



Definition

Relationships education at Shepherds Down School aims to teach the fundamental building blocks and characteristics of positive relationships, with particular reference to friendships, family relationships and relationships with other children and adults. This will include teaching about what a relationship is, what friendship is, what family means and who the people are who can support them. Children will be taught how to take turns, how to treat each other with kindness, consideration and respect, about the importance of honesty, boundaries and principles around permission seeking and giving and also the concept of personal privacy. In preparation for teaching during their secondary years around consent, children will be taught about establishing personal space and boundaries, showing respect and how to determine the difference between appropriate and inappropriate or unsafe contact and/or interaction. The principle of positive relationships will be a key message taught throughout Relationships Education, including those relationships that may occur online. Linked very closely to this, children will be taught about online safety, including how to keep themselves safe, what information they should not share with strangers online and what to do if there is a problem. Throughout the curriculum children are taught to understand and appreciate difference between themselves and others. Relationships Education also creates an opportunity to enable pupils to be taught about positive emotional and mental well-being, including awareness of their own emotions and others and how to manage and regulate their own emotions.

How we teach Relationships Education at Shepherds Down School

Relationships Education is taught by all teachers, both directly and indirectly in a way that is differentiated, personalised and accessible, to meet the specific needs of pupils at different developmental ages. We ensure that the teaching is sensitive, both age and developmentally appropriate and delivered with reference to the law.

Relationships Education is delivered in the following ways:

Indirect Teaching:

- Developing play skills
- Developing tolerance
- Developing appropriate communication skills
- Developing interaction skills
- Developing turn-taking skills
- Building trusting relationships and ensuring children feel safe and nurtured
- Supporting appropriate behaviour, particularly during play times and play situations
- Labelling of emotions in the moment
- Helping children to link how they feel with how they behave
- Supervised internet use
- Use of debrief opportunities

Most of this learning will be identified, monitored and evaluated through the Communication, PSD, Bridging and Informal schemes of work and associated 'I Can' statements. All children have individual targets in relation to one or more of the above, depending on their identified learning priorities.

Direct Teaching:

- Children following the subject specific phase of our school curriculum are taught Personal Social and Health Education (PSHE) which covers Relationships; Feelings and Emotions; Keeping Safe in the Home, which includes online safety; Keeping Safe Out and About; Keeping Healthy; and Self Awareness and Confidence.

- In addition, for year 5 and 6 we deliver a 6 week block of work written by the NSPCC on Keeping Safe, which covers key learning such as; public and private parts of the body; different forms of abuse; and who can help if they don't feel safe.
- Subjects such as Science and PE will also cover some of this learning

Key learning contained in PSHE is also included in the PSD 'I Can' statements and will be monitored and evaluated in this way.

Parents/Carers Right to Withdraw

As this is part of the statutory day to day curriculum of the school, parents/carers do not have the right to withdraw their child from Relationships Education.

Sex Education

Definition:

The Sex Education teaching at Shepherds Down School is tailored to the age and physical and emotional maturity of each child. It is aimed to ensure that both boys and girls are prepared for the changes that adolescence brings and know the names of the main external body parts. For a small number of children, in consultation with parents, this may also include how a baby is conceived and born.

How we teach Sex Education at Shepherds Down School

There are two strands of our Sex Education curriculum.

The first strand covers naming of the main external body parts and the physical changes that occur during puberty, including the need for good personal hygiene. This occurs during year 5 onwards or earlier, on an individual basis if needed. It can be taught by relevant class teachers, both directly through Science and also a stand-alone Sex Education curriculum; and/or indirectly on a more individual basis through social stories (eg in relation to menstruation), labelling of body parts and prompting/supporting good personal hygiene.

The second strand covers basic human reproduction, including how a baby is conceived and born. This will be taught directly only through our stand-alone Sex Education curriculum and only for year 6 children.

Parents/Carers Right to Withdraw

As the content of the first strand sits within the statutory school curriculum, parents/carers do not have the right to withdraw their child from this strand of Sex Education at Shepherds Down School.

Parents/carers DO have the right to withdraw their child from the second strand of Sex Education. During the start of year 6, parents/carers will be invited to a talk on the content of this strand of Sex Education and their child will only receive this teaching with parent/carer consent.