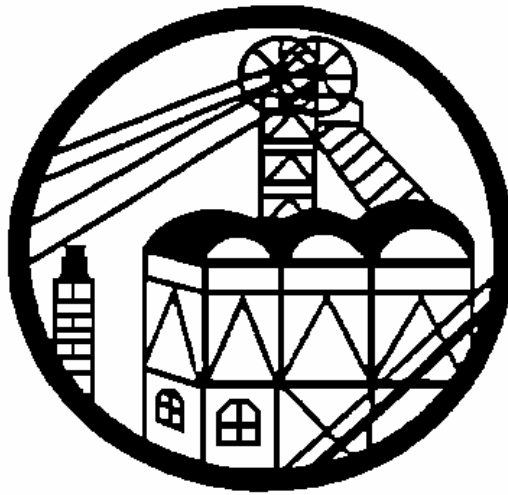


Burradon Community Primary School
Relationship and Sex Education Policy

Mrs Claire Liddle



December 2025

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Rationale

Schools are required to have a discrete policy which addresses Relationship and Sex Education (RSE) in school. At Burradon Community Primary School we believe that we have the responsibility to provide children of all ages with accurate, sensitive, appropriate information based on their needs. We have based our RSE policy on the DFE guidance document: Relationship and Sex Education (RSE) and Health Education which became statutory in September 2020. In this document it states that RSE education in primary schools should put in place the key building blocks of healthy, respectful relationships, focusing on family and friendships, in all contexts, including online.

RSE is part of the personal, social, health and economic education of children. It focuses on relationships, equality, friendships, family life, communication, safety, respect, trust and caring for others. There is also a clear focus on mental health and well-being, resilience and where to go for help if needed.

Details about life cycle and reproduction are included in our RSE scheme and are also addressed in the Science curriculum.

RSE contributes to the social, moral and cultural development of children and provides an open and safe environment for children to learn about positive relationships, to value and respect themselves and others and to make responsible and reasoned choices.

Our school believes that:

"Today's children and young people are growing up in an increasingly complex world and living their lives seamlessly on and offline. This presents many positive and exciting opportunities, but also challenges and risks. In this environment, children and young people need to know how to be safe and healthy, and how to manage their academic, personal and social lives in a positive way."

Relationships Education, Relationships and Sex Education (RSE) and Health Education' (2019)

Aims and objectives

The objectives of RSE are to help support young people through their physical, emotional and moral development. We aim to provide the children with information about sex and relationships which is accurate, up to date, honest and age appropriate. In order to make health informed decisions, we believe in a whole school approach to RSE.

We aim to:

1. **provide opportunities for the children to develop a range of social and personal skills, which will equip them to build up positive relationships and any issues effectively:**

- communication
- self - esteem
- decision making
- problem solving
- self discipline
- respect for themselves and others
- resilience
- kindness
- honesty

2. **Enable the children to:**

- To develop their confidence and responsibility and make the most of their abilities.
- To develop mutual respect and understand the needs of others and to talk about and deal positively with their emotions, feelings and beliefs and those of other.
- To learn about different types of family and the importance of family life, with the emphasis on the importance of commitment, love and respect.
- To respect differences between people and challenge discrimination and prejudice.
- To be safe from abusive relationships (domestic abuse and peer abuse) and exploitation and recognise potential risks and know how to manage them (child sexual exploitation).
- To learn about life cycles and the physical development of their bodies as they grow into adults using correct terminology.
- To be able to make informed choices that enable them to live a healthy and safe lifestyle and recognise their responsibility for their own actions.
- Recognise some of the possible difficulties in relationships including loneliness, separation, divorce and bereavement.
- Understand they have the right to feel and be safe and have the confidence to ask for help and know who they should go to.
- To have good emotional and mental health and to recognise ways to improve their emotional health.
- To build up resilience through ensuring pupils' believe that they can achieve goals, both academic and personal and to stick to tasks that will help them achieve those goals. Explore the difficulties when the reward may be distant or uncertain; and to recover from knocks and challenging periods in their lives.

Content

Relationships and Sex Education Scheme

RSE through Science curriculum.

All aspects of the science curriculum relating to SRE are statutory. This includes

KS1:

- That animals and humans grow and reproduce
- To recognise and name the main external parts of the body
- To recognise similarities and differences between themselves and others
- That humans produce offspring and these grow into adults

KS2

- The life processes common to humans including growth and reproduction
- The main stages of the life cycle (including puberty)

RSE through other subjects

RSE will also be covered in other subjects especially PSHCE, RE, PE, Computing Geography, History and English. This will mainly take the focus of dealing with emotions and building healthy relationships.

RSE through computing

For many young people the distinction between the online world and other aspects of life is less marked than for some adults. Young people often operate very freely in the online world. Children receive E-Safety Education each half term to ensure they are aware of the risks of being online including online bullying, inappropriate material, consent and the importance of never sharing personal information online.

