

Woodley C of E Primary School



Our Vision:

At Woodley C of E Primary School, each person is unique and accepted as a child of God. Through strong Christian values, and our BRIGHT attitudes to learning we inspire hearts and minds to create life-long learners, who have the skills, knowledge and understanding to shine brightly in the world.

Relationships and Sex Education Policy

Responsibility of: Full Governing Body Committee
Type of Policy: Statutory Policy
Reviewed: April 2025
Date of Next Review: April 2026

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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

2. Statutory requirements

As a maintained primary school, we are required to provide relationships education to all pupils in accordance with [Section 34 of the Children and Social Work Act 2017](#). We must also have regard to guidance issued by the Secretary of State as outlined in Section 403 of the Education Act 1996. While we are not required to provide sex education outside of the statutory science curriculum, we choose to include additional non-statutory elements to prepare pupils comprehensively.

This policy is in alignment with the latest [DFE guidance on Relationships Education, Relationships and Sex Education \(RSE\), and Health Education](#) (published in September 2020 and updated as needed).

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 discuss the policy with the RSE team
4. Ratification – once amendments were made, the policy was shared with governors and ratified

4. Definition

RSE at Woodley C of E Primary School is committed to promoting equality and inclusivity, in line with the Equality Act 2010. We teach respect for all forms of identity, including gender identity and sexual orientation, and ensure that all pupils feel represented and respected. The curriculum emphasises understanding and valuing diverse family structures and individual identities.

RSE is about the emotional, social and cultural development of pupils, and involves learning about relationships, sexual health, 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 outlined in Appendix 1 and will be reviewed annually to ensure it reflects the most current guidance and best practices. This review will involve input from staff, pupils, and parents, allowing us to make necessary adaptations that address emerging needs or reflect updates in national guidance.

We have developed the curriculum in consultation with parents, pupils and staff, considering 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 don't seek answers online.

Primary sex education will focus on:

- › Preparing boys and girls for the changes that adolescence brings, including the changing adolescent body and emotional changes.
- › Menstrual wellbeing including the key facts about the menstrual cycle.
- › How a baby is conceived and born. (Parental Consent)

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

6. Delivery of RSE

RSE is taught within the personal, social, health and economic (PSHE) education curriculum. Biological aspects of RSE are taught within the science curriculum, and other aspects are included in religious education (RE).

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

RSE is taught within the PSHE curriculum and includes a strong focus on digital safety. Lessons cover digital consent, managing online relationships, recognizing inappropriate content, and understanding the implications of digital footprints. These elements are critical in fostering a safe and respectful online presence for our pupils.

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) along with reflecting 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 board

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

7.2 The headteacher

The headteacher 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

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 the headteacher.

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 but may withdraw from the non-statutory components of sex education. We aim to keep parents fully informed through termly newsletters, information sessions, and accessible resources on our school website. Feedback from parents will be actively sought during these sessions to continuously refine our RSE curriculum to better serve our community.

Requests for withdrawal should be put in writing using the form found in Appendix 3 of this policy and addressed to the headteacher.

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

9. Training

All staff involved in delivering RSE receive training as part of their induction, with ongoing professional development opportunities scheduled annually. Training topics include safeguarding, delivering sensitive topics, and managing discussions around diversity and inclusivity.

The school also collaborates with external experts, such as health professionals, to provide specialised training.

10. Monitoring arrangements

The delivery of RSE is monitored by J.Daniell - PSHE Coordinator through:

- Book Scrutinies
- Learning Walks

- Lesson Observations
- Planning Scrutiny
- Monitoring of whole school events
- Pupil Interviews

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

This policy will be reviewed by the senior leadership team annually. At every review, the policy will be approved by the Governing body

Appendix 1: KS1 Curriculum map

Relationships and sex education KS1 curriculum map

YEAR GROUP	PSHE TOPIC/THEME DETAILS		INTERNET SAFETY
KS1 – Y1&2 (Cycle 1)	Autumn	<ul style="list-style-type: none"> • Friendships and feelings. • Recognising bullying and how to report it 	Staying Safe Screen out the mean
	Spring	<ul style="list-style-type: none"> • Challenging stereotypes. • Exploring our emotions (including proud and jealous feelings). 	Staying Safe Keep it private
	Summer	<ul style="list-style-type: none"> • My Brilliant Body • Transition and mental wellbeing. 	Show online respect Excessive use of technology

