



SEX EDUCATION (RSE) POLICY

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NB. 'Trustees' means the Directors referred to in the Trust's Articles of Association

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1. AIMS

1.1 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 the importance of health and hygiene
- Help pupils develop feelings of self-respect, confidence and empathy and cultivate positive characteristics such as kindness and integrity
- Create a positive culture around issues of relationships
- Teach pupils the correct vocabulary to describe themselves and their bodies

1.2 These aims sit within [vision and values](#)

2. STATUTORY REQUIREMENTS

2.1 As a primary academy, we must provide relationships education to all pupils under section 34 of the Children and Social Work Act 2017.

2.2 We don't have to follow the National Curriculum, but we are expected to offer all pupils a curriculum that is similar to the National Curriculum, including requirements to teach science. This includes the elements of sex education contained in the science curriculum.

2.3 In teaching RSE, we are required by our funding agreement to have regard to the guidance issued by the Secretary of State, as outlined in section 403 of the Education Act 1996. We follow the statutory guidance that comes into force on 1 September 2026.

2.4 We also have regard to the legal duties set out in:

- Sections 404 to 407 of the Education Act 1996
- Part 6, chapter 1 of the Equality Act 2010
- The Public Sector Equality Duty (PSED), as set out in section 149 of the Equality Act 2010. This duty requires public bodies to have due regard to the need to eliminate discrimination, advance equality of opportunity and foster good relations between different people when carrying out their activities

2.5 We also have regard to our funding agreement and articles of association. We teach RSE as set out in this policy.

3. POLICY DEVELOPMENT

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

- Review — a member of staff or working group pulled together all relevant information, including national and local guidance
- Staff consultation — all school staff were given the opportunity to look at the policy and make recommendations
- Parent/carer and stakeholder consultation — parents/carers were invited to contribute via Forms
- Pupil consultation — we considered what pupils want and need from their RSE
- Ratification — once amendments were made, the policy was shared with the governing board and ratified

4. DEFINITION

4.1 For the purpose of this policy:

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

- In our primary academies the core entitlement is relationships education and health education; any sex education we provide is set out in section 6
- RSE involves a combination of sharing information and exploring issues and values
- RSE is not about the promotion of sexual activity

5. CURRICULUM

- 5.1 Our RSE curriculum is set out in Appendices 1 and 2 but we may need to adapt it as and when necessary.
- 5.2 We have developed the curriculum in consultation with parents/carers, pupils and staff, taking into account the age, developmental stage, needs (such as cultural and religious needs) and feelings of our pupils. If pupils ask questions outside the scope of this policy, teachers will respond in an appropriate manner so that pupils are fully informed and don't seek answers online.
- 5.3 We will share all curriculum materials with parents and carers on request.

6. DELIVERY OF RSE

- 6.1 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).
- 6.2 The school will make sure that:
- Core knowledge is sectioned into units of manageable size
 - The required content is communicated to pupils clearly, in a carefully sequenced way, within a planned scheme of work
 - Teaching includes sufficient and well-chosen opportunities and contexts for pupils to embed new knowledge, so that it can be used confidently in real-life situations

6.3 Our scheme

- 6.3.1 At Hemyock Primary School we deliver RSE through One Decision. We use the version of this scheme that has been updated to meet the September 2026 statutory guidance, and we hold the provider's statutory mapping document as part of our evidence that the curriculum covers the required content. Where our audit identifies a need the scheme does not fully meet, we supplement it with suitable additional resources.

6.4 Relationships education

- 6.4.1 Relationships education focuses on the fundamental building blocks and characteristics of positive relationships, including:
- Families and people who care for me
 - Caring friendships
 - Respectful, kind relationships
 - Online safety and awareness
 - Being safe

6.5 Sex education in Years 5 and 6

The statutory guidance recommends, but does not require, primary schools to teach sex education in Years 5 and/or 6, alongside the conception and birth content in the science curriculum.

We teach age-appropriate sex education in Years 5 and 6, in addition to the science curriculum. Parents retain the right to withdraw from these non-science elements (see section 9).

- 6.5.1 Where we teach sex education in addition to the science curriculum, it will focus on:

- How a baby is conceived and born

- 6.5.2 For clarity: teaching about puberty and the changing adolescent body, including preparing children for the changes that adolescence brings, is part of statutory health education. It is taught to all pupils, is not part of sex education and is not subject to the parental right of withdrawal (see section 9).
- 6.5.3 Throughout each year group we will use appropriate material to assist learning, such as diagrams, videos, books, games, discussions and practical activities. Teachers will make sure that all pupils' views are listened to, will encourage them to ask questions and engage in discussion, and will answer questions sensitively, honestly and appropriately for the age of the pupils.
- 6.5.4 The school will make sure that all teaching and materials are appropriate for the ages and needs of the pupils, including any additional needs such as special educational needs and disabilities (SEND).

