



VICARAGE PARK CE PRIMARY SCHOOL



Parent's Guide to our Relationships, Sex and Health Education Policy

At Vicarage Park we teach Relationships and Health Education from Reception to year 6 and Sex Education in years 5 and 6. The full policy is being implemented across school, after having been approved by the Governors. The RSHE curriculum became statutory in September 2021.

Definitions

Relationships Education

Relationships Education will put in place the building blocks needed for positive and safe relationships, including family, friends and online. Your child will be taught what a relationship is, what friendship is, what family means and who can support them. In an age-appropriate way, school will cover how to treat each other with kindness, consideration and respect in relation our whole school Vision and Values of Compassion, Responsibility and Courage.

By the end of primary school, pupils will have been taught content on:

- Families and people who care for me
- Caring friendships
- Respectful relationships
- Online relationships
- Being safe

Health Education

Health Education aims to give your child the information they need to make good decisions about their own health and wellbeing, to recognise issues in themselves and others, and to seek support as early as possible when issues arise.

By the end of primary school, pupils will have been taught content on:

- Mental wellbeing
- Internet safety and harms
- Physical health and fitness
- Healthy eating
- Facts and risks associated with drugs, alcohol and tobacco
- Health and prevention
- Basic first aid
- Changing adolescent body

Sex Education

Sex education is not compulsory in primary schools, however, staff at Vicarage Park cover aspects of this through the science curriculum and have been successfully delivering well-received specific sex education lessons on puberty and reproduction in years 5 and 6 for a number of years. We are committed to continuing this to 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.

Puberty including menstruation will be covered in Health Education, as far as possible, before onset. This should ensure male and female pupils are prepared for changes they and their peers will experience.

Teachers conduct sex education lessons in a sensitive manner. If a child makes a reference to being involved, or likely to be involved in sexual activity, as part of the lessons, this will be dealt with under the school's safeguarding responsibilities and procedure.

Further information can be found by searching 'relationships and health education' on GOV.UK