



“Let Your Light Shine”

Frieth C.E.C. School

Relationship Sex Education Policy

Member of staff responsible: Lorna Sparks

Designated Governor: Sarah Hunt

Headteacher's signature

Frieth School Vision statement:

‘...Your light must shine before people, so that they see the good things you do...’

Matthew 5:16

Values:

These are the Christian Values that are both taught and learnt in our school.

Kindness

Honesty

Creativity

Responsibility

Resilience

Rationale and Ethos

1. School ethos / values statement

At Frieth CEC School our aim is to shine a light on individual success within a welcoming Christian and spiritual community. We embrace the uniqueness of everybody and are inclusive of all. Our values of respect, responsibility, resilience, honesty, kindness and creativity guide all that we do, and we seek to develop these characteristics in all our pupils, preparing them to be reflective and responsible members of society.

Our Relationships Education will provide pupils with knowledge that will enable them to navigate and contextualise a world in which many will try to tell them how to behave, what to do and what to think. It will help them to develop the skills to express their own views and make their own informed decisions.

Our PSHE vision is developing life skills which will enable pupils to manage change, make healthy and safe choices, build character and be resilient, and become reflective and responsible members of society.

At Frieth school we are committed to providing a holistic approach to education which aims to support the academic, cultural, personal and social development of all our pupils. From September 2020 statutory Relationships Education and Health Education will be part of the taught curriculum within PSHE. This is an essential part of a child's education and contributes to their personal development.

This policy has been revised to reflect the New statutory RSHE guidance published July 2025.

2. Aims of the Relationships policy

All state funded primary schools are required to teach Relationships Education and to have a Relationships Education policy or an RSE policy if teaching non-Statutory Sex Education.

The aim of this policy is to

- Provide information to staff, parents and carers, governors, pupils and other agencies regarding the organisation, content and approach to teaching Relationships Education/RSE Education
- Help parents and carers to understand Relationships Education/Sex Education and support them to work with their child to secure the very best outcomes for all pupils
- Demonstrate how the school meets legal requirements with regards to teaching Relationships Education/Sex Education

Legal Requirements

To comply with The Relationships Education, Relationships and Sex Education and Health Education (England) Regulations 2019, made under sections 34 and 35 of the Children and Social Work Act 2017, make Relationships Education compulsory for all pupils receiving primary education. They also make Health Education compulsory in all schools except independent schools.

To comply with the Relationships Education, Relationships and Sex Education (RSE) and Health Education statutory guidance from the DfE (July 2025)

To comply with the requirements to have an up-to-date Relationships/RSE policy developed in consultation with parents and carers (Education Act 1996) and in line with the DfE statutory guidance on Relationships Education, RSE and Health Education (July 2025)

To have due regard to the Equality Act (2010) which requires schools to prevent discrimination, advance equality of opportunity and foster good relation between different groups. The protected characteristics that apply to school age children are disability, race, religion or belief, sex, sexual orientation, gender reassignment, pregnancy and maternity.

To fulfil statutory safeguarding duties and ensure any safeguarding issues arising from Relationships/RSE teaching are identified and followed in accordance with the school safeguarding policy and to comply with current KCSIE statutory requirements

At Frieth school we teach Sex Education as part of our Relationships and PSHE curriculum. As Sex Education is not statutory at primary, we wish to state the right of parents and carers to withdraw their child from designated Sex Education lessons.

3. Development of the policy

This policy was developed by the PSHE lead in consultation with school governors, parents and pupils.

The PSHE lead pulled together all relevant information including relevant national and local guidance/ guidance from Public Health PSHE lead.

Staff consultation – all school staff were given the opportunity to look at the policy and make recommendations.

Parent/stakeholder consultation – Parents views were established through parent reps.

Pupil consultation – possibly school council, review/ questionnaires regarding PSHE lessons and questions raised to shape further lessons.

Ratification – this policy was shared and ratified with governors.

This policy links to the PSHE policy, Sex Education Policy, Child Protection Policy, Anti-Bullying Policy, Equalities policy, the School Behaviour policy, Science policy, Teaching and Learning policy and the Curriculum policy.

Statutory Relationships Education and non-statutory sex education is taught through the Personal, Social, Health and Economic Education (PSHE) curriculum. The personal, social, health and economic development of our pupils is a vital element of education and we aim to work collaboratively with parents/ carers to ensure our children are well informed and supported to make healthy, safe and positive choices in all aspects of their daily lives and support them to achieve, belong and thrive. We welcome parents and carers to make an appointment to come in to discuss any aspect of this policy and the provision in school. An overview of PSHE can be found on the school's website and is included in the curriculum information for each year group on their class page. We are committed to working in partnerships and welcome parents and carers to make an appointment to discuss any aspect of this policy, resources and RSE provision.

