



Policy last reviewed	Sept 2025
Next Review	Sept 2026
Approved by SLT	18/09/2025
Approved by Trustees	25/09/2025

Relationships and Sex Education Policy

1.0 Introduction

Relationships and Sex Education (RSE) refers to the lifelong learning about the emotional, social, moral and cultural development of children, and includes learning about relationships, healthy lifestyles, diversity and personal identity. In Primary Schools, the focus should be on teaching the fundamental building blocks and characteristics of positive relationships, with particular reference to friendships, family relationships and relationships with other children and with adults.

RSE involves a combination of sharing information and exploring issues and values. It is not about the promotion of sexual activity. Our children need to know how to be safe and healthy and how to manage their academic, personal and social lives in a positive way. The school has a key role, in partnership with parents/carers, in providing RSE and our aim is to teach children to develop and form positive values, attitudes, personal and social skills, and increase their knowledge and understanding of how to make informed decisions and life choices.

The DfES Relationships Education, RSE and Health Education Guidance, 2019, states that Relationship Education is compulsory in all primary schools and states that schools '*should have a Relationships and Sex Education programme tailored to the age and the physical and emotional maturity of the children*'.

2.0 Roles and responsibilities

Relationships and Sex education (RSE) forms part of the Personal, Social, Health and Economic Education (PSHE) curriculum. The RSE programme is led by the PSHE lead with the support of the SLT and Trustees. The PSHE lead will ensure continuity and progression of the subject throughout the school through the use of the Jigsaw programme. It is the responsibility of the Head Teacher to ensure that Trustees, staff and parents are fully informed of the RSE policy. PSHE, of which RSE is part, is taught by class teachers as a timetabled lesson each week. All staff teaching RSE will be supported, trained and advised by the PSHE lead, and SLT where necessary.

3.0 Definition of RSE

Children learn about healthy relationships, different families, respect, love and care, reproduction, puberty, hygiene and the body. At SPSP, RSE is not a stand alone subject, but taught as part of the Jigsaw PSHE curriculum. It is taught in line with the programme and as and when it is appropriate as part of the wider curriculum and its content. Our belief is that children's questions should be answered in an appropriate, honest and sensitive way, and that the class teacher is best placed to decide at what level discussion should be aimed for each class, year group or individual child. Our aim is to allow children to have the opportunity to express themselves within a trusted and safe environment. We want them to feel that they can articulate



their thoughts, doubts and anxieties in order that they can build the skills needed to make responsible decisions, communicate effectively and develop healthy and appropriate relationships, which are included throughout our school. RSE forms part of the school's aims to offer a broad and balanced curriculum and to prepare the children for the next stages of their lives.

Central to the Jigsaw programme is the growth of self-esteem and taking responsibility for oneself and one's actions. Children who feel positive about themselves think positively of other people and go on to develop caring relationships. They are less likely to be exploited by others. At SPSP, we believe that children who feel good about themselves, who are knowledgeable and confident about relationships, are likely to be more discerning in their relationships and more likely to have fulfilling relationships.

4.0 Delivery of RSE

RSE involves teaching Relationships Education and Sex Education. SPSP uses the Jigsaw scheme of work. It provides a comprehensive and progressive approach to the teaching of RSE, which includes the following strands:

Knowledge and understanding

- Learning and understanding physical development at appropriate stages.
- Understanding human sexuality, sexual health, emotions and relationships.
- Learning about a safe & healthy lifestyle based on accurate information.
- Learning about seeking appropriate help & advice.
- Preparing to play an active role as citizens.

Attitudes and values

- Learning the importance of values and individual conscience and moral considerations.
- Learning the value of family life, stable and loving relationships for the nurture of children.
- Learning the value of respect, love and care.
- Exploring, considering and understanding moral dilemmas.
- Developing critical thinking as part of decision making.
- Learning to respect & value difference & diversity.
- Development of the whole pupil - spiritual, moral, cultural, emotional and physical aspects.

Personal and social skills

- Learning to manage emotions and how to form good relationships confidently and sensitively.
- Learning to manage change.
- Developing self-respect and empathy for others.
- Learning to make choices based on an understanding of difference and with an absence of prejudice.
- Learning to make informed choices.

The RSE programme is based on the needs of the children in the school with learning outcomes



appropriate to the pupils' age, ability and level of maturity.

At School we've set out that subjects such as the risks about online gaming, social media and scams should not be taught before year 3.

Puberty shouldn't be taught before year 4, whilst sex education shouldn't be taught before year 5, in line with what pupils learn about conception and birth as part of the national curriculum for science.

