' provides useful support for teachers in handling this material. If teachers have concerns about a specific pupil in relation to self-harm or suicidal ideation or attempts, they must follow safeguarding procedures.

## Roles and responsibilities

### The board of Trustees

The board of trustees will approve the IFTL RSHE policy. They delegate the responsibility of ensuring effective implementation of the school RSHE Policy to local governance.

### CEO and Head of School Development

The head of school development and safeguarding lead, under the direction of the CEO, will:

- Approve the policy
- Work with headteachers to make sure they can implement the policy in their school
- Report to the board of trustees on any issues with its implementation across the trust

### Local governing bodies

Each school is to develop their own policy, incorporating the core values of this policy, personalised to their school context and children's needs. The local governing bodies are responsible to approve this school level policy and ensure it is fully implemented and meets all legal requirements and government recommendations.

Local governing bodies are responsible for supporting the implementation of the policy in their school, and report any issues to the IFTL Head of School Development and/ or CEO if they occur. As well as fulfilling their legal obligations, the local governing bodies will make sure that within the school:

- all pupils make progress in achieving the expected educational outcomes;
- the subjects are well led, effectively managed and well planned;
- the quality of provision is subject to regular and effective self-evaluation;
- teaching is delivered in ways that are accessible to all pupils with SEND;
- clear information is provided for parents on the subject content and the right to request that their child is withdrawn; and,

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- the subjects are resourced, staffed and timetabled in a way that ensures that the school can fulfil its legal obligations.

Foundation governors and trustees of faith academy trusts will also have wider responsibilities in relation to maintaining and developing the religious ethos of the schools.

### **Head teachers and senior leadership team**

The headteacher and senior leadership team are responsible for ensuring that RSHE is taught consistently well across their school, and for managing requests to withdraw pupils from non-statutory and non-science components of RSHE. They are also responsible to ensure that staff have appropriate quality CPD to ensure effective delivery of the RSHE curriculum.

### **Staff**

Staff are responsible for:

- Delivering RSHE in a sensitive way
- Modelling positive attitudes to RSHE
- Monitoring progress
- Responding to the needs of individual pupils
- Responding appropriately to pupils whose parents wish them to be withdrawn from the non-statutory and non-science components of RSHE

Staff do not have the right to opt out of teaching RSHE. Staff who have concerns about teaching RSHE are encouraged to discuss this with the headteacher senior leadership who will support staff to deliver the RSHE curriculum.

All schools must state within their school policy the names and roles of those responsible for teaching RSHE in the school.

### **Pupils**

Pupils are expected to engage fully in RSHE and, when discussing issues related to RSHE, treat others with respect and sensitivity. We wish all our children to be confident to discuss and ask questions about life in modern Britain and any issues/ challenges they may face.

### **Training**

It is important that all staff are confident, knowledgeable and are equipped with the right skills to ensure RSHE is taught effectively with sensitivity and in an age- appropriate manner. Staff need to understand they may be faced with difficult questions and know how they should respond to these. Staff therefore need to be effectively trained on the delivery of RSHE and this must be incorporated into each school's continuing professional development programme.

The headteacher and/ or senior leaders will also invite visitors from outside the school, such as school nurses or sexual health professionals, to provide support and training to staff teaching RSHE.

## **Monitoring arrangements and assessment**

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The delivery of RSHE will be monitored by each of the schools head teacher/ senior leaders and the named professional responsible for leading this monitoring will be included within the school policy. Details of monitoring arrangements, such as planning scrutinise, learning walks, document perusal etc. will be outlined within the school policy.

Pupils' development in RSHE will be monitored by the class teachers as part of each school's internal assessment systems. Schools should have the same high expectations of the quality of pupils' work in these subjects as for all other curriculum areas. A strong curriculum will build on the knowledge pupils have previously acquired, including in other subjects, with regular feedback provided on pupil progress.

Lessons must be planned to ensure that pupils of differing abilities, including the most able, are suitably challenged. Teaching will be assessed and assessments used to identify where pupils need extra support or intervention.

Whilst there is no formal examined assessment for these subjects, there are some areas to consider in strengthening quality of provision, and which demonstrate how teachers can assess outcomes. For example, tests, written assignments or self-evaluations, to capture progress.

