

Leaffield C. E. Primary School



Relationships and Sex Education (RSE) Policy

Committee responsible:	Leaffield School Local Governing Board
Reviewed By:	Leaffield School Local Governing Board
Date adopted:	January 2025
Date for Next Review:	January 2028

Policy Framework:	Policy framework provided centrally for use by schools with minimal amendment to the core text Changes must be made to the text where indicated
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RSE Policy Framework

Leaffield C. E. Primary School

Approved by:	Education Quality Standards Impact Committee
Date:	September 2024
Next review date:	September 2027

Adopted by school:	Leaffield C. E. Primary School
Date:	January 2025

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This policy framework sets out the approach to relationships and sex education (RSE) across ODST. The appendices have been adapted to reflect the circumstances in our school.

1. Aims

The aims of relationships and sex education (RSE) in our trust are to:

- Provide a framework in which sensitive discussions can take place
- Prepare pupils for puberty, and give them an understanding of sexual development and the importance of health and hygiene
- Help pupils develop feelings of self-respect, confidence and empathy
- Create a positive culture around issues of sexuality and relationships
- Teach pupils the correct vocabulary to describe themselves and their bodies

2. Statutory requirements

All ODST primary schools, must provide relationships education to all pupils as per section 34 of the [Children and Social Work Act 2017](#). This legislation requires us to provide RSE to all pupils at our school.

ODST schools follow the National Curriculum. This includes the elements of sex education contained in the science curriculum at primary level.

In teaching RSE, we're required by our funding agreements to have regard to [guidance](#) issued by the secretary of state as outlined in section 403 of the [Education Act 1996](#).

We also have regard to legal duties set out in:

- Sections 406 and 407 of the Education Act 1996
- Part 6, chapter 1 of the [Equality Act 2010](#)
- The Public Sector Equality Duty (as set out in section 149 of the Equality Act 2010). This duty requires public bodies to have due regard to the need to eliminate discrimination, advance equality of opportunity and foster good relations between different people when carrying out their activities

As a school within ODST, we teach RSE as set out in this policy.

3. Policy development

This ODST policy framework is intended to provide information about the RSE curriculum and delivery for all ODST schools. Each school is responsible for developing their own policy and for providing the correct appendices for all stakeholders.

For our school, the policy has been developed in consultation with staff, pupils and parents/carers. The consultation and policy development process involved the following steps:

1. Review – a member of staff team pulled together all relevant information including relevant up to date national and local guidance
2. Staff consultation – staff across our school were given the opportunity to look at the policy and make recommendations
3. Parent/stakeholder consultation – parents/carers and any interested stakeholders were invited to comment on the policy
4. Ratification – once amendments were made, the policy was shared with the Local Governing Body for ratification

4. Definition

RSE is about the emotional, social and cultural development of pupils, and involves learning about relationships, sexual health, sexuality, healthy lifestyles, diversity and personal identity.

RSE involves a combination of sharing information and exploring issues and values.

RSE is **not** about the promotion of sexual activity.

5. Roles and responsibilities

The Scheme of Delegation

The board of trustees

The board of trustees, delegated to the Education Quality Standards and Impact Committee, will approve the RSE policy framework, and hold the headteacher to account for its implementation through local governing bodies.

Local governing bodies

Local governing bodies are responsible for supporting the implementation of the policy at their school and reporting issues to the board of trustees if they occur.

The headteacher

The headteacher is responsible for ensuring that RSE is taught consistently across their school, for making sure that resources and materials are shared with parents and carers, and for managing requests to withdraw pupils from non-statutory components of RSE (see section 10).

Staff

Staff are responsible for:

- Delivering RSE in a sensitive way
- Modelling positive attitudes to RSE
- Monitoring progress
- Responding to the needs of individual pupils
- Responding appropriately to pupils whose parents/carers wish them to be withdrawn from the non-statutory components of RSE

Staff do not have the right to opt out of teaching RSE. Staff who have concerns about teaching RSE are encouraged to discuss this with the headteacher.