6.6 Inclusivity

- 6.6.1 These areas of learning are taught within the context of family life, taking care not to stigmatise children based on their home circumstances (families can include single-parent families, same-sex parents, families headed by grandparents, adoptive parents and foster parents, among others), and reflecting sensitively that some children may have a different structure of support around them (for example looked-after children, young carers or kinship carers).
- 6.6.2 We will be mindful of the law, taking care not to condone or encourage illegal activity. We will teach these topics in a manner that considers how a diverse range of pupils will relate to them, is sensitive to all pupils' experiences, and makes pupils feel safe, supported and able to engage with the key messages. We will give careful consideration to the level of differentiation needed and will teach in whichever setting is most appropriate — whole-class, small group, or one-to-one.

6.7 Use of resources

- 6.7.1 We will consider whether any resources we plan to use:
- Are aligned with the teaching requirements set out in the statutory RSE and Health Education guidance
 - Would support pupils in applying their knowledge in different contexts and settings
 - Are age-appropriate, given the age and maturity of the pupils
 - Are evidence-based and contain robust facts and statistics
 - Fit into our curriculum plan, are from credible sources, and are compatible with effective teaching approaches
 - Are sensitive to pupils' experiences and won't provoke distress
- 6.7.2 When we consult parents/carers we will provide examples of the resources the school plans to use. We will inform parents/carers in advance of any deviation from our published policy and share relevant materials on request.

7. USE OF EXTERNAL ORGANISATIONS AND MATERIALS

We do not plan to use external organisations and materials. However, if this does occur, we will:

- 7.1 Where we use an external organisation or its materials, we will make sure they are accurate, age- and stage-appropriate, unbiased, and in line with our legal duties around political impartiality. We will:
- Engage with the agency to make sure its approach is balanced and that it, and its resources, are age-appropriate, in line with pupils' developmental stage, and comply with this policy, the Teachers' Standards, the Equality Act 2010, the Human Rights Act 1998 and the Education Act 1996
 - Only work with agencies in which we have full confidence, and make sure speakers and resources meet the intended outcome of the relevant part of the curriculum
 - Be clear on what an agency will say and its position on the issues, ask to see any materials in advance, and review case-study materials and feedback from others the agency has worked with

- Know the named individuals attending and follow our usual safeguarding procedures, and conduct a basic online search to address anything that may concern us or parents/carers
- Check the agency's protocol for taking pictures or using personal data, and make sure a teacher is in the room throughout
- Remind teachers that they can say “no” or, in extreme cases, stop a session
- Inform external organisations that the school is legally obliged to share all content with parents/carers, and share all external materials on request

7.2 We will not, under any circumstances, work with external agencies that take or promote extreme political positions, use materials produced by such agencies (even where the material itself is not extreme), or work with agencies that do not allow their material to be shared with parents/carers.

8. ROLES AND RESPONSIBILITIES

8.1 The governing board

8.1.1 The Local Governing Board will approve the RSE policy and hold the Headteacher to account for its implementation.

8.2 The Headteacher

8.2.1 The Headteacher is responsible for making sure that RSE is taught consistently across the school, for sharing all resources and materials with parents/carers, and for managing requests to withdraw pupils from the non-science components of RSE (see section 9).

8.3 Staff

8.3.1 Staff are responsible for:

- Delivering RSE in a way that is sensitive, high-quality and appropriate for each year group
- Modelling positive attitudes to RSE, and modelling positive behaviour while avoiding language that might perpetuate harmful stereotypes - being conscious of everyday sexism, misogyny, homophobia and stereotypes
- Monitoring progress and responding to the needs of individual pupils
- Responding appropriately to pupils whose parents/carers wish them to be withdrawn from the non-science components of RSE
- Reporting any safeguarding concerns or disclosures to the school's designated safeguarding lead (DSL),

8.3.2 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.

8.4 Pupils

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

9. PARENTS' RIGHT TO WITHDRAW

9.1 Parents/carers do not have the right to withdraw their child from relationships education, from health education (including teaching about puberty and the changing adolescent body), or from any topics taught as part of the science curriculum, including science topics related to puberty or sexual reproduction.

9.2 **As we teach sex education in addition to the science curriculum (Option A):** parents/carers have the right to withdraw their child from the non-science components of sex education within RSE. Requests should be put in writing using the form in Appendix 3 and addressed to the headteacher. Alternative schoolwork will be given

to pupils who are withdrawn. The headteacher will discuss the request with parents/carers to understand it and to explain the nature, purpose and benefits of the curriculum and will document this conversation. The request will then be granted. The statutory guidance requires primary schools to grant requests to withdraw from sex education automatically, other than for content taught as part of the science curriculum.