This IFtL policy will be reviewed by the Head of School Development at least annually or if there is any change within requirements and/ or legislation prior to the review period. At every review, the policy will be approved by IFtL board of trustees.

School RSHE Policy will be reviewed at least annually or if there is any change within requirements and/ or legislation prior to the review period. At every review, the policy will be approved by Local Governing Body.

## **IFtL expectations and School Requirements**

Each school will incorporate the IFtL RSHE core values and offer within their school RSHE policy and include how these core values will be promoted and met within their school. All schools will ensure they include and fulfil all legal and government requirements, including publishing the relevant information to meet website compliancy.

Schools are responsible to implement an age-appropriate, developmental curriculum which meets the needs of their children, school context and community. This enables our schools to respond to local public health and community issues, meet the needs of their community and adapt materials and programmes to meet the needs of their children (for example in teaching about gangs or high local prevalence of specific sexually transmitted infections).

Schools must also comply with the relevant provisions of the Equality Act as noted earlier. Where appropriate this may also require a differentiated curriculum. Schools have specific duties to increase the extent to which disabled pupils can participate in the curriculum.

### **Summary of expectations:**

- All schools must have an up-to-date policy which has been consulted with parents and is available for access (for example, the website). The policy must set out the content and how it is taught. It must also include parents' withdrawal rights for their child and how the subject (s) are monitored and evaluated.
- Schools need to ensure they teach the content in an appropriate, clear and timely way and staff are trained and equipped to deliver the content.

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- Must take into account the age and religious backgrounds of pupils
- Must be accessible to all pupils, including those with SEND and our schools need to pay particular attention in how they support pupils with SEND to prepare for adulthood.
- Must comply with the Equality Act 2010 so they do not treat pupils with protected characteristics less favourable, make reasonable positive adjustments
- In all schools, including faith, ensure the teaching reflects the law
- Is sensitive and age-appropriate teaching and any resources are appropriate
- the needs for all pupils are met and they understand the importance of equality and respect.
- Close collaboration and working with parents/ carers
- Clearly communicate the right to request withdrawal from some or all of sex education (but not those by law which need to be taught in the Science National Curriculum).
- The foundations of positive relationship and health and self-care start in the early years and the RSHE curriculum should take full account of children's learning from Early Years to Year 2 (infant schools) and Year 6 (primary schools).
- All pupils should be taught LGBT content in line with requirements and in a sensitive and age-appropriate way which is integrated into the curriculum at a timely point
- All schools will ensure safeguarding risks and those increased risks during the pandemic, including safety on-line risks and online exploitation, are incorporated within the RSHE curriculum.
- Pupils will be educated about sexual abuse and harassment in an age appropriate way and sexual abuse and/ or harassment will not be tolerated and swiftly addressed.
- All stakeholders, including pupils, staff, parent/ carers and governance, must know how to share concerns and who with.

## Accountability

Key aspects of Relationships Education, RSHE and Health Education are in scope for Ofsted inspection; for example, through inspectors' consideration of pupils' personal development, behaviour and welfare; and pupils' spiritual, moral, social and cultural development.

## IFtL Safeguarding Statement

Safeguarding is everybody's business. IFtL MAT is committed to ensuring that all our children and young people are safe and feel safe. The right to be safe for any member of the IFtL community is a non-negotiable and paramount. Safeguarding and child protection is crucial and we are fully committed to ensuring the welfare and safety of all our children and staff. IFtL and all the schools within the Trust must fully adhere to all safeguarding and child protection legislation, policy and procedures at all times and under any circumstances. Any concerns at a Trust level will be referred to IFtL safeguarding Leads, Kim Kemp, Sue Martin or Sarah Bennett; within TMA ITTP, Michelle Gardner, and to the relevant designated safeguarding officers within each school for concerns pertinent to children within the school. IFtL fully adheres to all Safeguarding and child protection legislation and MK together partnership and Northamptonshire Safeguarding Children Partnership requirements, including the Milton Keynes and Northamptonshire Whistleblowing Policy and procedures.

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## **APPENDICIES:**

### **Appendix One: What children should be taught and what they should know by the end of primary school (Extracts from the Government guidelines)**

#### **Relationships Education (Primary)**

The focus in primary school should be on teaching the fundamental building blocks and characteristics of positive relationships, with particular reference to friendships, family relationships, and relationships with other children and with adults.

