

Mousehole Primary School



Relationships and Sex Education Policy

Latest Review	March 2026
Next Review Date	March 2028
I confirm that this policy has been reviewed and adopted by the Local Monitoring Committee of Mousehole Primary School. Headteacher: S Trow Chair of LMC: L Garner Date 02.04.26	

Mousehole Primary School Relationships and Sex Education Policy

CONTEXT / INTRODUCTION

“All schools must have an up to date RSE policy which is made available for inspection and to parents. The policy must:

- define sex and relationship education;
- describe how sex and relationship education is provided and who is responsible for providing it;
- say how sex and relationship education is monitored and evaluated;
- include information about parents’ right to withdrawal; and
- be reviewed regularly”

Sex and Relationship Education Guidance (DfEE 0116/2000)

Relationship and Sex Education is lifelong learning about physical, moral and emotional development. It is about the understanding of the importance of loving and caring relationships. It is about the teaching of sex, sexuality and sexual health.

Research demonstrates that good, comprehensive Sex and Relationship Education does not make young people more likely to become sexually active at a younger age.

RSE will be taught in the context of relationships and will promote self esteem and emotional health and well-being and help children form and maintain relationships, based on respect for themselves and for others, at home, school, work and in the community.

While we use sex education to inform children about sexual issues, we do this with regard to matters of morality and individual responsibility, and in a way that allows children to ask and explore moral questions. RSE is not used as a means of promoting any form of sexual orientation.

Every child is entitled to receive RSE regardless of ethnicity, gender, religion, age, culture, disability, sexuality, language, special needs, disadvantage or whether they are looked-after.

It is our intention all children have the opportunity to experience a programme of RSE at a level which is appropriate for a child’s age and physical development with differentiated provision if required. Teaching and resources will be differentiated as appropriate to address the needs of all children in order for them to have full access to the content of RSE.

Process for Policy development

The policy has been developed in consultation with pupils, parents/carers, teaching and non-teaching staff, Governors and other relevant agencies. Working party groups were set up to review the existing SRE policy. The group comprised of the PSHE / Pastoral Lead, three teachers, the nominated Governors for RSE and two parent representatives.

Each group met, discussed the planning as well as confidence in the delivery. The consultation included auditing existing provision in order to develop, implement, monitor and evaluate the curriculum.

As Subject Lead for PSHE and RSE from September 2025 I have looked at evidence in the curriculum, book looks and seen some practice of learning

happening across the school.

A review of PSHE curriculum is planned for the forthcoming academic year 2026/2027.

At our Parents Consultations meetings at the beginning of the year Parents/Carers are invited to read and share their views and sign they are in agreement with our Policy and Curriculum provision.
Any concerns are discussed with the Headteacher.

A comprehensive letter is sent out to parents sharing the plans, making them fully aware of what would be covered, and they are subsequently invited to come in and discuss these further if required.

AIMS AND OBJECTIVES FOR RELATIONSHIPS AND SEX EDUCATION

The aim of RSE is to provide children with age-appropriate information, explore attitudes and values and develop skills in order to empower them to make positive decisions about their health-related behaviour.

This should take place with consideration of the qualities of relationships within families.

The objectives of Relationship and Sex Education are;

Reception - Family and Friendship

1. Caring friendships: understanding the importance of friendship
2. Being kind: recognising the importance of forgiveness
3. Families: understand there are lots of different families

Year 1 - Growing and Caring for Ourselves

1. Different friends: knowing we can be friends with people who are different to us
2. Growing and changing: understanding babies and children grow up
3. Families and care: exploring different types of families and who can help us

Year 2 - Differences

1. Differences: exploring gender stereotypes
2. Male and female animals: exploring males and females are different
3. Naming body parts: knowing the physical differences between males and females

Year 3 - Valuing Difference and Keeping Safe

1. Body differences: exploring the differences between males and females
2. Personal space: understanding appropriate touch
3. Help and support: exploring different types of families and who can help us

Year 4 - Growing Up

1. Changes: exploring the human lifecycle
2. What is puberty?: exploring how puberty is linked to reproduction
3. Healthy relationships: exploring respect in a range of relationships

Year 5 - Puberty

1. Talking about puberty: exploring emotional and physical changes
2. The reproductive system: understanding male and female changes
3. Help and support: understanding the importance of personal hygiene

Year 6 - Puberty, Relationships and Reproduction

1. Puberty and reproduction: understanding how and why the body changes
2. Communication in relationships: understanding the importance of respectful communication
3. Families, conception and pregnancy: understanding the decisions in starting a family
4. Online relationships: understanding communication in a respectful way
5. Respect and equality: developing respectful relationships

ORGANISATION OF RELATIONSHIPS AND SEX EDUCATION

We teach about sex and relationships through different aspects of the curriculum. While we carry out the main Relationships and Sex Education in our Personal, Social and Health Education (PSHE) curriculum, some RSE will be covered through other subject areas (eg Science and PE) which we believe contribute significantly to children's knowledge and understanding of their own bodies and how they are changing and developing.

All schools must teach the following as part of the National Curriculum Science Curriculum. Parents do not have the right to withdraw their child / children from these lessons:

National Curriculum Science

Key Stage 1

Year 1

Identify, name, draw and label the basic parts of the human body

Year 2

Notice that animals, including humans, have offspring which grow into adults.

Year 5

Describe the life cycle of a mammal.

Describe the changes as humans develop to old age.

Describe the life process of reproduction in some plants and animals.

Year 6

Recognise that living things produce offspring of the same kind, but normally offspring vary and are not identical to their parents.

METHODS OF TEACHING AND RESOURCES

RSE is delivered through specific PSHE sessions, Circle Time and Science. RSE is taught by class teachers, teaching assistants and, if appropriate, outside visitors such as the school nurse. Barnardos and NSPCC come in to compliment the teaching.

