



Leigh Academy
Peninsula East



Relationship, Health and Sex Education Policy

Leigh Academy Peninsula East

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| Approved by: | Date: August 2025 |
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Leigh Academy Peninsula East considers that Relationship and Sex Education (RSE) is an integral part of the Personal, Social and Health Education (PSHE) and Citizenship curriculum, and is linked to that for Science. This is covered using the IB Primary Years Programme. We aim to offer pupils a carefully planned programme on human development, relationships, and family life within a safe, supportive atmosphere. We also see this as a fundamental part of safeguarding the children within our care.

1. Aims:

The aims of relationships and sex education (RSE) at our school are to:

- Provide a framework in which sensitive discussions can take place.
- Prepare pupils for puberty and give them an understanding of sexual development and the importance of health and hygiene.
- Help pupils develop feelings of self-respect, confidence and empathy.
- Create a positive culture around issues of sexuality and relationships.
- Teach pupils the correct vocabulary to describe themselves and their bodies.

2. Statutory requirements

As a primary academy school we must provide relationship education to all pupils as per section 34 and 35 of the [Children and Social work act 2017](#) and [the DFE Statutory Guidance : Relationships Education, Relationships and Sex Education \(RSE\) and Health Education 2019](#). Pupils receiving primary education are taught relationship education and health education. The subjects of relationships education and RSE is maintained here at Leigh Academy Peninsula East. We ensure coverage of the National Curriculum including requirements to teach science which would include the elements of sex education contained in the science curriculum.

In teaching RSE, we are required by our funding agreements to comply with the [guidance](#) issued by the secretary of state as outlined in section 403 of the [Education Act 1996](#).

At Leigh Academy Peninsula East we teach RSE as set out in this policy using planning and resources from Medway to support.

3. 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. Parent/stakeholder consultation – parents and any interested parties were to provide feedback about the policy.
4. Pupil consultation – we investigated what exactly pupils want from their RSE
5. Ratification – once amendments were made, the policy was shared with governors and ratified

4. Definition

RSE is about the emotional, social and cultural development of pupils, and involves learning about relationships, changes, how humans reproduce, healthy lifestyles, diversity and personal identity. It is a key aspect of safeguarding children by developing their understanding of the world and keeping themselves safe.

RSE involves a combination of sharing information and exploring issues and values.

RSE is not about the promotion of sexual activity.

5. Curriculum

Our curriculum is set out as per Appendix 1 but we may need to adapt it as and when necessary. EYFS requirements are covered in the EYFS curriculum. At Leigh Academy Peninsula East, we teach RSE as an integral part of a planned PSHE curriculum.

We have developed the curriculum in consultation with parents, pupils and staff, considering the developmental age, needs and feelings of pupils.

Primary sex education will take place in Year 6 and will focus on:

- Preparing boys and girls for the changes that adolescence brings (reviewing learning from Year 5)
- How a baby is conceived and born.

We will inform parents when this aspect of sex education will be taught in advance. This is to enable parents to discuss specific concerns with the class teacher or principal or to consider whether to exercise their right to withdrawal from these lessons.

6. Delivery of RSE

RSE is taught within the personal, social, health and economic (PSHE) education curriculum. Biological aspects of RSE are taught within the science curriculum, and other aspects are included in religious education (RE).

Pupils also receive stand-alone sex education sessions that are developmentally appropriate for the cohort.

Relationships education focuses on teaching the fundamental building blocks and characteristics of positive relationships including:

- Families and people who care for me
- Caring friendships
- Respectful relationships
- Online relationships
- Being safe

In Year 5, the children learn about changes through puberty (this is statutory and covered within the science curriculum and health education requirements. Parents do not have the right to withdraw their child from health education).

In Year 6, the children will revise their knowledge of puberty and will also learn about how a baby is conceived and how a baby is born. Parents will have the opportunity to see all teaching materials prior to the commencement of lessons. They also have the right to withdraw their child from these lessons.

For more information about our PSHE/RSE curriculum, see Appendices 1.

These areas of learning are taught within the context of family life taking care to ensure that there is no stigmatisation of children based on their home circumstances (families can include single parent families, LGBT parents, families headed by grandparents, adoptive parents, foster parents/carers amongst other structures) along with reflecting sensitively that some children may have a different structure of support around them (for example: looked after children or young carers).