This starts with pupils being taught about what a relationship is, what friendship is, what family means and who the people are who can support them. From the beginning of primary school, building on early education, pupils should be taught how to take turns, how to treat each other with kindness, consideration and respect, the importance of honesty and truthfulness, permission seeking and giving, and the concept of personal privacy. Establishing personal space and boundaries, showing respect and understanding the differences between appropriate and inappropriate or unsafe physical, and other, contact – these are the forerunners of teaching about consent, which takes place at secondary.

Respect for others should be taught in an age-appropriate way, in terms of understanding one's own and others' boundaries in play, in negotiations about space, toys, books, resources and so on.

From the beginning, teachers should talk explicitly about the features of healthy friendships, family relationships and other relationships which young children are likely to encounter. Drawing attention to these 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 also help them to recognise any less positive relationships when they encounter them.

The principles of positive relationships also apply online especially as, by the end of primary school, many children will already be using the internet. When teaching relationships content, teachers should address online safety and appropriate behaviour in a way that is relevant to pupils' lives. Teachers should include content on how information and data is shared and used in all contexts, including online; for example, sharing pictures, understanding that many websites are businesses and how sites may use information provided by users in ways they might not expect.

Teaching about families requires sensitive and well-judged teaching based on knowledge of pupils and their circumstances. Families of many forms provide a nurturing environment for children. (Families can include for example, single parent families, LGBT parents, families headed by grandparents, adoptive parents, foster parents/carers amongst other structures.) Care needs to be taken to ensure that there is no stigmatisation of children based on their home circumstances and needs, to reflect sensitively that some children may have a different structure of support around them; e.g. looked after children or young carers.

A growing ability to form strong and positive relationships with others depends on the deliberate cultivation of character traits and positive personal attributes, (sometimes referred to as 'virtues') in the individual. In a school wide context which encourages the development and practice of resilience and other attributes, this includes character traits such as helping pupils to believe they can achieve, persevere with tasks, work towards long-term rewards and continue despite setbacks. Alongside understanding the importance of self-respect and self-worth, pupils should develop personal attributes including honesty, integrity, courage, humility, kindness, generosity, trustworthiness and a sense of justice. This can be achieved in a variety of ways including by providing planned opportunities for young people to undertake social action, active citizenship and voluntary service to others locally or more widely.

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Relationships Education also creates an opportunity to enable pupils to be taught about positive emotional and mental wellbeing, including how friendships can support mental wellbeing.

Through Relationships Education (and RSHE), schools should teach pupils the knowledge they need to recognise and to report abuse, including emotional, physical and sexual abuse. In primary schools, this can be delivered by focusing on boundaries and privacy, ensuring young people understand that they have rights over their own bodies. This should also include understanding boundaries in friendships with peers and also in families and with others, in all contexts, including online. Pupils should know how to report concerns and seek advice when they suspect or know that something is wrong. At all stages it will be important to balance teaching children about making sensible decisions to stay safe (including online) whilst being clear it is never the fault of a child who is abused and why victim blaming is always wrong. These subjects complement Health Education and as part of a comprehensive programme and whole school approach, this knowledge can support safeguarding of children.

TOPIC	PUPILS SHOULD KNOW
Families and people who care for me	<p>Pupils should know:</p> <ul style="list-style-type: none"> <li>• that families are important for children growing up because they can give love, security and stability.</li> <li>• the characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other’s lives.</li> <li>• that others’ families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children’s families are also characterised by love and care.</li> <li>• that stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children’s security as they grow up.</li> <li>• that marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong.</li> <li>• how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed.</li> </ul>
Caring friendships	<p>Pupils should know:</p> <ul style="list-style-type: none"> <li>• how important friendships are in making us feel happy and secure, and how people choose and make friends.</li> <li>• the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties.</li> <li>• that healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded.</li> <li>• that most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right.</li> </ul>



