



Relationships and Sex Education (RSE) Policy

Policy Review Date: September 2026

Next Review Date: September 2028

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Governor Responsible: Ms Heather Ward

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Policy Intent

This policy outlines Georgian Gardens Primary School's approach to Relationships Education and Sex Education (RSE). It has been developed in accordance with the Department for Education's statutory guidance *Relationships Education, Relationships and Sex Education (RSE) and Health Education (2025)* and reflects the needs of our pupils, school community and curriculum.

At Georgian Gardens Primary School, we believe that effective Relationships and Sex Education is an essential part of preparing children for life in modern Britain. Through a carefully planned and age-appropriate curriculum, pupils develop the knowledge, understanding, skills and values needed to build positive relationships, keep themselves safe, understand their changing bodies and make informed decisions as they grow up.

Our approach is underpinned by our school values of being Ready, Respectful, Safe and Kind and supports the wider aims of safeguarding, wellbeing and personal development.

Statutory Requirements

The Department for Education requires all primary schools to teach statutory Relationships Education and Health Education. Primary schools may also choose to teach Sex Education and are encouraged to do so in Years 5 and/or 6.

At Georgian Gardens Primary School:

- Relationships Education is taught throughout the primary phase.
- Health Education is delivered through our wider PSHE curriculum.
- Sex Education is taught in Year 5 as part of our PSHE programme.
- The biological aspects of reproduction required by the National Curriculum for Science are taught to all pupils and are not part of the parental right to withdraw.

For the purpose of this policy:

- **Relationships Education** refers to learning about families, friendships, respectful relationships, online relationships and keeping safe.
- **Sex Education** refers to learning beyond the National Curriculum Science programme, including conception, human reproduction and preparing pupils for changes associated with adolescence in an age-appropriate manner.

Aims of RSE

Through our Relationships and Sex Education programme we aim to enable pupils to:

- develop positive, healthy and respectful relationships;
- understand the importance of family, friendship and community;
- recognise and manage emotions effectively;
- understand personal boundaries, consent and respect;
- identify risks and know how to seek help;
- stay safe online and offline;
- develop confidence in discussing changes associated with growing up;
- understand the physical and emotional changes that occur during puberty;
- develop an age-appropriate understanding of human reproduction;
- prepare for transition to secondary education and adolescence.

Curriculum Provision

Our RSE curriculum is delivered as part of our whole-school PSHE programme and follows a spiral curriculum approach. Learning is carefully sequenced so that knowledge and skills are revisited and built upon throughout the primary years.

Key areas of learning include:

Relationships Education

- Families and people who care for us
- Caring friendships
- Respectful relationships
- Bullying and discrimination
- Online relationships
- Personal boundaries and safety

Health Education

- Mental wellbeing
- Emotional literacy
- Healthy lifestyles
- Physical health
- Online wellbeing
- Personal safety

Sex Education

- Puberty and body changes
- Human reproduction
- Conception and birth
- Growing independence and responsibility

Sex Education is taught during Year 5 as part of the unit **Changes in Puberty and Sex Education**. Learning builds on earlier teaching about body changes, personal safety, consent, menstruation and healthy relationships.

An overview of learning for each year group can be seen below:

Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year R	My school values People who help us PANTS (private parts) Dental Health 1	Friends Co-operating with others Finding solutions	Feelings Strategies I can use to help myself	Worries Feelings and my body Verbalising feelings	Finding a solution to conflicts	Making healthy choices Dental health 2
Year 1	Making friends: playing and learning together	Mental health and wellbeing	Celebrating me, you and our families	Safety at home	Being healthy	Showing kindness to ourselves and others
Year 2	Me, my friends and belonging	Mental health and wellbeing	Building healthy habits	Making choices online	Keeping safe out and about	Looking out for each other
Year 3	Mental health and wellbeing	Exploring ways to manage risk	Forming respectful relationships	Me, my body and growing up	Safe connections online	Families and growing together
Year 4	Mental health and wellbeing	Money matters and news literacy	Families and growing together	Exploring ways to manage risk	Forming respectful relationships	Me, my body and growing up
Year 5	Friendships, stereotypes and bullying	Mental health and wellbeing	Positively engaging with our world	Changes in puberty (and sex education) Respecting boundaries	Safe connections	Embedding healthy habits and learning first aid
Year 6	Mental health and wellbeing	Managing money and online spending	Identity, Influence and Digital Citizenship	Drug education: assessing risk and managing influences	Developing our understanding of AI	Looking to the future

Inclusion and Equality

We believe that Relationships and Sex Education should be accessible to all pupils.

Teaching takes account of pupils':

- age and stage of development;

- special educational needs and disabilities (SEND);
- family backgrounds and experiences;
- faith and cultural backgrounds.

We teach Relationships and Sex Education in accordance with the Equality Act 2010 and promote respect for all individuals and families. Teaching reflects the diversity of modern Britain and encourages pupils to treat others with dignity, kindness and respect.

Teaching and Learning

Relationships and Sex Education is taught by class teachers and supported by the PSHE Leads. Staff receive professional development to ensure that teaching is accurate, age-appropriate and delivered safely.

Lessons make use of:

- discussion and collaborative learning;
- scenarios and case studies;
- role play and problem-solving activities;
- reflection and self-assessment;
- high-quality PSHE Association resources.

Where external visitors are used, they enhance rather than replace teachers' delivery of the curriculum. The school remains responsible for all content taught. All visitors are vetted appropriately and are required to follow school safeguarding procedures.

Safe and Effective Practice

Relationships and Sex Education is taught within a safe and supportive learning environment. Ground rules are established and revisited regularly to ensure discussion is respectful and inclusive.

Pupils:

- are encouraged to ask questions;
- are not expected to disclose personal experiences;
- are given opportunities to ask anonymous questions where appropriate;
- are taught using recognised distancing techniques to allow discussion of sensitive topics safely.

Teachers answer questions honestly and appropriately, taking account of pupils' age and understanding. If a question falls outside the planned curriculum or raises a safeguarding concern, staff will respond in line with school procedures and seek advice where necessary.

Safeguarding

Relationships and Sex Education contributes significantly to safeguarding and child protection.

Staff recognise that discussions within RSE may lead to disclosures. Children are reminded that teachers cannot offer complete confidentiality and that concerns relating to a pupil's safety or wellbeing must be shared with the Designated Safeguarding Lead (DSL).

The policy should be read alongside:

- Child Protection and Safeguarding Policy
- Behaviour and Relational Policy
- Anti-Bullying Policy
- Equality Policy
- Online Safety Policy
- PSHE Policy
- SEND Policy and SEND Information Report

Engagement with Parents and Carers

We recognise that parents and carers are children's first educators and value their role in supporting Relationships and Sex Education.

We are committed to:

- consulting parents when reviewing the policy;
- informing parents about curriculum content;
- providing opportunities to discuss the curriculum;
- sharing resources and teaching materials on request;
- giving advance notice before Sex Education lessons are taught.

This policy is published on the school website and is available from the school office on request.

Right to Withdraw from Sex Education

Parents and carers have the right to request that their child be withdrawn from the Sex Education elements of the programme which are not part of the National Curriculum Science requirements.

There is no right to withdraw from:

- Relationships Education;
- Health Education;
- National Curriculum Science.

Parents wishing to withdraw their child should contact the Headteacher in writing. The Headteacher will discuss the request with parents to ensure they understand the curriculum content and the implications of withdrawal. During any period of withdrawal, pupils will receive appropriate alternative educational provision.