



Relationships and Sex Education (RSE) Policy

Review Date	Reviewer	Approved By	Date Approved	Implementation Date
Autumn 2025	Mrs Liz Naile			

1. Introduction

This policy outlines how East Herrington Primary Academy delivers Relationships and Sex Education (RSE) in line with the Department for Education's statutory guidance from July 2025.

RSE is taught as part of our Personal, Social, Health and Relationships Education (PSHRE) curriculum and reflects the school's ethos that everyone is welcome, as promoted through No Outsiders.

2. Aims

The aims of RSE at East Herrington Primary Academy are to:

- Prepare pupils for the opportunities, responsibilities, and experiences of later life.
- Help pupils to develop respectful, healthy relationships with peers and adults.
- Teach pupils how to recognise and manage their emotions, and how to seek help when needed.
- Promote equality and inclusion, challenging stereotypes and discrimination.
- Keep pupils safe by equipping them with knowledge about boundaries, privacy, and appropriate behaviour.

3. Statutory Requirements

As a primary school, we are required to teach Relationships Education and Health Education. Sex Education is not statutory in primary schools. Some primary schools choose to teach Sex Education. At East Herrington Primary Academy, our curriculum does not include elements of Sex Education.

The science curriculum includes content on human development, including reproduction, which there is no right to withdraw from. In Year 5 at East Herrington Primary Academy, we enlist the support of a school nurse in the delivery of content around changes relating to puberty. Parents of those children involved receive specific information relating to this prior to the session.

This policy is informed by:

- Relationships Education, Relationships and Sex Education (RSE) and Health Education – DfE, 2025
- Keeping Children Safe in Education (DfE, 2025)
- Equality Act 2010

4. Curriculum Delivery

RSE is taught through:

- POL Ed – structured PSHE lessons aligned with DfE objectives.
- No Outsiders – promoting equality, diversity, and inclusion through literature and discussion.
- Kidsafe – teaching children to stay safe and recognise unsafe situations.
- SUMO - giving children strategies to cope with change and setbacks, build resilience, and develop a positive approach to life's challenges.

Lessons are delivered by class teachers in a safe, supportive environment. Curriculum information and lesson overviews are available to parents on the school website, so families can understand what is being taught and when. There are also opportunities to explore content through school assemblies.

The curriculum covers:

- Families and people who care for me
- Caring friendships
- Respectful relationships
- Online relationships
- Being safe
- Growing and changing (including puberty)

5. Inclusion and Accessibility

RSE is accessible to all group of pupils, including those with SEND. Teachers adapt planning and delivery to ensure accessibility by using visual aids, simplified language, pre-teaching, and working with the SENDCo. All pupils can participate meaningfully and feel included.

6. Parental Right to Withdraw

Parents do not have the right to withdraw their child from Relationships or Health Education.

Parents do have the right to withdraw their child from non-statutory Sex Education (lessons beyond the national curriculum for science).

Parents wishing to do so should contact the Headteacher in writing. They will be offered an opportunity to view teaching materials and discuss support for their child.

Alternative arrangements will be made for pupils withdrawn from these lessons. The full RSE curriculum is available to view on the school website.

Please note at East Herrington Primary Academy all curriculum coverage is part of the National Curriculum for Science. We do not include any non-statutory Sex Education.

7a. Responding to Pupils' Questions

At East Herrington Primary Academy, we recognise that children may have questions arising from RSE lessons or general curiosity. Teachers will:

- Provide clear, factual answers using correct vocabulary, matched to the child's level of understanding.
- Use the school's agreed resources to ensure consistency.
- Promote safeguarding and well-being.
- Refer to parents when questions are not age-appropriate or beyond non-statutory content.

8. Safeguarding and Confidentiality

RSE supports pupils in recognising when they or others may be at risk and helps them seek support from trusted adults. Teachers will handle all disclosures sensitively and in line with the school's safeguarding policy. Concerns about a pupil's welfare will be reported to the DSL or DDSL.

9. Monitoring and Review

The PSHRE and RSE Lead and Curriculum Lead monitors the implementation and impact of this policy through planning reviews, pupil voice, and consultation with parents and governors.

This policy is reviewed annually and approved by the Governing Body. It has been shared with parents and carers as part of our RSE consultation process.