	<ul style="list-style-type: none"> <li>• how to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed.</li> </ul>
Respectful relationships	<p>Pupils should know:</p> <ul style="list-style-type: none"> <li>• the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs.</li> <li>• practical steps they can take in a range of different contexts to improve or support respectful relationships.</li> <li>• the conventions of courtesy and manners.</li> <li>• the importance of self-respect and how this links to their own happiness.</li> <li>• that in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority.</li> </ul> <p>about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help.</p> <ul style="list-style-type: none"> <li>• what a stereotype is, and how stereotypes can be unfair, negative or destructive.</li> <li>• the importance of permission-seeking and giving in relationships with friends, peers and adults.</li> </ul>
Online relationships	<p>Pupils should know:</p> <ul style="list-style-type: none"> <li>• that people sometimes behave differently online, including by pretending to be someone they are not.</li> <li>• that the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online including when we are anonymous.</li> <li>• the rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them.</li> <li>• how to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met.</li> <li>• how information and data is shared and used online.</li> </ul>
Being safe	<p>Pupils should know:</p> <ul style="list-style-type: none"> <li>• what sorts of boundaries are appropriate in friendships with peers and others (including in a digital context).</li> <li>• about the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe.</li> <li>• that each person's body belongs to them, and the differences between appropriate</li> </ul>



and inappropriate or unsafe physical, and other, contact.

- how to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know.
- how to recognise and report feelings of being unsafe or feeling bad about any adult.
- how to ask for advice or help for themselves or others, and to keep trying until they are heard.
- how to report concerns or abuse, and the vocabulary and confidence needed to do so.
- where to get advice e.g. family, school and/or other sources.

## Sex Education (Primary)

The Relationships Education, RSHE, and Health Education (England) Regulations 2019 have made Relationships Education compulsory in all primary schools. Sex education is not compulsory in primary schools and the content set out in this guidance therefore focuses on Relationships Education.

The content set out in this guidance covers everything that primary schools should teach about relationships and health, including puberty. The national curriculum for science also includes subject content in related areas, such as the main external body parts, the human body as it grows from birth to old age (including puberty) and reproduction in some plants and animals. It will be for primary schools to determine whether they need to cover any additional content on sex education to meet the needs of their pupils. Many primary schools already choose to teach some aspects of sex education and will continue to do so, although it is not a requirement.

It is important that the transition phase before moving to secondary school supports pupils' ongoing emotional and physical development effectively. The Department continues to recommend therefore that all primary schools should have a sex education programme tailored to the age and the physical and emotional maturity of the pupils. It should ensure that both boys and girls are prepared for the changes that adolescence brings and – drawing on knowledge of the human life cycle set out in the national curriculum for science - how a baby is conceived and born. As well as consulting parents more generally about the school's overall policy, primary schools should consult parents before the final year of primary school about the detailed content of what will be taught. This process should include offering parents support in talking to their children about sex education and how to link this with what is being taught in school. Meeting these objectives will require a graduated, age-appropriate programme of sex education. Teaching needs to take account of the developmental differences of children.

Where a maintained primary school chooses to teach aspects of sex education (which go beyond the national curriculum for science), the school must set this out in their policy and all schools should consult with parents on what is to be covered. Primary schools that choose to teach sex education must allow parents a right to withdraw their children. Unlike sex education in RSHE at secondary, in primary schools, head teachers must comply with a parent's wish to withdraw their child from sex education beyond the national curriculum for science. Schools will want to draw on the good practice for conversations with parents around the right to withdraw as set out in paragraphs 45 and 46. Schools must also ensure that their teaching and materials are appropriate having regard to the age and religious backgrounds of their pupils. Schools will also want to recognise the significance of other factors, such as any special educational needs or disabilities of their pupils.

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## The Law

It is important for children to know what the law says about sex, relationships and young people, as well as broader safeguarding issues. This includes a range of important facts and the rules regarding sharing personal information, pictures, videos and other material using technology. This will help young people to know what is right and wrong in law, but it can also provide a good foundation of knowledge for deeper discussion about all types of relationships. There are also many different legal provisions whose purpose is to protect young people and which ensure young people take responsibility for their actions. Pupils should be made aware of the relevant legal provisions when relevant topics are being taught, including for example:

- marriage
- consent, including the age of consent
- violence against women and girls
- online behaviours including image and information sharing (including 'sexting', youth-produced sexual imagery, nudes, etc.)
- pornography
- abortion
- sexuality
- gender identity
- substance misuse
- violence and exploitation by gangs
- extremism/radicalisation
- criminal exploitation (for example, through gang involvement or 'county lines' drugs operations)
- hate crime
- female genital mutilation (FGM)

### Physical health and mental wellbeing: Primary.

The focus in primary school should be on teaching the characteristics of good physical health and mental wellbeing. Teachers should be clear that mental wellbeing is a normal part of daily life, in the same way as physical health. This starts with pupils being taught about the benefits and importance of daily exercise, good nutrition and sufficient sleep, and giving pupils the language and knowledge to understand the normal range of emotions that everyone experiences. This should enable pupils to articulate how they are feeling, develop the language to talk about their bodies, health and emotions and judge whether what they are feeling and how they are behaving is appropriate and proportionate for the situations that they experience.

