



WALTON on the NAZE PRIMARY SCHOOL

RELATIONSHIPS AND SEX EDUCATION POLICY

Review date	Spring 2026
Approved date	Spring 2025
Responsible committee	Curriculum and Pupil Related Matters

INTRODUCTION

The policy has been drawn up as a result of staff, parent and pupil discussion and has the full agreement of the Governing Body. The implementation of this policy is the responsibility of all teaching staff. The responsibility for monitoring and review sits with the PSHE curriculum team.

A DEFINITION OF RELATIONSHIP AND SEX EDUCATION

What is Relationship and Sex Education? Relationship and Sex Education is lifelong learning about physical, sexual, moral and emotional development. It is about the understanding of the importance of stable and loving relationships, respect, love and care for family life. It involves acquiring information, developing skills and forming positive beliefs, values and attitudes.

The law was changed with effect from September 2020 so that primary schools in England must teach relationships education and health education (The Children and Social Work Act 2017).

- The relationships education part of the new curriculum teaches what children need to learn to build positive and safe relationships with family and friends and online.
- The health education part of the new curriculum covers both physical health and mental wellbeing and teaches children how to make good decisions about their own health and wellbeing; how to recognise issues in themselves and in others; and how to seek support as early as possible when issues arise.

Sex education is not compulsory in primary schools, but:

- The new curriculum for relationships education and health education does include content on puberty.
- The national curriculum for science includes subject content in related areas, such as the main external body parts; the human body as it grows from birth to old age (including puberty); and reproduction in some plants and animals.

The school will use as its guidance the [DfE Relationships Education, Relationships and Sex Education \(RSE\) and Health Education \(2019\)](#) which:

- Promotes the spiritual, moral, cultural, mental and physical development of pupils at the school and of society
- Prepares pupils for the opportunities, responsibilities and experiences of adult life.

Within this policy the attitudes and values will be

- Recognition of the understanding of the value of family life, marriage and stable and loving relationships which nurture both children and adults.
- Respect for oneself and others, loving and being loved and caring for oneself and others.
- Exploring, considering and understanding moral dilemmas.
- Development of critical thinking skills as part of decision making.

PARENTS RIGHT TO WITHDRAW FROM SEX EDUCATION

A parent or carer cannot legally withdraw their child from any aspect of the statutory relationships education or health education. A parent or carer does have the right to withdraw their child from sex education unless what is being taught is part of the science national curriculum

RSE CONTENT

Outlined below is the content covered throughout the various school key stages. Parents that require further details can request access to the full scheme for RSE through contacting the school office.

Early Years

- Valuing the body
- External body parts
- My teeth
- Similarities & differences
- Self-care skills
- Change and responsibilities

Year 1

- External parts of the body
- My amazing body
- Germs
- Hand washing

Year 2

- Babies to children to adults
- Growing up
- Caring families
- Family variety
- Marriage
- Changing responsibilities

Year 3

- Male and female bodies
- Talking about bodies
- Valuing the body's uniqueness and capabilities
- Responsibilities for hygiene
- Preventing spread of illnesses

Year 4

- Stages of human life cycle
- Seed and egg
- Being grown up

- My responsibilities
- Families' responsibilities

Year 5

- Names of sexual parts
- Puberty
- Physical and emotional change
- Menstruation
- Developing body image
- Changing hygiene routines
- Viruses and bacteria

Year 6

- Human lifecycle
- Sexual reproduction
- Changing emotions and relationships
- Responsibility for others
- Love and care
- Marriage and civil partnership
- Families

Child Protection Issues

The school has a Child Protection Policy and procedure, which is available on request. The Designated Teacher is Suzie Bliss.

If any person believes a child is at risk or in danger, then they should discuss their concerns with the Designated Teacher.

Answering Difficult Questions

Sometimes an individual child will ask an explicit or difficult question in the classroom. Questions do not have to be answered directly, and can be addressed individually later. This school believes that individual teachers must use their skill and discretion in these situations and refer to the Head if they are concerned.

Classes will have, as appropriate, a question box to accommodate written questions for class or personal feedback. Questions may be anonymous.

Procedures for Policy Monitoring and Evaluation

The policy will be reviewed annually using a consultative process, which identifies teacher's, parents and governors feedback on the sex education programme.

Dissemination of the Policy

A copy is available in the office, on request, if parents wish to read it and is available on the school website. The policy has been discussed by governors and staff.

Teaching Methods

Pupils need to have planned activities where they can draw on previous knowledge and develop more understanding, practise their personal and social skills, consider their beliefs and attitudes about different topics reflect on their new learning and plan and shape future action. Teaching in single sex groups may be appropriate at times. Active learning is generally most effective when pupils are working in groups eg. whole class discussions, use of Circle Time, in small groups or on one-to-one basis.

Teachers may require training and extra support to talk about sensitive issues and answer questions that are sensitive and or controversial. Training locally is provided by the School Improvement and Advisory Service Advisers, school nurses and other agencies including the Health Authority.

Evaluation of the Programme

Elements of sex education in the science curriculum will be assessed formally. A variety of informal evaluation activities has been built into the programme. Teachers are required to make their own personal evaluation.

Glossary

RSE Relationships and Sex Education

PSHE Personal, Social and Health Education

Content from other areas of the National Curriculum:

KEY STAGE 1 4-7 YEARS

The Science Curriculum requires that pupils are

- Able to recognise differences between themselves and others and treat others with sensitivity
- That animals including humans, move, feed, grow, use their senses and reproduce
- That humans and animals can produce offspring and these grow into adults
- To recognise and compare the main external parts of the bodies of humans

PSHE and Citizenship

- The basic communication skills of listening and talking with others
- To recognise and name a range of emotions
- To explain a range of feelings and ideas

- To recognise an unsafe situation
- To talk with a trusted adult and ask for help

KEY STAGE 2 7-11 YEARS

The Science Curriculum requires that pupils

- Know and understand the life processes common to humans and other animals including nutrition, growth and reproduction
- Know about the main stages of the human life cycle

PHSE and Citizenship

- Listen to others and to explain themselves
- Explore and discuss, describe and express emotions
- Recognise abuse and ask for help
- Manage the physical and emotional changes of puberty

They will also know and understand

- The physical and emotional changes of puberty (Years 5 and 6)
- The range of relationships including the importance of family and marriage , for the care and support of children
- The effect of the media on forming attitudes
- Infection and how safe routines can reduce the spread of viruses
- How to think about and address diversity