

Hunton & Arrathorne Community Primary School

Relationships & Sex Education Policy



Date: September 2026	Headteacher: Mr S Donaldson
Review Date: September 2027	Chair of Governors: Mrs A Peacock

This policy was written in consultation with parents, staff and governors. Parents, staff and governors were consulted during the spring term 2026. The policy has been adapted and updated to reflect the 2025 DFE expectations and changes around the RSE curriculum.

What is Relationships and Sex Education (RSE)?

Relationships Education is learning about the emotional, social and physical aspects of growing up, relationships, gender, sexuality and sexual health. It should support pupils gain accurate information, develop skills and form positive beliefs, values and attitudes. It also gives pupils essential skills for building positive, enjoyable, respectful, loving and non- exploitative friendships and relationships, staying safe both on and offline. This enables them to take responsibility for their body, relationships, reproduction, sexual health and wellbeing. Sex Education could be defined as the education about the act of human sexual intercourse.

What values underpin our school's RSE policy, aims, objectives and outcome for RSE? The school's commitment to promoting the personal and social development, health and wellbeing of its pupils is evident in the school ethos and culture and is reflected in its policies and in the breadth of the curriculum. Because of the personal and social nature of the topics covered in RSE, values and attitudes are a central part of the learning and moral development. Our whole school ethos and values supports a safe learning environment for RSE. RSE is taught through our PSHE (Personal, Social and Health Education) curriculum.

Statement

This policy sets out how Hunton & Arrathorne Community Primary School will deliver high-quality, age-appropriate Relationships and Sex Education (RSE) in line with updated Department for Education (DfE) guidance (July 2025), preparing for statutory introduction from 1 September 2026. RSE is a vital part of our broader PSHE curriculum, supporting pupils' personal development, safeguarding, and wellbeing, both online and offline.

Statutory Framework and Scope

This policy reflects the DfE statutory guidance on Relationships Education, Relationships and Sex Education (RSE) and Health Education, updated in July 2025 for introduction in September 2026. It should be read alongside Keeping Children Safe in Education (KCSIE), the school's Safeguarding and Child Protection Policy, and relevant Equality Act duties. The guidance requires schools to ensure lessons are age-appropriate, sequenced, inclusive, and that parents are able to view curriculum materials on request.

Definitions

- Relationships Education: Teaching the knowledge and skills to build safe, respectful, and positive relationships with family, friends, and peers, including online.
- Health Education: Teaching physical and mental health, wellbeing, and safety, including internet safety.
- Sex Education): Non-statutory teaching beyond the science curriculum, which our school may choose to offer, tailored to pupils' age and maturity. Parents have the right to request withdrawal from sex education (but not from Relationships or Health Education, nor from National Curriculum science).

Aims

Our RSE aims to:

- Equip pupils with knowledge and practical skills to form healthy, respectful relationships and to stay safe.
- Address emerging safeguarding risks, including online harms, toxic and misogynistic content, and the influence of pornography (secondary focus referenced for staff awareness; primary teaching emphasises respect, kindness, and safety).
- Develop pupils' emotional literacy, resilience, and help-seeking skills, including understanding body autonomy and boundaries.
- Promote inclusion and respect for diverse families and identities, avoiding stereotypes and stigma.
- Embed personal safety education (roads, railways/level crossings, water, fire; personal safety in public spaces).
- Ensure parents are engaged and informed, with transparency about curriculum resources and sequencing.

Curriculum intent and implementation

RSE is taught predominantly through planned PSHE lessons by class teachers, integrated across Computing (online safety) and Science (human development and reproduction as per National Curriculum). Teaching is sequenced across year groups to build knowledge and skills progressively, with revisiting and practice. Safe learning environments and clear ground rules are established in every class (e.g., confidentiality boundaries, respectful discussion, use of correct terminology, and question-handling protocols). Further information regarding the RSE curriculum, including a breakdown of lessons is available on the school website. Additionally, the resources used in the sex education aspect of the curriculum (in Year 6) are sent to parents ahead of the lessons being taught. If you wish to view any of the materials used, please contact school.

Content overview (Primary)

By the end of Year 6, pupils will learn:

Families and people who care for me

- The importance of love, security, and stability in families; diverse family structures including single parents, same-sex parents, kinship, adoptive and foster families.*
- Recognising unhealthy or unsafe relationships and how to seek help.*

Caring friendships

Characteristics of healthy friendships: respect, trust, kindness, honesty, support.
Managing conflict and repairing friendships; rejecting violence.