4. Relationships Education

Statutory Relationships at Frieth school is taught through the PSHE curriculum and teaches pupils what they need to know by the end of year 6 as defined by the DfE guidance. (See appendix 1). We use PSHE Association, 1 Decision and Christopher Winter resources to teach Relationships Education, a statutory aspect of PSHE.

Relationships Education gives pupils the information they need to help them develop healthy, nurturing relationships with other children and adults. It should enable them to know what a healthy relationship looks like, how to build and maintain happy, healthy relationships with others and recognise the importance of a range of relationships with friends, family, in school and in wider community in which they live. Relationships Education also teaches pupils to recognise unhealthy behaviours, how to keep safe, identify potential dangers in their on and offline lives and how to report any concerns or abuse and where to access help when needed.

Intent

Why teach Relationships Education?

High quality Relationships Education will support pupils to:

- Form and maintain positive relationships with other children and adults
- Understand the importance of positive and healthy relationships on their wellbeing
- Recognise what makes a good friendship and how to be a good friend in return
- Strategies to manage the ups and downs of friendships and relationships with others
- Show respect for others and recognise diversity within relationships, treating each other with kindness, consideration and understanding
- Develop positive character traits and personal attributes such as self-respect, kindness, honesty, integrity and resilience
- Positively engage in social action and contribute to the wellbeing of others
- Understand the principles of positive relationships also apply online, how to keep safe and how to report concerns
- Understand the importance of recognising and establishing their own personal boundaries and privacy
- Understand and respect differences and combat all forms of bullying and discrimination
- Recognise unhealthy relationships, inappropriate behaviour and bullying and to report concerns or abuse and are taught the appropriate vocabulary to do so (including signposting to trusted online support services such as Childline)

- Ask a trusted adult rather than go online with regards to any concerns about relationship issues and avoid viewing any inappropriate material or entering social media conversations that can cause them harm
- Recognise intimate physical relationships are for adults

Implementation

Relationships Education is delivered through the PSHE curriculum. These aspects of the Relationships Education as defined by the DfE will be taught at an age-appropriate level. Further details can be found in appendix 1

To ensure the content and delivery of relationships education is appropriate and relevant to our pupils we use simple baselines to ascertain what pupils already know and find out what they would like to learn.

Distancing techniques are used to teach relationships education, which provides depersonalised examples which support children to explore what, is being taught without sharing their own personal experiences in the lesson.

We provide an inclusive curriculum that promotes understanding and mutual respect for all. We reflect diversity within our curriculum to ensure that no pupil feels excluded and teach pupils to respect difference, promote equality and challenge stigma.

Outcomes for Relationships Education by the end of Year 6 is taught through the themes below:

- Families and people who care for me
- Caring friendships
- Respectful, kind relationships
- Online safety and awareness
- Being safe*

*We teach the scientific names of body parts from Year 1 and introduce the following key words through the Christopher Winter resources:

Year R – friendship, kindness, happy, sad, shy, feelings, lonely, sorry, angry, family, mum, dad, brother, sister, grandma, grandad, stepmum, stepdad, foster mum, foster dad.

Year 1 – friends, feelings, similar, different, family, boy, girl, male, female, private parts, penis, vulva

Year 2 – similar, different, sex, gender roles, stereotypes, boy, girl, male, female, private parts, penis, vulva

Year 3 – stereotypes, gender roles, similar, different, male, female, private parts, penis, testicles, vagina, vulva, uterus, family, fostering, adoption, relationship.

Year 4 – puberty, life cycle, reproduction, physical, breast, sperm, egg, pubic hair, emotional, feelings.

Year 5 – puberty, physical changes, moods, periods, tampons, sanitary towels, wet dreams, semen, erection, sweat, breasts, spots, pubic hair, facial hair, underarm hair, sexual feelings.

Year 6 – womb, sperm, fertilisation, pregnancy, sexual intercourse, twins, fostering, adoption, relationship, friendship, love, consent, intimacy, communication, personal/private information.

NB Sex Education is taught as part of the PSHE curriculum in the context of Relationships Education but is not a mandated requirement. Please see the Sex Education Policy for further details.

