



OLD BEXLEY CE PRIMARY SCHOOL

Love God ♦ Love Each Other ♦ Love Learning

*Happy Children and Limitless Learning in an Anglican Christian School
A place where everyone can flourish*

Written	Agreed by Staff	Agreed by Governors	Review Date
September 2025	September 2025	September 2025	September 2026

At Old Bexley CE Primary School, we aim to provide the best possible education for each child within the context of a caring Christian community.

Our school values are the Fruit of the Spirit – Love, Joy, Peace, Patience, Goodness, Kindness, Faithfulness, Gentleness and Self-Control (Galatians 5: 22-23) These values promote inclusion, respect and empathy whilst our broad and balanced curriculum inspires aspirational, lifelong learners. They underpin all aspects of school life, including behaviour and relationships within the school.

RELATIONSHIPS AND SEX EDUCATION POLICY

Introduction

This policy is available on the school's website. The school chooses how to deliver the subject but 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 2020/2021, 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 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.

Moral and Values Framework

The school's relationships and sex education curriculum reflects the values of the PSHE and Citizenship programme. RSE is taught in the context of relationships. In addition, RSE teaches; self-esteem and emotional health and wellbeing, how to keep safe, the

fundamentals of a healthy relationship and diversity and equality, in line with our British Values. The school believes that RSE should be an integral part of the lifelong learning process, beginning in early childhood and continue into adult life and that it is an entitlement for all young people regardless of background or circumstance.

Aims for Sex and Relationships 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, enabling them to maintain worthwhile and satisfying relationships, based on respect for themselves and others at home, school and in the wider community.

Objectives

- To prepare pupils for changes including puberty and adulthood.
- To provide pupils with information and skills so that they can form healthy relationships which support and promote commitment, love, respect, affection and openness.
- To provide pupils with the skills and terminology to identify and protect themselves from harm.
- To help pupils gain access to information and how to seek help.
- To develop skills necessary for a healthier, safer lifestyle.
- To develop the confidence and assertiveness to cope with influences from peers and the media.
- To raise pupil's self-esteem and confidence and help recognise their own qualities and strengths.
- To respect and care for their bodies.
- To help pupils to understand their own feelings and behaviour.
- Develop confidence in speaking, listening and thinking about feelings and relationships and respect the differing views of others.
- To understand that family is a broad and diverse concept that takes many structures, and an acceptance of different approaches.
- To help pupils understand which parts of their bodies are private and have the confidence to stand up for themselves and say no, if they feel someone is behaving inappropriately.

Legal Requirements

As a primary school, we must provide relationships education to all pupils as per section 34 of the Children and Social work act 2017. We are not required to provide sex education, however, we do need to teach the elements of sex education contained in the statutory science curriculum. In teaching RSE, we must have regard to guidance issued by the secretary of state as outlined in section 403 of the Education Act 1996. At Old Bexley, we

teach RSE as set out in this policy. Should you like to see the guidance from the government please visit:

<https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education/relationships-education-primary>

Old Bexley Primary School has chosen to provide an element of age-appropriate sex education to our Key Stage 2 pupils. Parents are able, on request and after discussion with the head teacher, to withdraw their children from this. However, parents **may not** withdraw their children from any part of relationships education nor the national curriculum science.

Definition

RSE is about the emotional, social and cultural development of pupils, and involves learning about relationships, sexual health, sexuality, consent, healthy lifestyles, diversity and personal identity. RSE involves a combination of sharing information and exploring issues and values.

At Old Bexley, we identify relationships education as an umbrella theme, split in to six specific areas:

Sex and Relationships Education					
Safeguarding	Diversity	Healthy Relationships	Health	Sex Education	Online Relationships
Body parts. (Science Curriculum)	Disability. Cultural Differences.	Friendship. Bullying.	Body changes from childhood to adolescence.	Intercourse. (Year 6)	Communicating online and safely.
Boundaries. Consent.	Diverse families and relationships.	Love and feelings. Making choices.	Self – esteem and confidence.	Non-Statutory	Social media. Cyber bullying.
Seeking help.	Gender stereotypes.				

Curriculum

Our RSE curriculum is embedded within our PSHCE curriculum, however, this will be adapted when necessary. We have developed the curriculum considering the age, needs and feelings of pupils.