Consultation of parents/carers and pupils

A parents/carers meeting took place with the PSHCE Lead in Spring Term 2023 when the PSHCE curriculum changed to the Lifewise Scheme. This was well attended by parents and carers. Parents will be given further updates related to their child's learning in RSE by class teachers and PSHCE Lead. A parents/carers meeting will be carried out this academic year to update any changes implemented to ensure the statutory guidance for Relationships, Sex and Health are covered from September 2026.

Pupil interviews and questionnaires have been used to ensure children have a voice and their views are listened to and acted upon.

RSE through PSHCE curriculum

RSE is covered as a discrete scheme from the Early Years Foundation Stage through to Year 6. The scheme of work covers work around different types of families and vocabulary related to our private areas from EYFS. The focus is on healthy relationships and what a healthy relationship looks like. Resources to challenge sexual exploitation, peer abuse and grooming are used with upper Key Stage 2.

The PSHCE Lifewise Curriculum is used as a basis for PSHCE in school and supplemented with other resources. Our RSE curriculum is part of our PSHCE curriculum. This is broken down with clear learning intentions for each area of the PSHCE curriculum covered. There is also a separate parent/carer presentation that looks at RSE in more detail. All these documents can be found on the school website.

Health Promotion Events and House Team Events in classes will enhance and support the RSE scheme.

Discrete RSE lessons

Parents are informed by letter before the class teacher or PSHCE Lead carry out Puberty and Sex Education talks. The letter details the content of the sessions and allows the parents to view any materials or speak to the PSHCE Lead prior to the session. The class teacher will be present to enable them to carry out follow up work and answer any questions.

Year 4

Towards the end of Year 4 there will be a puberty talks for girls around periods. There is also a focus on keeping their body safe including good and bad secrets. The girls will be given a separate talk about menstruation and where to sanitary related items in school. Parents / carers cannot withdraw from this session.

Year 5

The class teacher and PSHCE Subject Leader will give a talk which will focus on physical and emotional aspects of puberty and growing up. It also covers hygiene. All children will have a talk about menstruation as part of the puberty talks. A separate talk for girls will be given on periods and boys on issues that affect them such as wet dreams after the main puberty lesson. It was requested by the children this academic year that they have separate boy talk and girl talks in year 5. Parents cannot withdraw from this session.

Year 6

The class teacher and PSHCE Lead will give a puberty talk which will recap on the Year 5 talk with all children together. It will also look at reproduction, pregnancy and birth. Contraception and sexually transmitted diseases will also be introduced. Children will also be give a talk on grooming using the blast resources (Alright Charlie). Parents / carers can withdraw from the reproduction part of this session only.

Year 4, 5 and 6

School staff will also speak to girls about starting their periods and what to do if this happens at school. Staff will encourage girls to be open and honest. A supply of sanitary protection will be available in girls' toilets and all KS2 staff will also have a supply. A sanitary bin is provided in one of the cubicles in the Key Stage 2 toilets. Staff will be on hand to answer any questions or offer advice. Reminder of the worry box as a way of asking questions they can not ask face to face.

Assessment of learning

We will assess pupils and complete the PSHCE assessment sheet for the class at the end of each academic year. Discrete assessment of specific RSE strands will be assessed using the online assessment tool in the Lifewise scheme and misconceptions addressed.

Organisation

We teach RSE in a variety of ways:

- Circle time
- Assemblies
- Discrete subject
- Outside visitors
- School trips
- Lifewise scheme
- Thrive Class Action Plan Sessions
- House Team Events

Questions

- Worry boxes or worry monsters may be used within RSE lessons and be available for all pupils to use at any time. There is one in each class Year 1-6.
- Correct and appropriate terminology will be used
- It is inappropriate for both teachers and children to answer personal questions
- Staff are encouraged to answer all questions related to the agreed scheme of work, but will use their professional judgement to decide whether an appropriate response should be given to the whole class, one to one, referred home or dealt with by the PSHCE Lead or member of the Senior Leadership Team.
- Staff will give factual information and not personal views
- In support of equal opportunities staff will challenge discrimination and stereotyping.
- Staff will support children to understand that people hold different points of view and that there is not always one clear and correct answer

Entitlement

All children are entitled to an RSE programme that is part of an integrated programme of health education. This will recognise and respect pupils' different abilities, levels of maturity and personal circumstances and differentiate lessons accordingly. We recognise that children with SEND may be more at risk of exploitation than their peers. Group and individual programmes can be provided for vulnerable children. We have 2 trained Thrive Practitioners in school who can deliver 1:1 and group thrive sessions for those children with emotional problems. We also have support of the Connect Mental Health Support Team. All classes also have a Thrive Action Plan which compliments the RSE scheme.

Working with parents / carers

The school is aware that the primary role of children's Relationship and Sex Education lies with the parents and carers. Pupils can be withdrawn from the reproduction part of RSE that is outside the statutory element of RSE contained in the science national curriculum. Parents / carers are informed by letter about puberty and reproduction talks that are taking place with the class teacher or PSHCE Lead. Parents / carers wishing to exercise the right to withdraw from the Y6 reproduction talk are asked to talk to the PSHCE Lead and the Headteacher to explore concerns and discuss the impact that a withdrawal may have upon a child. The RSE policy will be displayed on the school website. Parents / carers will be invited to comment or ask questions about the policy and the RSE scheme of work.