YEAR GROUP	PSHE TOPIC/THEME DETAILS		INTERNET SAFETY
KS1 – Y1&2 (Cycle 2)	Autumn	<ul style="list-style-type: none"> • Keeping safe. • Different families. 	Staying Safe Screen out the mean
	Spring	<ul style="list-style-type: none"> • Recognising and understanding the impact of bullying. • Naming body parts 	Staying Safe Keep it private
	Summer	<ul style="list-style-type: none"> • Keeping clean and taking care of myself. • Transition and mental wellbeing. 	Show online respect Excessive use of technology

Appendix 1: LKS2 Curriculum map

Relationships and sex education LKS2 curriculum map

YEAR GROUP	PSHE TOPIC/THEME DETAILS		INTERNET SAFETY
LKS2 – Y3&4 (Cycle 1)	Autumn	<ul style="list-style-type: none"> The importance of privacy and permission seeking/giving. Exploring healthy and unhealthy friendships and how to get support. Recognising different types of bullying and how it can impact mental wellbeing. 	Staying Safe Y&T ‘People who can help us on and offline’ Screen out the mean
	Spring	<ul style="list-style-type: none"> The importance of respecting others. Developing a positive sense of self. How viruses/bacteria can affect health. 	Keep it private Safe Searching
	Summer	<ul style="list-style-type: none"> Gender stereotypes & Aspirations Transition and mental wellbeing. 	Show online respect Excessive use of technology

YEAR GROUP	PSHE TOPIC/THEME DETAILS		INTERNET SAFETY
LKS2 – Y3&4 (Cycle 2)	Autumn	<ul style="list-style-type: none"> Families and getting on with our families. Personal and private body parts and how to keep safe. 	Staying Safe Screen out the mean
	Spring	<ul style="list-style-type: none"> Personal hygiene. To recognise, assess and manage risks. 	Keep it private Safe Searching
	Summer	<ul style="list-style-type: none"> Understanding our Emotions Transition and mental wellbeing. 	Show online respect Excessive use of technology

Appendix 1: UKS2 Curriculum map

Relationships and sex education UKS2 curriculum map

YEAR GROUP	PSHE TOPIC/THEME DETAILS		INTERNET SAFETY
UKS2 – Y5&6 (Cycle 1)	Autumn	<ul style="list-style-type: none"> On and offline friendships. Friendships and secrets – when is it not safe to keep a secret? 	Staying Safe Y&T – Online friendships Screen out the mean
	Spring	<ul style="list-style-type: none"> Keeping safe – safe and unsafe touch. Friendships and pressure. Developing the skills to say ‘no’. 	Show online respect Keep it private Y&T – Online images
	Summer	<ul style="list-style-type: none"> Understanding the benefits of physical exercise. Changes at puberty Year 6 only (Non-Statutory) Sexual Intercourse, Pregnancy & Birth. 	Show online respect Excessive use of technology

YEAR GROUP	PSHE TOPIC/THEME DETAILS		INTERNET SAFETY
UKS2 – Y5&6 (Cycle 2)	Autumn	<ul style="list-style-type: none"> Characteristics of healthy friendships. Bullying and getting help. 	Staying Safe Y&T – Online friendships Screen out the mean
	Spring	<ul style="list-style-type: none"> Legal and illegal substances. Understanding stable and caring relationships, including marriage. 	Show online respect Keep it private Y&T – Online images
	Summer	<ul style="list-style-type: none"> Identity and prejudice. Equality and the law. Changes at puberty. Year 6 only (Non-Statutory) Sexual Intercourse, Pregnancy & Birth. 	Show online respect Excessive use of technology

Appendix 2: 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
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

TOPIC	PUPILS SHOULD KNOW
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 3: Parent form: withdrawal from sex education (non-statutory) within RSE

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	