Pupils

Pupils are supported to engage fully in RSE and, when discussing issues related to RSE, should treat others with respect and sensitivity.

6. Curriculum

Our RSE curriculum is set out as per Appendix 1 but we may need to adapt it as and when necessary.

We have developed the curriculum in consultation with parents/carers, pupils and staff, and taking into account the age, developmental stage, needs and feelings of our pupils. If pupils ask questions outside the scope of this policy, teachers will respond in an appropriate manner so that pupils are fully informed and don't seek answers online.

We will share any curriculum resources and materials with parents and carers upon request.

For more information about our curriculum, see our curriculum map in Appendix 1.

7. Delivery of RSE

In our primary school, relationships education focuses on teaching the fundamental building blocks and characteristics of positive relationships including:

- Families and people who care for me
- Caring friendships
- Respectful relationships
- Online relationships
- Being safe

These areas of learning are taught within the context of family life taking care to ensure that there is no stigmatisation of children based on their home circumstances (families can include single parent families, LGBT parents, families headed by grandparents, adoptive parents, foster parents/carers amongst other structures) along with reflecting sensitively that some children may have a different structure of support around them (for example: looked after children or young carers).

Across our trust, we will also be mindful of the law and legal requirements, taking care not to condone or encourage illegal political activity, such as violent action against people, criminal damage to property, hate crime, terrorism, or the illegal use of drugs.

Twinkl Life

In our primary school, we use Twinkl Life's PSHE (personal, social, health and economic education) scheme of work to support our PSHE curriculum, which includes Relationships and Sex Education.

Twinkl Life's PSHE scheme of work is fully compliant with the 2019 Statutory Guidance on Relationships and Health Education, Staff Wellbeing resources, Mindfulness, Pupil Voice and much more, promoting positive mental health.

Twinkl Life also features resources to support schools in auditing and improving mental health and wellbeing provision, so that schools can truly embed a culture of wellbeing that promotes positive mental health for everyone in the school community.

See PSHE overview (in Appendix 1) for the topics taught in each year group.

Delivery of sex education to Key Stage 2 (KS2) children in Years 5 and 6

Sessions led by our School Nurse

Our school nurse delivers sex education to children in Years 5 and 6 (Blackman Class), through a structured program consisting of three visits across the academic year, ensuring a well-rounded and age-appropriate learning experience.

The first session focuses on puberty and periods, providing students with a clear understanding of the physical and emotional changes they may experience as they grow. In the second session, the nurse explains the concepts of sex and reproduction, emphasising the science behind human development in a respectful and informative manner. The final session centres on emotional well-being, equipping pupils with tools to navigate relationships, self-esteem, and mental health during this crucial stage of development. This approach ensures that pupils are supported with knowledge and guidance in a safe and nurturing environment.

School nurse breakdown:

Term 1: Puberty & periods (statutory)

Objectives: What is the role of puberty in humans? What physical changes occur during puberty? What are periods, why do they happen and what do I need?

Term 2: Sex and reproduction (non-statutory)

Objectives: How is a baby made through sex? What are the other ways to become a parent? (IVF, adoption, surrogacy) How does a baby develop? How is it born and what does it need to thrive?

Term 3: Emotional wellbeing (statutory)

Objectives: How does my brain develop during puberty? How can I look after myself and my mental health? What can I do when I need support?

In advance of the sessions delivered by our school nurse, a letter is sent to parents and carers informing them of the upcoming topics.

Science Curriculum

In Science, the Year 5 children are taught the project 'Human Reproduction and Ageing'.

This project teaches children about animal life cycles, including the human life cycle. They explore human growth and development to old age, including the changes experienced during puberty and human reproduction.

Special Educational Needs (SEN)

For children with Special Educational Needs (SEN) who are unable to participate in the main sex and relationships education lessons, we provide tailored support to ensure they still access this vital learning. This may include one-to-one or small group sessions led by familiar staff, using adapted resources and methods suited to their individual needs. This may be in the form of the school nurse sending all resources to their parents for their support with teaching statutory content. By creating a supportive and inclusive environment, we ensure all children receive age-appropriate information and guidance, helping them develop understanding and confidence in this important area of personal development.

