



South Lake Primary School

Relationships and Sex Education Policy

Version	Date	Description
1.	Autumn 2021	Re-write to reflect new legislation, following consultation process.
2.	November 2022	Review – no changes
3.	October 2023	Review- minor changes as named member of staff has left the school..
4.	April 2025	Review – changes following parental consultation and new scheme - SCARF.

This policy will be approved in May 2025.

1. Aims

At South Lake Primary School, our curriculum provides our children with:

- Aspiration, and the resilience to achieve.
- A rich bank of knowledge and a thirst for knowing more.
- An extensive vocabulary and the ability to understand complex texts.
- The ability to articulate their thoughts, make themselves understood and have a voice.
- An understanding of world issues and their responsibilities for the future.
- A respect for law and our responsibilities as a society.
- Tolerance of and respect for those who differ from them.

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

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

2. Statutory requirements

Relationships Education is compulsory for all pupils receiving primary education. This is laid out in the

[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.

At South Lake Primary School, we teach relationships and sex education (RSE) as set out in this policy.

3. Policy development

This policy has been developed by reviewing the current curriculum and seeking the views from staff, parents and governors. A parental consultation was completed in Spring 2025, parental views were gathered through meetings.

4. Definition

Relationship and Sex Education is about the emotional, social and cultural development of pupils, and involves learning about relationships, sexual health, sexuality, healthy lifestyles, diversity and personal identity.

5. Roles and responsibilities

5.1 The governing board

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

5.2 The Headteacher

The Headteacher is responsible for ensuring that RSE is taught consistently across the school, and for managing requests to withdraw pupils from non-science components of RSE (see section 7).

5.3 Class teachers

Class teachers are responsible for:

- Delivering RSE in a sensitive way
- Modelling positive attitudes to RSE
- Monitoring progress
- Responding to the needs of individual pupils
- Responding appropriately to pupils whose parents wish them to be withdrawn from the non-science 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 Headteacher.

5.4 Pupils

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

6. Curriculum

At South Lake Primary School, we teach RSE through our PSHE lessons (Personal, Social, and Health Education)

At South Lake Primary School, we teach RSE through our PSHE lessons (Personal, Social, Health Education) We use 'SCARF' which offers a comprehensive, carefully thought-through Scheme of Work which brings consistency and progression to our children's learning in this vital curriculum area.

The statutory guidance can be found at [Relationships Education, Relationships and Sex Education and Health Education guidance \(publishing.service.gov.uk\)](https://www.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/672222/Relationships_Education_Relationships_and_Sex_Education_and_Health_Education_guidance.pdf)

We review our RSE policy, so we can be sure our provision is appropriate for all our pupils. Our most recent review and parental consultation was in April 2025..

It is now statutory for all children to be taught about:

- Main external parts of the body
- Changes in the human body from birth to old age
- Puberty (Including physical and emotional changes and menstrual wellbeing)
- Reproduction in plants
- Reproduction in animals

Me and My Relationships	Includes content on feelings, emotions, conflict resolution and friendships.
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Rights and Respect	Learning about money, living in the wider world and the environment.
Being My Best	Developing skills in keeping healthy, developing a growth mindset (resilience), goal-setting and achievement
Valuing Difference	A focus on respectful relationships and British values
Keeping Safe	Looking at keeping ourselves healthy and safe
Growing and changing	Finding out about the human body, the changes that take place from birth to old age and being safe.

Relationships Education

Relationships Education at South Lake Primary School will cover ‘Families and people who care for me’, ‘Caring friendships’, ‘Respectful relationships’, ‘Online relationships’, and ‘Being safe’.

Sex Education

The DfE Guidance 2019 (p.23) recommends that all primary schools ‘have a sex education programme tailored to the age and the physical and emotional maturity of the pupils.

We believe children should understand the facts about human reproduction before they leave primary school so our teaching will ensure that both boys and girls are prepared for the changes that adolescence brings and – drawing on knowledge of the human life cycle set out in the national curriculum for science - how a baby is conceived and born.

Our proposed curriculum is set out as per Appendix 1, but we may need to adapt it as and when necessary.

Parents will receive each term a letter informing them of what objectives are being covered in PSHE so they discuss with their children topics if they wish.

7. Parents’ right to opt out

Parents do not have the right to opt out of their children from relationships education.

Parents have the right to opt their children out from the non primary-science components of sex education within RSE.

Science curriculum in relation to SRE Statutory – no right to withdraw pupils	Sex education in relation to SRE Non-statutory at primary school age – parents have the right to withdraw their child (after consultation with the school)
<u>Content</u> Main external parts of the body Changes in the human body from birth to old age Puberty* Reproduction in plants Reproduction in animals <i>*Including physical and emotional changes and menstrual wellbeing (statutory SRE guidance physical health mental wellbeing: Primary)</i>	<u>Content</u> Conception Contraception

Parents can withdraw their child from the Making Babies lesson in year 6; which shows what sexual intercourse is to show how a baby is made and briefly explains what a condom is.

The DfE statutory guidance states (p. 23) the following in relation to Sex Education:

"The national curriculum for science also includes subject content in related areas, such as the main external body parts, the human body as it grows from birth to old age (including puberty) and reproduction in some plants and animals."

"It is important that the transition phase before moving to secondary school supports pupils' ongoing emotional and physical development effectively. The Department continues to recommend therefore that all primary schools should have a sex education programme tailored to the age and the physical and emotional maturity of the pupils. It should ensure that both boys and girls are prepared for the changes that adolescence brings and – drawing on knowledge of the human life cycle set out in the national curriculum for science - how a baby is conceived and born."

Requests for opting out should be put in writing using the form found in Appendix 1 of this policy and addressed to the Headteacher. Pupils who are withdrawn from sex education will join another class for the duration of the lessons.

A copy of requests will be placed in the pupil's educational record. The headteacher will discuss the request with parents and take appropriate action.

9. Training

Training for the delivery of the 'SCARF' program will be given to all staff.

10. Monitoring arrangements

The delivery of RSE is monitored through:

- Monitoring planning and lesson delivery
- Pupils' development in RSE is monitored by class teachers as part of our internal assessment systems.

Appendix 1: Parent form: Opt out from conception and contraception lessons within RSE

TO BE COMPLETED BY PARENTS

Name of child		Class	
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Name of parent		Date	
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Reason for requesting withdrawing from sex education within relationships and sex education

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Any other information you would like the school to consider

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Parent signature	
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TO BE COMPLETED BY THE SCHOOL

Agreed actions from discussion with parents	
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