



**BARLESTONE CofE
PRIMARY SCHOOL**



Barlestone Church of England Primary School

RSE Policy

Sex and Relationships Education Reviewed September 2025

Headteacher Signed:

Approved by Governors February 2026

Review Date September 2028

Contents

- 1) Policy aims
- 2) Policy development
- 3) Statutory requirements
- 4) Ethos and values
- 5) Definitions and curriculum content i) Relationships Education ii) Health Education iii) Sex Education
- 6) Delivery i) Timetabling ii) Staffing iii) Resources iv) External visitors v) Signposting support
- 7) Inclusive and accessible RSE
- 8) Safeguarding and confidentiality
- 9) Answering pupil questions
- 10) Staff training
- 11) Monitoring and assessment
- 12) Working with parents and carers

Appendix

- I. RSE curriculum map
- II. Statutory content
- III. Parental withdrawal monitoring form

1. Policy aims

The school publishes this policy as a statutory requirement and with the following aims:

- To offer a clear guide to parents, carers, staff and visitors. Defining Relationships and Sex Education (RSE) as a subject and explaining its delivery at school
- To set out the curriculum requirements and explain what will be taught when
- To give information to parents and carers about their involvement with RSE

2. Policy development

As set out in government guidance, the policy has been developed through a process of consultation involving school staff, parents/carers, pupils, the school nursing team, Leicestershire and Rutland Healthy Schools team.

Development of the policy has been supported by school governors, who have ratified the finished document.

3. Statutory requirements

The Children and Social Work Act 2017 make Relationships Education and Health Education statutory in all Primary schools. The guidance will become mandatory in September 2020, but schools may start following it from 2019 if they feel ready. Expectations for primary schools are as follows:

- Relationships Education will be compulsory in all Primary Schools (or those pupils receiving Primary Education) – this includes academies, free schools and independent schools
- Health Education will be compulsory in all Primary and Secondary Schools (or those pupils receiving Primary or Secondary Education) – this includes all academies and free schools but not independent schools as PSHE is already statutory in these schools. - RSE supports us in our statutory duties of Keeping Children Safe in Education

4. Ethos and values

Through RSE we deliver key learning that supports the schools agreed ethos and values. Key school values supported by RSE include:

- Building positive caring relationships
- Respect for others
- Respecting diversity

- Feeling safe and valued
- Self-awareness and self esteem
- Exploration of rights, duties and responsibilities

We believe that all pupils should receive accurate information that supports their needs and explains their rights. RSE gives young people the opportunity to explore and develop their own attitudes and values and to respect the views of others.

5. Definitions and curriculum content

Relationship and sex Education (RSE) supports and guides children and young people in life-long learning about relationships, emotions, the human biology of sex, sexuality and sexual health. In partnership with parents and carers, we help our young people to understand and manage their physical and emotional development during adolescence and to prepare for the decisions to be made in adult life.

The school's RSE curriculum (appendix 1) has been designed in consultation with parents, pupils and staff, taking into account the age, needs and feelings of pupils.

i. Relationships Education

The focus of Relationships Education is on teaching the fundamental building blocks and characteristics of positive relationships, with particular reference to friendships, family relationships, and relationships with other children and with adults. DFE guidance requires us to teach objectives under the following topics;

- Families and people who care for me
- Caring Friendships
- Respectful Relationships
- Online Relationships
- Being Safe

ii. Health Education

The focus of Health Education is on teaching the characteristics of good physical health and mental wellbeing. Elements of our Health Education are timetabled to complement and support the teaching of RSE. DFE guidance requires us to teach objectives under the following topics;

- Mental Wellbeing
- Internet Safety and Harms
- Physical Health and Fitness
- Healthy Eating
- Drug, Alcohol and Tobacco
- Health and Prevention
- Basic First Aid

- The Changing Adolescent Body (Puberty)

iii. **Sex Education**

The DFE advise that all primary schools have a programme of Sex Education tailored to the age and the physical and emotional maturity of the pupils. Our programme contains the statutory elements of the Science curriculum (see appendix 2)

Sex education outside of science

Our programme also contains a small amount of non-statutory content which the school feels is age appropriate and does an important job of helping to answer some of the questions that pupils are asking as they come to the transition period between Primary and Secondary school.

- Drawing on knowledge of the human life cycle set out in the national curriculum for science - Year 6 will have two lessons focusing on consent in intimate adult relationships and how a baby is conceived and born.

Parents will be informed of when the two year 6 lessons are taking place and if they wish to withdraw procedures will be followed as set out in section 12.