8. Inclusivity

ODST schools will teach about these topics in a manner that:

- Considers how a diverse range of pupils will relate to them
- Is sensitive to all pupils' experiences
- During lessons, makes pupils feel:
 - Safe and supported
 - Able to engage with the key messages

They will also:

- Make sure that pupils learn about these topics in an environment that's appropriate for them, for example in:
 - A whole-class setting
 - Small groups or targeted sessions
 - 1-to-1 discussions
 - Digital formats
- Give careful consideration to the level of differentiation needed

Use of resources

Our schools will consider whether any resources they plan to use:

- Are aligned with the teaching requirements set out in the statutory RSE guidance
- Would support pupils in applying their knowledge in different contexts and settings
- Are age-appropriate, given the age, developmental stage and background of our pupils
- Are evidence-based and contain robust facts and statistics
- Fit into our curriculum plan
- Are from credible sources
- Are compatible with effective teaching approaches
- Are sensitive to pupils' experiences and won't provoke distress

9. Use of external organisations and materials – trust statement

Across our trust, we delegate responsibility for making sure that an agency and any materials used are appropriate and in line with our legal duties around political impartiality to each school.

Schools remain responsible for what is said to pupils. This includes making sure that any speakers, tools and resources used don't undermine the fundamental British values of democracy, the rule of law, individual liberty, and mutual respect and tolerance of those with different faiths and beliefs.

Our schools **will**:

- Make appropriate checks and engage with external agencies to make sure that their approach to teaching about RSE is balanced, and it and the resources they intend to use:
 - Are age-appropriate
 - Are in line with pupils' developmental stage
 - Comply with:
 - This policy
 - The [Teachers' Standards](#)
 - The [Equality Act 2010](#)
 - The [Human Rights Act 1998](#)
 - The [Education Act 1996](#)
- Only work with external agencies where they have full confidence in the agency, its approach and the resources it uses
- Make sure that any speakers and resources meet the intended outcome of the relevant part of the curriculum
- Review any case study materials and look for feedback from other people the agency has worked with
- Be clear on:
 - What they're going to say
 - Their position on the issues to be discussed
- Ask to see in advance any materials that the agency may use
- Know the named individuals who will be there, and follow usual safeguarding procedures for these people
- Conduct a basic online search and address anything that may be of concern to the school, or to parents and carers
- Check the agency's protocol for taking pictures or using any personal data they might get from a session
- Remind teachers that they can say "no" or, in extreme cases, stop a session
- Make sure that the teacher is in the room during any sessions with external speakers
- Share any external materials with parents and carers

Our schools **won't**, under any circumstances:

- Work with external agencies that take or promote extreme political positions
- Use materials produced by such agencies, even if the material itself is not extreme

10. Parents' right to withdraw

Parents/carers have the right to withdraw their children from the non-statutory components of sex education within RSE.

Requests for withdrawal should be put in writing using the form found in Appendix 3 of this policy and addressed to the headteacher of the school.

A copy of withdrawal requests will be placed in the pupil's educational record. The headteacher will discuss the request with parents/carers and take appropriate action.

Alternative work will be given to pupils who are withdrawn from sex education.

11. Training

Staff are trained on the delivery of RSE as part of their induction and it is included in our school's continuing professional development calendar.

The headteacher may also invite visitors from outside the school, such as school nurses or sexual health professionals, to provide support and training to staff teaching RSE.

12. Monitoring arrangements

The delivery of RSE is monitored by the Local Governing Body through the usual monitoring programme agreed.

Pupils' development in RSE is monitored by class teachers as part of our internal assessment systems. This policy framework will be reviewed by the EQSI committee of the trust board every 3 years. At every review, the school's policy will be approved by LGB.

