



LOCHINVER
HOUSE

Relationship and Sex Education (RSE) Policy

Relationship and Sex Education (RSE) is fundamental to the emotional, social and cultural development of pupils, and involves learning about relationships, sexual health, sexuality, healthy lifestyles, diversity and personal identity. RSE involves a combination of sharing information and exploring issues and values. RSE is not about the promotion of sexual activity. At Lochinver House School we teach Relationship and Sex Education to every pupil, including those with SEND, as set out in this policy.

The aims of RSE at Lochinver House School are to:

- provide a framework in which sensitive discussions can take place
- prepare pupils for puberty and give them an understanding of sexual development and the importance of health and hygiene
- help pupils develop feelings of self-respect, confidence and empathy
- create a positive culture around issues of sexuality and relationships
- teach pupils the correct vocabulary to describe themselves and their bodies.

RSE is underpinned by the School's Core Values of:

- Kindness
- Honesty
- Respect

The core principles for RSE at Lochinver House School focus on kind, honest and respectful discussions about safe and secure relationships.

RSE aims to ensure our pupils are able to make sense of the relationships they have and to take steps to manage them effectively. It also aims to ensure pupils are able to understand the relationships of those they see around them.

From Little Lochies to Year 6, we provide Relationships Education to all pupils as per section 34 of the Children and Social Work Act 2017. Our broad coverage ensures we meet the statutory guidance noted in the DfE document 'Relationships Education, Relationships and Sex Education (RSE) and Health Education' (DfE September 2021). There is robust provision through our PSHE/PSED programme and our science curriculum. Through science elements of sex education are facilitated.

For Pupils in Years 7 and 8, we provide RSE to all pupils as per section 34 of the Children and Social work act 2017.

We have regard to guidance issued by the Secretary of State as outlined in section 403 of the Education Act 1996.

Our curriculum coverage is illustrated at the close of this Policy document. The curriculum has been developed in consultation with parents, pupils, and staff, taking into account the age, needs and feelings of pupils. The 'Jigsaw' PSHE scheme is currently used as the framework for our curriculum. Some areas of the scheme have been adapted and changed to meet the needs of Lochinver House School pupils. We continue to review the content and make adaptations as necessary. Resources are reviewed and updated regularly.

Where pupils ask questions beyond the scope of the curriculum, teachers respond in an age-appropriate manner. This is to reduce the risk of pupils seeking answers from potentially unmoderated sources, including those online.

For pupils in Little Lochies to Year 6, 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.

Little Lochies to Year 6 Sex Education focuses on:

- Identifying and naming different parts of our body using scientific language, including genitalia.
- Preparing pupils for the changes that adolescence brings.
- How a baby is conceived and born.

For pupils in Year 7 and 8 RSE focuses on giving pupils the information they need to help them develop healthy, nurturing relationships of all kinds including:

- within families
- within relationships (including friendships)
- those online and media
- and intimate and sexual relationships.

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 (Lesbian, Gay, Bisexual and Transgender) 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). Pupils will be taught about the Equality Act 2010 and what the protected characteristics are.

RSE is taught within the Personal, Social, Health and Education (PSHE) curriculum in Years 1-8 and PSED (Personal, Social and Emotional Development in Little Lochies and Reception). Other subjects including English, drama and Religious Studies incorporate aspects of RSE within their curriculum. Biological aspects of RSE are taught within the science curriculum in Years 6 and 8; parents are informed in advance in writing of the coverage, enabling withdrawal from these sessions. In Year 4 there is standalone coverage, and again parents are informed in advance of these lessons.

The Deputy Head Pastoral is responsible for ensuring that RSE is taught consistently throughout the School. Staff are responsible for delivering RSE in a sensitive way, modelling positive attitudes to RSE, monitoring progress and responding to the needs of individual pupils. Pupils are expected to engage fully in RSE and, when discussing issues related to RSE, treat others with respect and sensitivity.

Parents do not have the right to withdraw their children from Relationships Education, although they are able to do so from non-statutory components of sex education. Requests for withdrawal must be made in writing to the Head. Alternative provision will be made for these pupils.