Working with External Visitors

We recognise that external organisations can enhance the RSE work within school by bringing in specialist knowledge and different ways of engaging with young people. We always discuss the detail of how the visitor will deliver their sessions, ask to see lesson plans and ensure that the content is age-appropriate and accessible for the pupils. Visitors are given information on safeguarding in line with school policy. Class Teachers always support the work carried out by visitors and will be present at sessions. Some External visitors we work with are in relation to RSE are:

- NSPCC - Speak Out Stay Safe
- Operation Encompass the next steps
- Safety Works - first aid and safety sessions
- Local Authority delivering online safety talks
- School Nurse - hygiene talks
- Newcastle University - exploring the themes of stereotyping
- First Aid Sessions
- Police - safety sessions
- Diversity Role Models
- Young Carers Team
- Mental Health Connect Team

Confidentiality

Confidentiality will be maintained by unless a child is at risk or in danger. If a member of staff believes a child is at risk or in danger they must talk to the Designated Safeguard lead (DSL) who is Miss Angela Hunter (Head teacher) or in her absence Deputy Designated Safeguard Leads (DDSL), Mrs Claire Liddle, Mrs Helen Hopper or Mrs Hannah Kane.

If there is to be a breach in confidentiality, the child concerned will be informed that confidentiality is being breached and the reason why. The child will be supported by the staff throughout the process.

Child Protection

All staff will adhere to the Child Protection Policy if they believe a child is at risk or in danger. All staff have been briefed about issues relating to Child Sexual Exploitation and Child on Child Abuse and recognise the importance of RSE to enable children to keep themselves safe. Children who are absent or missing from education can also be a warning sign of safeguarding concerns including sexual abuse, sexual exploitation or child criminal exploitation. (KCSIE 2025) Staff are aware of the schools responsibility to protect children.

Equal Opportunities

Burradon Community Primary School is committed to equality in all aspects of school life.

Dissemination of the policy

A copy of the policy is made available to all parents / carers through the website and members of staff. The policy has been ratified by Governors.

Monitoring and evaluating

The RSE policy will be subject to monitoring and evaluation by the PSHCE Lead to ensure effectiveness and progression. This may take the form of:

- Talking to staff
- Talking to children
- Talking to parents / carers
- Reviewing any new guidance
- Work scrutiny and learning walks
- Assessment data
- Thrive whole class, group and individual profiles.

Links with other policies

RSE has links with the whole school curriculum through the skills, knowledge and understanding that are being developed. Our school aims and some policies have direct links with RSE.

- Teaching and Learning Policy
- PSHCE and Citizen Policy
- Anti-Bullying Policy
- Child Anti-Bullying Policy
- Drug Education Policy
- Child on Child Abuse policy
- Science Policy
- RE Policy
- Equal Opportunities Policy
- Safeguarding Policy
- Child Protection Policy
- E-Safety Policy

Policy to be reviewed December 2026

In accordance with GDPR 2018 (Data protection) please refer to the policy on our school website using the following hyperlink for information on how we collect, control, process and protect data.

Please note : we share some data with the Local Authority, DfE and outside agencies as defined by our policies.

Further Guidance

DFE Keeping children safe in Education (September 2025)

DFE Relationships Education, Relationships and Sex Education and Health Education (statutory from September 2020)

https://assets.publishing.service.gov.uk/media/68b96b003f3e5483efdba9b4/Relationships_Education_RSE_and_Health_Education.pdf

Relationships Education, Relationships and Sex Education (RSE) and Health Education' (2019) updated (2021)

https://assets.publishing.service.gov.uk/media/68b96b003f3e5483efdba9b4/Relationships_Education_RSE_and_Health_Education.pdf

'Making Sense of Relationships' NSPCC <https://learning.nspcc.org.uk/research-resources/schools/making-sense-relationships/>

Underwear rule: NSPCC <http://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/underwear-rule/>

UNICEF Rights of the Child

http://www.unicef.org.uk/Documents/Publications/Child_friendly_CRC_summary_final.pdf

Childline:

http://www.childline.org.uk/Pages/Home.aspx?utm_source=google&utm_medium=cpc&utm_campaign=UK_GO_S_E_BND_Grant_Childline_Pure_Brand&utm_term=childline&gclid=COzPhOv2MgCFSP4wgodwYclUQ&gclid=aw.ds

[RRSE Day - Primary 2025](#)

Red Cross: <http://www.redcross.org.uk/What-we-do/Teaching-resources/Teaching-packages/Microsite/Life-Live-it-first-aid-education-for-children>

Thinkuknow : Aims to empower children and young people aged 5-17 to identify the risks they may face online and know where they can go for support.

<https://www.thinkuknow.co.uk/>

Books to use with children to explore themes in an age appropriate manner

<https://www.booktrust.org.uk/booklists/l/lgbt-picture-books/>

https://www.goodreads.com/list/show/15355.LGBTQ_Children_s_Literature

My Underpants Rule' book by Kate and Rod Power