As a school, we will deliver RSE in a factual, non-judgmental way, ensuring that teachers do not promote a faith or cultural viewpoint but provide a balanced approach that acknowledges the wealth of views and opinions of our community and teaches tolerance. All teachers will have responsibility for planning and delivering RSE.

RSE is provided in the following ways:

- Within the taught, age appropriate, RSE programme within PSHE and managed by the PSHE Co-Ordinator.
- All subjects can contribute to the PSHE curriculum
- Pastoral support for pupils who experience difficulties.
- Through class discussion, which will encourage: the participation of individuals as part of a large group, respect for everyone's views, talking and listening for all, inclusion of all adults and pupils and the sharing of ideas with the whole group.
- During assemblies' children are given time and opportunity to reflect upon a variety of issues contained within the PSHE framework.

Continuity and progression will be generated through the adoption of a whole school approach to the planning and delivery of clearly defined and progressive learning objectives covering knowledge, skills and understanding.

Like PSHE, RSE is conducted in a safe learning environment through the use of ground rules and distancing techniques so that pupils are not put on the spot or expected to discuss their own personal issues in class. For example:

- Nobody (teacher or pupil) should be expected to answer a personal question.
- No one will be forced to take part in a discussion.
- In most cases the correct names for body parts will be used.
- The meanings of words will be explained in a sensible and factual way.

Sex Education takes place within mixed gender groups and single gender groups where appropriate. An external visitor may at times be asked to support the delivery of the Sex Education curriculum as a planned event.

Teaching resources are selected on the basis of their appropriateness to pupils.

Teachers will attempt to answer children's questions and concerns in a sensitive, age and development appropriate manner. Individual teachers will use their skill and discretion in these



situations. Teachers will also follow the following guidance:

- Teachers will establish clear parameters about what is appropriate and inappropriate in a whole-class setting.
- If a child's question is inappropriate to address with the whole class, the teacher should acknowledge the question and return to it later on an individual basis.
- If a question is too personal the teacher should remind the pupils of the ground rules.
- Teachers will set the tone by speaking in a matter-of-fact way and ensuring that pupils discuss issues in a way which encourages thoughtful participation.
- Children may have opportunities to write down questions anonymously and post them in a 'question box' or equivalent within the classroom. The teacher will have time to prepare answers to questions before the next session and can choose not to respond to any questions which are inappropriate to address in whole class lessons.
- If a teacher is concerned that a pupil is at risk of sexual abuse, the DSL and Head teacher should be informed and the usual child protection procedures followed.

5.0 Teaching and learning strategies

We aim to provide an environment and atmosphere for RSE where the children feel safe, unintimidated and focused. The children need to feel confident about engaging in age-appropriate discussions around potentially sensitive topics and themes. PSHE is taught in a supportive environment by teachers who have positive relationships with their own class. This ensures that delicate handling of specific subjects or children can be achieved as required. A range of teaching strategies are employed such as: teacher-led lessons, stories, discussions, presentations, drama, problem-solving activities, appropriate videos, books and role play. We teach PHSE and RSE to all pupils, whatever their ability, providing learning opportunities that are matched to their individual needs. The tasks and learning opportunities will be both differentiated and open ended. There will be appropriate adult support and supportive resource materials.



6.0 Jigsaw: table outlining the topics to be covered in each year.

Year	Relationships	RSE	Resources
Reception	<p>Relationships</p> <p>My Family & Me</p> <p>Making Friends</p> <p>Falling out & bullying</p> <p>Being the best friends we can be</p>	<p>Changing me</p> <p>My Body</p> <p>Respecting My Body</p> <p>Growing Up</p> <p>Fun and Fears</p> <p>Celebration</p>	Jigsaw scheme
Year 1	<p>Relationships</p> <p>Belonging to a family</p> <p>Making friends/being a good friend</p> <p>Physical contact preferences</p> <p>People who help us</p> <p>Being a good friend to myself</p> <p>Celebrating my special relationships</p>	<p>Changing me</p> <p>Life cycles animals and humans</p> <p>Changes in me</p> <p>Changes since being a baby</p> <p>Linking growing and learning</p> <p>Coping with change Transition</p>	Jigsaw scheme



