RELATIONSHIPS & SEX EDUCATION POLICY

AIMS

At Le Cateau, we believe that Relationships Education and Relationships and Sex Education (RSE) are an essential part of a broad and balanced curriculum that supports pupils' personal development, health, wellbeing and preparation for life in modern Britain.

We define Relationships Education as learning about personal, physical, social, moral, cultural and emotional development. It includes understanding the importance of positive and respectful relationships, love, care, friendships, family life and belonging. Through Relationships Education, pupils develop the knowledge, skills, values and attitudes needed to build healthy relationships, make informed choices and contribute positively to society.

We define Sex Education as learning about human reproduction, conception, birth and the emotional and physical changes associated with growing up. At Le Cateau Community Primary School, additional non-statutory sex education is taught in an age-appropriate manner in **Year 6** to complement the statutory Relationships and Health Education curriculum and the science curriculum.

Relationships Education and RSE are vital parts of our safeguarding curriculum. Through carefully planned learning, pupils develop the knowledge, skills and confidence to recognise and manage risks, seek help when needed, understand personal boundaries, develop healthy relationships and stay safe both online and offline.

Relationships Education and RSE support our vision of developing well-educated young people who set and maintain high expectations for themselves. Our approach is underpinned by our school values of **C**oming Together, **A**im High, **R**eady for Anything and **E**xcited to Learn, alongside our behaviour expectations of being Ready, Respectful and Safe.

The overarching aims of Relationships Education and RSE at Le Cateau are to:

- Provide a safe and supportive framework in which sensitive discussions can take place.
- Develop pupils' understanding of healthy, positive and respectful relationships.
- Promote self-respect, confidence, resilience and empathy towards others.
- Equip pupils with the knowledge and skills needed to keep themselves safe, both online and offline.
- Prepare pupils for the physical and emotional changes associated with growing up and puberty.
- Develop pupils' understanding of consent, personal boundaries and respect for themselves and others.
- Teach accurate, age-appropriate vocabulary relating to the human body, relationships and health.
- Support pupils to understand and value diversity, including different families, cultures, beliefs and backgrounds.
- Encourage pupils to become responsible, active and informed citizens who can contribute positively to their communities.
- Promote positive physical health, mental wellbeing and emotional resilience.
- Enable pupils to recognise when they need support and how to access help from trusted adults and appropriate services.

At an appropriate age, part of our provision includes additional non-statutory sex education to support pupils' understanding of human development and reproduction. Any non-statutory sex education content is clearly identified within our curriculum overview and is delivered in an age-appropriate and sensitive manner.

Relationships Education & RSE are not about the promotion of sexual activity. Instead, they support understanding, respect and acceptance of diverse relationships, families and communities that exist within society, modern Britain and the wider world.

We are committed to ensuring that Relationships Education and RSE are inclusive and accessible for all pupils, including those with Special Educational Needs and Disabilities (SEND). Teaching is adapted as necessary to meet the needs, age and stage of development of all learners, ensuring that every pupil can access and engage with the curriculum meaningfully.



STATUTORY REQUIREMENTS

Relationships Education and Health Education are compulsory in all primary schools in England. We deliver these subjects in accordance with the statutory guidance issued by the Department for Education (DfE), including the updated **Relationships Education, Relationships and Sex Education (RSE) and Health Education** guidance implemented from September 2026.

Equally Important, Equally Different

As a maintained primary school, Le Cateau is required to provide Relationships Education to all pupils under the Children and Social Work Act 2017. We also teach Health Education as part of our wider PSHE curriculum.

Although sex education is not compulsory in primary schools, the Department for Education recommends that schools provide age-appropriate sex education to support pupils' understanding of human development and reproduction. At Le Cateau, additional non-statutory sex education is taught in **Year 6** and complements the statutory content delivered through Relationships Education, Health Education and the National Curriculum for Science.

The National Curriculum for Science includes learning about the human body, growth and development, puberty, and reproduction in plants and animals. Our RSE curriculum builds upon this knowledge to support pupils' understanding of healthy relationships, personal safety, physical development and emotional wellbeing.

In delivering RSE, the school has regard to relevant legislation and statutory guidance, including:

- Education Act 1996
- Learning and Skills Act 2000
- Education and Inspections Act 2006
- Equality Act 2010
- Keeping Children Safe in Education
- Children and Social Work Act 2017
- Relationships Education, Relationships and Sex Education (RSE) and Health Education Statutory Guidance

This policy has been developed to ensure that our Relationships and Sex Education provision meets all statutory requirements while reflecting the needs of our pupils and the wider school community.

POLICY DEVELOPMENT

This policy has been developed in consultation with staff, pupils and parents. The consultation and policy development process involved the following steps:

1. Review – a member of staff or working group pulled together all relevant information including relevant national and local guidance
2. Staff consultation – all school staff were given the opportunity to look at the policy and make recommendations
3. Pupil consultation – we investigated what exactly pupils want from their RSE.
4. Ratification – once amendments were made, the policy was shared with governors and ratified.