6. Delivery

i. **Timetabling:** Relationship Education will be taught throughout the year alongside aspects of the PSHE curriculum. The curriculum map can be found on the school website, as an appendix to this policy or as a paper copy by contacting the school office.

ii. **Staffing:** RSE will be taught by class teachers and supported by learning support assistants, it may be that in some cases, the lesson would be covered by our Higher Level Teaching Assistant with the agreement of the Headteacher.

iii. **Resources:** RSE is delivered using quality assured up to date resources from Coram Scarf Life Education.

iv. **External visitors:** Visitors may be used from time to time to enhance, not replace, our delivery of RSE. Visitors will be checked to ensure that what they are offering is of quality and appropriate for our students

v. **Signposting support:** All RSE sessions will include signposting information for students, including identifying safe and appropriate adults for them to go to for help and support. This will include members of the school pastoral care team but will also include the signposting of external agencies such as Childline.

7. Inclusive and accessible RSE

The school has duties, under the Equalities Act (2010), to ensure that it does not discriminate against people with protected characteristics. A whole school approach is taken to inclusivity and accessibility and care is taken to ensure that teaching meets the needs of all students. The school will:

- Respect that the school community includes people of different faiths, beliefs and cultural backgrounds
- Acknowledge that pupils will grow up in many kinds of families including single parent families, LGBT parents, families headed by grandparents, adoptive parents, foster parents/carers amongst other structures .
- Recognise that some staff or pupils may identify as LGBT
- Take care that resources, books and displays represent all kinds of families
- Take positive action to tackle bullying and discrimination

Particular care will be taken to ensure that RSE is accessible to pupils with special educational needs and disabilities. The SEND code of practice outlines the need for schools to prepare children for adulthood. These pupils can be more vulnerable to exploitation and bullying which means that sensitive and age-appropriate Relationships and Health Education is an essential part of their learning. We will ensure that our curriculum is accessible to all pupils by using differentiated resources, small group work or supporting pupils in-class.

8. Safeguarding and confidentiality

Good practice allows children an open forum to discuss potentially sensitive issues. Such discussions can lead to increased safeguarding reports. Children should be made aware of how to raise their concerns or make a report and how any report will be handled. This should include processes when they have a concern about a friend or peer.

All sessions will begin with a group agreement designed to create a safe space for discussion. Sessions will include information, signposting appropriate help and support, including parents and carers and the school's pastoral team.

All school staff have completed safeguarding training and should be mindful of the school's safeguarding policy and procedures when delivering RSE sessions. Staff understand that they cannot offer unconditional confidentiality to pupils and pupils will be made aware of this. Staff will work within the school's agreed procedures for recording and reporting disclosures and the nature of access to this information

9. Answering pupil questions

As with all subjects, pupils will have questions relating to what they have been learning and teachers will use their judgement to answer questions in an age appropriate way. If a teacher is unsure about whether a particular question is appropriate to be answered in a whole-class setting they may ask for support from the subject lead or senior leadership team.

10. Staff training

RSE should be delivered by staff who have received up to date training and who feel confident with the subject. Training includes information on how to use ground rules, facilitate group discussions, answer difficult questions and the delivery of sensitive content. Training may be provided in-school, on-line from Coram Scarf or as part of local support offered by Leicestershire and Rutland Healthy Schools.

11. Monitoring and assessment

The school has the same high expectations of pupils' work in RSE as in other areas of the curriculum. The subject lead will support teachers to assess pupil work and progress and along with all areas of the curriculum will be monitored by leaders through lesson walks and book scrutiny. Pupil feedback will be important to the future development of RSE at the school. Regular subject audits will ensure that provision is up to date and meeting the needs of pupils.

12. Working with parents and carers

The school has consulted parents and carers and their views have been taken into consideration when planning and delivering RSE. Parents and carers will be kept informed about what is delivered and when, so that they can support this learning at home. Parents and Carers will be invited to a meeting annually where they will be able to view resources, including any used for Sex education taught outside of science.

From September 2020 Parents and Carers have the right to withdraw their child from Sex Education outside of science (as outlined above).

From September 2020 parents do not have the right to withdraw their child from lessons on Relationships or Health Education or the Science Curriculum.

If a parent or carer wishes to withdraw their child from Sex Education, we ask that they discuss it with the Head Teacher and then a request for withdrawal should be put in writing using the form found in Appendix 3 of this policy and addressed to the Headteacher.

Parents, carers and staff should be aware that pupils who are withdrawn from RSE will have questions about why this has happened. It should also be understood that pupils may ask their peers questions about lesson content.

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

Appendix 1.