10. TRAINING

- 10.1 Staff are trained on the delivery of RSE as part of their induction, and it is included in our continuing professional development calendar. The headteacher may also invite visitors from outside the school, such as school nurses, to provide support and training to staff teaching RSE.

11. MONITORING ARRANGEMENTS

- 11.1 The delivery of RSE is monitored as part of our curriculum monitoring systems. Pupils' development in RSE is monitored by class teachers as part of our internal assessment systems.

APPENDIX 1: CURRICULUM MAP

One Decision: <https://www.1decision.co.uk/info/our-programme/knowledge-and-skills-progression.pdf>

LEARNING AREAS	YEAR 1	YEAR 2	YEAR 3	YEAR 4	YEAR 5	YEAR 6
Keeping Safe	What I Know Now	Tying Shoelaces	Leaning out of Windows	What I Know Now	Peer Pressure	Water Safety
	Road Safety	Staying Safe	What I've Learnt	Cycle Safety	Adults' & Pupils' Views	What I've Learnt
Keeping Healthy	What I Know Now	Healthy Eating	Medicine	What I Know Now	Smoking	Alcohol and Drugs
	Washing Hands	Brushing Teeth	What I've Learnt	Healthy Living	Adults' & Pupils' Views	What I've Learnt
Relationships/Growing & Changing	What I Know Now	Bullying	Touch	What I Know Now	Puberty	Conception
	Friendship	Body Language	What I've Learnt	Relationships	Adults' & Pupils' Views	What I've Learnt
Being Responsible	What I Know Now	Practice Makes Perfect	Stealing	What I Know Now	Looking Out for Others	Stealing
	Water Spillage	Helping Someone	What I've Learnt	Coming Home on Time	Adults' & Pupils' Views	What I've Learnt
Feelings and Emotions	What I Know Now	Worry	Grief	What I Know Now	Anger	Worry
	Jealousy	Anger	What I've Learnt	Jealousy	Adults' & Pupils' Views	What I've Learnt
Computer / Online Safety	What I Know Now	Image Sharing	Making Friends Online	What I Know Now	Image Sharing	Making Friends Online
	Online Bullying	Computer Safety	What I've Learnt	Online Bullying	Adults' & Pupils' Views	What I've Learnt
Our World / The Working World	What I Know Now	Living in Our World	Looking After Our World	What I Know Now	Enterprise	In-App Purchases
	Growing in Our World	Working in Our World	What I've Learnt	Chores At Home	Adults' & Pupils' Views	What I've Learnt
A World Without Judgement	What I Know Now	Individual Liberty	Tolerance	What I Know Now	Inclusion & Acceptance	British Values
	Democracy	Rule of Law	What I've Learnt	Breaking Down Barriers	Adults' & Pupils' Views	What I've Learnt
Fire Safety / First Aid	What I Know Now	Petty Arson	Texting Whilst Driving	What I Know Now	Year 5 - Part 1	Year 6
	Hoax Calling	Fire Station Visit	What I've Learnt	Year 4	Year 5 - Part 2	What I've Learnt

APPENDIX 2: BY THE END OF PRIMARY SCHOOL, PUPILS SHOULD KNOW

This is the statutory content for relationships education, together with the "Developing bodies" content from statutory health education. Our scheme's mapping shows where each item is taught.

Topic	Pupils should know
Families and people who care for me	• That families are important for children growing up safe and happy because they can give love, security and stability • The characteristics of safe and happy family life, such as commitment to each other, including in times of difficulty, protection and care for children and other family members, and the importance of spending time together and sharing each other's lives • That other children's families sometimes look different from their own, but that they should respect those differences and know that other families are also characterised by love and care • That stable, caring relationships are at the heart of safe and happy families, and are important for children's security as they grow up • That marriage and civil partnerships represent 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	• How important friendships are in making us feel happy and secure, and how people choose and make friends • The characteristics of friendships that lead to happiness and security, including mutual respect, truthfulness, trust and trustworthiness, loyalty, kindness, generosity, sharing interests and experiences, and support with problems and difficulties • That healthy, caring and kind friendships are positive and welcoming towards others, and do not make others feel lonely or excluded; pupils should learn skills for developing caring, kind friendships • That not every child will have the friends they would like at all times, that most people feel lonely sometimes, and that there is no shame in feeling lonely or talking about it • That most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened • About managing conflict with kindness and respect, and that violence is never right • How to recognise when a friendship is making them feel unhappy or uncomfortable, and how to seek help or advice from others if needed
Respectful, kind relationships	• The importance of respecting others, including in families and friendships; how we can balance the needs and wishes of different people, and why this can be complicated • The importance of setting and respecting healthy boundaries in all relationships with friends, family, peers and adults • How to communicate effectively: how to be assertive, express needs and boundaries, and manage feelings including disappointment and frustration • That they can expect to be treated with respect, and the importance of respecting others, including those who are different or make different choices or have different preferences or beliefs • The practical steps they can take in a range of contexts to improve or support their relationships, and the conventions of courtesy and manners • The importance of self-respect and how this links to their own happiness, including opportunities to consider self-esteem and building a sense of their own identity • The difference between being assertive and being controlling, and between being kind to others and neglecting your own needs • About different types of bullying (including cyberbullying), the impact of bullying, the responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help • How to seek help when needed, including when concerned about violence or harm, or unsure who to trust

