



## **RELATIONSHIPS and SEX EDUCATION (RSE)**

At Woodcot Primary School, good relationships are fundamental to our ethos. Relationships and Sex Education (RSE) is lifelong learning about relationships, emotions, looking after ourselves, different families, sex, sexuality and sexual health. It involves acquiring information, developing skills and forming positive beliefs, values and attitudes.

Our RSE curriculum encompasses many aspects of the Personal, Social, Health Education (PSHE) curriculum as well as contributing to promoting the spiritual, moral, cultural, mental and physical development of pupils. Our '*PSHE Policy (Personal, Social, Health Education) including Relationships and Sex Education (RSE)*' is based on the Department for Education (DfE) Relationships Education, Relationships and Sex Education (RSE) and Health Education (2019).

The DfE provides the following definition in its guidance:

*'It is lifelong learning about physical, moral and emotional development. It is about the understanding of the importance...for family life, of stable and loving relationships, respect, love and care. It is also about the teaching of sex, sexuality and sexual health. It is not about the promotion of sexual orientation or sexual activity.'*

The intent of our RSE curriculum is to help and support young people through their physical, emotional and moral development. At Woodcot, RSE is firmly embedded in PSHE to help young people learn to respect themselves and others, as well as move with confidence from childhood, through adolescence into adulthood.

Effective RSE can make a significant contribution to the development of the personal skills needed by pupils if they are to establish and maintain relationships. It also enables children and young people to make responsible and informed decisions about their health and well-being. The aims of RSE at Woodcot are to:

- Provide a framework in which sensitive discussions can take place
- Develop confidence in talking about feelings and relationships
- Recognise their emotions and express them effectively and appropriately
- Help children develop feelings of self-respect, confidence and empathy
- Have the confidence and self-esteem to value themselves and others
- Prepare children for puberty, and give them an understanding of sexual development and the importance of health and hygiene
- Create a positive culture around issues of relationships and sexuality
- Understand about the diverse range of different relationships, and families, and their importance for the care and support of children
- Behave responsibly within relationships
- Be able to recognise unsafe situations and be able to protect themselves and ask for help and support
- Understand that offence can be caused by the use of sexual terms as an insult

Please see our full ***PSHE Policy (Personal, Social, Health Education) including Relationships and Sex Education (RSE)*** in the 'Policies' section of our website.