RSE curriculum map for Barlestone Church of England Primary

PSHE Overview (including Relationships, Health and Sex Education)

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	<p>Me and my relationships</p> <ul style="list-style-type: none"> - All about me -What makes me special? -Me and my special people -Who can help me? -My feelings 1 -My feelings 2 	<p>Keeping Myself Safe</p> <ul style="list-style-type: none"> -What's safe to go onto my body? -Keeping myself safe (medicines) -Safe indoors and outdoors -Listening to my feelings -Keeping safe online -People who help me keep safe 	<p>Rights and responsibilities</p> <ul style="list-style-type: none"> -Looking after my special people -Looking after my friends -Being helpful at home and caring for our classroom -Caring for our world -Looking after money, recognising, spending, using -Looking after money, saving money and keeping it safe 	<p>Being my Best</p> <ul style="list-style-type: none"> -Bouncing back when things go wrong -Yes, I can -Healthy Eating (1) -Healthy Eating (2) -Move your body -A good night's sleep 	<p>Valuing difference</p> <ul style="list-style-type: none"> -I'm special, you're special -Same and different -Same and different families -Same and different homes -Kind and caring 1 -Kind and caring 2 	<p>Growing and Changing</p> <ul style="list-style-type: none"> -Seasons -Life stages-plants, animals and humans -Life stages: Human life stage – who will I be? -Where do babies come from? -Getting bigger -Me and my body – girls and boys
Y1	<p>Me and my relationships</p> <ul style="list-style-type: none"> -Why we have classroom rules -Thinking about feelings -Our feelings -Feelings and bodies -Our special people balloons -Good friends -How are you listening? 	<p>Keeping myself safe</p> <ul style="list-style-type: none"> -Healthy me -Super sleep -Who can help? -Harold loses Geoffrey -What could Harold do? -Good or bad touches -Sharing pictures 	<p>Rights and responsibilities</p> <ul style="list-style-type: none"> -Harold's wash and brush up -Around and about the school -Taking care of something -Harold's money -How should we look after our money? -Basic first aid 	<p>Being my best</p> <ul style="list-style-type: none"> -I can eat a rainbow -Eat well -Catch it, bin it, kill it -Harold learns to ride his bike -Pass on the praise -Harold has a bad day 	<p>Valuing difference</p> <ul style="list-style-type: none"> -Same or different? -Unkind, tease or bully? -Harold's school rules -Who are our special people? -It's not fair 	<p>Growing and changing</p> <ul style="list-style-type: none"> -Inside my wonderful body -Taking care of a baby -Then and now -Who can help (2) -Surprises and secrets -Keeping privates private
Y2	<p>Relationships</p> <ul style="list-style-type: none"> -Our ideal classroom -Our ideal classroom 2 -How are you feeling today? -Bullying or teasing? -Don't do that -Types of bullying -Being a good friend -Let's all be happy 	<p>Keeping myself safe</p> <ul style="list-style-type: none"> -Harold's picnic -How safe would you feel? -What should Harold say? -I don't like that! -Fun or not? -I should tell -Secrets should never be kept 	<p>Rights and responsibilities</p> <ul style="list-style-type: none"> -Getting on with others -When I feel like erupting -Feeling safe -How can we look after our environment? -Harold saves for something special -Harold goes camping -Playing Games 	<p>Being my best</p> <ul style="list-style-type: none"> -You can do it -My day -Harold's postcard – how to keep us clean and healthy -Harold's bathroom -My body needs -What does my body do? 	<p>Valuing difference</p> <ul style="list-style-type: none"> -What makes us who we are? -How do we make others feel? -My special people -When someone is feeling left out -An act of kindness -Solve the problem 	<p>Growing and changing</p> <ul style="list-style-type: none"> -A helping hand -Sam moves away -Haven't you grown! -My body, your body -Respecting privacy -Basic first aid