13. Appendix 1: Curriculum map

Leaffield School's Curriculum map for Personal, Social and Health Education (including Relationships and Sex Education) is shown below:

	Term 1	Term 2	Term 3	Term 4	Term 4	Term 6
Reception	<p>In Reception, PSHE is embedded throughout the day and in all areas of the curriculum. Below are the aims. The discrete teaching will depend on the needs and abilities of the cohort and of individuals.</p> <p>Teaching of these skills will be through practical activities, games, within Continuous Provision and as part of 'Circle Time'</p>					
	<p>Self-Regulation Children will be able to follow one step instructions.</p> <p>Children will recognise different emotions.</p> <p>Children will focus during short whole class activities.</p> <p>Managing Self Children will learn to wash their hands independently.</p> <p>Building Relationships Children will seek support from adults and gain confidence to speak to peers and adults.</p>	<p>Self-Regulation Children will talk about how they are feeling and to consider others' feelings.</p> <p>Managing Self Children will understand the need to have rules.</p> <p>Building Relationships Children will begin to develop friendships.</p>	<p>Self-Regulation Children will be able to focus during longer whole class lessons.</p> <p>Managing Self Children will begin to show resilience and perseverance in the face of a challenge.</p> <p>Building Relationships Children will be able to use taught strategies to support in turn taking.</p>	<p>Self-Regulation Children will identify and moderate their own feelings socially and emotionally.</p> <p>Managing Self Children will manage their own basic needs independently.</p> <p>Building Relationships Children will listen to the ideas of other children and agree on a solution and compromise.</p>	<p>Self-Regulation Children will be able to control their emotions using a range of techniques.</p> <p>Managing Self Children will develop independence when dressing and undressing.</p> <p>Children will learn to dress themselves independently.</p> <p>Building Relationships Children will learn to work as a group.</p>	<p>Self-Regulation Children will be able to follow instructions of three steps or more.</p> <p>Managing Self Children will show a 'can do' attitude.</p> <p>Children will understand the importance of healthy food choices.</p> <p>Building Relationships Children will have the confidence to communicate with adults around the school.</p>

PSHE Topic areas:	Living in the Wider World	Diverse Britain	Health and Wellbeing	Relationships	Citizenship
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Year 1	TEAM: Together Everyone Achieves More Listening Being Kind Bullying and Teasing Brilliant Brains Making Good Choices	Aiming high: Star Qualities Positive Learners Bright Futures Jobs For All Going for Goals Looking Forward	Diverse Britain: My School My Community My Neighbourhood My Country British People What Makes Me Proud of Britain?	Money Matters: Money Where Money Comes From Look After It Save or Spend? Want or Need? Going Shopping	It's my body: My Body, My Business Active and Asleep Happy Healthy Food Clean as a Whistle Can I Eat It? I Can Choose	Be Yourself: Marvellous me Feelings Things I like Uncomfortable Feelings Changes Speak Up!
Year 2	Respecting Rights: Rights Protecting Our Rights Respecting Others Everybody's Different Is It Fair? Taking Part	VIPs: Who Are Your VIPs? Families Friends Falling Out Working Together Showing You Care	Safety First: Keeping Safe Staying Safe at Home Staying Safe Outside Staying Safe Around Strangers Safe Secrets and Surprises People Who Can Help	One World: Families Homes Schools Environments Resources Planet Protectors	Digital Wellbeing: The Internet and Me Online and Offline Staying Safe Online Personal Information Communicating Online True or False?	Growing Up: Our Bodies Is It OK? Pink and Blue Your Family, My Family Getting Older Changes