What we use – We use PSHE Association programme of study as a basis for what we teach, 1 Decision and the Christopher Winter RSE Education resource.

Who Class teachers teach this

When This forms part of the PSHE curriculum and is taught as part of the weekly lessons.

How delivery and content will be made accessible to all pupils including SEND

We are an inclusive school. As with all subject areas, delivery of PSHE is made to all pupils through Quality First Teaching, which takes into account the learning needs of all the children in the classroom. This includes providing differentiated work and creating an inclusive learning environment that is sensitive to the individual learning, emotional, social or economic needs of pupils. Pupils who receive 1:1 support will have access to support during PSHE lessons where appropriate to their needs. Lesson plans will take account of the differing needs of pupils with SEND; however, the school recognises that not all pupils with identified special educational needs require the same level of support in PSHE as they may do in other core subjects.

Where you can view curriculum information – please see appendix 2

Impact

High quality Relationships Education will enable our pupils to:

- Enjoy healthy and positive relationships with others
- Understand how their behaviour affects others and vice versa
- Value and understand the importance of maintaining good relationships
- Make positive choices about how they cultivate and nurture friendships and relationships
- Be aware of and respect different types of relationships in accordance with the Equalities Act
- Become actively engaged young citizens who make positive contributions to their families, the school and the communities to which they belong
- Recognise unhealthy relationships and have strategies to challenge negative behaviours
- Know what to do if there are problems within relationships both on and offline, how to keep safe and where to go to seek help

5. Sex Education

At Frieth school we teach Sex Education as part of our Relationships and PSHE curriculum in year6. Although non statutory at Primary, Sex Education is highly recommended by the DfE, supports safeguarding and provides a trusted source of factual information for pupils. Sex Education at Frieth school is taught through the PSHE curriculum as part Relationships Education.

Sex education is taught in addition to the statutory science curriculum and provides factual and age-appropriate knowledge about conception and birth. In preparation for the secondary RSE curriculum, sex education teaches pupils to recognise the difference between intimate and non-intimate relationships, promotes healthy committed relationships including marriage, consent and the values and responsibilities required to build healthy adult relationships. It also teaches pupils the legal age for marriage and consensual sexual relationships, to recognise their right to their own physical and emotional personal space, how to keep themselves safe, and how to report concerns or issues. Puberty Education is part of statutory Health Education and parents/cares do not have the right to withdraw their child from this aspect of the curriculum.

High quality sex education will enable our pupils to:

- Have a factual and age-appropriate understanding of how babies are made and born
- Understand that intimate and sexual relationships are a natural part of adult life
- Know who to talk to if they have further questions about sex and intimate relationships

- Be aware of and respect different types of relationships in accordance with the Equalities Act
- Know they will continue to learn about sex education in their secondary school
- Keep themselves safe online, recognising risks, harmful content, and online contact and be able to report any concerns at the earliest stage
- Know how to keep safe by recognising any inappropriate behaviour from others
- Report concerns or abuse and have the confidence, knowledge and vocabulary to do so

We use Christopher Winter Project, PSHE Association programme of study and 1 Decision

Who teaches this? Class teacher delivers this. There are 2 adults in the classroom

When - part of the PSHE curriculum in year 6 – There is one lesson. Boys and girls can discuss things separately.

Sex Education is not statutory at primary we wish to state the right of parents and carers to withdraw their child from designated Sex Education lessons. We encourage parents/ carers to make an appointment to come in and speak to the Head about any concerns they may have. Requests for withdrawal should be put in writing using the form in Appendix 5. Pupils who are withdrawn from Sex Education will be provided with suitable alternative educational activities and appropriate supervision for the duration of the lessons from which they have been withdrawn. Pupils who have been withdrawn from sex education may still ask questions about reproduction and sex. The school will explain to the pupil that this is something their parents may wish to answer, and the school will inform the parents that child-initiated questions have been raised.

We highly recommend all students receive the full PSHE curriculum.

We communicate with parents to inform them of when sex education will take place. We make it explicit to them that they have the right to withdraw their child from this non- statutory lesson. The email includes details of the lesson content; vocabulary used and includes links to resources and videos that are used in the lesson. We have an open-door policy for any parents who wish to discuss the lesson further.

Pupils may ask questions about topics which go beyond any sex education covered by the school or relate to sex education from which they have been withdrawn. The school will encourage pupils to speak to their parents /carers and inform parents/carers that a conversation initiated by the pupil has taken place. If any safeguarding concerns are raised, the school will automatically follow safeguarding procedures.

