



Relationship and Sex Education Policy

Approved by:	Chair of Governors	Date: 28.02.23
Last reviewed on:	28.02.24	
Next review due by:	28.02.25	

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1. Aims

The aims of relationships and sex education (RSE) at our school are to:

- › 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
- › Help pupils develop feelings of self-respect, confidence and empathy
- › Create a positive culture around issues of sexuality and relationships
- › Teach pupils the correct vocabulary to describe themselves and their bodies
- › Give them the compassion and resilience we strive to instill in all of our pupils to transition into their teenage years confidently.

2. Statutory requirements

As a maintained primary school we must provide relationships education to all pupils as per section 34 of the [Children and Social work act 2017](#).

However, we are not required to provide sex education but we do need to teach the elements of sex education contained in the science curriculum.

In teaching RSE, we must have regard to [guidance](#) issued by the secretary of state as outlined in section 403 of the [Education Act 1996](#).

At Albemarle Primary School we teach RSE as set out in this policy.

Should you like to see the guidance from the government please visit:

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/908013/Relationships_Education_Relationships_and_Sex_Education_RSE_and_Health_Education.pdf

3. Policy development

This policy has been developed in consultation with staff, pupils and parents. The consultation and policy development process involved the following steps:

1. Review – a member of staff or working group pulled together all relevant information including relevant national and local guidance
2. Staff consultation – all school staff were given the opportunity to look at the policy and make recommendations
3. Parent/stakeholder consultation – parents and any interested parties were invited to attend a meeting about the policy
4. Pupil consultation – we investigated what exactly pupils want from their RSE
5. Ratification – once amendments were made, the policy was shared with governors and ratified.

4. Definition

RSE is about the emotional, social and cultural development of pupils, and involves learning about relationships, sexual health, sexuality, healthy lifestyles, diversity and personal identity.

RSE involves a combination of sharing information, and exploring issues and values.

RSE is not about the promotion of sexual activity.

5. Curriculum

Our curriculum is set out as per Appendix 1 but we may need to adapt it as and when necessary.

We have developed the curriculum in consultation with parents, pupils and staff, taking into account the age, needs and feelings of pupils. If pupils ask questions outside the scope of this policy, teachers will respond in an appropriate manner so they are fully informed and do not seek answers online.

Primary sex education will focus on:

- Preparing boys and girls for the changes that adolescence brings
- How a baby is conceived and born

For more information about our curriculum, see our curriculum map in Appendix 1.

6. Delivery of RSE

RSE is taught through a highly structured scheme of work published by Discovery Education. It is a digital programme that covers the complete set of Relationship and Sex Education objectives for pupils in Years 1-6. Written by subject-expert teachers; including a PSHE expert, curriculum advisor, classroom teacher and government policy advisor – to ensure we have the materials to deliver the curriculum requirements in a sensitive and age-appropriate way.

Sex education sessions are embedded within this scheme of work for Year Six and will be delivered by their class teacher supported by a member of the Wellbeing Team.

Relationships education focuses on teaching the fundamental building blocks and characteristics of positive relationships including:

- › Families and people who care for me
- › Caring friendships
- › Respectful relationships
- › Online relationships
- › Being safe

For more information about our RSE curriculum, see Appendices 1 and 2.

These areas of learning are taught within the context of family life taking care to ensure that there is no stigmatisation of children based on their home circumstances. Families can include single parent families, LGBT parents, families headed by grandparents, adoptive parents, foster parents/carers amongst other structures. We also reflect sensitively that some children may have a different structure of support around them (for example: looked after children or young carers).

7. Roles and responsibilities

7.1 The governing body

The governing board will approve the RSE policy, and hold the Head teacher to account for its implementation.

7.2 The Headteacher

The Head teacher is responsible for ensuring that RSE is taught consistently across the school, and for managing requests to withdraw pupils from non-statutory components of RSE (see section 8).

7.3 Staff

Staff are responsible for:

- › Delivering RSE in a sensitive way
- › Modelling positive attitudes to RSE
- › Monitoring progress
- › Responding to the needs of individual pupils
- › Responding appropriately to pupils whose parents wish them to be withdrawn from the non-statutory components of RSE

All class teachers at Albemarle Primary School are responsible for teaching RSE.

Staff do not have the right to opt out of teaching RSE. Staff who have concerns about teaching RSE are encouraged to discuss this with their line manager or the head teacher.

7.4 Pupils

Pupils are expected to engage fully in RSE and, when discussing issues related to RSE, treat others with respect and sensitivity.

8. Parents' right to withdraw

Parents do not have the right to withdraw their children from relationships education, which is statutory.