The delivery of RSE is monitored by the Deputy Head Pastoral through scrutiny of the PSHE, PSED and RSE curriculum planning, lesson observations, work scrutiny and discussion with pupils. Pupils' development in RSE is monitored by the teacher delivering the lessons.

This policy is reviewed annually in consultation with parents and by members of the Education sub-committee of the governing body. The latter demonstrate they are satisfied the school is continuing to deliver an effective programme of RSE.

Policy Reviewed: 01.09.2024
Policy Review Date: 23.02.2026
Policy linked to: Acceptable Use Policy, Anti-Bullying Strategy, Behaviour Policy, Child Protection and Safeguarding Policy and Procedure (incorporating Staff Behaviour and Code of Conduct), Data Protection Policy, Equal Opportunities Policy, E-Safety Policy, Privacy Notice, Personal, Social, Health and Education (PSHE) Policy, SEND Policy, Subject Policy Framework, Use of Mobile Devices in Early Years Foundation Stage Policy.

Any data held in relation to the content of this policy will be managed in accordance with our Data Protection Policy and Privacy Notice.



Relationship and Sex Education (RSE) Long Term Plan

	Summer Term	
	Relationships	Changing Me
Little Lochies (Nursery) PSED (Personal, Social and Emotional Development)	Family life Friendships Breaking friendships Falling out Dealing with bullying Being a good friend	Bodies Respecting my body Growing up Growth and change Fun and fears Celebrations
Reception PSED (Personal, Social and Emotional Development)	Family life Friendships Breaking friendships Falling out Dealing with bullying Being a good friend	Bodies Respecting my body Growing up Growth and change Fun and fears Celebrations
Year 1	Belonging to a family Making friends/being a good friend Physical contact preferences People who help us Qualities as a friend and person Self-acknowledgement Being a good friend to myself Celebrating special relationships	Life cycles – animal and human Changes in me Changes since being a baby Linking growing and learning Coping with change Transition
Year 2	Different types of family Physical contact boundaries Friendship and conflict Secrets	Life cycles in nature Growing from young to old Increasing independence Assertiveness

	Summer Term	
	Relationships	Changing Me
	Trust and appreciation Expressing appreciation for special relationships	Preparing for transition

Summer Term		
	Relationships	Changing Me
Year 3	Family roles and responsibilities Friendship and negotiation Keeping safe online and who to go to for help Being a global citizen Being aware of how my choices affect others Awareness of how other children have different lives Expressing appreciation for family and friends	How babies grow Understanding a baby's needs Family stereotypes Challenging my ideas Preparing for transition
Year 4	Jealousy Love and loss Memories of loved ones Getting on and Falling Out Girlfriends and boyfriends Showing appreciation to people and animals	Being unique Confidence in change Accepting change Preparing for transition Environmental change
	Specific RSE session – parents to be notified Differences between female and male bodies Outside body changes Inside body changes Having a baby	

Summer Term		
	Relationships	Changing Me
Year 5	Self-recognition and self-worth Building self-esteem Safer online communities Rights and responsibilities online Online gaming and gambling Reducing screen time Dangers of online grooming SMART internet safety rules	Self- and body image Influence of online and media on body image Growing responsibility Coping with change Preparing for transition
Year 6	Mental health Identifying mental health worries and sources of support Love and loss Managing feelings Power and control Assertiveness Technology safety Take responsibility with technology use	Self-image Body image Reflections about change Physical attraction Respect and consent Boyfriends/girlfriends Sexting Transition
	Specific RSE session – parents to be notified Differences between female and male bodies Puberty for boys and girls Puberty and feelings Conception (including IVF) Conception to birth Having a baby	

Summer Term		
	Relationships	Changing Me
Year 7	Positive qualities of healthy relationships My changing supportive relationships Getting on and falling out Discerning external factors in relationships Assertiveness in relationships	Assertiveness in relationships Having a baby Types of relationships and their impact Image and self-esteem My changing feelings
Year 8	Being in control of myself Being in control of my relationships Being in control of my personal space Managing control and coercion in relationships Being in control of social media	Different types of relationships What's in a relationship Looks and smiles Does watching pornography help people understand a relationship Alcohol and risk
	Specific RSE session – parents to be notified Differences between female and male bodies Puberty for boys and girls Puberty and feelings Conception (including IVF) and contraception Conception to birth Having a baby	