Respectful relationships

Courtesy, manners, self-respect, and respect for others and authority.
Bullying (including cyberbullying), stereotypes, and permission-seeking/giving.

Online relationships and safety

Same principles online as offline; recognising risks, harmful content and contact; reporting; critical thinking about information and online personas.
Early 'AI literacy' appropriate to primary: simple concepts of edited/false images and why not everything online is real.

Being safe

Boundaries, privacy, appropriate/unsafe contact; recognising and reporting concerns; asking for help persistently until heard.
Correct names for body parts (e.g., penis, vulva, vagina, testicles, nipples), private body parts, body autonomy, and personal boundaries.

Health and Wellbeing

Mental wellbeing, feelings, change, and help-seeking; age-appropriate learning about grief, loss, and loneliness.
Internet safety and harms; physical health and fitness; healthy eating; health and prevention; basic first aid; puberty.

Personal Safety

Recognising risk and staying safe around roads, railways/level crossings, water (including the Water Safety Code), fire safety, and in public spaces.

Inclusion, equality and SEND

RSE is inclusive of all pupils and responsive to diverse family contexts, identities and equalities. Teaching avoids stereotypes and fosters positive conceptions of masculinity and femininity. Our lessons strive to promote equality of opportunity; including through the protected characteristics which closely link with our No Outsiders curriculum. Lessons are differentiated and personalised to meet the needs of pupils with SEND; targeted interventions are provided where appropriate.

Our RSHE curriculum promotes understanding of, and is sensitive to, diverse faith perspectives while affirming the equal value of all genders and maintaining political impartiality, fostering respect, inclusion, fairness, and critical thinking for every pupil.

Safe teaching and managing questions

Teachers establish, teach, and revisit class ground rules annually. Strategies include distancing techniques, anonymous question boxes, and developmentally appropriate responses. Where questions are inappropriate for the whole class or raise safeguarding concerns, teachers follow school child protection procedures and speak to pupils individually as needed.

Parents and carers: engagement and transparency

We work in active partnership with parents/carers. The RSE policy and curriculum maps are published on the school website. Parents can view all resources on request. We will consult parents on significant curriculum changes and provide termly information on what is being taught and when.

Right to withdraw from sex education

Parents do not have the right to withdraw their child from Relationships Education, Health Education (including puberty), or the National Curriculum for Science. Parents may request withdrawal from non-statutory sex education. The school will meet with parents to discuss concerns, share resources, and consider the best interests of the pupil. Alternative purposeful education will be provided during any period of withdrawal.

External contributors

External contributors (e.g., Healthy Child Team, NSPCC, local police) may enhance the curriculum under teacher supervision. A staff member is present at all times. The RSE Lead ensures due diligence on credentials, alignment with school policy, age-appropriate materials, and safeguarding. The school uses an external contributor checklist and evaluation form.

Assessment, monitoring and evaluation

Pupil progress is evidenced through work samples, pupil voice, observation, and assessment tasks. The RSE Lead monitors planning, teaching, and resources; collects feedback from staff, pupils, and parents. The RSE leads at Hunton & Arrathorne School are Sam Donaldson and Gavin Cope.

Staff CPD and Support

All staff teaching RSE receive regular CPD. Staff are supported to address sensitive topics, online harms (including edited/deepfake content), and to promote safe, respectful classroom discussions.

Safeguarding

RSE contributes to safeguarding by teaching pupils how to recognise abuse, seek help, and stay safe online and offline. Any disclosures during RSE are handled in line with KCSIE and the school's Safeguarding and Child Protection Policy.

Implementation timeline and review

This policy aligns with the DfE's July 2025 guidance and will be implemented across 2025–2026, with full statutory compliance from 1 September 2026. The policy will be reviewed annually, or sooner if statutory guidance changes or local needs require.

References

- Department for Education (DfE). Relationships Education, Relationships and Sex Education (RSE) and Health Education – updated guidance (July 2025) for introduction 1 September 2026.
- DfE Education Hub. New RSHE guidance: what parents need to know (15 July 2025).
- UK Parliament written ministerial statement: Guidance on RSHE (HCWS825), 16 July 2025.
- PSHE Association and Sex Education Forum summaries of 2025 guidance changes.