

Temple Guiting C of E School



Relationships and Sex Education (RSE) Policy

This Policy was reviewed and agreed by:	Ann Barry
Approved by: (Headteacher)	
Approved by: (Governor)	
Date Approved:	
Last Review Date:	Sept 2025 – 3-year rolling review
Next Review Date:	Sept 2028

1. Introduction	1.1 Relationships Education is statutory in primary schools, and the Department for Education (DfE) recommends that primary schools also teach Sex Education in order to prepare pupils for the physical and emotional changes that occur during puberty and adolescence. 1.2 This policy has been written in accordance with: • <i>Relationships Education, Relationships and Sex Education (RSE) and Health Education</i> (DfE, 2019) • <i>Updated statutory guidance of Relationships Education, Relationships and Sex Education (RSE) and Health Education</i> (DfE, 2025, effective September 2026). 1.3 This policy has been developed in consultation with parents, staff and governors, reflecting the needs, values and diversity of the school community. 1.4 For the purposes of this policy: • Relationships Education refers to teaching about respectful relationships, families, friendships, and relationships with others, including online. • Sex Education refers to teaching children about human reproduction, including how a baby is conceived and born. • Health Education refers to teaching pupils about physical health, mental wellbeing and healthy lifestyles. 1.5 RSE is not about the promotion of sexual activity. It supports safeguarding, wellbeing and preparation for adolescence.
2. Aims and Objectives	2.1 Through our PSHE and RSE provision, we aim to: • Support pupils to grow into kind, respectful, confident and caring individuals • Equip children with the knowledge, skills and vocabulary they need to stay safe • Help pupils understand positive, healthy relationships and appropriate boundaries • Prepare pupils for the physical, emotional and social changes they will experience • Support children to develop assertiveness, communication and emotional regulation skills 2.2 RSE is embedded within the wider PSHE curriculum and contributes to the school's safeguarding responsibilities.

3. Curriculum Content	3.1 Statutory Relationships Education By the end of primary school, pupils will have been taught about: Families and People Who Care for Me • Different types of families and that all families are characterised by love and care • The importance of stable, caring relationships • How to recognise when family relationships may make them feel unsafe • How and where to seek help Caring Friendships • How friendships are formed and maintained • Characteristics of healthy friendships • How to manage friendship difficulties and conflict • That violence is never acceptable Respectful Relationships • Respecting difference and diversity • The importance of self-respect • Bullying (including cyberbullying) and how to seek help • Permissions, boundaries and consent in relationships Online Relationships • How online behaviour can differ from face-to-face behaviour • Keeping safe online • Risks, privacy, data protection and reporting concerns • Understanding age restrictions and online financial harms (including scams and gaming) Being Safe • Personal boundaries • Privacy and secrets • Correct names for body parts (including external genitalia: penis and vulva) • Recognising inappropriate contact • How to report concerns or abuse using appropriate vocabulary 3.2 Health Education Pupils will be taught about:
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- Mental wellbeing
- Managing emotions and difficult feelings
- Internet safety and wellbeing
- Physical health and fitness
- Healthy eating
- Drugs, alcohol, vaping and nicotine
- Basic first aid
- Personal safety (including fire, travel, water and road safety)
- Change, loss and bereavement

Puberty and the Changing Body

- Taught from **Year 4 onwards**
- Physical and emotional changes during puberty
- Menstrual wellbeing
- Boys and girls learn together about biological processes
- Girls receive additional teaching on menstrual hygiene in single-sex groups

3.3 Science Curriculum Links

Teaching follows the National Curriculum for Science, including:

- Life cycles
- Growth and development
- Reproduction in plants and animals
- Changes as humans develop to old age

3.4 Non-Statutory Sex Education

3.4.1 Although sex education is not statutory in primary schools, the DfE recommends that it is taught in **Year 5 and/or Year 6**.

3.4.2 Our school provides non-statutory sex education in **Year 6**, covering:

- Conception and fertilisation
- How babies develop in the womb
- How babies are born

3.4.3 This teaching is:

- Age appropriate
- Scientifically accurate
- Sensitive and respectful
- Taught to support transition to secondary school

	3.4.4 Parents have the legal right to withdraw their child from non-statutory sex education.
4. Safe and Effective Practice	4.1 RSE is taught in a safe, inclusive and respectful learning environment. 4.2 Ground rules are established and reinforced, including: • Everyone has the right to listen and be heard • No personal questions • Respect for others' views • Use of correct anatomical vocabulary 4.3 Teaching avoids fear-based approaches and supports safeguarding, wellbeing and resilience.
5. Organisation and Delivery	5.1 RSE is taught primarily within PSHE, with links to: • Science • Computing • Assemblies • Circle time 5.2 Teaching is delivered by class teachers, using mixed-gender groups, with some single-sex teaching where appropriate. 5.3 Lessons are participative, interactive and carefully sequenced to meet pupils' needs.
6. Roles and Responsibilities	6.1 Headteacher • Ensures RSE is taught consistently • Manages parental withdrawal requests • Ensures staff are trained • Reports to governors 6.2 Staff • Deliver RSE sensitively and professionally • Respond appropriately to pupil questions • Follow safeguarding procedures 6.3 Pupils • Engage respectfully • Follow ground rules

	6.4 Parents and Carers • Are consulted on policy and content • Are informed of RSE teaching • May view teaching resources • May withdraw their child from non-statutory sex education
7. Parents' Right to Withdraw	7.1 Parents may withdraw their child from: • Non-statutory sex education only 7.2 Parents may not withdraw their child from: • Relationships education • Health education • Science curriculum 7.3 Withdrawal requests must be submitted in writing to the Headteacher.
8. Confidentiality and Safeguarding	8.1 Teachers do not promise confidentiality. 8.2 Any disclosure or safeguarding concern is handled in line with the Safeguarding and Child Protection Policy.
9. Special Educational Needs and Disabilities (SEND)	9.1 All pupils have the right to access RSE. 9.2 Teaching is adapted and differentiated to meet individual needs.
10. Equality and Inclusion	10.1 RSE is taught in line with the Equality Act 2010. 10.2 Teaching reflects diversity and promotes respect for all protected characteristics.
11. Monitoring and Review	11.1 The Governing Body monitors this policy. 11.2 The policy will be reviewed in line with statutory updates, or sooner if required.
12. Linked Policies	• PSHE Policy • Safeguarding and Child Protection Policy • Online Safety Policy • Confidentiality Policy • Behaviour Policy