Parents have the right to withdraw their children from the non-statutory components of sex education within RSE taught in Year 6. Requests for withdrawal should be put in writing, using the form found in Appendix 3 of this policy, and addressed to the Head teacher.

Alternative work will be given to Year 6 pupils who are withdrawn from sex education.

9. Training

Staff are trained on the delivery of RSE as part of their induction and it is included in our continuing professional development calendar.

The Head teacher will also invite visitors from outside the school, such as school nurses or sexual health professionals, to provide support and training to staff teaching RSE.

10. Monitoring arrangements

The delivery of RSE is monitored by our PSHE and RSE leader alongside Rob Farrel, Headteacher, through:

- planning scrutinies
- learning walks
- book looks
- pupil voice surveys

Pupils' development in RSE is monitored by class teachers as part of our internal assessment systems.

This policy will be reviewed annually by the RSE lead. At every review, the policy will be approved by the Governing Body and the Head teacher

Appendix 1: Curriculum map

Relationships and sex education curriculum map

	Healthy and happy friendships	Similarities and differences	Caring and responsibility	Families and committed relationships	Healthy body , healthy mind	Coping with change
Y1	Forming friendships and how kind or unkind behaviours impact other people.	Similarities and differences between people and how to respect and celebrate these.	Identifying who our special people are and how they keep us safe.	What a family is (including difference and diversity between families), and why families are important and special.	Our bodies and the amazing things they can do. Learning the correct names for different body parts.	Growing from young to old and how we have changed since we were born.
Y2	Understanding what makes a happy friendship. Recognising personal boundaries and safe/unsafe situations.	Exploring different strengths and abilities. Understanding and challenging stereotypes.	The different communities and groups we belong to and how we help and support one another within these.	The different people in our families, and how families vary.	Ways to stay healthy, including safe and unsafe use of household products and medicines.	Exploring how our bodies and needs change as we grow older. Aspirations and goal setting
Y3	Being a good friend and respecting personal space. Strategies for resilience.	Respecting and valuing differences. Shared values of communities.	Our responsibilities and ways we can care and show respect for others.	Different types of committed relationships and the basic characteristics of these.	Maintaining physical and mental wellbeing, through healthy eating, sleep and keeping clean.	Coping with feelings around the changes in our lives.
Y4	Solving friendship difficulties. How to act if someone invades your privacy or personal boundaries.	Identity and diversity. Seeing different perspectives and not making judgements based on appearance.	Rights and responsibilities within families and wider society, including the UN Convention on the Rights of the Child.	The range of relationships we experience in our everyday lives. How to understand the differences between types of relationships we encounter.	Influences on our health and wellbeing, including friends, family and media, and awareness of how these can affect personal health choices.	How our bodies change as we enter puberty, including hygiene needs and menstruation.
Y5	Identity and peer pressure off-and online. Positive emotional health and wellbeing.	Celebrating strengths, setting goals and keeping ourselves safe online.	How our care needs change and the effects of loneliness and isolation. Ways in which we can show care in the community.	The characteristics of healthy, positive and committed relationships, and how these develop as people grow older.	Our unique bodies and self-acceptance – valuing our bodies and minds; lifestyle habits (including alcohol, tobacco and drugs) and their effects on wellbeing.	How puberty changes can affect our emotions and ways to manage this; questions about puberty and change.
Y6	How relationships evolve as we grow, including when transitioning to secondary school. How to cope with a wider range of emotions.	Identity and behaviour online and offline. Reflecting on how people feel when they don't 'fit in'.	How we can take more responsibility for self-care and who cares for us as we grow older, including at secondary school.	*Sex education: adult relationships and human reproduction, including different ways to start a family.	Being the healthiest me: ongoing self-care of bodies and minds, including ways to prevent and manage mental ill-health.	Ways to manage the increasing responsibilities and emotional effects of life changes

Healthy and happy friendships

This topic explores friendships: their importance, what being a good friend means, and how to keep friendships positive and healthy. Pupils investigate their own values and identity (including their online identity), and develop skills to resolve difficulties within friendships, including maintaining and respecting personal boundaries and safe touch, managing peer pressure and the effects on friendships of change.