6. Managing Difficult Questions

All aspects of PSHE are underpinned by shared and understood ground rules with lessons being delivered in a safe and well managed environment. Pupils are encouraged to ask questions and raise issues in a respectful and appropriate manner. Some questions or issues raised may not be appropriately answered in whole class lessons and these will be followed up separately on an individual or group basis. A question box is available for pupils who do not feel confident to ask questions or wish to have a separate conversation with a member of staff. Given ease of access to the internet, children whose questions go unanswered may turn into inappropriate sources of information. We also respect that some questions are better addressed at home with parents/ carers and the school will share information with parents/carers on an individual basis should the need arise.

Teachers may suggest a pupil speaks to their parents or a trusted adult, signpost to support services where needed, and recognising that children whose questions go unanswered might instead turn to inappropriate sources of information, including online.

Whilst it is vital to have trust and openness, we cannot offer total confidentiality to pupils. Any disclosures or areas of concern will be followed up in accordance with our safeguarding procedures. We also respect that some questions are better addressed at home with parents/ carers and the school will share information with parents/carers on an individual basis should the need arise.

7. Confidentiality and safeguarding

Any personal disclosures made by pupils will be followed up in accordance with the school's child protection policy. Teachers will report any safeguarding concerns to the DSL and share concerns with parents/carers according to the school's safeguarding procedures.

8. Roles and Responsibilities

It is the statutory responsibility of the governing body to ensure the school has a compliant and up to date Relationships policy. The Governing Body are required to approve the policy and hold the Headteacher to account for its implementation.

The Headteacher is responsible for ensuring PSHE is taught consistently across the school and for managing requests with regards to the parental right to withdraw from non-statutory Sex Education.

The PSHE lead is responsible for leading and managing PSHE which includes statutory Relationships Education. Teachers are responsible for delivering PSHE.

Pupils are expected to fully engage with PSHE provision and treat others with respect.

9. Working with outside agencies and visiting speakers

Frieth CEC will only invite accredited outside agencies and visiting speakers to work with the children and the staff.

10. Monitoring, evaluation and training

PSHE provision will be monitored and evaluated by the PSHE lead, SLT and Governors in line with the monitoring cycle agreed by the school. The PSHE policy will be reviewed annually.

To ensure staff are confident to deliver all aspects of the PSHE curriculum access to online, in school, local and national training will be made available and in accordance with the school's CPD programme for staff development.

11. Working with parents and carers (consulting, informing and supporting)

Parents and carers are only entitled to withdraw their child from designated sex education lessons. Parents and carers do not have the right to withdraw their child from PSHE which includes statutory Relationships Education and Health Education (including the changing adolescent body/puberty). The science curriculum also includes content on human development, including reproduction, which there is no right to withdraw from. We highly recommend all students receive the full PSHE curriculum. We consult with parents and carers whenever the RSE policy is reviewed or amended. We work in partnership to support parents to understand RSE education and have an open-door policy for parents to discuss any aspects of the RSE curriculum.

12. Other policies linked to the Relationships policy

Safeguarding

Anti - Bullying Policy

PSHE Policy

Sex Education policy

Appendix 1 DfE descriptors

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

Primary PSHE education | Long-term overview

Early years foundation stage: For guidance and resources to support foundational learning before key stage 1, see our growing range of [EYFS materials](#).

Statutory RSHE

Statutory RSHE

Economic Wellbeing & Careers

Economic Wellbeing & Careers

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	Making friends: playing and learning together	Mental health and wellbeing	Celebrating me, you and our families	Safety at home	Being healthy	Showing kindness to ourselves and others
Year 2	Mental health and wellbeing	Keeping safe online	Me, my body and staying safe	Money and work	Safety outside the home	Looking back and moving on
Year 3	Me, my friends and belonging	Mental health and wellbeing	Building healthy habits	Making choices online	Keeping safe out and about	Looking out for each other
Year 4	Mental health and wellbeing	Exploring ways to manage risk	Forming respectful relationships	Money matters and news literacy	Me, my body and growing up	Families and growing together
Year 5	Friendships, stereotypes and bullying	Mental health and wellbeing	Positively engaging with our world	Respecting boundaries	Safe connections online	Embedding healthy habits and learning first aid
Year 6	Mental health and wellbeing	Managing money and online spending	Changes in puberty (and sex education)	Drug education: assessing risk and managing influences	Developing our AI literacy	Looking to the future

