

East Allington Primary School



RSE Policy

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Relationships, Sex and Health Education (RSE) Policy

1. Policy Statement

At East Allington Primary School, we believe that high-quality Relationships, Sex and Health Education (RSE) is an essential part of preparing our children to lead safe, happy, healthy and successful lives. RSE at our school promotes the values of respect, inclusion, honesty and responsibility, and is rooted in our ethos as a Rights Respecting School.

Our RSE curriculum is delivered in a developmentally appropriate, inclusive and sensitive way. It seeks to ensure that every child feels valued, learns about positive relationships, understands the importance of respect for self and others, and develops the knowledge and skills needed to stay safe both in person and online.

This policy has been developed in line with:

- DfE Statutory Guidance: Relationships Education, Relationships and Sex Education (RSE) and Health Education (updated 2025; mandatory from September 2026)
- Keeping Children Safe in Education (2025)
- Equality Act (2010)
- SEND Code of Practice (2015)

2. Aims of RSE

Through RSE, we aim to ensure that all pupils:

- Learn the characteristics of healthy, respectful relationships, including friendships, family relationships, and relationships with peers and adults.
- Understand the importance of respect, kindness, trust and honesty in relationships.
- Know how to keep themselves safe, including online safety, consent and personal boundaries.
- Recognise and report abuse, bullying, and discrimination confidently and safely.
- Learn about the physical and emotional changes of puberty in preparation for adolescence.
- Understand the importance of physical health, mental wellbeing, personal hygiene and healthy lifestyles.
- Are prepared for the opportunities, responsibilities and experiences of later life.

3. Statutory Requirements

From September 2026, it is a statutory requirement that:

- Relationships Education is taught in all primary schools.
- Health Education is taught in all primary schools.
- Sex Education is not compulsory in primary schools, beyond the statutory science

curriculum. However, schools are encouraged to teach age-appropriate content, particularly in Years 5 and 6, to prepare pupils for the changes of adolescence.

At East Allington Primary School, we will teach the statutory content in full and will also include a short, age-appropriate unit of sex education in Years 5 and 6 (e.g. conception and birth, taught sensitively and factually). Parents/carers will be consulted and retain the right to withdraw their child from this additional content if they wish.

4. Curriculum Content

Our RSE curriculum is taught as part of PSHE and Science, following the DfE guidance and the PSHE Association framework.

Key themes include:

- Relationships Education: families, friendships, caring relationships, respect, kindness, bullying and discrimination, including online behaviour.
- Health Education: physical health, mental wellbeing, internet safety, healthy eating, hygiene, drugs and alcohol education, first aid.
- Puberty Education: physical and emotional changes, menstrual wellbeing, managing emotions.
- Sex Education (Y5–6): conception, birth, and how a baby is made (delivered with sensitivity, age-appropriateness and parental engagement).

A detailed curriculum map is published on the school website and updated annually.

5. Delivery of RSE

- RSE is taught by class teachers with support from trained staff, using resources that are accurate, inclusive, and age-appropriate.
- Ground rules are established in all RSE lessons to ensure children feel safe and respected.
- Lessons are interactive and provide opportunities for children to ask questions in a safe environment.
- Staff are trained to handle difficult or sensitive questions in line with safeguarding procedures.

6. Inclusion and SEND

We are committed to ensuring that RSE is accessible to all pupils, including those with special educational needs and disabilities (SEND). Lessons are adapted to meet individual needs, and additional support is provided if required. We recognise that some children may be more vulnerable to bullying, exploitation or unhealthy relationships, and our curriculum ensures these pupils are supported appropriately.

7. Safeguarding

RSE plays a vital role in safeguarding children. All staff are trained in Keeping Children Safe in Education (2025) and follow school safeguarding procedures if disclosures are made. RSE lessons give children the knowledge and confidence to recognise unsafe situations and to seek help from trusted adults.

8. Parents and Carers

We value the role of parents/carers as primary educators of their children. We will:

- Share the RSE curriculum annually with parents.
- Provide opportunities for consultation and feedback.
- Offer access to resources and teaching materials upon request.
- Respect the right of parents to withdraw their child from sex education content (outside the science curriculum). Parents wishing to withdraw their child should contact the Headteacher.

9. Roles and Responsibilities

- Governing Board: Ensures the policy is in line with statutory requirements and monitors its effectiveness.
- Headteacher: Ensures the policy is implemented and monitored, and that staff are trained and supported.
- PSHE Lead: Oversees curriculum planning, resources, and staff training.
- All Staff: Deliver RSE sensitively and appropriately, and follow safeguarding procedures.

10. Monitoring and Review

The PSHE Lead and SLT will monitor delivery of RSE through lesson observations, pupil voice and staff feedback. The Governing Board will review this policy annually, in consultation with parents and staff, to ensure it remains up to date and effective.

At East Allington Primary School, RSE is about equipping our children with the knowledge, values and skills to build respectful relationships, keep safe, and make informed choices so they are prepared to lead great lives.