



**Relationships, Sex and Health
Education Policy**

2026 – 2027

Relationships Education Policy

Relationships Education

This policy covers Carnarvon Primary School's approach to Relationships Education, which will be a statutory component of the PSHE and Citizenship curriculum from September 2020. It aims to set out the purpose of Relationships Education and the intended outcomes for pupils, what is covered in our curriculum, and how it is delivered.

We define Relationship Education as learning about the many strands of relationships and growing up. This includes family relationships, friendships and relationships with peers and adults, healthy and unhealthy relationships, the characteristics of positive relationships, relationships online, and the emotional, social, and physical aspects of growing up.

Purpose and Principles

At our school, we believe in providing every pupil with open, honest, accurate, and age-appropriate lessons about relationships. Through the school's ethos and values (Work hard, be kind), we aim to develop children's knowledge, skills, opinions, strategies, and confidence, enabling them to cope with life and live safely and happily in the modern world.

We highly value the partnership between school and home and will promote open, informative, two-way communication. We aim to provide parents and carers with accurate information about what their child is learning in school and to provide the best learning environment and opportunities for our children.

Our Relationships Education curriculum is inclusive and meets the needs of all children, including those with special educational needs or disabilities (SEND), by adapting the planning, e.g., through differentiated outcomes and questioning. We also aim to promote gender equality and represent the LGBT+ community through our Relationships curriculum.

Through our comprehensive Relationships Education provision, we aim to provide all pupils with:

- the knowledge and understanding of a variety of relationships;
- the ability to identify any concerns they have about a relationship;
- coping strategies and an awareness of how and where to seek support;
- an understanding of their rights and responsibilities within a range of relationships;
- an awareness of the process of growing up and the changes they and others will experience;
- an understanding of the characteristics of positive relationships.

Statutory Regulations

From September 2020, all primary schools must deliver relationship education. Under the Education Act 2002/Academies Act 2010, all schools must provide a balanced and broadly-based curriculum which:

- promotes the spiritual, moral, cultural, mental and physical development of pupils at the school and of society and
- prepares pupils at the school for the opportunities, responsibilities and experiences of later life.
- Documents that inform the school's Relationships Education Policy include:
 - Statutory guidance on Relationships Education, RSE and Health Education (2025)

- Keeping Children Safe in Education – Statutory safeguarding guidance 2025
- Children and Social Work Act (2017)
- The Equality Act (2010)

Roles and Responsibilities

Rebecca Cooke and Helen Sadler will lead the Relationships Education programme in our school. The school governor representative responsible for the Relationships Education programme is Charmaine Johnson.

Rebecca Cooke, Helen Sadler, and Sarah Ellwood will train and support all staff members involved in teaching and supporting the Relationships Education curriculum.

Our Relationships Education Curriculum

Our inclusive Relationships curriculum supports the PSHE Association's objectives and meets the statutory requirements for Key Stages 1 and 2. It forms a core part of our comprehensive Personal, Social, and Health Education (PSHE) curriculum.

Our Relationships Scheme of Work can be viewed in the PSHE 2020 folder on the school server and on the school website. Learning in Relationships Education lessons will link to learning in PSHE. The statutory requirements for coverage by the end of primary are outlined in the RSE Statutory Guidance (2025).

- Children in Y1, 3 and 5 follow our 'Team' and 'It's My Body' programmes
- Children in Y2, 4 and 6 follow our 'VIPs' and 'Growing Up' programmes

Our lessons will be differentiated where appropriate, ensuring that all children can participate fully. Throughout the units of work, children will be given opportunities to reflect on and evaluate their learning—assessment is built into every lesson.

Our PSHE lessons are taught by trained staff who deliver specific content. Ground rules are established in class, and children are reminded of these. Special consideration is given when teaching particularly sensitive content, and staff are fully aware of the children in their class and how they might relate to the lesson content.

We aim to create and maintain a safe environment where all children can ask questions and discuss issues openly. We will provide an opportunity for any child wishing to discuss something confidential related to the lesson content.

Key Stage 2 classes also have question boxes, which allow children to write down their questions and receive an answer one-to-one rather than in front of the whole class. Distancing techniques will be employed in our Relationships Education, as in other areas of the PSHE curriculum, so that children can discuss fictional characters and scenarios rather than their own lives and experiences.

When questions occur about topics in sex education that the school does not cover, or that relate to sex education from which the child has been withdrawn, the teacher will be sensitive in their response and will focus on what is covered in our curriculum. The teacher may delay their response and discuss it personally with the child, asking the question, or may choose not to answer it if it is deemed not age-appropriate. If thought to be appropriate to respond, planning can be adapted to meet the needs of the children and parents/carers will be consulted about these changes.

Although not compulsory, Sex Education is taught in the 'Growing Up' topic in Y2, Y4 and Y6, where children learn about human reproduction, changes in boys and girls, e.g. puberty, as well as what a sexual relationship is.

