



WETHERBY PREPARATORY
SCHOOL
— MARYLEBONE —



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RSE Policy

Policy reviewed by:	Thomas Metherell
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Reviewer's signature:	
Head's signature:	

Circulation: This policy is addressed to all members of staff and volunteers and is available to parents on request. It applies wherever staff or volunteers are working with the boys.

Please note: 'School' refers to Wetherby Preparatory School and 'parents' refers to parents, guardians and carers.

i. Aims and Objectives

Relationships Education and Sex Education involve the teaching of distinct, yet often interrelated themes and topics. At Wetherby Preparatory School, Relationship Education and Sex Education are taught in a variety of ways. For the majority of the time, these two topics are combined and taught through PSHE lessons. Please see the PSHE policy as a separate document.

Sex Education (SE)

As well as in PSHE lessons, Sex Education is also taught in the Upper School by the Science Department – please see Section 4 for further information regarding parental rights. It aims to ensure that the boys understand 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. This is taught at the level of Key Stages 2 and 3 of the National Curriculum and a brief overview of the learning objectives can be found in the link below:

<https://www.gov.uk/government/publications/national-curriculum-in-england-science-programmes-of-study/national-curriculum-in-england-science-programmes-of-study>.

Relationships Education (RE)

Relationships Education aims to promote healthy, fulfilling and enjoyable relationships and to allow boys space to explore their own thoughts, feelings and experiences to develop empathy towards, and an understanding of, others. We also aim to encourage boys to take responsibility for their health and wellbeing. Elements of Relationships Education are taught in every year group as part of a varied PSHE curriculum.

Relationships and Sex Education (RSE)

The aim of RSE at Wetherby Preparatory School is to give boys the information they need to help them develop healthy, nurturing relationships of all kinds, not just intimate relationships. It aims to enable them to know what a healthy relationship looks like. It also covers sexual consent and encourages boys to consider what is acceptable and unacceptable behaviour in relationships. Boys are taught the facts and the law about sex, sexuality, and gender identity in an age-appropriate and inclusive way. Body image, sharing nudes and semi-nudes and pornography are also covered in an age appropriate manner. RSE is taught to all years of the school, in varying degrees, by the PSHE Department as outlined in the table below.

To introduce the RSE topics each year, we have a speaker from the “It Happens Education” to talk to the boys in Years 5, 6, 7 and 8. We also offer a parent talk from the same speaker that evening and staff are welcome to attend. This talk aims to brief parents on the content of the programme of study. They also provide an opportunity to ask questions and to offer feedback.

The teaching of RSE is a partnership between home and school. The school aims to provide a safe and respectful environment to learn about RSE which supports the vital role of parents in providing this education. We recognise that our boys, come from a diverse variety of families.

In line with the Equality Act 2010, all teaching at Wetherby Preparatory School, including the specific RSE education, will aim to support all boys equally and to encourage the celebration of diversity.

2. Method of Delivery and Themes Covered

The teaching of the different elements of Sex Education, Relationships Education and RSE are divided between the Science Department and the PSHE Department. In the Upper School, the Science Department delivers sex education as outlined in the link above. The PSHE Department focuses on both Relationships Education and RSE and follows the Jigsaw PSHE Scheme of Work. Please see the PSHE Scheme of Work policy on the website for more information.

Progression is ensured between year groups through regular liaison and sharing of resources and lesson plans between PSHE teachers, saved in the PSHE folder on SharePoint and also through a less formal PSHE chat forum on Microsoft Teams.

Specific RSE education is provided in the following years as part of weekly timetabled lessons. Please note, if staff feel the content is too advanced, they simplify the content and often refer to the year group below content.

Year and Timing	Topics – Relationships and Changing Me
<p style="text-align: center;">Year 3 Spring Term</p>	<p style="text-align: center;">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</p> <p style="text-align: center;">Basic introduction of: How babies grow Understanding a baby's needs Outside body changes Inside body changes Family stereotypes Challenging my ideas</p> <p style="text-align: center;">Preparing for Year 4</p>
<p style="text-align: center;">Year 4 Spring Term</p>	<p style="text-align: center;">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</p> <p style="text-align: center;">How babies grow Understanding a baby's needs Outside body changes Inside body changes Family stereotypes Challenging my ideas</p> <p style="text-align: center;">Preparing for Year 5</p>

<p>Year 5 Spring Term</p>	<p>Jealousy Love and loss Memories of loved ones Getting on and falling out Girlfriends and boyfriends</p> <p>Showing appreciation to people and animals</p> <p>Being unique Having a baby Girls and puberty Confidence in change Accepting change</p> <p>Preparing for Year 6 Environmental change</p>
<p>Year 6 Spring Term</p>	<p>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 SMARRT internet safety rules</p> <p>Self- and body image Influence of online and media on body image Puberty for girls Puberty for boys Conception (including IVF) Growing responsibility Coping with change</p> <p>Preparing for Year 7</p>
<p>Year 7 Spring Term</p>	<p>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</p> <p>Self-image Body image Puberty and feelings Conception to birth Reflections about change Physical attraction Respect and consent boyfriends/girlfriends Sexting</p> <p>Preparing for Year 8</p>

Year 8 Spring Term	<p>Characteristics of healthy relationships, healthy romantic relationships, consent, relationships and change, emotions within friendships, being discerning, assertiveness, sexting</p> <p>Puberty changes, responsibilities of parenthood, types of committed relationships, happiness and intimate relationships, media and self-esteem, self-image, brain changes in puberty, sources of help and support</p> <p>FGM and breast flattening/ironing are also in lessons covered by the Jigsaw scheme of work, however, these will not be explicitly taught by the school unless it is felt pertinent to the year group.</p>
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3. Monitoring and Evaluation

Given the nature of Relationship and Sex Education, formal lesson observations are mainly done by the Head of Wellbeing and Head of PSHE, although shared practise is also encouraged. The PSHE team meet during INSET days each term, share the planning folder and have a less formal method of communicating through a Teams chat. Included in discussions are:

- The resources and methods that are used; and their appropriateness and effectiveness;
- The reaction of the boys to the lessons and materials;
- The inclusion of new topics that may need to be covered;
- The use of appropriate terminology/language, such as the correct medical and scientific vocabulary for parts of the body.

The policy and syllabus are available to all teachers and support staff. This ensures the wider staff body are aware of what is being taught so that they are prepared to support the emotional needs of pupils in their lessons.

Before teaching the syllabus, there is an outsourced briefing to those teaching it. Staff are informed that should any boys make a disclosure, they must follow the School's Safeguarding and Child Protection policy and report this to the Designated Safeguarding Lead.

4. Parental Rights

The Head of PSHE and Head of Wellbeing send a letter in advance of any RSE lessons taught and any talks taking place in school. This will outline the topics to be covered, the method of delivery and details of any other education provider involved in the teaching of the syllabus. It also provides the date of parental information evenings. If parents have any queries, they should contact the Head of Wellbeing or the Head of PSHE, Head of Year or Form Teacher. The RSE policy is available to parents on the school website. Parents are also given the Curriculum Guide which outlines the PSHE topics for the year.

Wetherby Preparatory School recognises the right to withdraw boys from the talk by It Happens Education or from certain aspects of the PSHE lessons outlined above. Parents are not be able to withdraw their son from any aspect of Relationships Education (RE). However, following discussion with the school, parents may withdraw their son from any or all aspects of Sex Education (SE), or SE

delivered as part of statutory Relationships and Sex Education (RSE) that exceed the Year 6 National Curriculum for Science. Where boys are withdrawn, the school will document the process and will ensure that the boy receives appropriate, purposeful education during the period of withdrawal.