Teachers should go on to talk about the steps pupils can take to protect and support their own and others' health and wellbeing, including simple self-care techniques, personal hygiene, prevention of health and wellbeing problems and basic first aid. Emphasis should be given to the positive two-way relationship between good physical health and good mental wellbeing, and the benefits to mental wellbeing of physical exercise and time spent outdoors.

Pupils should also be taught the benefits of hobbies, interests and participation in their own communities. This teaching should make clear that people are social beings and that spending time with others, taking opportunities to consider the needs of others and practising service to others, including in organised and structured activities and groups (for example the scouts or girl guide movements), are beneficial for health and wellbeing. Pupils should be taught about the benefits of rationing time spent online and the risks of excessive use of electronic devices. In later primary school, pupils should be taught why social media, computer games and online gaming have age restrictions and should be equipped to manage common difficulties encountered online. A firm foundation in the benefits and characteristics of good health and wellbeing will enable teachers to talk about isolation, loneliness, unhappiness, bullying and the negative impact of poor health and wellbeing.

TOPIC	PUPILS SHOULD KNOW
Mental wellbeing	<ul style="list-style-type: none"><li>• that mental wellbeing is a normal part of daily life, in the same way as physical health.</li><li>• that there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations.</li><li>• how to recognise and talk about their emotions, including having a varied vocabulary of</li></ul>

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	<p>words to use when talking about their own and others' feelings. • how to judge whether what they are feeling and how they are behaving is appropriate and proportionate. • the benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness. • simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests. • isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support. • that bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing. • where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online). • it is common for people to experience mental ill health. For many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough</p>
Internet safety and harms	<p>Pupils should know</p> <ul style="list-style-type: none"> <li>• that for most people the internet is an integral part of life and has many benefits. • about the benefits of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental and physical wellbeing. • how to consider the effect of their online actions on others and know how to recognise and display respectful behaviour online and the importance of keeping personal information private. • why social media, some computer games and online gaming, for example, are age restricted. • that the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health. • how to be a discerning consumer of information online including understanding that information, including that from search engines, is ranked, selected and targeted. • where and how to report concerns and get support with issues online.</li> </ul>
Physical health and fitness	<p>Pupils should know</p> <ul style="list-style-type: none"> <li>• the characteristics and mental and physical benefits of an active lifestyle. • the importance of building regular exercise into daily and weekly routines and how to achieve this; for example walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise. • the risks associated with an inactive lifestyle (including obesity). • how and when to seek support including which adults to speak to in school if they are worried about their health.</li> </ul>
Healthy eating	<p>Pupils should know</p> <ul style="list-style-type: none"> <li>• what constitutes a healthy diet (including understanding calories and other nutritional content). • the principles of planning and preparing a range of healthy meals. • the characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health).</li> </ul>
Drugs, alcohol and tobacco	<p>Pupils should know</p> <ul style="list-style-type: none"> <li>• the facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking.</li> </ul>





Health and prevention	<p>Pupils should know</p> <ul style="list-style-type: none"> <li>• how to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body.</li> <li>• about safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer.</li> <li>• the importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn.</li> <li>• about dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist.</li> <li>• about personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing.</li> <li>• the facts and science relating to allergies, immunisation and vaccination.</li> </ul>
Basic first aid	<p>Pupils should know:</p> <ul style="list-style-type: none"> <li>• how to make a clear and efficient call to emergency services if necessary.</li> <li>• concepts of basic first aid, for example dealing with common injuries, including head injuries.</li> </ul>
Changing adolescent body	<p>Pupils should know:</p> <ul style="list-style-type: none"> <li>• key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes.</li> <li>• about menstrual wellbeing including the key facts about the menstrual cycle</li> </ul>

