



Otterbourne Church of England Primary School

Trust, Respect and Determination

POLICY FOR RELATIONSHIPS AND SEX EDUCATION

Name / Signature of Headteacher:	Martin Geraghty
Name / Signature of Chair of Governors:	Sue Barham
Date Policy approved and adopted:	May 2025
Date Due for review:	May 2026

VERSION CONTROL LOG

Date	Description of changes (person responsible)
02/05/2025	Edited to focus on core information. Updated in line with new guidance from PSHE Association. Reviewed and updated content per phase.
16/01/23	Headteacher name changed. Review date changed. (MG) Updates made by subject leader (ZS)

Otterbourne Church of England Primary School is committed to providing a high-quality education that reflects our Christian values of trust, respect and determination. Personal, Social, Health, and Economic education, as well as Relationships and Sex Education (RSE), form an integral part of our curriculum, supporting pupils in developing the knowledge, skills, and values they need to lead healthy, safe, and fulfilled lives, in line with our commitment to educating the whole child. This policy is informed by statutory guidance and the Church of England's vision for education.

Parents and carers are the key people responsible for their child's learning about healthy relationships and sex, and we understand that schools should always work in partnership with the home. Parents and carers should know that the school's RSE programme will complement their role and support them in the education of their child regarding sex and relationships. Otterbourne Church of England Primary School will ensure that parents' and carers' views are heard and that taught RSE is culturally appropriate and inclusive, meeting the needs of all pupils, including those with special educational needs and disabilities (SEND).

Aims and Objectives

Our RSE programme aims to:

- Help pupils develop healthy and respectful relationships.
- Teach children about family life, respect, love, and care in all types of relationships.
- Ensure pupils understand the characteristics of healthy friendships and other relationships.
- Prepare pupils for the physical and emotional changes associated with growing up.
- Equip pupils to make informed decisions about their well-being and safety.
- Prepare pupils for the opportunities, responsibilities and experiences of later life.

Content and Delivery

RSE will be delivered as part of our Personal, Social, Health and Economic (PSHE) Education and Science curriculum. Lessons will be age-appropriate, inclusive, and reflect the diverse needs of all pupils.

Pupils across the school will be taught about:

- Families and people who care for them.
- Characteristics of healthy friendships.
- Respect for others, including differences.
- Online relationships and staying safe.
- Personal boundaries and seeking help if needed.

- Physical and emotional well-being.
- Puberty and the changes it brings.
- Basic first aid.
- The importance of healthy lifestyles.

While not compulsory in primary schools, we offer age-appropriate Sex Education to Year 6 pupils in line with the guidance from the Department for Education and the PSHE Association.

RSE Programme of Learning

The Science subject leader and the PSHE and RSE lead organise the RSE Programme. RSE lessons are delivered in both KS1 and KS2, either discretely or as part of the PSHE topic, by either the science leader, the PSHE leader, or the class teacher/HLTA.

Year 2

These sessions will enable children to learn about body parts and the early physical changes that occur in boys and girls. This includes the children learning about differences in their bodies and learning the correct terminology for body parts of both their own and the opposite sex. The sessions take place in mixed-gender groups.

Year 4

These sessions cover the understanding of menstruation in girls and some of the other changes which start to take place during puberty. This includes advice on what to expect, how to manage these changes, and information about dealing with emotions, as well as products that can be used. The sessions take place in mixed-gender groups.

Upper Key Stage 2

These sessions provide a more in-depth understanding of the changes that occur during puberty, exploring the physical and emotional changes that affect both boys and girls. The children also explore different types of relationships, self and body image, and the meaning of consent. The sessions take place in mixed-gender groups.

Year 5 will receive a supplementary lesson on menstruation, building on the input they received in Year 4.

Year 6 will receive a lesson on human reproduction, which includes the process of how babies are made and born. This builds on their knowledge of life cycles and what they have learnt about the basic biology of animal and human reproduction from the science curriculum.

Year 6 will also receive discrete lessons on sexual relationships, including input on who can have a sexual relationship. **Parents have the right to withdraw from this lesson only.**

Children of both sexes need to understand the changes that the opposite sex are going through, and to develop confidence in talking about the topics openly whilst having the opportunity to address misconceptions, however in some instances, there may be occasions where single gender groups are more appropriate and relevant depending on the age and level of the learner.

Consulting Parents

Materials to be used in the school's RSE Programme can be viewed by parents who wish to see them. The school will inform parents when aspects of the RSE programme are being taught and will provide opportunities for parents to discuss the content of the lessons or view any accompanying videos and resources before they are shown to the children.

Withdrawal from RSE

The Government have committed to retaining parents' right to withdraw their child from the Sex Education content within RSE (other than the sex education in the National Curriculum as part of science, mentioned in this policy).

The Government have produced a guide for parents wishing to find out more about the new statutory requirements, which can be found here:

<https://www.gov.uk/government/publications/relationships-sex-and-health-education-guides-for-schools>

Whilst we understand that withdrawal from the Sex Education programme is a parent's right, engagement is a positive step – it helps to ensure that everyone involved understands what is being taught, when and how. It helps develop a shared set of values between parents and schools on these subjects. It gives parents a voice and the assurance that their views are being heard. It helps to dispel myths about the subjects and creates an opportunity to build stronger relationships with parents. Crucially, with these subjects, it can help parents understand how they can support their child's learning in school by incorporating their teaching at home. Relationships Education is best delivered with cooperation and support from parents. Engagement works best when everyone involved enters into it with an open mind. **Please note: it is necessary to discuss the possibility of withdrawal with the headteacher.**

Dealing with Difficult Questions

Ground rules are essential for providing an agreed-upon structure for answering sensitive or complex questions. This framework facilitates the use of an anonymous question box as a distancing technique.

Teachers will endeavour to answer questions as honestly as possible. However, questions they do not feel comfortable answering within the classroom, or those that are not age-appropriate and beyond the Key Stage objectives, will not be answered or explored.

Children with Special Educational Needs

Teaching and resources will be differentiated as appropriate to address the needs of these children, ensuring they have full access to the content of RSE.

Child Protection/Confidentiality

Teachers are aware that effective Relationship and Sex Education (RSE), which fosters an understanding of what is and is not acceptable in a relationship, may lead to the disclosure of a child protection issue. The staff member will inform the Headteacher/Designated Child Safeguarding Lead in line with the local authority procedures for child protection. A member of staff cannot guarantee confidentiality if concerns are present.

Monitoring and Evaluation

Monitoring is the responsibility of the Headteacher, the named Governor, and the teacher with responsibility for Relationships and Sex Education. The effectiveness of the RSE Programme will be evaluated by assessing children's learning and implementing change if required. This Policy document will be available to parents via

our website or upon request from the school office, and it will be reviewed annually to ensure it remains relevant and practical.

Statutory requirements:

This policy complies with the following:

- The Relationships Education, Relationships and Sex Education, and Health Education (England) Regulations 2019.
- The Equality Act 2010.
- The Department for Education's statutory guidance (updated September 2020).
- The Church of England's document *Valuing All God's Children*.

This Policy is linked with the following Policies:

Equality

Child Protection/Safeguarding

Behaviour

Anti-Bullying

Emotional Wellbeing and Mental

Health PSHE