Health Education is taught within Science and PSHE lessons to develop children's understanding of the benefits and importance of physical activity, good nutrition, sufficient sleep and developing emotional awareness. The content to be covered by the end of primary is outlined in the Relationships Education, RSE and Health Education Guidance (2025).

Additionally, in Year 6, we cover the DAaRT (Drug, Alcohol and Resilience Training) Programme, which teaches children to be responsible, think about the consequences of their actions, and make informed decisions. It helps children develop social and emotional skills to overcome challenges and equips them with the skills they will need as they transition to secondary school.

In order to meet the needs of all children and to make our lessons engaging, we aim to deliver our Relationships Education curriculum through a variety of teaching methods and interactive activities, including:

- Videos
- PowerPoint presentations
- Mind mapping
- Texts and quality reading materials
- Q&A sessions

Assessment, Monitoring and Reporting

Self-assessment is an integral part of learning in relationship education and PSHE. Children will reflect on their learning throughout the units. We highly value pupil voice and will consider our children's opinions and comments about what they want to learn.

Staff delivering the Relationships curriculum will critically reflect on their teaching, and best practices will be shared through lesson observations, monitoring of planning and children's work, and training opportunities.

Comments on children's learning and progress in Relationships Education, as part of their learning in PSHE, will be reported to parents and carers in their end-of-year school report.

The PSHE Leadership Team will monitor and evaluate the effectiveness of the curriculum through staff and pupil questionnaires, book scrutinies and discussions with stakeholders.

Safeguarding

Teachers are aware that effective RSE, which brings an understanding of what is and what is not appropriate in a relationship, can lead to a disclosure of a child protection issue. In this instance, teachers will consult with the designated safeguarding lead and, in his/her absence, their deputy.

Safeguarding lead: Andrew Board

Safeguarding deputies: Rebecca Cooke, Rose Cartwright and Sarah Ellwood.

Visitors and external agencies supporting the delivery of relationships education must adhere to the school's safeguarding policy and policies relating to the subjects they teach or contribute to. A member of Carnarvon staff will be present when a visitor or an outside agency delivers material that supports relationships education, to quality-assure the delivery and ensure compliance with school policies.

Engaging Stakeholders

This policy will be available for all stakeholders to view from February 2026. Parents will be informed of this policy, which will also be made available for viewing on the school website, and consultations will take place.

We are committed to working closely with parents and carers, and we do this by:

- Parent/carer surveys
- 'Meet the teacher' sessions
- Workshops
- Year group newsletters
- Communication about when Relationship lessons will be taking place
- Home learning opportunities

Parents and carers have the legal right to withdraw their child from all or part of sex education taught as part of statutory Relationships Education, with the exception of the objectives included in the National Curriculum Science. Those considering this option are asked to speak with their child's class teacher to find out more. Parents can also view all RSHE materials upon request.

Links to Other Policies

Our Relationships Education Policy links to the following other school policies:

- PSHE Policy
- Science Policy
- Equality Policy

Reviewing the Policy

Rebecca Cooke and Helen Sadler will review this policy annually.

This will ensure that information is accurate and up-to-date and that the views of all stakeholders are heard and considered regularly.

Helen Sadler, Rebecca Cooke
February 2025

Approved by Governors: 4th February 2026

Review Date: 3rd February 2027

Appendix A: Relationships and Sex Education Curriculum Overview

This annexe summarises the progression of Relationships and Sex Education (RSE) at Carnarvon Primary School. It is based on the Carnarvon PSHE progression map and demonstrates clear, age-appropriate sequencing across Key Stages 1 and 2.

RSE Strand	KS1 Focus (Y1–Y2)	Lower KS2 Focus (Y3–Y4)	Upper KS2 Focus (Y5–Y6)
Families and Relationships	Understanding family, friendships, kindness and respect; recognising differences and similarities.	Exploring different family structures, teamwork, managing friendships and conflict resolution.	Understanding healthy relationships, mutual respect, responsibilities and preparing for transition.
Being Safe and Consent	Learning about keeping bodies safe, identifying trusted adults, and making simple, safe choices.	Making safer choices about bodies, understanding consent, personal boundaries and respecting others.	Recognising harmful behaviours, personal responsibility, rights, and where to seek help.
Growing Up and Puberty	Learning correct body terms, similarities and differences, and how bodies change as they grow.	Developing an understanding of physical and emotional changes and basic human reproduction.	Learning about puberty, body image, emotional changes and human reproduction.
Online Relationships and Safety	Identifying online dangers, positive digital behaviour, and asking for help.	Understanding digital footprints, cyberbullying, online privacy and respectful communication.	Managing online relationships, recognising risks, stereotypes and harmful online content.

Delivery is underpinned by ground rules, distancing techniques, question boxes (KS2), and clear safeguarding procedures. **Sex education beyond the National Curriculum for Science is taught within the 'Growing Up' unit in Years 2, 4 and 6, and parents have the right to withdraw their child from these lessons.**