



Relationships Education, Relationships and Sex Education (RSE) and Health Education Policy 2025 and 2026

Review frequency:	Every three years unless statutory guidance changes	Review date:	Summer term 2027
Governing committee responsible:	Curriculum and Standards Committee		
Governor approval:	Yes	Website:	No
Staff responsible:	Headteacher	Date produced:	September 2025

1. Background:

The Department for Education is currently updating guidance for the teaching of Relationships Education, Relationships and Sex Education (RSE) and Health Education following an extensive consultation with parents and carers, young people, schools, education and health professionals and other experts.

Since September 2020, Relationships Education and Health Education is compulsory for all pupils receiving primary education in state-funded schools. While Relationships and Sex Education is compulsory for all children receiving a secondary education, parents and carers do have a right to request that their child is withdrawn from sex education where this is taught in primary schools outside of the science curriculum.

The DfE guidance puts a duty on schools to consult parents and carers in developing and reviewing this policy to ensure that the policy meets the needs of pupils and reflects the community they serve.

2. Definition of Relationships Education:

Relationships Education is lifelong learning about healthy, respectful and positive relationships. It involves acquiring age-appropriate information and knowledge, developing skills and forming positive beliefs, values and attitudes. It begins informally in the home long before any formal education takes place at Clarbrough Primary School. Relationships Education has a key role to play in the personal, social, moral and spiritual development of children.

The Relationships Education, RSE and Health Education (England) Regulations 2019 have made Relationships Education compulsory in all primary schools.

3. Definition of Sex Education:

Sex Education is age-appropriate learning about healthy, respectful and positive relationships, emotions, gender issues, sex, sexuality and sexual health. Although not compulsory at primary school, we believe that children should be prepared for the changes that puberty brings.

Clarbrough Primary School continues to teach Sex Education as part of its well-established practise approved by governors, including content not included in the National Curriculum. This includes conception and birth. These areas of Sex Education are taught primarily in Year 6 and introduced in Year 5. Parents and carers will be offered the opportunity to view materials used within Sex Education lessons and are given support about talking to their child at home before and after sessions.

4. Aims and objectives:

At Clarbrough Primary School, we use Kapow's Primary Scheme of Work to deliver the Relationships and Health Education statutory guidance. The scheme aims to give children the knowledge, skills, and attitudes that they need to effectively navigate the complexities of life in the 21st Century. The curriculum covers key areas which will support children to make informed choices now and in the future around their health, safety, wellbeing, relationships, and financial matters and will support them in becoming confident individuals and active members of society.

The scheme covers wider PSHE learning, in line with the requirement of the National curriculum (2014) that schools 'should make provision for personal, social, health and

economic education (PSHE).’ Children’s learning through this scheme also promotes the four fundamental British values which reflect life in modern Britain: democracy; rule of law; respect and tolerance and individual liberty.

i. Relationships Education at Clarborough Primary School aims for pupils to:

- Develop confidence in talking, listening and thinking about feelings and relationships
- Develop skills to make and maintain positive relationships
- Develop positive attitudes and values and respect differences in opinion
- Be able to protect themselves and know where to go for help and support
- Gain accurate knowledge and understanding about sexuality and relationships

ii. The objectives of Relationships Education at our school are:

- To provide the knowledge and age-appropriate information to which all pupils are entitled
- To clarify/reinforce existing knowledge
- To raise pupils’ self-esteem and confidence, especially in their relationships with others
- To help pupils understand their sexual feelings and behaviour, so they can lead fulfilling and enjoyable lives
- To help pupils’ develop skills (language, decision making, choice, assertiveness) and make the most of their abilities
- To provide the confidence to be participating members of society and to value themselves and others
- To help gain access to information and support
- To develop skills for a healthier safer lifestyle
- To develop and use communication skills and assertiveness skills to cope with the influences of their peers and the media
- To respect and care for their bodies
- To dispel myths, misinformation and prejudice

iii. Sex Education at Clarborough Primary School aims for pupils to:

- Develop confidence in talking, listening and thinking about feelings and relationships
- Develop skills and make and maintain positive relationships
- Develop positive attitudes and values and respect differences in opinion
- Be able to name parts of the body and describe how their bodies work
- Gain accurate knowledge and understanding about sexuality and relationships
- To be prepared for puberty
- To understand about conception and birth

iv. The objectives of Sex Education at our school are:

- To provide the knowledge and information to which all pupils are entitled
- To clarify/reinforce existing knowledge
- To raise pupils’ self-esteem and confidence, especially in their relationships with others
- To help pupils understand their sexual feelings and behaviour, so they can lead safe, fulfilling and enjoyable lives
- To help pupils’ develop skills (language, decision making, choice, assertiveness) and make the most of their abilities
- To provide the confidence to be participating members of society and to value themselves and others
- To help gain access to information and support

5. Curriculum overview

Clarbrough Primary School will teach Relationships Education through a combination of dedicated age-appropriate Relationships and Sex Education, science lessons and Personal, Social, Health Education lessons. These are as follows:

i. EYFS

Work is built around three areas of learning to match the EYFS Personal, social and emotional development prime area. This includes:

- Self-regulation
- Building relationships
- Managing self

ii. Key Stage 1

The five areas covered across Key Stage 1 are:

- Families and relationships
- Health and wellbeing
- Safety and the changing body
- Citizenship
- Economic wellbeing

Other curriculum links: Through work in Science, children learn about life cycles of some animals, understand the idea of growing from young to old and learn that all living things reproduce. They learn about the importance of personal hygiene to maintain good health and to stay clean. In RE and Citizenship children reflect on family relationships, different family groups and friendship. They learn about rituals and traditions associated with birth, marriage and death and talk about the emotions involved. In on-going PSHE work, they will discuss the differences between boys and girls and will name the body parts. They begin to co-operate with others in work and play and begin to recognise the range of human emotions and ways to deal with them. They also learn about personal safety.

iii. Key Stage 2

Each of the five areas covered in Key Stage 1 (families and relationships, health and wellbeing, safety and the changing body, citizenship, economic wellbeing) are revisited in Key Stage 2. This allows children to build on prior learning.

