

RELATIONSHIP AND SEX EDUCATION POLICY

Policy Date:	May 2026
Review Due:	October 2028
Date Approved:	May 2026

This policy refers to the Relationships and Sex Education (RSE) delivered at Rucstall Primary School. At Rucstall Primary School, RSE teaching and learning occurs in line with the PSHE curriculum.

Rationale and Ethos

This policy covers Rucstall Primary School's approach to the teaching of RSE. This includes relationships in all forms and aims to help children develop nurturing and supportive relationships with each other and their wider circle of friends and family. It also includes the teaching about their changing bodies and development through puberty.

We believe relationships and sex education is important for our pupils and our school because the children should be able to make informed choices about these topics.

The intended outcomes of our programme are that pupils will:

- know and understand their bodies and the changes that they will go through as they enter puberty.
- understand they have a right to privacy, consent and constructive and supportive relationships.
- understand they have a responsibility to respect the consent and privacy of others.
- develop the skills of supporting and maintaining constructive relationships.
- develop the attributes of kindness, tolerance and celebration.

Right to Withdraw

Parents have the right to withdraw their children from sex education delivered as part of the Relationships and Sex curriculum. This right to withdraw does not apply to lessons taught as part of the Science curriculum, or all of the Health thread of PSHE. At Rucstall Primary School, the lessons making up the Relationships and Sex education will take place in the Summer Term, to allow children time to have grown emotionally throughout the year and feel secure with their teacher and class to consider the material discussed.

The lessons which the children may be withdrawn from, will be organised on an opt-out basis. Children without consent from a parent/guardian will be in another part of the school while these lessons are taking place. Parents at Rucstall Primary School will be notified of when the opt out lessons are due to be taught - usually in the Summer Term

Roles and Responsibilities

The RSE programme will be led by the PSHE leader with the support of the head teacher, senior leadership team and governing body. It will be taught by all members of staff, preferably with the class teacher delivering the sessions to their class in order to build upon their existing relationship and knowledge. It will be supported by the PSHE leader, who will be on-hand to assist with planning, delivering and assessing the lessons.

Legislation (statutory regulations and guidance)

Revised Department for Education statutory guidance states that from September 2020, all schools must deliver relationships education (in primary schools) and relationships and sex education (in secondary schools). The parental right to withdraw pupils from RSE remains in primary and secondary education, for aspects of sex education which are not part of the Science curriculum.

Documents that inform the school's RSE policy include:

- *Education Act (1996)*,
- *Learning and Skills Act (2000)*,
- *Education and Inspections Act (2006)*,
- *Equality Act (2010)*,
- *Supplementary Guidance SRE for the 21st century (2014)*,
- *DfE Relationships Education, RSE and Health Education Guidance (2025)*
- *Keeping children safe in education – Statutory safeguarding guidance (2025)*,
- *Children and Social Work Act (2017)*

Curriculum Design

RSE is embedded in the whole school PSHE curriculum. The RSE curriculum is overseen by the PSHE leader, who supports teachers in planning lessons in line with the school's long term plan.

Teachers will be able to ensure that the content taught is age appropriate for the children in their class, and to ensure that all children can access the content. The below table states the curriculum coverage in each year group. This coverage is recapped each year, to include the year group above's content.

Year R	<ul style="list-style-type: none">• Caring Friendships• Being Kind• Families
Year 1	<ul style="list-style-type: none">• Growing and Changing (Vulva, Penis)
Year 2	<ul style="list-style-type: none">• Differences• Male and female animals• Naming body parts (Vagina)
Year 3	<ul style="list-style-type: none">• Body Differences (Penis, testicles, vulva, vagina and uterus)
Year 4	<ul style="list-style-type: none">• Changes (Puberty introduced)• What is Puberty?
Year 5	<ul style="list-style-type: none">• Talking about Puberty (Ovaries, Uterus, Vagina, Penis, Testicles)• The Reproductive System• Puberty Help and Support
Year 6	<ul style="list-style-type: none">• Puberty and Reproduction• Families, Conception and Pregnancy

Safe and Effective Practice

We will ensure a safe learning environment by asking the children to follow ground rules each session, to show each other respect throughout and to not continue the discussion outside the classroom. Distancing techniques, such as case studies or stories, will be used to ensure that the children can talk about issues in a removed way, and to allow for a focus on the issue, rather than

the person. Pupils' questions will be answered by the adult leading the session, and should be answered promptly but do not need to be answered immediately if further research or consultation is required. All questions will be asked via an 'Ask it Basket', where the children will be given an opportunity to put questions in the basket by the end of each lesson. All staff will be supported in this by the PSHE leader and the Senior Leadership Team.

Engaging Stakeholders

The policy will be available to parents through the school office and will be available on the school website. We work closely with parents to ensure that they are fully aware of what is being taught and provide additional resources and support through information sent home, resources available on the school website, and through discussions with the class teacher. We will notify parents when Relationships and Sex education will be taught, by sending information home and holding a parent RSE meeting, where parents will have the opportunity to look at the resources used in lessons, and ask any questions surrounding curriculum coverage. Governors will be informed of the RSE policy and curriculum by the headteacher during the regular meetings.

If a parent/carer requests that their child be removed from sex education, we will arrange for the child to go to another place in the school while the lesson is taking place.

RSE Policy Review Date

As part of effective RSE provision, the RSE policy should be reviewed at least every two years to ensure that it continues to meet the needs of pupils, staff and parents and that it is in line with current Department for Education advice and guidance.