

Riverside Primary School

Relationships and Sex Education Policy

September 2025



Reviewed without change

RELATIONSHIPS EDUCATION POLICY – RIVERSIDE PRIMARY SCHOOL

Introduction

This policy is available on the school's website. The school chooses how to deliver the subject but statutory guidance offered by the Department for Education (DFE) is taken into account.

The policy will be promoted and implemented throughout the school.

From the academic year 2020/21, under 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:

- It is compulsory for all primary schools to provide **Relationships education**. Primary schools may also choose to provide sex education other than that covered by the science curriculum.
- It is compulsory for all schools including academies and free schools, but not independent schools, to provide **Health education**. However, personal, social, health and economic education (PSHE) continues to be compulsory in independent schools.

Health education is not covered within this policy because it is covered elsewhere in the school's curriculum in PSHE. The policies on mental health and wellbeing, ICT, nutrition, drug education, student substance abuse, and first aid are relevant to health education and can be viewed on request.

The school is mindful to make reasonable adjustments to alleviate disadvantage or vulnerability of any of our pupils under the SEND code of practice when planning for relationships education lessons. Also, teachers try hard not to discriminate against any pupils because of any 'protected characteristics' under the relevant provisions of the Equality Act 2010 (i.e. age, sex, race, disability, religion or belief, gender reassignment, pregnancy or maternity or sexual orientation).

Riverside Primary school has chosen to provide an element of age-appropriate sex education to our year 5 and year 6 pupils. Parents are able, on request and after discussion with the headteacher, to withdraw their children from this. However, parents may not withdraw their children from any part of relationships education nor the national curriculum in science. There are opportunities for parents to learn about the school's approach to teaching sex education and when different topics will be covered.

Objectives and targets

The objective of relationships education at Riverside Primary school is to teach, in an age-appropriate way, the fundamental building blocks and characteristics of healthy relationships with friends, family and other people in order to help our pupils build an inclusive, tolerant society.

Action plan

Governors

The governing board has approved this policy and will ensure that:

- This statutory policy is available on the school's website.
- Information is provided for parents on the school's programme for relationships education. Pupils are not allowed to be withdrawn from relationships education lessons.
- Information is provided for parents of year 5 and 6 pupils on the content of the school's sex education programme and their right to request that their child is withdrawn. Relationships

education as taught at Riverside Primary School fulfils its legal obligations and timetabled commitments.

- Relationships education is adequately resourced, well led and effectively managed, providing well planned lessons from teachers who keep up-to-date with pedagogy and technology to support the subject.
- Relationships education is delivered in a way to be accessible for all pupils with SEND so that all pupils can make progress in achieving expected educational outcomes.
- Relationships education is delivered by teachers and others with an awareness of the relevant provisions of the Equality Act 2010.

Lead teacher

The lead teacher for relationships education will:

- With the headteacher, agree who will deliver relationships education at the school, ensure that they are fully aware of the relevant provisions of the Equality Act 2010, and what resources may be used.
- Work closely with colleagues to ensure that the relationships education programme complements, and does not duplicate, content already covered in national curriculum subjects e.g. science or elsewhere in the PSHE curriculum.
- Discuss with any visiting agencies the details of all aspects, including resources, of what will be covered in any session that they are being invited to provide, as well as confidentiality and reporting any safeguarding issues, before the session takes place.
- Ensure a smooth transition between primary and secondary school by advising appropriate teachers at secondary schools' what pupils have learned in relationships education at this primary school.

External agencies

Riverside Primary school occasionally uses external visitors, who can enhance delivery of the subject and bring specialist knowledge and different ways of engaging with young people, to deliver certain topics within relationships education. The lead teacher for relationships education checks in advance that the teaching delivered by visitors fits with the planned programme for teaching relationships education and that they are fully aware of the relevant provisions of The Equality Act 2010. Details of what will be covered by the visitor, the materials that visitor will use in the sessions, a session plan and how the session will be delivered are all discussed in advance to ensure age appropriateness for our pupils and their inclusivity. The lead teacher will also discuss, before the session takes place, how to deal with aspects of confidentiality and reporting of any safeguarding issues which might arise.

Parents

- Riverside Primary school works closely with parents when planning and delivering relationships education because parents are the first educators of their children and have the most important influence as their children grow, mature and form relationships. Parents are made aware of what will be taught and when.
- Opportunities for parents to learn about and ask questions about the school's approach to relationships education help increase confidence in the curriculum. The school invites parents into school to discuss informally in groups or individually what will be taught, address any concerns and helps support parents in managing conversations with their children on these

issues. The relevant provisions of the Equality Act 2010 will be explained to parents. Resources used in the teaching of relationships education will be available for parents to view and a survey is taken after sessions to assist in monitoring and evaluation of the subject.