Other curriculum links: In Science, children build on their knowledge of life cycles and learn about the basic biology of human reproduction including the birth of a baby in years 5 and 6. Through ongoing PSHE lessons, children are taught about the physical, emotional and social changes in puberty, why they happen and how to manage them, which includes personal hygiene and keeping clean. They continue to develop an understanding of relationships within a family, between friends, and the community and that there are different patterns of friendship. They will discuss personal space and acceptable forms of physical contact. They will develop skills needed to form relationships and to respect other people's emotions and feelings. They will consider how to make simple choices and exercise some basic techniques for resisting pressures; exploring and considering and understanding moral dilemmas. In Year 6, children will learn about conception and pregnancy outside of the science curriculum and talk about being a parent. PSHE should focus on the development of skills and attitudes not just the acquisition of knowledge. The children will be taught to develop critical thinking as part of decision making. Responsive teaching will be used in Years 5 and 6; teachers will use the questions children ask to ensure they are covering the topics they need.

6. Parents and carers rights.

Parents and carers do not have a right to withdraw their children from Relationships Education. Parents **only** have a right to withdraw their children from Sex Education that is provided **outside** the statutory science curriculum. The school has a responsibility to discuss the benefits of receiving this important education and any detrimental effects that withdrawal might have on the child. We strongly advise parents and carers to carefully consider their decision before withdrawing their child from this aspect of school life. They cannot withdraw their child from the statutory content included in National Curriculum Science.

Any parent/ carer wishing to withdraw their child from Sex Education in year 6 should first contact the Headteacher to discuss the reasons why. They will be alerted to the possible consequences of doing so. Possible consequences could include that their child will hear about the content of lessons from other sources and this is an inappropriate and possibly unsafe way for information to be shared.

Pupils who are withdrawn from Sex Education will be asked to attend learning in another class, or engage in another useful activity, depending on the needs of the individual.

7. Roles and responsibilities:

i. Governors:

The Governors ensure that:

- All pupils make progress in achieving the expected educational outcomes
- The subject is well led, effectively managed and well planned
- The quality of provision is subject to regular and effective self-evaluation
- Teaching is delivered in ways that are accessible to all pupils with SEND
- Clear information is provided for parents on the subject content and the right to request that their child is withdrawn
- The subject is resourced, staffed and timetabled in a way that ensures that the school can fulfil its legal obligations

ii. Head teacher:

- Lead PSHE across the school
- Ensure staff adhere to and uphold the policy.
- Manage child protections or safeguarding issues

iii. Teachers:

- receive regular training in PSHE
- deliver age-appropriate PSHE curriculum

iv. Our agreement between home and school:

- Keep parents and carers informed about all aspects of the PHSE curriculum, including when specific lessons about sex education will be delivered and advise them to read this policy
- Provide access to resources and information being used in class and do everything to ensure that parents and carers are comfortable with the education provided to their child by ensuring they are aware they can contact the Headteacher
- Expect parents and carers to share the responsibility of PSHE and support their children's personal, social and emotional development
- Encourage parents and carers to create an open home environment where pupils can engage, discuss and continue to learn about matters that have been raised through PSHE

- Encourage parents and carers to seek additional support in this from school where they feel it is needed

8. Monitoring and evaluation:

The Headteacher is responsible for the ongoing monitoring cycle of PSHE. Over the year, they will assess the effectiveness of the aims and objectives and methods to promote children's learning by carrying out lesson observations, monitoring planning, pupil voice interviews and feedback from parents. The effectiveness of the PSHE programme will be evaluated by assessing children's learning and implementing change if required.

9. Resources:

A range of age-appropriate resources will be used in class to support pupils develop their understanding healthy, respectful and positive relationships. These include resources from:

KAPOW

NSPCC

National Online Safety

Public Health England

Stonewall

10. Equal opportunities:

In developing the policy, schools are required to comply with the relevant requirements of the Equality Act 2010. Clarborough Primary School is committed to the provision of PSHE for all its children, regardless of ethnicity, gender, religion, age, culture, disability, sexuality or special educational need. Here, we will ensure that all children have the opportunity to experience a programme of PSHE at a level that is appropriate for their age and physical development, with differentiated provision if required. Our programme aims to respond to the diversity of cultures, faiths and family from our locality and beyond, providing additional support for children with particular protected characteristics.

11. Consultation:

In order to implement the PSHE curriculum, teaching staff, governors and parents and carers were consulted and agreed to maintain the aims and principles set out within this policy. Parents and carers will have the opportunity to review this policy as part of the three-year review cycle.

12. Sources and references:

- RSE and Health Education: Statutory guidance for governing bodies, proprietors, head teachers, principals, senior leaderships teams, teachers
- Relationships Education, Relationships and Sex Education and Health Education
- [https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/805781/Relationships Education Relationships and Sex Education RS E and Health Education.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/805781/Relationships_Education_Relationships_and_Sex_Education_RS_E_and_Health_Education.pdf)
- Equality Act 2010
[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/315587/Equality Act Advice Final.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/315587/Equality_Act_Advice_Final.pdf)
- UN Convention on the Rights of the Child

https://www.unicef.org.uk/child-rights-partners/wp-content/uploads/sites/3/2016/08/CRC_summary_leaflet_Child_Rights_Partners_web_final.pdf