Y3	<p>Relationships</p> <ul style="list-style-type: none"> -As a rule -My special pet -Tangram team challenge -Looking after our special people -How can we solve this problem -Dan's dare -Thunks -Friends are special 	<p>Keeping myself safe</p> <ul style="list-style-type: none"> -Safe or unsafe? -Danger or risk? -The risk robot -Alcohol and cigarettes; the facts -Super searcher -None of your business -Raisin Challenge 1 -Help or harm? 	<p>Rights and responsibilities</p> <ul style="list-style-type: none"> -Our helpful volunteers -Helping each other stay safe -Recount task -Harold's enrichment project -Can Harold afford it? -Earning money 	<p>Being my best</p> <ul style="list-style-type: none"> -Derek cooks dinner (healthy eating) -Poorly Harold -For or against? -I am fantastic -Getting on with your nerves -Body team work -Top talents 	<p>Valuing difference</p> <ul style="list-style-type: none"> -Family and friends -My community -Respect and challenges -Our friends and neighbours -Let's celebrate our differences# -Zeb 	<p>Growing and changing</p> <ul style="list-style-type: none"> -Relationship tree -Body space -Secret or surprise? -My changing body -Basic first aid
Y4	<p>Me and my relationships</p> <ul style="list-style-type: none"> -An email from Harold -Ok or not ok? (1) -Ok or not ok? (2) -Human machines -Different feelings -When feelings change -Under pressure 	<p>Keeping myself safe</p> <ul style="list-style-type: none"> -Danger, risk or hazard -Picture wise -How dare you -Medicines check the label -Know the norm -Keeping ourselves safe -Raisin challenge 2 	<p>Rights and Responsibilities</p> <ul style="list-style-type: none"> -What helps us stay healthy and safe? -It's your right -How do we make a difference? -In the news -Safety in numbers -Logo quiz -Harold's expenses -Why pay taxes? 	<p>Being my best</p> <ul style="list-style-type: none"> -What makes me -Making choices -SCARF hotel -Harold's seven R's -My school community -Basic First aid 	<p>Valuing difference</p> <ul style="list-style-type: none"> -Can you sort it? -Islands -Friends or acquaintance -What would I do? -The people we share our world with -That is such a stereotype! 	<p>Growing and changing</p> <ul style="list-style-type: none"> -Moving house -My feelings are all over the place -All change -Preparing for periods -Secret or surprise -Together
Y5	<p>Me and my relationships</p> <ul style="list-style-type: none"> -Collaboration Challenge! -Give and take -How good a friend are you? -Relationship cake recipe -Being assertive -Our emotional needs -Communication 	<p>Keeping myself safe</p> <ul style="list-style-type: none"> -Thinking about habits -Jay's dilemma -Spot bullying -Ella's diary dilemma -Decision dilemma -Play, like, share -Drugs; true or false -Smoking: what is normal? -Would you risk it? 	<p>Rights and Responsibilities</p> <ul style="list-style-type: none"> -What's the story? -Fact or opinion? -Rights, responsibilities and duties -Mo makes a difference -Spending wisely -Lend us a fiver! -Local councils 	<p>Being my best</p> <ul style="list-style-type: none"> -Getting fit -It all adds up! -Different skills -My school community (2) -Independence and responsibility -Star qualities -Basic First Aid 	<p>Valuing difference</p> <ul style="list-style-type: none"> -Qualities of friendship -Kind conversations -Happy being me -The land of the Red People -Is it true? -It could happen to anyone 	<p>Growing and changing</p> <ul style="list-style-type: none"> -How are they feeling? -Taking notice of our feelings -Dear Hetty -Changing bodies and feelings -Growing up and changing bodies -It could happen to anyone -Help! I'm a teenager – get me out of here! -Dear Ash -Stop, start, stereotypes
Y6	<p>Me and my relationships</p> <ul style="list-style-type: none"> -Working together -Let's negotiate -Solve the friendship problem -Assertiveness skills -Behave yourself -Dan's Day -Don't force me -Acting appropriately -It's a puzzle 	<p>Keeping myself safe</p> <ul style="list-style-type: none"> -Think before you click! -Traffic lights -To share or not to share? -Rat Park -What sort of drug is ...? -Drugs: It's the law! -Alcohol: what is normal? -Joe's story (part 1) -Joe's story (part 2) 	<p>Rights and Responsibilities</p> <ul style="list-style-type: none"> -Two sides to every story -Fakebook friends -What's it worth? -Jobs and taxes -Action stations! -Project Pitch (part 1 and 2) -Happy Shoppers -Democracy in Britain 1 – Elections -Democracy in Britain 2 – How (most) laws are made 	<p>Being my best</p> <ul style="list-style-type: none"> -Five Ways to Wellbeing project -This will be your life! -Our recommendations -What's the risk (1) -What's the risk (2) -Basic First Aid 	<p>Valuing difference</p> <ul style="list-style-type: none"> -Okay to be different -We have more in common than not -Respecting difference -Tolerance and respect for others -Advertising friendships -Boys will be boys – challenging gender stereotypes 	<p>Growing and changing</p> <ul style="list-style-type: none"> -Helpful or unhelpful? Managing change -I look great! -Media manipulation -Pressure online -Is this normal? -Dear Ash -Making babies -What is HIV?

Appendix 2

2. Statutory content

Science Curriculum

Key Stage 1 (age 5-7 years) - Statutory Science Curriculum

- Identify, name, draw and label the basic parts of the human body and say which part of the body is associated with each sense
- Notice that animals, including humans, have offspring which grow into adults
- Describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene

Key Stage 2 (age 7-11 years) - Statutory Science Curriculum

- Describe the life process of reproduction in some plants and animals
- Describe the changes as humans develop to old age
- Recognise that living things produce offspring of the same kind, but normally offspring vary and are not identical to their parents

Statutory Relationships and Health Education

Full details of what must be covered by the end of primary school can be found in the department for Education guidance

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

Appendix 3 Parental Withdrawal monitoring form

TO BE COMPLETED BY PARENTS			
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			
Staff signature			