We will ensure a safe learning environment by establishing ground rules for participation e.g. ROCK-respect, openness, confidentiality (not discussing in the playground but if the teacher is concerned by something that is raised they will notify the designated safeguarding lead) and being kind.

Pupils will be able to ask questions through anonymous question boxes. This also reduces the likelihood of inappropriate questions that are not covered by our statutory duties being raised with the whole class.

Distancing techniques are used to support teaching of relationships education-such as books, videos, dolls to allow children to ask questions whilst reducing personal embarrassment or upset as much as possible.

Due to recent changes in the RSE Curriculum the following topics are also being taught within our PSHE/RSE Lessons.

- Sexual harassment and sexual violence, as key to the prevention of violence against women and girls. This includes a focus on building relationships skills from the start of primary. The content on staying safe online has been comprehensively updated to cover the risks around exposure to pornography and misogynistic influencers, and a range of other related risks that young people face.
- Suicide prevention, including ensuring that staff have the knowledge and skills to do this safely before addressing suicide prevention directly with pupils.
- Lesbian, gay, bisexual and transgender content is encouraged to include same sex parents when talking about different types of families.
- Difference on rights based on sex and gender reassignment, to reflect the Supreme Court ruling on the interpretation of the Equality Act in the For Women Scotland case. Law about biological sex and gender reassignment is still in debate, however, schools should not endorse any particular view or teach it as fact. The guidance is also clear about the need to avoid language and activities which repeat or enforce gender stereotypes, which is in line with the conclusions of the Cass Review (2024).

For more information about our PSHE/RSE curriculum, see Appendices 1.

7. Roles and responsibilities

7.1 The governing board

The governing board will approve the RSE policy and hold the Principal to account for its implementation.

7.2 The principal/Subject leader

The Principal and subject leader 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).

7.3 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 including SEND
- 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 principal.

The role of the RSE/PSHE lead is to support the teachers with developing the content and teaching materials for the classes as needed.

7.4 Pupils

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

8. Parents' right to withdraw

Parents do not have the right to withdraw their children from relationships or health education.

Parents have the right to withdraw their children from the non-statutory components of sex education within RSE (how a baby is conceived and how a baby is born). This content is covered in Year 6, Lesson 4.

Requests for withdrawal should be put in writing using the form found in Appendix 2 of this policy and addressed to the principal.

Alternative work will be given to pupils who are withdrawn from sex education.

9. Training

Staff are trained on the delivery of RSE as part of their continuing professional development.

The Principal may also invite visitors from outside the school, such as school nurses or sexual health professionals, to provide support and training to staff teaching RSE.

10. Monitoring arrangements

The delivery of RSE is monitored by the PSHE/RSE lead and Principal through:

- planning scrutiny,
- learning walks,

- pupil voice etc.

Pupils' development in RSE is monitored by class teachers as part of our internal assessment systems.

This policy will be reviewed by the PSHE/RSE lead annually. At every review, the policy will be approved by the principal.

Appendix 1: By the end of primary school pupils should know

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| <p>Families and people who care for me</p> | <ol style="list-style-type: none"> 1. That families are important for children growing up safe and happy because they can provide love, security and stability. 2. The characteristics of safe and happy family life, such as commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives. 3. That the families of other children, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care. 4. That stable, caring relationships are at the heart of safe and happy families and are important for children's security as they grow up. 5. That marriage and civil partnerships represent a formal and legally recognised commitment of two people to each other which is intended to be lifelong. 6. How to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed. |
| <p>Caring friendships</p> | <ol style="list-style-type: none"> 1. How important friendships are in making us feel happy and secure, and how people choose and make friends. 2. That healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded. Pupils should learn skills for developing caring, kind friendships. 3. That not every child will have the friends they would like at all times, that most people feel lonely sometimes, and that there is no shame in feeling lonely or talking about it. 4. The characteristics of friendships that lead to happiness and security, including mutual respect, honesty, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences, and support with problems and difficulties. 5. That most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened. 6. How to manage conflict, and that resorting to violence is never right. 7. How to recognise when a friendship is making them feel unhappy or uncomfortable, and how to get support when needed. |
| <p>Respectful, kind relationships</p> | <ol style="list-style-type: none"> 1. How to pay attention to the needs and preferences of others, including in families and friendships. Pupils should be encouraged to discuss how we balance the needs and wishes of different people in relationships and why this can |

