



Relationships and Sex Education (RSE) Policy

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1. Policy Statement

At Caedmon Primary School, we are committed to providing a high-quality programme of Relationships and Sex Education (RSE) that equips pupils with the knowledge, understanding, skills and attributes required to develop healthy relationships, stay safe and prepare for life in modern Britain.

RSE contributes significantly to pupils' personal development by supporting their physical, emotional, social and mental wellbeing. It promotes respect, responsibility, tolerance and equality whilst enabling all pupils to develop positive relationships and make informed choices as they grow and mature.

The school recognises that parents and carers are the primary educators of their children and seeks to work in partnership with families to support pupils' learning in this area.

2. Aims

The aims of Relationships and Sex Education at Caedmon Primary School are to enable pupils to:

- Develop healthy, respectful and positive relationships.
- Understand the importance of family life, friendships and caring relationships.
- Recognise and value diversity within families, communities and society.
- Develop self-respect, confidence and resilience.
- Understand how to stay safe both online and offline.
- Recognise risks and know how and when to seek help and support.
- Understand the importance of physical health, mental wellbeing and personal hygiene.
- Prepare for the physical and emotional changes associated with growing up and puberty.
- Develop the knowledge and skills needed to become responsible and active members of society.

3. Statutory Requirements

This policy has been developed in accordance with statutory guidance from the Department for Education, including *Relationships Education, Relationships and Sex Education (RSE) and Health Education*.

As a primary school, Caedmon Primary School is required to provide:

- Statutory Relationships Education.
- Statutory Health Education.

- National Curriculum Science, including content relating to human development and reproduction.

The school will ensure that all statutory requirements are met and that teaching is delivered in an age-appropriate and sensitive manner.

4. Curriculum Content

Relationships and Sex Education forms part of a broader programme of Personal, Social, Health and Economic (PSHE) education and is supported through other areas of the curriculum where appropriate.

The programme includes learning about:

Families and Caring Relationships

Pupils will learn about:

- Family life and the importance of stable, caring relationships.
- Different family structures.
- Commitment, care and mutual respect.
- The characteristics of healthy relationships.

Friendships and Respectful Relationships

Pupils will learn about:

- Developing and maintaining friendships.
- Respect for themselves and others.
- Kindness, empathy and inclusion.
- Recognising and responding to bullying, including online bullying.

Online Relationships and Safety

Pupils will learn:

- How to interact safely and respectfully online.
- The importance of privacy and personal information.
- How to identify online risks.
- How to access support and report concerns.

Health and Wellbeing

Pupils will learn about:

- Physical health and mental wellbeing.
- Healthy lifestyles.
- Personal hygiene.
- Emotional literacy and self-regulation.
- Healthy choices and personal responsibility.

Growing and Changing

Pupils will learn:

- About human growth and development.
- The physical and emotional changes associated with puberty.
- Personal hygiene and self-care.
- Human reproduction as required by the National Curriculum for Science.

Details of the specific content taught within each year group are outlined within the school's PSHE curriculum documentation.

5. Equality, Diversity and Inclusion

Caedmon Primary School is committed to ensuring that Relationships and Sex Education is accessible to all pupils.

Teaching will:

- Be inclusive and appropriately adapted to meet the needs of all learners, including pupils with Special Educational Needs and Disabilities (SEND).
- Promote equality, dignity and respect.
- Reflect the diversity of modern British society.
- Comply with the requirements of the Equality Act 2010.

The school will ensure that no pupil experiences discrimination and that all pupils feel represented, respected and valued.

6. Teaching and Learning

Relationships and Sex Education will be delivered by appropriately trained staff within a safe, supportive and respectful learning environment.

Teachers will:

- Establish clear expectations and ground rules for discussion.

- Present information in an objective, balanced and factual manner.
- Encourage respectful dialogue and the consideration of differing viewpoints.
- Use age-appropriate resources and teaching approaches.
- Ensure learning is responsive to pupils' developmental needs.

Pupils will be encouraged to ask questions and engage thoughtfully with the content being taught.

7. Safeguarding and Confidentiality

Relationships and Sex Education makes an important contribution to the school's safeguarding responsibilities.

Through RSE, pupils are taught to recognise situations that may place them at risk of harm and how to seek support from trusted adults.

Whilst every effort will be made to respect pupils' privacy, staff cannot offer unconditional confidentiality. Any information disclosed by a pupil that gives rise to a concern regarding their welfare or safety will be managed in accordance with the school's Child Protection and Safeguarding Policy and may be shared with the Designated Safeguarding Lead (DSL).

8. Roles and Responsibilities

Governing Body

The Governing Body is responsible for:

- Approving this policy.
- Ensuring that statutory requirements are met.
- Monitoring the effectiveness of provision.