	Year group	video	Vocabulary	Lessons
Y1	Making friends and getting along	A new school	Friend, friendly, kind, unkind, welcoming, happy, sad, share.	<ol style="list-style-type: none">1. Friends2. Kindness3. Getting along, sharing and turn taking
Y2	What makes a happy friendship?	Friends at first	Happy, healthy, kindness, friend, smile, no, touch, uncomfortable, boundaries, personal, space, worries, help, trust	<ol style="list-style-type: none">1. What makes a happy friendship?2. Personal boundaries3. worries
Y3	Being a good friend	The friendship tree	Friend, respect, values, touch, private, privacy, resilience, encouragement	<ol style="list-style-type: none">1. what makes a good friend?2. Personal space3. Resilience
Y4	Solving friendship difficulties	Peer mediators	Friend, values, qualities, difficulty, compromise, communication, yes, no, boundaries, permission	<ol style="list-style-type: none">1. Qualities of a good friend2. Solving friendship difficulties3. Personal boundaries and permission
Y5	Changing friendships	Changing friendships	Identity, stereotypes, prejudice, peer pressure, choice, emotions, wellbeing, emotional health, mental health, stress, anxiety	<ol style="list-style-type: none">1. Identity2. Peer pressure3. Emotional health and well being
Y6	Relationships and feelings	Moving on	Personal, safety, risk, consequences, friends, change, relationships, emotions, feelings	<ol style="list-style-type: none">1. Personal safety2. Relationships and change3. Wider emotions

Similarities and differences

This topic explores and celebrates the similarities and differences between people, exploring and encouraging ways to value and respect difference and diversity. It looks at the damaging effect that stereotypes can have, and how to identify and challenge them. It helps pupils recognise their own personal strengths and abilities, and develop self-respect.

Year Group		Video	Vocabulary	Lessons
Y1	Recognizing strengths and respecting differences.	What makes us special?	Similarity, difference, special, unique, strengths, abilities.	<ol style="list-style-type: none">1. I am special2. Who I am makes me unique3. We don't all feel the same way
Y2	Strengths, abilities and stereotypes	What can you tell?	Strengths, abilities, gender, stereotype, qualities	<ol style="list-style-type: none">1. My strengths and abilities2. Stereotype3. Whose job?
Y3	Valuing and respecting one another	You can do anything	Different, equal, respect, community, values, diversity, customs, respect, feelings, values/	<ol style="list-style-type: none">1. Different but equal2. Our school community3. Valuing one another and considering people's feelings.
Y4	Identity and diversity	Celebrating diversity	Diversity, stereotypes, judge, judgment, point-of-view, opinions, disagree, agree	<ol style="list-style-type: none">1. Being British2. Making a judgment3. A different point of view
Y5	Celebrating strengths and setting goals	See me for who I am	Strengths, weakness, proud, abilities, goals, aspirations, achievement, future, vision, online, social media, profile, safety.	<ol style="list-style-type: none">1. Strengths and abilities2. Setting goals3. Online safety
Y6	Respectful behavior online and offline	No boundaries	Online identity, communication, risk, online bullying, diversity, inclusive, differences.	<ol style="list-style-type: none">1. Identity online2. Online bullying3. Identities and belonging.

Caring and responsibility

This topic focuses on special people. It explores why they are special and how they care for and keep one another safe. It examines pupils' increasing responsibilities towards themselves and others as they get older, including the role they can play and the difference they can make within their communities

	Year Group	Video	Vocabulary	Lessons
Y1	Our special people	A special person trophy	Special, people, important, care, safe, worried, nervous, scared, help, helper, rules, safe. unsafe	<ol style="list-style-type: none">1. My special people2. How our special people care for us3. Keeping safe
Y2	Special people in our communities	My community	Community, kindness, understanding, help, community, helpers, trusted adult, signs, differences, similarity, respect.	<ol style="list-style-type: none">1. Community helpers2. When we need help3. Our communities
Y3	Responsibility and boundaries	Anita Care-More	Responsibility, responsible, consequences, irresponsible, personal space, crowded, uncomfortable, boundaries, invade, defend, empathy, caring, support, understanding.	<ol style="list-style-type: none">1. Being responsible2. Responsibility and personal space3. Caring and empathy
Y4	Rights and responsibilities	Being responsible	Rights, responsibilities, respect, opportunities, entitled, agreement, rights, convention, united nations, roles, responsibilities.	<ol style="list-style-type: none">1. Our rights, our responsibilities2. The UN Convention on the rights of the child.3. Family roles and responsibilities
Y5	Caring in the community	Caring for one another	Care needs, caring, alone, loneliness, lonely, isolation, isolated, volunteer, volunteering, community, involvement.	<ol style="list-style-type: none">1. Changing needs2. Feeling lonely3. Why volunteer
Y6	Responsible behavior as we get older.	Changes at secondary school	Strengths, self-care, development, saving, bank account, responsible, irresponsible, budget, interest, transition, secondary, independence, networks.	<ol style="list-style-type: none">1. Taking care of myself2. Looking after my money3. Transition to secondary

Families and committed relationships

This topic explores the importance and diversity of families, and the characteristics of healthy, positive family relationships. It enables pupils to recognise when they may feel unsafe within a family, and how to ask for help if they need it. It identifies the characteristics of a committed relationship, and at Year 6 explores human reproduction and other ways that people can start a family.