<p>Year 2</p>	<p>Relationships</p> <p>Different types of family</p> <p>Physical contact boundaries</p> <p>Friendship and conflict</p> <p>Secrets</p> <p>Trust and appreciation</p> <p>Expressing appreciation for specialrelationships</p>	<p>Changing me</p> <p>Life cycles in nature</p> <p>Growing young to old</p> <p>The Changing Me</p> <p>Assertiveness</p> <p>Preparing for transition</p>	<p>Jigsaw scheme</p>
<p>Year 3</p>	<p>Relationships</p> <p>Family roles and Responsibilities</p> <p>Friendship and negotiations</p> <p>Keeping safe online & where to go for help</p> <p>Being a global citizen</p> <p>Being aware of how choices affect others</p> <p>Awareness of how other children have different lives</p> <p>Expressing appreciation for family & friends</p>	<p>Changing me</p> <p>How babies grow</p> <p>Understanding a babies needs</p> <p>Family stereotypes</p> <p>Preparing for transition</p>	
<p>Year 4</p>	<p>Relationships</p> <p>Jealousy</p> <p>Love and Loss</p> <p>Memories of loved ones</p> <p>Getting on and falling out</p> <p>Girlfriends and boyfriends</p> <p>Showing appreciation topeople and animals</p>	<p>Changing Me</p> <p>Unique Me</p> <p>Circle of Change</p> <p>Accepting change</p> <p>Preparing for transition</p>	<p>Jigsaw scheme</p>



Year 5	Relationships Self-recognition and self-worth Building self-esteem Safer online communities Rights and responsibilities online Online gaming Reducing screen time SMART internet safety rules	Changing Me Self and body awareness Puberty for girls Puberty for boys Conception Growing responsibility Preparing for transition	Jigsaw scheme
Year 6	Relationships Mental health Identifying mental health worries and source of support Managing feelings Power and control Being safe online Take responsibility with technology use	Changing me Self-image Puberty Conception to birth Boyfriends and girlfriends Real self and ideal self Transition	Jigsaw scheme



7.0 Equal Opportunities

Children may have varying needs regarding RSE depending on their circumstances and background. The school strongly believes that all pupils should have access to RSE that is relevant to their particular needs. To achieve this, the school's approach to RSE will take account of the nine protected characteristics as set out in the Equality Act 2010. To ensure children with special educational needs can access the RSE curriculum, teaching is differentiated and personalised.

8.0 Parental concerns and withdrawal of pupils

The Education Act 1993 gives the parents of a pupil at any maintained school the legal right to withdraw their child from dedicated 'sex education' lessons. Parents are informed that these lessons will take place via a letter from their class teacher. Parents are welcome to request more detail about the content of the Sex Education programme covered in the Jigsaw scheme of work. The school asks that parents submit their requests to withdraw their child in writing to the Head who will make alternative arrangements for the supervision of their child. Parents do not have to give reasons for their request, although this information can be very helpful when reviewing the provision for sex education in the school. If any parents/carers decide to withdraw their child, we shall work with them and their child to explore possible alternative provision.

9.0 Assessment, Reporting and Recording

There will be ongoing informal assessment. Parents will receive a statement of their child's progress in their personal and social development in their end of term report. All staff are responsible for informing the teachers of individual pupils about notable points of personal and social development.

10.0 Monitoring and evaluation

Monitoring of the standards of pupils' work and the quality of teaching in RSE is the responsibility of the PSHE lead. This will be undertaken through staff discussions, reviewing **the units of work on an ongoing basis, lesson observations and evaluation of written work.**

11.0 Role of parents

The school will look to involve parents from the outset of the teaching within the subject area, given the sensitivities around it and because parents and carers are key people in:

- Teaching their children about relationships and sex
- Maintaining the culture and ethos of the family



- Helping their children cope with the emotional and physical aspects of growing up
- Preparing their children for the challenges and responsibilities that sexual maturity brings

All schools must teach RSE and elements of the National Curriculum for Science; parents/carers do not have the right to withdraw their child/children from this. Parents have the right to withdraw their children from certain aspects of RSE programme not included in the National Curriculum for Science. We will inform parents of the right to withdraw by letter in advance of the non-statutory sex education lessons being taught in Year 5 & 6.

12.0 Review

The RSE policy will be reviewed regularly so that the RSE programme takes account of new initiatives and legislation, changes in the curriculum and developments in technology. Staff will be made aware of any changes to the teaching and learning of this curriculum area and necessary changes will be implemented and included in the revised policy document. This policy will be reviewed every two years, or sooner if there are changes in legislation, by PSHE lead in consultation with the Headteacher and the Trustees.

Date last reviewed by the Trustee Board:

A review of this policy, through the Trustee Board and the SLT, is undertaken within 1 year of the last review date.

Signed (Headteacher):

Signed (Chair of Trustees):

Thomas Newton

Anne Camm



Appendix 1: DfES RSE guidance as to what pupils should know by the end of Primary School.

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.



<p>Respectful relationships</p>	<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.
<p>Online relationships</p>	<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.
<p>Being safe</p>	<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



St Peter & St Paul School

	<p>needed to do so.</p> <ul style="list-style-type: none">• Where to get advice e.g., family, school and/or other sources.
--	--