



Relationships, Sex and Health Education

Intent, Implementation, Impact

INTENT

At Hazelbury Bryan Primary School we intend to teach pupils about healthy and loving relationships. We hope this will support parents, pupils and those in the wider community. We believe that, no matter what stage of life we are in, we never stop learning how to love. This is at the heart of our teaching. Our purpose is to connect every aspect of growth physical, emotional, intellectual and social with love. We hope that our teaching enables pupils to fully appreciate and respect themselves and accept themselves positively. We aim to ensure that by doing this we will be raising self-esteem, confidence and aspirations. We intend to develop an awareness of how they will change, in order to prepare them for changes that will occur as they grow up, and develop their understanding of mutually respectful, positive, loving relationships.

IMPLEMENTATION

At Hazelbury Bryan we focus on teaching the fundamental building blocks and characteristics of positive relationships. We teach weekly lessons, using 'SCARF' materials to support our teaching of Relationships and Sex Education. This is a developmental programme for children from Nursery to Year 6. Children study Physical, Social, Emotional and Intellectual aspects of changes within themselves and others. All learning is age appropriate, taught in a sensitive, supportive manner - with a strong emphasis on equality and a sense of belonging. Lessons have strong links with Science and Religion. We deliver daily sessions to support children's mental health and well being, as this is key in developing positivity, self worth, self respect and self love. In addition to this, children take part in forest school, additional PE sessions such as 'Games Friday,' ensuring 2 hours of physical activity a week and the daily mile. Where possible, learning is also actively encouraged to take place outdoors. We recognise that these activities promote positive mental health, as exercise and the outdoor environment, have been found to reduce anxiety, stress and negative mood and improve cognitive function and self esteem.

IMPACT

In Hazelbury Bryan Primary School, pupils will:

- Know how to stay safe and healthy
- Have Courage
- Show compassion
- Be resilient
- Understand responsibility
- Be able to manage their lives in a positive way
- Have the knowledge to take care of themselves
- Understand healthy relationships
- Understand mutual respect
- Love and respect themselves
- Know changes that occur within the body and mind
- Recognise signs of danger and risk
- Be confident
- Respect others' choices



Through the above we believe that we are fully preparing our children for life in society today and encouraging their understanding of equality, diversity, uniqueness and the importance of relationships.