	Year group	video	Vocabulary	Lessons
Y1	The importance of family	My family	Family, important. Differences, similarities, happy, special, superhero	<ol style="list-style-type: none">1. My family2. Our families3. Superhero families
Y2	The diversity of families	Different families	Family. Family tree, relatives, related, love, sharing, listening, support, similar, different, traditions	<ol style="list-style-type: none">1. Who is in a family?2. A happy family3. Families of all kinds
Y3	Different types of committed relationships	Belonging together	Commitment, safe, secure, trust, relationships, marriage, change, affect, loss, separation, divorce	<ol style="list-style-type: none">1. Commitment and marriage2. All change!3. Family changes: when parents separate
Y4	Families and other responsibilities	Spoiling the fun?	Relationships, appropriate, behavior, belonging, membership, together, family	<ol style="list-style-type: none">1. Different relationships: boundaries and behavior2. Belonging3. Caring families
Y5	Healthy, committed relationships	What is love?	Relationships, healthy, diversity, commitment	<ol style="list-style-type: none">1. Values of healthy relationships2. Diversity in relationships3. Its all about commitment
Y6	Starting a family (sex education)	Starting a family	Sexual intercourse, sex, fertilize, conception, fetus, sperm, egg, pregnant, IVF, adoption, caesarean section, babies, commitment, responsibility, law, legal, age, restriction, age of consent, safe.	<ol style="list-style-type: none">1. Starting a family2. The impact of having a baby3. When is it right?

Healthy bodies, healthy minds

This topic explores how to stay healthy, both physically and mentally. It explores ways to maintain wellbeing and prevent illness; how to develop a healthy, balanced lifestyle; and the consequences and effects of different habits and choices. It encourages the development of positive self-worth and recognition, what might affect or influence unhealthy ways of thinking, and how to overcome this.

	Year group	Video	Vocabulary	lesson
Y1	Amazing bodies	Our bodies	Body, healthy, private, penis, testicles, vulva, vagina, similar, different, health, healthy choices	<ol style="list-style-type: none">1. My amazing body2. Private body parts (introducing correct terminology)3. Looking after our bodies
Y2	Staying safe and healthy	Where would you go for help?	Healthy feelings, emotions, medicine, unwell, dose, safe, helpful, harmful, instructions, health, body, mind	<ol style="list-style-type: none">1. Healthy feelings2. Staying safe at home3. Feeling poorly
Y3	Sleep, food and hygiene	Healthy habits	Health, wellbeing, sleep, routines, healthy, carbohydrates, proteins, dairy, fats, germs, virus, routines, hygiene, healthy, poorly, teeth, toothpaste, hand washing, soap	<ol style="list-style-type: none">1. The power of sleep2. Making healthy food choices3. Germs!
Y4	Influences and personal choices	Dealing with feelings	Influence, pressure, persuade, healthy choices, consequences, responsibility, feelings, emotions	<ol style="list-style-type: none">1. Healthy influences2. Making healthy choices3. Dealing with feelings
Y5	Valuing our bodies and minds	Finding your calm	Self-image, self-respect, attributes, self-talk, development, proud, drugs, alcohol, tobacco, cigarettes, e-cigarette, vaping, caffeine, substances, legal, illegal, effects, bacteria, virus, infection, immunization, vaccination, antibiotic.	<ol style="list-style-type: none">1. Valuing ourselves2. Alcohol, tobacco and drugs3. Keeping well
Y6	Being the best me	Ask the expert: picturing myself	Self-respect, boundaries, kind, confidence, strengths, weaknesses, trolling, social media, internet, comparison, mental health, mental ill-health, wellbeing, illness, symptoms, mind	<ol style="list-style-type: none">1. Being the best me2. Social media and our wellbeing3. Taking care of our mental health

Coping with change

This topic explores how people grow and change from babies, through puberty to adulthood. At Key Stage 1, it examines ways in which children have grown and how they will continue to change, and how to develop resilience to change. At Key Stage 2, it identifies changes that will take place in children's bodies during puberty, and explores ways to manage the emotional effects of life changes, including transition to secondary school.