Headteacher

The Headteacher is responsible for:

- The overall implementation of this policy.
- Ensuring staff receive appropriate support and training.
- Monitoring the quality and effectiveness of RSE provision.

Staff

Staff responsible for delivering RSE will:

- Deliver the curriculum professionally and sensitively.
- Foster a safe and respectful learning environment.
- Follow safeguarding procedures where concerns arise.
- Promote equality and inclusion.

Pupils

Pupils are expected to:

- Participate positively in lessons.
- Treat others with respect.
- Engage appropriately in discussion and learning activities.

9. Parental Engagement

Caedmon Primary School recognises the vital role parents and carers play in supporting children's development.

The school is committed to working in partnership with parents and will:

- Make this policy available on the school website.
- Provide information regarding curriculum content when requested.
- Consult with parents during policy reviews where appropriate.

Parents do not have the right to withdraw their child from statutory Relationships Education, Health Education or National Curriculum Science. Should any additional non-statutory sex education be delivered in the future, parents will be informed of their right to request that their child be withdrawn from those aspects of learning.

10. Monitoring, Evaluation and Review

The effectiveness of this policy and the quality of Relationships and Sex Education provision will be monitored through:

- Curriculum monitoring activities.
- Pupil voice.
- Learning walks and lesson observations.
- Staff feedback.
- Review of safeguarding and wellbeing outcomes.

This policy will be reviewed annually, or sooner if changes in legislation, statutory guidance or school circumstances necessitate a review.

Linked Policies

- Child Protection and Safeguarding Policy
- PSHE Policy
- Online Safety Policy
- Behaviour Policy
- Equality Information and Objectives
- SEND Policy

Caedmon Primary School is committed to ensuring that all pupils receive high-quality Relationships and Sex Education that promotes respect, safety, wellbeing and positive relationships, enabling them to thrive both now and in the future.

An overview of the curriculum across school is shown here:

EYFS Core Themes Living in the Wider World Relationship Education Health and Wellbeing	EYFS Key Concepts Law and Rights Caring friendships Mental wellbeing Health and Prevention Basic First Aid Democracy and Government Families and people who care for me Mental wellbeing Health and Prevention Physical Health and Fitness Healthy Eating Media Literacy Respectful Relationships Online Safety Online relationships Being safe Financial Education Climate Education Medicines – keeping safe in the home Changing adolescent Body
Y1 Core Themes Health and Wellbeing Relationships Education Living in the wider world	Y1 Key Concepts Healthy Lifestyles Mental Wellbeing Keeping Safe Growing and changing

	Families and people who care for me Caring friendships Respectful Relationships Online relationships Bullying Equality and Diversity Financial Education Democracy and Government Media Literacy Online safety Rights and Responsibilities Climate Education
Y2 Core Themes Health and Wellbeing Relationships Education Living in the wider world	Y2 Key Concepts Healthy Lifestyles Mental Wellbeing Keeping Safe Growing and Changing Respectful Relationships Laws and Rights Climate Education Equality and Diversity Financial Education Media Literacy Online Safety
Y3 Core Themes Health and Wellbeing Relationships Education Living in the wider world	Y3 Key Concepts Physical Health and Fitness Healthy Eating Mental Wellbeing Managing risks and keeping safe Drugs, alcohol and Tobacco Respectful Relationships Friendship Bullying Equality, Diversity and Respect Law and Rights Careers and aspirations Physical Health and Fitness Drugs, alcohol and Tobacco Friendships Bullying Financial Education
Y4 Core Themes Health and Wellbeing Relationships Education Living in the wider world	Y4 Key Concepts Physical Health and Fitness Healthy Eating Mental Wellbeing Managing risks and keeping safe Drugs, alcohol and Tobacco

	Physical Health and Fitness Healthy Eating Mental Wellbeing Managing risks and keeping safe Drugs, alcohol and Tobacco Democracy and Government Climate Education
Y5 Core Themes Health and Wellbeing Relationships Education Living in the wider world	Y5 Key Concepts Online Safety Managing Risks/ Keeping Safe Online friendships Bullying Media Literacy Drugs, Alcohol and Tobacco Changing Adolescent Body Respectful Relationships Friendship Physical Health and Fitness Healthy Eating Mental Wellbeing Managing risks and keeping safe Careers and aspirations Financial Education Democracy and Government Equality, Diversity and Respect
Y6 Core Themes Health and Wellbeing Relationships Education Living in the wider world	Y6 Key Concepts Online Safety Managing Risks/ Keeping Safe Online friendships Bullying Media Literacy Drugs, Alcohol and Tobacco Changing Adolescent Body Respectful Relationships Friendships Bullying Physical Health and Fitness Healthy Eating Mental Wellbeing Physical Health and Fitness Careers and aspirations Financial Education Democracy and Government Equality, Diversity and Respect Climate Education