## Appendix Two: Other useful guidance to refer to

The guidance should be read in conjunction with:

- Keeping Children Safe in Education (statutory guidance)
- Respectful School Communities: Self Review and Signposting Tool (a tool to support a whole school approach that promotes respect and discipline)
- Behaviour and Discipline in Schools (advice for schools, including advice for appropriate behaviour between pupils)
- Equality Act 2010 and schools
- SEND code of practice: 0 to 25 years (statutory guidance)
- Alternative Provision (statutory guidance)
- Mental Health and Behaviour in Schools (advice for schools)
- Preventing and Tackling Bullying (advice for schools, including advice on cyberbullying)
- Sexual violence and sexual harassment between children in schools (advice for schools)
- The Equality and Human Rights Commission Advice and Guidance (provides advice on avoiding discrimination in a variety of educational contexts)
- Promoting Fundamental British Values as part of SMSC in schools (guidance for maintained schools on promoting basic important British values as part of pupils' spiritual, moral, social and cultural (SMSC)

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- SMSC requirements for independent schools (guidance for independent schools on how they should support pupils' spiritual, moral, social and cultural development).
- National Citizen Service guidance for schools

### Appendix Three: Suggested Resources within the Government Guidelines

There are many excellent resources available, free of charge, which schools can draw on when delivering these subjects. Schools should assess each resource that they propose to use carefully to ensure it is appropriate for the age and maturity of pupils and sensitive to their needs, where relevant, schools should use resources that are medically accurate. Schools should also consider drawing on the expertise of the main subject associations who often quality assure third party resources. We also recognise that schools use resources from representative bodies (e.g. many Catholic and other schools draw on the model curricula provided by the Catholic Education Service.)

Schools should also ensure that, when they consult parents, they provide examples of the resources they plan to use, as this can be reassuring for parents, and enables them to continue the conversations started in class at home.

This is for illustrative purposes and is not an exhaustive list.

Relationships Education Safeguarding: NSPCC PANTS rule with film.

Example of model primary curricula from Catholic Education.

Relationships and Sex Education Sexual health and relationships: up to date information on all aspects of sexual and reproductive health available on Sexwise's website which teachers may find helpful for their knowledge.

Abuse in relationships: Disrespect NoBody from the Home Office and Government Equalities Office.

Consent: PSHE Association lesson plans from the PSHE association.

LGBT inclusivity: Stonewall lesson plans and materials for primary and secondary.

Resources covering all contexts, including online, and specifically relationships and bullying, alcohol, smoking, stress, body image from Public Health England website with videos made by young people and resources tested with teachers.

Example model secondary curricula from Catholic education.

Mental health, Mental health and emotional wellbeing lesson plans from PSHE Association.

MindEd educational resources on children and young people's mental health.

Online safety Education for a Connected World is the UK Council for Internet safety (UKCCIS) framework of digital knowledge and skills for different ages and stages.

Sexting advice from UKCCIS for schools on preventative education and managing reports of sexting.

Thinkuknow is the education programme from National Crime Agency (NCA) and Child Exploitation Online Programme (CEOP), which protects children both online and offline. The site offers materials for parents, teachers and pupils on a wide range of online safety issues and facts about areas such as digital footprints, recognising fake websites and checking URLs.

PSHE Association Programme of study for KS1-5

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Drugs and alcohol Planning effective drug and alcohol education from Mentor-ADEPIS research and briefing papers with ideas for lessons

Extremism and radicalisation Practical advice and information from Educate Against Hate for teachers, teachers in leadership positions and parents on protecting children from extremism and radicalization.

Curriculum Non-statutory framework for Citizenship KS 1 and 2 (non-statutory programme of study). Schools may wish to draw on the Citizenship programme of study in their planning.

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**Appendix Four:** Parent form: withdrawal from sex education within RSHE (non-statutory elements of sex education only)

TO BE COMPLETED BY PARENTS			
Name of child		Class	
Name of parent		Date	
Reason for withdrawing from sex education within relationships and sex education			
Any other information you would like the school to consider			
Parent signature			

TO BE COMPLETED BY THE SCHOOL	
Discussions about the reasons for withdrawing and why the school recommends the child participates within the lessons	
Agreed actions	

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**TO BE COMPLETED BY THE SCHOOL**

from discussion  
with parents

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