	Year group	Video	Vocabulary	Lessons
Y1	Growing and changing	How have I changed	Growing, adults, babies, change, older, growing up, jobs, future	<ol style="list-style-type: none">1. Animal babies2. How have we changed?3. A future me
Y2	Growing up and setting goals	Three generations	Growing. Adult, baby, change, timeline, life, cycle, likes, dislikes, change, future,	<ol style="list-style-type: none">1. When I am older2. Looking at the changes ahead3. Goals
Y3	Coping with feelings when things change	When baileys dog died	Changes, support, feelings, sad, empathy, sympathy, happy, positive, kind, emotions	<ol style="list-style-type: none">1. New changes2. Feeling sad and showing empathy3. Happiness
Y4	Puberty and hygiene	Swear, soap and showers	Puberty, hormones, menstruation, eggs, sanitary pads, periods, hygiene, hormones, sweat. Health	<ol style="list-style-type: none">1. What is puberty?2. Understanding periods3. Keeping clean as we grow and change
Y5	Puberty and emotions	Elsie explains: periods	Hormones, menstruation, periods, sperm, eggs, ovaries, testicles, vagina, penis, puberty, emotions, changes, feelings, support, control	<ol style="list-style-type: none">1. Puberty2. Puberty and emotions3. Emotional changes: managing well
Y6	Coping with emotional effects of life changes	Ask the expert: puberty	Body image, reality, pressure, attributes, influence, relationships, emotions, secondary school, future, memories, reflect.	<ol style="list-style-type: none">1. Body image2. Puberty and changing relationships3. Moving on

Appendix 2: Statutory Guidance - By the end of primary school pupils should know

TOPIC	PUPILS SHOULD KNOW
Families and people who care about me	<ul style="list-style-type: none"> • That families are important for children growing up because they can give love, security and stability • The characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives • That others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care • That stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up • That marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong • How to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed
Caring friendships	<ul style="list-style-type: none"> • How important friendships are in making us feel happy and secure, and how people choose and make friends • The characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties • That healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded • That most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right • How to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed

TOPIC	PUPILS SHOULD KNOW
Respectful relationships	<ul style="list-style-type: none"> • The importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs • Practical steps they can take in a range of different contexts to improve or support respectful relationships • The conventions of courtesy and manners • The importance of self-respect and how this links to their own happiness • That in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority • About different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help • What a stereotype is, and how stereotypes can be unfair, negative or destructive • The importance of permission-seeking and giving in relationships with friends, peers and adults
Online relationships	<ul style="list-style-type: none"> • That people sometimes behave differently online, including by pretending to be someone they are not • That the same principles apply to online relationships as to face-to face relationships, including the importance of respect for others online including when we are anonymous • The rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them • How to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met • How information and data is shared and used online
Being safe	<ul style="list-style-type: none"> • What sorts of boundaries are appropriate in friendships with peers and others (including in a digital context) • About the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe • That each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact • How to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know • How to recognise and report feelings of being unsafe or feeling bad about any adult • How to ask for advice or help for themselves or others, and to keep trying until they are heard • How to report concerns or abuse, and the vocabulary and confidence needed to do so • Where to get • advice e.g. family, school and/or other sources.

Appendix 2 : Science Curriculum

<p>Key Stage 1 (Year 2)</p>	<p>Animals, including humans Pupils should be taught to:</p> <ul style="list-style-type: none"> • notice that animals, including humans, have offspring which grow into adult <p>Guidance Notes: They should be introduced to the processes of reproduction and growth in animals. The focus at this stage should be on questions that help pupils to recognise growth; they should not be expected to understand how reproduction occurs.</p>
<p>Key Stage 2 (Year 5)</p>	<p>Living things and their habitats Pupils should be taught to:</p> <ul style="list-style-type: none"> • describe the differences in the life cycles of a mammal, an amphibian, an insect and a bird • describe the life process of reproduction in some plants and animals <p>Animals, including humans Pupils should be taught to:</p> <ul style="list-style-type: none"> • describe the changes as humans develop to old age <p>Guidance Notes: Pupils should draw a timeline to indicate stages in the growth and development of humans. They should learn about the changes experienced in puberty.</p>
<p>Key Stage 2 (Year 6)</p>	<p>Evolution & Inheritance Pupils should be taught to:</p> <ul style="list-style-type: none"> • recognise that living things produce offspring of the same kind, but normally offspring vary and are not identical to their parents



Appendix 3: Parent form: Withdrawal from Year 6 Sex Education

***Sex education: adult relationships and human reproduction, including different ways to start a family.**

TO BE COMPLETED BY PARENTS			
Name of child		Class	
Name of parent		Date	
Reason for withdrawing from sex education within relationships and sex education			
Any other information you would like the school to consider			
Parent signature			

TO BE COMPLETED BY THE SCHOOL	
Agreed actions from discussion with parents	