



## RSHE (Relationships, Sex and Health Education)

### Intent Statement

At Marlborough Primary Academy, we are committed to promoting the spiritual, moral, cultural and physical development of our pupils. We believe RSHE (Relationships, Sex and Health Education) to be an essential element in the preparation of our children for adult life.

The RSHE curriculum provides learning opportunities and experiences which will enable pupils to develop the knowledge, skills and understanding necessary for personal and social responsibility.

### The Aims of RSHE

Through RSHE we seek to:

- Develop a sense of self-worth and a respect for the dignity of life.
- Encourage children to communicate confidently and express their feelings appropriately.
- Develop healthy, safer lifestyles.
- Prepare the child for the opportunities, responsibilities and experiences of adult life.

Within PSHE we recognise:

- **Health Education** - Children engaging in activities to promote their physical and mental well-being
- **Citizenship** - Encouraging children to take a responsible role in society, including the development of the children's awareness of their personal safety and the process by which they can seek help and information as well as learning the behaviour expected of them as responsible citizens.
- **Human Relationships** - Information by which the child is able to become aware of himself/herself as a person and understanding that the process of development is a natural part of growing up.
- **Relationships and Sex Education** - We define Relationships and Sex Education as the curriculum used to encompass many aspects of the Personal, Social, Health Education (PSHE) curriculum as well as contributing to promoting the spiritual, moral, cultural, mental and physical development of pupils.
- **British Values** - These are continually reinforced through our RSHE, collective worship, behaviour management and other strands of the curriculum.

Teaching PSHE is not confined to a specific slot on the timetable. It is a combination of discrete curriculum time, specialised assemblies, through pastoral care and guidance, visiting speakers, cross-curricular coverage and delivery through whole school events ( i.e. internet safety days.)

**Aims:**

- actively promote fundamental British values of democracy, the rule of law, individual liberty and mutual respect and tolerance of those with different faiths and beliefs;
- promote tolerance and respect of all faiths (and those with no faith), cultures and lifestyles through effective spiritual, moral, social and cultural development;
- make the most of their abilities;
- play an active, positive role as citizens in a democratic society;
- understand and develop good relationships with each other and all members of the school and wider community;
- have respect for each other and the differences between people;
- develop a healthy and safe lifestyle;
- make informed choices regarding personal and social issues - be responsible members of the school community.