PSHE Topic areas:	Living in the Wider World	Diverse Britain	Health and Wellbeing	Relationships	Citizenship
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Year 3	TEAM: A New Start Together Everyone Achieves More Working Together Being Considerate When Things Go Wrong Responsibilities	Aiming high: Achievements Goals Always Learning Jobs and Skills No Limit! When I Grow Up	Diverse Britain: Living in the British Isles Democracy Rules, Laws, and Responsibilities Liberty Tolerance and Respect What Does It Mean to Be British?	Money Matters: Where Does Money Come From? Ways to Pay Reasons to Borrow Spending Decisions Advertising Keeping Track	It's my body: My Body, My Choice Fit as a Fiddle Good Night, Good Day Cough, Splutter, Sneeze! Drugs: Healing or Harmful? Choices Everywhere	Be Yourself: Marvellous me Feelings Things I like Uncomfortable Feelings Changes Speak Up!
Year 4	Respecting Rights: Rights Are All Rights Equal? Rules Rights without Responsibilities? Respect Are We So Different?	VIPs: Family and Friends Fabulous Friends Is This a Good Relationship? Falling Out What Is Bullying? Stand up to Bullying!	Safety First: New Responsibilities Risks, Hazards, and Danger Under Pressure Safety When Out and About Dangerous Substances Injuries and Emergencies	One World: Chiwa and Kwende Chiwa's Dilemma 1 Chiwa's Dilemma 2 Chiwa's Sugar Chiwa's World Charity for Chiwa	Digital Wellbeing: The Digital World Digital Kindness Do I Know You? Online Information Keep It Private My Digital Wellness	Growing Up: Human Reproduction Changes in Boys Changes in Girls Changing Emotions Relationships and Families Where Do I Come From?

PSHE Topic areas:	Living in the Wider World	Diverse Britain	Health and Wellbeing	Relationships	Citizenship
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Year 5	TEAM: Together Everyone Achieves More Communicate Compromise and Collaborate Care Unkind Behaviour Shared Responsibilities	Aiming high: You Can Achieve Anything! Breaking Down Barriers Future Focus Equal Opportunities The World of Work Onwards and Upwards	Diverse Britain: Identities Communities Respecting The Law Local Government National Government Making a Difference	Money Matters: Look After It! Critical Consumers Value for Money and Ethical Spending Budgeting Money and Emotional Wellbeing Money in the Wider World	It's my body: Your Body is Your Own Exercise Right, Sleep Tight Taking Care of Our Bodies Harmful Substances How We Think and Feel About Our Bodies Healthy Choices	Be Yourself: You are Unique Let It Out! Uncomfortable Feelings The Confidence Trick Do the Right Thing Making Amends
Year 6	Respecting Rights: Know Your Rights Do Human Rights Apply to Everyone? Are Everyone's Rights Met? Are You Rights Respecting? Do Human Rights Change? Human Rights Heroes	VIPs: People We Love Think Before You Act It's OK to Disagree You Decide Secrets False Friends	Safety First: You Are Responsible What Are the Risks? Making Your Mind Up In an Emergency Home - Safe and Sound Outdoors - Playing It Safe	One World: Global Citizens Global Warming Energy Water Biodiversity In Our Hands	Digital Wellbeing: My Digital Life Staying Safe, Healthy and Happy Online Online Relationships Social Media Saying No to Online Bullying Fake News	Growing Up: Changing Bodies Changing Emotions Just the Way You Are Relationships Let's Talk About Sex Human Reproduction

14. Appendix 2: By the end of primary school, pupils should know

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
Respectful relationships	<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

TOPIC	PUPILS SHOULD KNOW
	<ul style="list-style-type: none"> • 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
Online relationships	<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
Being safe	<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 needed to do so • Where to get advice e.g. family, school and/or other sources

15. Appendix 3: Parent/carer form: withdrawal from sex education within RSE

TO BE COMPLETED BY PARENTS/CARERS			
Name of child		Class	
Name of parent		Date	
Reason for withdrawing from sex education within relationships and sex education			
Any other information you would like the school to consider			
Parent signature			

TO BE COMPLETED BY THE SCHOOL	
Agreed actions from discussion with parents	Include notes from discussions with parents and agreed actions taken. Eg: Joe Bloggs will be taking part in all relationships lessons and during the sex education lessons, he will be working independently on a project in the Year 5 classroom