RSE is usually delivered in mixed gender groups; however, on occasion single gender groups are used where this is more appropriate and relevant.

A range of teaching methods which involve children's participation are used to teach RSE such as discussion, drama and role play and research and presentation. Teaching methods will be appropriate to the age and the developmental needs of individual pupils.

Ground rules are essential to provide an agreed structure to answering sensitive or difficult questions. This framework facilitates the use of an anonymous question box as a distancing technique. Teachers will endeavour to answer questions as honestly as possible but if faced with a question they do not feel comfortable answering within the classroom, provision would be made to meet the individual child's needs.

In Years 5 and 6, we place a particular emphasis on health education, as many children experience puberty at this age. We liaise with the local Health Authority about suitable teaching materials to use with our children in these lessons.

Teachers do their best to answer all questions with sensitivity and care. By the end of Key Stage 2, we ensure that both boys and girls know how babies are born, how children's bodies change during puberty, what menstruation is, and how it affects women. We always teach this with due regard for the emotional development of the children.

Our RSE teaching and learning is based primarily around the Kapow scheme of work and resources.

Other resources include fiction books, reference books, leaflets and extracts from videos. These include:

Channel 4 Living and Growing video Unit 1, 2 & 3 plus work books.

Unit 1 5-7yrs Differences / How did I get here? / Growing Up

Unit 2 7-9 yrs Changes / How babies are made / How babies are born

Unit 3 9-11yrs Girl talk / Boy talk / Let's talk about sex

Available from 4 Learning, PO Box 400 Wetherby LS23 7LG Tel 08701 246444

As well as the teaching of the full curriculum, we ensure that we teach or re teach specific areas that might arise in specific classes - if a concern is picked up regarding an individual child or group of children then we will add to the curriculum where necessary to meet our children's needs.

THE ROLE OF PARENTS

The school is well aware that the primary role in children's Relationships and Sex Education lies with parents and carers. We wish to build a positive and supporting relationship with the parents of children at our school through mutual understanding, trust and co-operation. In promoting this objective, we:

- inform parents about the school's RSE policy and practice;
- send out letters to parents when aspects of the RSE programme are taught and invite them to meet with us and view the materials used, explaining the content of the lessons and offering them the opportunity to discuss any concerns;
- take seriously any issues that parents raise with teachers or governors about this policy or the arrangements for RSE in the school.

Parents have the right to withdraw their child from aspects of the RSE programme that we teach in our school that are not included in the Science National Curriculum. If a parent wishes their child to be withdrawn from RSE lessons, they should discuss this with the Headteacher and make it clear which aspects of the programme they do not wish their child to participate in. The school will comply with the wishes of parents in this regard. Every effort has been made to reassure parents and to help them feel comfortable with what we are teaching; this has been successful, and parents feel confident and happy to approach staff if necessary.

Parents should feel free to make contact with the school on any issues of concern to them or their son / daughter. The Governing Body has full confidence in the staff of the school and believes that the best interests of pupils and their parents will be served by the sensitive consideration of all matters relating to human sexuality.

The school's SRE policy is published on its website and further details are available on request.

CHILD ON CHILD ABUSE

Please see our CHILD ON CHILD ABUSE (Managing allegations against other pupils including sexual harassment and sexual abuse) policy.

In line with the 'Keeping Children Safe in Education' document, all staff have received training and we have moderated our planning accordingly. We have a developmentally appropriate PSHE and RSE curriculum which develops children's understanding of acceptable behaviour and keeping themselves safe. As well as ensuring that our teaching of this area is strong, all staff are aware of the need to link or enhance our teaching if a specific concern is raised. All staff are aware of the most vulnerable students as well as the work that is being done to support them and are flexible and confident in adapting their whole class teaching if and when this might become necessary.

We recognise that child on child abuse, including sexual violence and sexual harassment, can happen both inside and outside of school and online. Our robust online safety and RSE programmes develop children's knowledge, understanding and skills to ensure personal safety and self-protection.

CHILD PROTECTION / CONFIDENTIALITY

Teachers need to be aware that effective RSE, which brings an understanding of what is and is not acceptable in a relationship, may lead to disclosure of a child protection issue. RSE lessons are conducted in a sensitive manner and children can ask questions in confidence if they need to. However, if a child makes a reference to being involved, or likely to be involved in sexual activity, then the teacher will take the matter seriously and deal with it as a matter of child protection. Teachers will respond in a similar way if a child indicated that they may have been the victim of abuse.

The staff member will inform the Head Teacher / Designated Safeguarding Lead who will act on these concerns in line with the school's procedures for child protection.

A member of staff cannot promise confidentiality if concerns exist.

USE OF VISITORS

"Visitors should complement but never substitute or replace planned provision. It is the PSHE co-ordinator's and teacher's responsibility to plan the curriculum and lessons."

Sex and Relationship Guidance DfE 0116/2000 P 29 6.11

When appropriate, visitors such as the school nurse may be involved in the delivery of RSE, particularly in Key Stage 2.

LINKS WITH OTHER POLICIES

This policy is linked with the following policies:
PSHE and Citizenship

Single Equality Scheme
Child Protection and Safeguarding
Confidentiality
Behaviour
Anti-Bullying
Online Safety

MONITORING AND EVALUATION OF RELATIONSHIPS AND SEX EDUCATION

is the designated teacher with responsibility for co-ordinating RSE.

Relationship and sex education is monitored and evaluated by the Headteacher, Alison Nicholls (PSHE Lead) and Alex Mullaney (named governor with responsibility for RSE) as part of the school's development plan. As a result of this process, changes have been made to the Relationship and Sex Education programmes as appropriate.