- Pupils in years 5 and 6 receive sex education to assist them as they prepare for the transition to secondary school. Parents are informed about the details of the age-appropriate sex education that is taught and to offer them support in how to talk to their children about sex education.
- Parents are able on request, and after discussion with the headteacher, to withdraw their children from sex education (but not relationships education or national curriculum science, which includes teaching about the external parts of the body and how the human body changes from birth, through puberty into old age.) Appropriate purposeful education will be provided for pupils who are withdrawn from sex education lessons during the withdrawal periods.

Topics to be covered in relationships education

Teaching will reflect the law, particularly with reference to the Equality Act 2010, so that pupils clearly understand what the law allows and does not allow, and the wider legal implications of decisions they may make.

Families and people who care for me

Pupils learn:

- That marriage represents a formal and legally recognised commitment of two people to each other intended to be lifelong.
- To understand relationships that are likely to lead to happiness and security and recognising those which may be less positive
- How home circumstances and needs of families may differ from one another e.g. explaining that some children may be young carers within their family or that 'looked-after' children have a different structure of support around them which may not include parents.

Caring friendships and respectful relationships

Pupils learn:

- That healthy friendships are positive and welcoming to others and do not make others feel excluded.
- To be respectful of others, however different they may be from themselves, and not to be led by stereotypes, which may be negative, unfair or destructive.
- To build resilience, self-control, courage, humility, forgiveness and a sense of justice.
- To stick at tasks, work towards long-term rewards and persevere despite knock backs.
- To take turns, treat each other kindly, generously and with consideration.
- The importance of honesty, integrity and truthfulness.
- To seek permission and give permission.
- The concept of personal privacy.

Online relationships and internet safety and harms

Pupils learn:

- How information and data is shared and used online, e.g. sharing pictures.
- To understand that many websites are businesses, how sites may use information provided by users in ways they might not expect and which might be harmful to them
- To consider carefully their online friendships and sources of information and being aware of the risks associated with them.

Being safe

Pupils learn:

- Knowledge needed to be safe and how to report concerns or abuse, including emotional, physical and sexual abuse. This is done by focusing on personal boundaries and privacy in friendships at school, in families and with others (both online and offline).
- That they have rights over their own bodies, advising them how to report concerns or seek advice.
- How to respond to adults they may encounter whom they do not know (both in a day-to-day context and online).

Health-related topics

For health-related topics in relationships education see aspects of the following school policies:

- Mental health and wellbeing policy.
- Nutrition policy for healthy eating.
- Drug education and student substance abuse policies.
- First aid policy.
- ICT policies for internet safety and harm.

Sex education in years 5 and 6

By building on the national curriculum in science, sex education is taught in years 5 and 6 as part of a study of human body systems. They learn how the body works and the functions of various parts of it, including menstruation. The act of sexual intercourse is not dealt with in isolation, and emphasis of sexual activity in context of loving relationships is stated. Teaching staff deal with no other examples of sexual relations in this context. If other questions do arise, such as possible relationship between members of the same sex, staff will not go into further details.

In year 6, towards the end of each term, one of the following topics is dealt with:

- *Puberty, male and female development:*
How a baby is conceived and born.
- *An awareness of contraception*
The aim here is to explain the purpose of it and increase awareness that different forms of contraception are available. There is a more detailed explanation of the use of condoms as a contraception method and disease prevention by its use, e.g. AIDS.

- *An awareness of sexually transmitted diseases*

Here the aim is to know that such diseases exist and how their spread can be reduced.

Our teachers are aware that effective relationships education and sex education may lead to disclosure of a child protection issue and they will rely on the school's child safeguarding policy to handle any such matter as confidentially as possible.

Monitoring and evaluation

A range of monitoring and evaluation exercises will be carried out to measure the effectiveness of the RS curriculum. Staff, pupil voice and parent opinion will be carefully considered.

Reviewing

This policy will be reviewed next year extensively to ensure it covers all the new statutory changes that are in the new RSE guidelines. The views of staff, parents and children will be taken into account with regards to the new changes. There will be meetings with the school council, questionnaire sent out to parents and other communications shared throughout the year, as we work through the implementations of adding the new changes, before the new RSE curriculum is introduced.

Next school review due: September 2026