Topic	Pupils should know
	• What a stereotype is, how stereotypes can be unfair, negative or destructive or lead to bullying, and how to challenge a stereotype
Online safety and awareness	• That people sometimes behave differently online, including by pretending to be someone they are not or pretending to be a child • That the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online, including when anonymous; the importance of avoiding putting pressure on others to share information and images online, and strategies for resisting peer pressure. • The rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them • That there is a minimum age for joining most social media sites (currently 13), which protects children from inappropriate content or unsafe contact with older users who may be strangers • That it's important to be cautious about sharing information about themselves online, and how to use privacy and location settings to protect their information • 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, including that any material provided online might be circulated, and that once a picture or words has been circulated there is no way of deleting it everywhere and no control over where it ends up • That the internet contains a lot of content that can be inappropriate and upsetting for children, and where to go for advice and support
Being safe	• What sorts of boundaries are appropriate in friendships with peers and others (including in a digital context), including boundaries in play and in negotiations about space, toys, books and resources • About the concept of privacy and its implications for children and adults, including that it's 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), including those they do and do not know • How to recognise when a relationship is harmful or dangerous, including skills for recognising who to trust and who not to trust • How to report concerns or abuse — about something seen online or experienced in real life, or feelings of being unsafe or feeling bad about any adult. — and the vocabulary and confidence needed to do so • How to ask for advice or help for themselves or others and to keep trying until they are heard. Where to get advice, for example from their family, school and/or other sources
Developing bodies (Statutory health education-no right of withdrawal)	• About growth and other ways, the body can change and develop, particularly during adolescence, including the human life cycle, with puberty discussed as a stage in this process. • The correct names of body parts, including the penis, vulva, vagina, testicles, scrotum, and nipples; that all of these parts of the body are private; and skills to understand and express their own boundaries around these body parts. • The facts about the menstrual cycle, including physical and emotional changes, taught before girls' period starts so that they understand what to expect; puberty teaching is sequenced from year four so that pupils learn about changes before they experience them. whilst the average age of the onset of menstruation is twelve, periods can start at eight, so covering this topic before girls' periods start will help them understand what to expect and avoid distress.

APPENDIX 3: PARENT/CARER FORM REQUESTING WITHDRAWAL FROM SEX EDUCATION WITHIN RSE

► Include this form only if Harbour adopts Option A in section 6 (sex education in addition to the science curriculum).

To be completed by parents/carers

Name of child		Class	
Name of parent/carer		Date	
Reason for withdrawing from sex education within relationships and sex education			

To be completed by the school

Agreed actions taken following the request (to be recorded and a copy placed in the pupil's educational record):

APPENDIX 4: WHAT PARENTS HAVE TOLD US

Parents were offered feedback to our policy through an online consultation process.

What matters most to you in how we teach friendships, respect, and staying safe?

- Teaching should be age-appropriate, helping children understand their own bodies and the bodies of others in a respectful and safe way.
- Children should learn about the impact of their words and actions on others, promoting kindness and empathy.
- Parents value honesty and openness, ensuring children are well prepared for real-life situations.
- Children should feel comfortable having open conversations with both teachers and their peers.
- Learning about friendships, respect, and safety should reflect real-life experiences and challenges, rather than presenting unrealistic ideals.

Is there anything about our community you'd want us to be especially mindful of?

- Raising awareness of online safety, particularly the risks of online grooming.
- Helping children understand and protect themselves from identity theft and fraud.
- Educating pupils about the dangers and consequences of knife crime.
- Ensuring these topics are taught in an age-appropriate, practical, and relevant way that reflects challenges children may face in the wider community.

How would you like us to keep you informed about RSE and health education through the year?

- Parents would like regular communication via email about RSE and Health Education.
- Parents would value an information session or open meeting explaining what is taught and at which age/stage.
- Advance notice when specific topics are being covered would help parents to continue discussions and answer questions at home.
- Clear communication would help ensure that parents feel well-informed and involved in their children's learning.

Any thoughts on how we approach growing up and the changes of puberty in years five and year six?

- No specific concerns, suggestions, or feedback were provided by parents in response to this question.