DEFINITION

We define **Relationships Education** as learning about personal, physical, social, moral, cultural and emotional development. It includes understanding the importance of stable and loving relationships, respect, love and care, and different kinds of family life, friendships and other relationships. It also involves acquiring information and developing and forming positive beliefs, values and attitudes that help pupils to form and maintain healthy relationships and connections. (KAPOW)

Health Education provides pupils with the essential knowledge, skills and understanding of how to be healthy. This includes teaching pupils about mental wellbeing, physical wellbeing, internet safety, healthy eating, basic first aid, health and prevention elements and puberty. Health education will provide pupils with the knowledge and skills they need to make well informed and safe choices linked to their health and lifestyles.

We consider effective Relationships Education and RSE to be a vital part of the school approach to effective safeguarding. We believe Relationships Education and RSE are important for our pupils and our school because they help to keep everyone safe, happy and healthy.

Sex Education involves education about reproduction, that stands outside of; relationships education, health education and the science curriculum. **This is taught in Year 6 only.**

CURRICULUM

Our Relationships Education and Relationships and Sex Education (RSE) curriculum has been developed in consultation with pupils, parents, staff and governors and is delivered in line with current statutory guidance.

The PSHE and RSE Subject Leader is responsible for overseeing the curriculum, supporting staff and ensuring that teaching and resources remain appropriate, relevant and compliant with statutory requirements.

At Le Cateau, Relationships Education and RSE are taught as part of our wider Personal, Social, Health and Economic (PSHE) curriculum. We use the **Kapow Primary PSHE and RSE Scheme** to ensure full coverage of the statutory Relationships and Health Education objectives and to provide a progressive curriculum that builds knowledge and skills year on year.

Through our curriculum, we aim to equip pupils with the knowledge, skills and understanding they need to lead confident, healthy and independent lives and become informed, active and responsible citizens. Learning supports pupils to develop positive relationships, understand how to keep themselves safe, manage their physical and emotional wellbeing, and prepare for the opportunities and challenges they may face as they grow and develop.

Our provision is carefully tailored to meet the needs of our pupils. Alongside the Kapow scheme, curriculum content is informed by pupil voice, safeguarding information and themes identified through the **Growing Up In North Yorkshire Survey for pupils in Y2 and Y6**. Emerging local, national and global issues are explored through PSHE lessons and our weekly **CARE in Action** sessions, enabling us to respond to contextual safeguarding concerns and issues relevant to our school community.

Relationships Education and RSE are delivered through dedicated PSHE lessons and are complemented by learning within other curriculum areas, including Science, Religious Education and Computing. Pupils also engage with related themes through assemblies, themed events and wider enrichment opportunities where appropriate.

Relationships Education and RSE are taught in an age-appropriate and progressive way, ensuring that learning builds on prior knowledge and reflects the developmental needs and maturity of pupils at each stage of their education.

DELIVERY OF RSE

Relationships Education and RSE are delivered primarily by class teachers through our planned PSHE curriculum using the Kapow Primary PSHE and RSE Scheme. Lessons are taught in an age-appropriate and progressive way from Year 1 to Year 6, building upon prior learning and reflecting the needs and maturity of pupils.

We recognise that effective Relationships Education and RSE contribute significantly to safeguarding. Lessons provide pupils with the knowledge, skills and confidence to develop healthy relationships, understand personal boundaries, keep themselves safe and know where to seek help if they have worries or concerns.

A safe and supportive learning environment is essential to the effective delivery of Relationships Education and RSE. Teachers establish clear ground rules and create opportunities for respectful discussion, reflection and questioning. A range of teaching approaches are used to engage pupils and support learning, including discussion, scenarios, role play, collaborative activities, videos and problem-solving tasks.

Relationships Education and RSE are delivered through dedicated PSHE lessons and are supported through wider curriculum areas, including Science, Computing and Religious Education, as well as assemblies and our weekly CARE in Action sessions. These sessions provide opportunities to revisit key learning, respond to emerging needs, and address local, national and global issues relevant to our pupils.

Teachers answer pupils' questions honestly and sensitively, taking account of pupils' age, maturity and understanding. If a question falls outside the planned curriculum or is not appropriate to answer in a whole-class setting, staff will respond in an age-appropriate manner and, where necessary, encourage pupils to discuss the matter further with their parent or carer. Any safeguarding concerns arising from lessons or pupil disclosures will be managed in accordance with the school's Safeguarding and Child Protection Policy.

Teaching is adapted to ensure that all pupils, including those with Special Educational Needs and Disabilities (SEND), can access the curriculum and participate fully in learning. Pupils are regularly reminded of trusted adults and sources of support, both within school and externally, to ensure they know how to seek help when needed.

ROLES & RESPONSIBILITIES

The Governing Body

The Governing Body will hold the headteacher to account for the implementation of this policy.
The Governing Body has delegated the approval of this policy to the Headteacher.

The Headteacher

The Headteacher is responsible for ensuring that RSE is taught consistently across the school, and for managing requests to withdraw pupils from non-statutory components of RSE (see section 8).