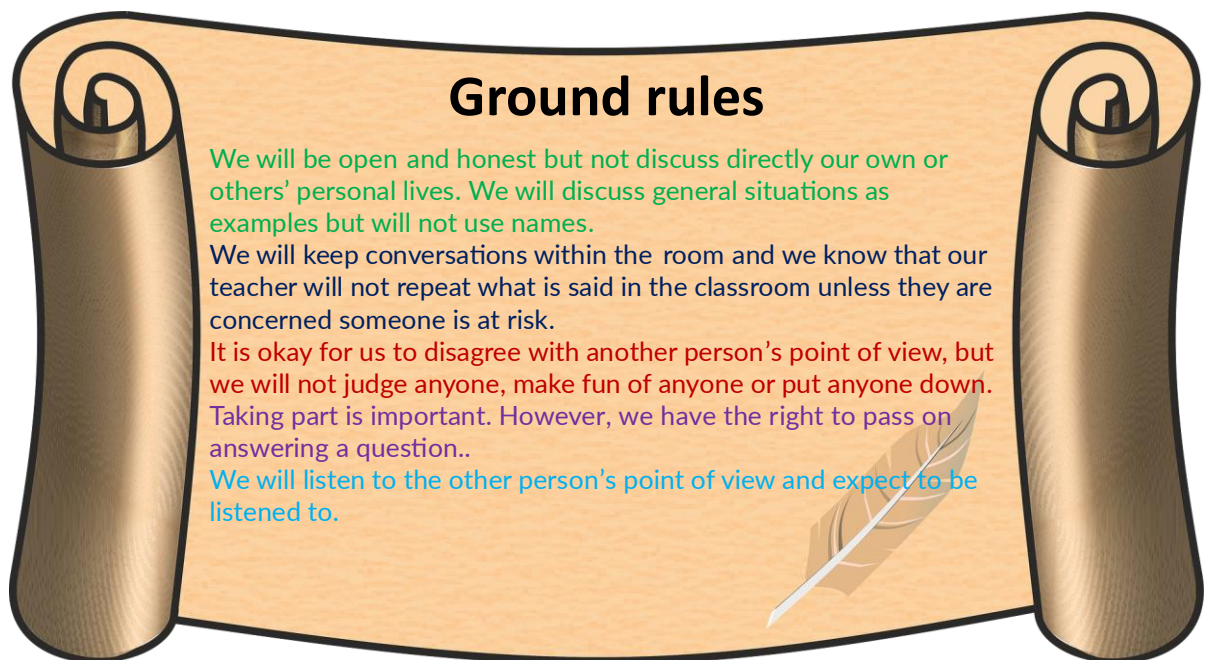
Appendix 3 – DFE guide for parents

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/812593/RSE_primary_schools_guide_for_parents.pdf

Appendix 4 Ground rules an example

Work with pupils to establish a list of ground rules that will increase their feelings of safety and comfort during puberty and sex education classes.

It is essential that the following ground rules be included:



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Appendix 5 – DFE guide for parents

Letter template for right to withdraw

Parents and Carers,

As a part of your child's education at Frieth School, we promote personal wellbeing and development through a comprehensive Personal, Social, Health and Economic (PSHE) education programme. PSHE education is the curriculum subject that gives children the knowledge, understanding, attitudes and practical skills to live safe, healthy, productive lives and meet their full potential.

I am writing to let you know that, over the next (insert number) weeks, starting (insert date), your child's class will be taking part in lessons which will focus on the relationships and sex education (RSE) aspect of this programme.

Lessons in year (insert year) will include pupils learning about (select as appropriate or add examples below): Healthy relationships, including friendships; families; growing and changing, including puberty; personal hygiene; changing feelings; becoming more independent; keeping safe; developing self-esteem and confidence. Pupils will also have opportunities to ask questions.

PSHE education is taught throughout the school in every year group and is monitored and reviewed regularly by the staff and governing body. Please visit the school's website: (insert link to curriculum information here) for more detail about our PSHE curriculum. All PSHE teaching takes place will take place in a safe learning environment and is underpinned by our school ethos and values.

We would like to invite you to attend a parent information meeting on (insert time/date) to find out more about what your child will learn, view the materials and resources being used in lessons and discover how you can best support your child to discuss these topics at home.

As a school community, we are committed to working in partnership with parents; recent parental feedback has indicated that the overwhelming majority of parents continue to be highly supportive of the relationships and sex education programme. If you would like to find out more or discuss any concerns, we would urge you to attend the information meeting and look forward to seeing you there.

Yours sincerely,