




# John Clare Primary School

*Inspire - Nurture – Celebrate*

# Relationships and Sex Education Policy

**Editions and Revisions:**

<b>Reviewed</b>	February 2026
<b>Approved by Local Governance Committee</b>	25 <sup>th</sup> March 2026
<b>Next review due</b>	August 2026



This policy covers our approach to Relationships and Sex Education (RSE); a statutory component of the PSHE and Citizenship curriculum from September 2020. It aims to set out the purpose of Relationships and Sex Education and the intended outcomes for pupils, what is covered in our curriculum and how it is delivered.

We define Relationships and Sex 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.

## **INTENT**

At John Clare Primary School, we believe in providing every pupil with open, honest, accurate and age-appropriate lessons all about relationships. Through the school's ethos and values, 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 and 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 and Sex Education curriculum is inclusive and meets the needs of all children, including those with special educational needs or disabilities (SEND). We also aim to promote gender equality and represent the LGBT+ community through our Relationships curriculum.

Through our comprehensive Relationships and Sex 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;
- for children in Upper Key Stage 2, an understanding of human reproduction including conception and how babies are born;
- an awareness and understanding of how to use the internet and social media safely;
- an understanding of the characteristics of positive relationships.

## **Statutory Regulations**

From September 2020, all primary schools must deliver Relationships and Sex 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:

- Education Act (1996)
- Learning and Skills Act (2000)
- Education and Inspections Act (2006)
- Equality Act (2010),
- Supplementary Guidance SRE for the 21st century (2014)
- Keeping Children Safe In Education – Statutory safeguarding guidance (2022)
- Children and Social Work Act (2017)

## **Roles and Responsibilities**

The Relationships Education programme in our school will be led by Mrs Hannah Breslin.

The school governor representative responsible for the Relationships Education programme is Ms Emma Stephens-Dunn.

## **IMPLEMENTATION**

Our inclusive Relationships curriculum supports the objectives set out by the PSHE Association which meet the statutory requirements for Key Stage 1 and 2. It forms a core part of our comprehensive Personal, Social and Health Education (PSHE) curriculum.

Our Relationships Scheme of Work will follow the Discovery Education Health and Relationships Programme. Learning in Relationships Education lessons will link to learning in Science, English and RE.

Our PSHE lessons are taught by staff who are trained in delivering the specific content of the lessons. Ground rules will be established in class and children reminded of these. Special consideration will be given when teaching particularly sensitive content and staff will be 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 within which all children feel able to ask questions and discuss issues openly. For any child wishing to discuss something confidential, relating to the lesson content, an opportunity will be provided.

Each class also has a worry monster, question box or journal, which gives children the option to write down their questions or queries in a discrete way and receive an answer on a one-to-one basis, rather than in front of the whole class. Distancing techniques will be employed in our Relationships Education, as with other areas of the PSHE curriculum, meaning that

children are able to discuss fictional characters and scenarios, rather than discuss their own lives and experiences.

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

### **Circle Time**

'Circle Time' sessions provide us with an effective method of organising PSHE activities as it has the following advantages: -

- a) it provides opportunities for children to care for, and support each other.
- b) it allows everyone to take part and draws out more shy children.
- c) it promotes tolerance and understanding.

Eye contact during these sessions is important and no one should be made to feel left out. Large group work can be done without children sitting in a circle.

### **Drama and Role Play**

Drama and role play situations provide us with another useful approach. Children can meet problems and begin to consider methods of dealing with difficult situations. Drama allows opportunities for all children to respond and develop self-confidence and self-esteem.

### **IMPACT**

Our lessons will be differentiated where appropriate, ensuring all children are able to participate fully. Children will be given the opportunity throughout the units of work to reflect on and evaluate their learning - assessment opportunities are built in to every lesson.

Self-assessment is an important part of learning in Relationships Education and PSHE. Children will reflect on their learning throughout the units. We highly value pupil voice and will take into account the opinions and comments of our children about what they would like to learn.

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

A review on the children's learning and progress in Relationships and Sex Education, as part of their learning in PSHE, will be reported to parents and carers annually in their school end of year report.

## **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. All staff are fully trained in child protection and understand their responsibility and role in this area, including how to make a referral if needed.

***Designated Safeguarding Lead*** – Mrs Sarah Nicolson

***Deputy Safeguarding Lead*** – Miss Caroline Johnson

Visitors and external agencies which support the delivery of Relationships Education will be required to adhere to the school's safeguarding policy and policies relating to the subjects they are teaching or contributing towards.

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 National Curriculum science. Those considering this option are asked to speak with Mrs Sarah Nicolson in order to find out more about this.

## **Links to Other Policies**

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

- Curriculum and Assessment Policy
- Safeguarding Policy

## **Reviewing the Policy**

This policy will be reviewed on a bi-annual basis by Mrs Sarah Nicolson, Mrs Hannah Breslin and the Local Governance Committee.

Next review date August 2026

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