Pupils

Pupils are expected to engage fully in RSE and, when discussing issues related to RSE, treat others with respect and sensitivity.

Staff

Staff are responsible for:

- Delivering RSE in a sensitive way
- Modelling positive attitudes to RSE
- Monitoring progress
- Responding to the needs of individual pupils
- Responding appropriately to pupils whose parents wish them to be withdrawn from the non-statutory components of RSE

Staff do not have the right to opt out of teaching RSE. Staff who have concerns about teaching RSE are encouraged to discuss this with the Headteacher.

PARENTS' RIGHT TO WITHDRAW

The role of parents and carers in supporting children's understanding of relationships, health and wellbeing is vital. At Le Cateau we recognise that parents are a child's first educator and have a significant influence on their development, values and understanding of relationships.

We are committed to working in partnership with parents and carers to ensure that our Relationships Education and RSE curriculum meets the needs of our pupils while supporting families in continuing these important conversations at home. We maintain open communication providing opportunities for parents to understand the content and purpose of the curriculum.

Parents and carers are encouraged to contact the school with any questions or concerns regarding Relationships Education or RSE. The RSE policy and curriculum information are available on the school website, and parents may request to view curriculum materials and resources used within lessons. Where appropriate, the school may also offer parent information sessions to explain the curriculum and answer questions prior to delivery.

In line with statutory guidance, parents **do not** have the right to withdraw their child from:

- Relationships Education
- Health Education
- Science curriculum content, including learning about human development, growth and reproduction

At Le Cateau, additional **non-statutory sex education is taught in Year 6**. Parents have the right to request that their child be withdrawn from these lessons. Information about the content of these lessons is outlined within the curriculum overview.

If a parent wishes to withdraw their child from non-statutory sex education, they should contact the Headteacher to discuss their request. The school will meet with the parent to ensure that they understand the curriculum content and the implications of withdrawal. Following this discussion, should a parent still wish to proceed, the request will be recorded and alternative educational provision will be made for the pupil during these lessons.

We value the partnership between home and school and believe that working together helps ensure that pupils receive consistent messages that support their safety, wellbeing and personal development.

PROFESSIONAL DEVELOPMENT & TRAINING

All staff are expected to be familiar with this policy and the school's Relationships Education and RSE curriculum. Staff delivering Relationships Education and RSE are responsible for ensuring that lessons are taught in a safe, sensitive and age-appropriate manner.

We recognise and value the importance of ongoing professional development ensuring staff have the knowledge, skills and confidence to deliver high-quality Relationships Education and RSE. Training also supports staff in responding appropriately to pupil questions, managing sensitive topics and recognising and responding to safeguarding concerns.

Relationships Education and RSE form part of the school's continuing professional development programme. Staff receive training and updates as required to ensure that teaching remains effective, inclusive and in line with current statutory guidance. Staff are encouraged to discuss any training needs with the PSHE and RSE Subject Leader or the Senior Leadership Team so that appropriate support can be provided.

All staff receive regular safeguarding training and are aware of the procedures to follow should any concerns or disclosures arise during the teaching of Relationships Education and RSE.

MONITORING ARRANGEMENTS

At Le Cateau, we are committed to providing a high-quality Relationships Education and RSE curriculum that is responsive to the needs of our pupils and reflects current statutory guidance. Regular monitoring and evaluation ensure that our provision remains relevant, effective and impactful.

The PSHE and RSE Subject Leader is responsible for monitoring the quality of teaching and learning, supporting staff and reviewing the effectiveness of the curriculum. Findings are shared with the Headteacher, the Curriculum Leader and Governors as part of the school's curriculum monitoring cycle.

Monitoring and evaluation includes:

- Lesson observations and learning walks.
- Planning and resource scrutiny.
- Pupil voice activities and discussions.
- Staff feedback and professional dialogue.
- Parent and carer feedback.
- Book scrutinies and evidence of learning.
- Review of safeguarding, behaviour and wellbeing information.
- Analysis of themes identified through pupil voice and the Growing Up In North Yorkshire Survey.

Curriculum provision is reviewed regularly to ensure it continues to meet the needs of our pupils and addresses emerging local, national and global issues. Through our weekly **CARE in Action** sessions, staff are also able to respond to contextual safeguarding concerns and revisit learning where additional support or reinforcement is needed.

Teachers are expected to reflect on the effectiveness of their teaching and provide feedback to the PSHE and RSE Subject Leader to support ongoing curriculum development and continuous improvement.

Created and implemented in conjunction with DFE & NYC Guidance	3rd September 2026
Adopted by Full Governing Body	4th October 2026
Responsibility	Full Governing Body
Next Review Date (Annual)	September 2027

APPRNDIX 1 - WITHDRAWAL FROM SEX EDUCATION PARENT FORM

Form to be completed by Parents and returned to the Headteacher			
Name of child		Class	
Name of Parent		Date of request	
Reason for withdrawing from sex education within relationships and sex education			
Any other information you would like the school to consider			
Parent Signature			
For school use: Agreed actions from discussion with parent/s			