

PSHE and RSE Policy

Introduction

At Si Ri Panya International School, we value the many different nationalities, cultures and religions that make us a diverse, multicultural international school.

The purpose of the policy is to outline how through our PSHE (Personal, Social, Health and Emotional) and RSE (Relationship and Sex Education) provision we aim to support our pupils' social, moral, cultural and emotional development. Our focus is on developing our pupils' knowledge about health, relationships, emotional and mental wellbeing to support them to make the best possible decisions as they grow and change. We place the emphasis upon relationships, supporting pupils' understanding and skill in developing positive and healthy relationships.

Our school's policy on RSE is based on the requirements of the 2002 British Education Act, the 2010 Equality Act and the Department for Education's 2019 document 'Relationships Education, Relationships and Sex Education (RSE) and Health Education'.

Under the provisions of the Equality Act, schools must not unlawfully discriminate against pupils because of their age, sex, race, disability, religion or belief, gender reassignment, pregnancy or maternity, marriage or civil partnership, or sexual orientation (collectively known as the protected characteristics). Schools must also make reasonable adjustments to alleviate disadvantage and be mindful of the SEND Code of Practice when planning for these subjects.

Aims

We want our pupils to develop healthy positive behaviours that will support them through life. Our PSHE and RSE policy encompasses our school's core values. We are committed to safeguarding all children and our provision of PSHE and RSE supports this commitment. We provide children with the opportunity to learn about healthy relationships, respect for themselves and where to seek help if needed. We aim to equip children with the knowledge and skills to make safe positive decisions through life.

Navigating our complex world can be challenging, and parents and teachers play an essential role in preparing children for the future.

Si Ri Panya's Primary PSHE and RSE curriculum aims to:

- Teach children the knowledge and skills that they need to stay safe and be happy and healthy;
- Prepare children for life, both in the present and the future;
- Equip children with the skills they need to live successfully as citizens of the communities to which they belong;
- Develop positive mental health and emotional wellbeing;
- Empower children with the knowledge and understanding of why looking after their mental health is important and how it can be achieved;
- Celebrate diversity and builds understanding and respect between all people;
- Impact on the whole child, including their academic development and progress;
- Help break down social and emotional barriers to learning and builds self-confidence;
- Impact not only the individual but also the school community, the wider community and the global community both present and future.

- Provide a framework in which sensitive discussions can take place;
- Prepare pupils for puberty and give them an understanding of sexual development and the importance of health and hygiene;
- Teach pupils the correct vocabulary to describe themselves and their bodies. *All teaching will be age appropriate and focus on friendship, family relationships and relationships with other children and with adults.*
- Teach children about respectful relationships and respecting others even if they are different from ourselves;
- Inform about healthy relationships including online safety and where to seek help;
- Learn and understand that all families are equal;
- Learn about being safe - respecting and being in control of their own bodies;
- Understand how bodies change - physical development and puberty as approach adulthood;

Si Ri Panya's Secondary PSHE and RSE curriculum aims to:

Provide balanced information about human reproduction, together with consideration of the broader emotional, ethical, religious, and moral dimensions of sexual health. Our programme aims to prepare all students for an adult life in which they can:

- Develop positive values and a moral framework that will guide their decisions, judgements, and behaviour.
- Have the confidence and self-esteem to value themselves and others and respect for individual conscience and the skills to judge what kind of relationship they want.
- Understand the consequences of their actions and behave responsibly within sexual and non-sexual relationships.
- Avoid being exploited or exploiting others or being pressured into unwanted or unprotected sex including violence in teenage relationships.
- Understand the true meaning of consent, permission seeking and refusal.
- Communicate and behave in a respectful manner towards people around them which contributes to a safe, inclusive environment/community.
- Communicate effectively by developing appropriate terminology/language for sex and relationship issues.
- Develop awareness and understanding of their evolving sexuality and the spectrum of gender identity.
- Challenge discrimination, sexism, and all forms of prejudice, be an 'upstander' and not a 'bystander'.
- Understand the arguments for delaying sexual activity.
- Understand the reasons for having protected sex.

Delivery of RSE

Delivery of RSE lessons for students in Year 5 and upwards includes opportunities for the boys and girls to be taught separately. This is to support any awkward or embarrassing situations or questions which might arise. Parents will be informed prior to the RSE unit being delivered with a brief overview of what will be covered in the lessons. This will give parents an opportunity to also ask questions so that they are prepared for further conversations with their child at home.

Confidentiality

All RSE lessons are taught in a sensitive manner respecting the needs of all pupils. Our school will develop ground rules for lessons promoting a positive supportive learning environment.

- Noone (teacher or student) will have to answer a personal question
- Noone will be forced to take part in a discussion
- Meanings of words will be explained in a sensible and factual way
- Teachers may use their discretion in responding to questions and may say that the appropriate person to answer that question is their parent/carer

- It is expected that teachers' personal beliefs and attitudes will not influence their teaching

RSE lessons may lead to a disclosure from a pupil if this is the case staff are to follow our safeguarding/child protection policy informing the schools safeguarding lead if needed.

Si Ri Panya's PSHE and RSE curriculum follows the programme of study as recommended by the PSHE Association. Links to the statutory guidance regarding what Primary and Secondary children should know by the end of each phase can be seen here:

- [Si Ri Panya Primary PSHE & RSE Statutory Guidance Overview](#)
- [Si Ri Panya Secondary PSHE & RSE Statutory Guidance Overview](#)

The school's Medium Term Plans for Primary can be seen here:

- [Key Stage 1 - Year 1 and Year 2 Curriculum](#)
- [Lower Key Stage 2 - Year 3 and Year 4 Curriculum](#)
- [Upper Key Stage 2 - Year 5 and Year 6 Curriculum](#)

Useful links for parents

www.brook.org.uk

<https://www.sexeducationforum.org.uk/>

Age 14 and over

www.bishuk.com