



Lüderitz Blue School

Relationships and Sex Education Policy

1. INTRODUCTION

- i) At Lüderitz Blue School, we are committed to providing a comprehensive and inclusive Personal, Social, Health and Economic (PSHE) education programme. This is included in Citizenship lessons.
- ii) As part of this programme, we deliver **Relationships and Sex Education (RSE)** to our students, equipping them with the knowledge, understanding, and skills needed to navigate relationships.
- iii) The RSE curriculum is designed to meet the needs of students at different stages of their development, promoting healthy, respectful relationships and preparing students for the challenges they will face in life.
- iv) Our aim is to foster an environment where students feel safe, supported, and confident to explore important topics relating to relationships, personal wellbeing, and sexual health.

2. AIMS OF THE PROGRAMME

The RSE programme aims to:

- i) Provide students with the knowledge, skills, and understanding to manage their relationships and personal development in a responsible and positive way.
- ii) Equip students with the tools to make informed, respectful, and healthy choices.
- iii) Promote a safe and respectful school environment that encourages open discussions on relationships, safety, and wellbeing.

- iv) Support students in understanding their emotional, physical, and psychological changes as they grow.

3. CONTENT OF RSE PROGRAMME - EARLY YEARS AND KEY STAGE ONE (Years 0-2)

- i) Students about the importance of appropriate touch and personal boundaries.
- ii) Children will learn that their bodies belong to them, and they should always feel safe and respected.
- iii) We emphasize the importance of speaking to a trusted adult, such as a teacher or parent, if they ever feel uncomfortable or unsure about any touch or situation.

4. CONTENT OF RSE PROGRAMME - KEY STAGE TWO (Years 3-6)

- i) Students begin to learn about the concept of consent—understanding that they should always ask for permission before touching someone and respect others' personal space.
- ii) Students also explore the importance of respecting each other's choices and feelings in relationships.
- iii) In Upper Key Stage 2, students receive lessons on puberty and periods, including the physical and emotional changes they can expect as they grow older.
- iv) They learn about menstruation, how to manage it, and the importance of self-care during puberty. These lessons aim to prepare them for the changes they will experience in a supportive and informative way.

5. CONTENT OF RSE PROGRAMME - KEY STAGE THREE (Years 7-12)

- i) In **Key Stage 3**, the RSE programme will focus on the following key areas:
- **Healthy Relationships:** Understanding different types of relationships (friendships, family, intimate relationships) and how to foster healthy, respectful interactions.
 - **Families:** Exploring different family structures, dynamics, and the importance of family relationships.
 - **Growing and Changing:** Understanding puberty, physical changes during adolescence, and emotional development.
 - **Personal Hygiene:** Teaching the importance of hygiene during puberty, self-care, and personal responsibility.
 - **Changing Feelings:** Understanding emotional changes during adolescence, including managing emotions and dealing with peer pressure.
 - **Independence:** Encouraging students to become more independent, make responsible choices, and take control of their health and wellbeing.
 - **Keeping Safe and Consent:** Discussing the importance of consent in all relationships, personal safety, and how to keep themselves and others safe.
 - **Self-Esteem and Confidence:** Building self-esteem, body image awareness, and encouraging positive self-worth.
- ii) These topics will be taught through a range of age-appropriate lessons, discussions, and activities that support students' learning and growth.

6. DELIVERY OF THE RSE CURRICULUM

- i) In Primary School, RSE content is usually taught by the Class Teacher, or by another adult with a strong relationship with the class (eg. Teaching Assistant).
- ii) In some cases, Key Stage 2 classes may be covered by the Secondary School Citizenship/PSHE teacher.
- iii) In Key Stage 3, RSE classes are taught by our Secondary School Citizenship/PSHE teacher.
- iv) In Secondary School, it is essential that the responsible teacher is experienced and skilled in addressing sensitive topics in a safe and supportive manner.
- v) Across the entire school, RSE lessons are structured to create an open and respectful environment where students feel comfortable asking questions and engaging in discussions.
- vi) RSE lessons will be delivered using a variety of teaching methods.

vii) All teaching is delivered in line with the school's ethos, values, and commitment to safeguarding.

7. PARENTAL INVOLVEMENT

- i) We believe that strong partnerships between the school and parents are essential for the success of the RSE programme.
- ii) We understand that parents may have questions or concerns about the content of the RSE programme. If so, they are welcome to contact the school to discuss the curriculum further.

8. THE RIGHT TO OPT-OUT

- i) While we encourage all students to participate fully in the RSE programme, parents have the right to withdraw their child from specific aspects of the RSE curriculum.
- ii) The school strongly recommends participation in these lessons, as they are an important part of developing the knowledge and skills necessary for students' emotional and physical development.
- iii) However, should parents wish to exercise their right to withdraw their child (eg for cultural or religious reasons) they must submit a formal request to the school, outlining which aspects they wish their child to be exempt from.
- iv) We are happy to discuss any concerns and work in partnership with parents to ensure the best possible educational experience for their child.

9. NOTE ON CONFIDENTIALITY AND SAFEGUARDING

- i) We ensure that all RSE lessons are delivered in a safe and confidential environment.

- ii) Students will be encouraged to respect the privacy of their peers and teachers.
- iii) However, if any student shares information during a lesson that raises safeguarding concerns, the teacher will follow the school's safeguarding procedures, ensuring that the child receives appropriate support.

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