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| | <p>be complicated.</p> <p>2. The importance of setting and respecting healthy boundaries in relationships with friends, family, peers and adults.</p> <p>3. How to communicate effectively and manage conflict with kindness and respect; how to be assertive and express needs and boundaries; how to manage feelings, including disappointment and frustration.</p> <p>4. Pupils should have opportunities to discuss the difference between being assertive and being controlling, and conversely the difference between being kind to other people and neglecting your own needs.</p> <p>5. That they can expect to be treated with respect by others, and the importance of respecting others, including those who are different (for example, physically, in character, personality or backgrounds), or make different choices, or have different preferences or beliefs.</p> <p>6. Practical steps they can take and skills they can develop in a range of different contexts to improve or support their relationships.</p> <p>7. The conventions of courtesy and manners.</p> <p>8. The importance of self-respect and how this links to their own happiness. Pupils should have opportunities to think about how they foster their own self-esteem and build a strong sense of their own identity, including through developing skills and interests.</p> <p>9. The different types of bullying (including online bullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult), and how to get help.</p> <p>10. What a stereotype is, how stereotypes can be unfair, negative, destructive or lead to bullying and how to challenge a stereotype.</p> <p>11. How to seek help when needed, including when they are concerned about violence, harm, or when they are unsure who to trust.</p> |
| Online safety and awareness | <p>1. That people should be respectful in online interactions, and that the same principles apply to online relationships as to face-to-face relationships, including where people are anonymous. For example, the importance of avoiding putting pressure on others to share information and images online, and strategies for resisting peer pressure.</p> <p>2. How to critically evaluate their online relationships and sources of information, including awareness of the risks associated with people they have never met. For example, that people sometimes behave differently online, including pretending to be someone else, or pretending to be a child, and that this can lead to dangerous situations. How to recognise harmful content or harmful contact, and how to report this.</p> |

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| | <p>3. That there is a minimum age for joining social media sites (currently 13), which protects children from inappropriate content or unsafe contact with older social media users, who may be strangers, including other children and adults.</p> <p>4. The importance of exercising caution about sharing any information about themselves online. Understanding the importance of privacy and location settings to protect information online.</p> <p>5. Online risks, including that any material provided online might be circulated, and that once a picture or words has been circulated there is no way of deleting it everywhere and no control over where it ends up.</p> <p>6. That the internet contains a lot of content that can be inappropriate and upsetting for children, and where to go for advice and support when they feel worried or concerned about something they have seen or engaged with online.</p> |
| Being Safe | <p>1. What sorts of boundaries are appropriate in friendships with peers and others (including online). This can include learning about boundaries in play and in negotiations about space, toys, books, resources etc.</p> <p>2. The concept of privacy and its implications for both children and adults; including that it is not always right to keep secrets if they relate to being safe.</p> <p>3. That each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe contact, including physical contact.</p> <p>4. How to respond safely and appropriately to adults they may encounter (in all contexts, including online), including those they do and do not know.</p> <p>5. How to recognise when a relationship is harmful or dangerous, including skills for recognising who to trust and who not to trust.</p> <p>6. How to report abuse, concerns about something seen online or experienced in real life, or feelings of being unsafe or feeling bad about any adult and the vocabulary and confidence needed to do so.</p> <p>7. How to ask for advice or help for themselves or others, and to keep trying until they are heard. Where to get advice e.g. family, school and/or other sources.</p> |

Appendix 2: Parent form: withdrawal from sex education within RSE

| TO BE COMPLETED BY PARENTS | | | |
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| Name of child | | Class | |
| Name of parent | | Date | |
| Reason for withdrawing from sex education within relationships and sex education | | | |
| | | | |
| Any other information you would like the school to consider | | | |
| | | | |
| Parent signature | | | |

| TO BE COMPLETED BY THE SCHOOL | |
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| Agreed actions from discussion with parents | <p><i>Include notes from discussions with parents and agreed actions taken.</i></p> <p><i>Eg: Joe Bloggs will be taking part in all relationships and health lessons and during the sex education lessons, he will be working independently on a project in the Year 5 classroom.</i></p> |
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