PSHCE lessons are taught weekly by class teachers. Class teachers are responsible for delivering the relationships element of the PSHCE curriculum. The lesson content covered throughout the school is described below:

	<u>PIXL WELLBEING</u>	<u>Sex and Relationships Education</u>
	<u>My Life</u>	
<u>FS</u>	1. Interaction 2. Support 3. Environment 4. Your actions 5. Healthy Habits 6. Balance 7. Challenge 8. Opportunities	1. Our Day – learning about routine and independence. 2. Learning about keeping clean. 3. Friendship – taking turns 4. Families – How do our families help us? 5. Me – why am I special?
<u>Y1</u>	1. Family and Friends 2. Personal Safety 3. Impressions 4. Being Proud 5. Similarities and differences	1. Friendship – kindness and sharing 2. Families and Care – how do you show you care? 3. Me – The differences between boys and girls. 4. Growing and changing from baby to adult. 5. Trusted adults – how do we ask for help?
<u>Y2</u>	1. Responsibility 2. Choices and Consequences 3. Character Traits 4. Hobbies and Clubs 5. Standing up for myself and others 6. Ethnicities within the UK	1. Friendship – consideration and respect 2. Personal Attributes – being trustworthy 3. Gender stereotypes – are they true? How can we tell if a baby is boy or girl? 4. Differences between male and female animals. 5. Labelling body parts. 6. What am I good at?
<u>Y3</u>	1. Lifestyle 2. Making Choices 3. Confidence 4. Impressions 5. Global citizen 6. Other cultures	1. Being proud of our bodies – labelling the human body 2. Boundaries – good touch/bad touch 3. Seeking help when a person oversteps boundaries. 4. Friendships – consideration and respect 5. Family – different types of families.
<u>Y4</u>	1. Pride 2. Character 3. Relationships 4. Connections 5. Responding to peer pressure	1. Growing and changing – identifying body changes from baby to child and child to adult. 2. How will the body change during puberty? 3. Friendships – dealing with conflict 4. Families – characteristics and benefits of healthy family life (Maslow)

	6. Judging by appearances	5. Bullying – impact 6. Your body, your choice
Y5	1. Life Connections 2. Support Network 3. Personal Growth 4. Different Cultures 5. Rumours and name calling 6. Make a difference	1. Puberty – scientific study of changes 2. Puberty – periods and hormones. 3. Friendships – permission/appropriate contact 4. Personal care – keeping clean during puberty 5. Bullying – responsibility of bystanders
Y6	1. Balance 2. Habits 3. Pride 4. Responsibility 5. Respect 6. Disability	1. Sorting scientific body parts. 2. Positive relationships – how can you tell? 3. Friendships – personal privacy and keeping secrets 4. Personal Attributes – integrity and justice 5. Bullying – how to get help 6. Safety – what to do if we feel unsafe. 7. Intercourse

As in all subjects, teachers differentiate in class so that lessons are given at levels appropriate to pupils' maturity and understanding. Sex education in Key Stage 2 builds on the national curriculum science, sex education is taught in Key Stage 2 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 Years 5 and 6, sex and relationship education is taught by classroom teachers and if appropriate, outside visitors, such as the school nurse. In Year 5, pupils are taught about the physical, emotional and social changes at puberty, which include personal hygiene. In Year 6, pupils learn about the physical act of sexual reproduction and the journey to the birth of a baby. A range of teaching methods which involve children's full participation are used to teach sex and relationship education. These include use of video, discussion, looking at case studies, drama and circle times. All classes have a question or worry box, where children can ask any questions anonymously. Sex and relationship education is usually delivered in mixed

gender groups however, there may be occasions where single gender groups are more appropriate and relevant.

Additionally, children will be taught about healthy and safe online relationships as described below:

Online Relationships						
EYFS	Y1	Y2	Y3	Y4	Y5	Y6
Searching the net	Personal Info	Being Careful Online	Communicating Online	Cyberbulluig	Social Media	Online Chatting
Be Nice	Searching the Net	Staying Safe	Personal Information	Online Situations Being Smart Online	Cyberbullying Online Communication	Being Online Wellbeing Online Behaviour

Monitoring and Evaluation

Monitoring and Evaluation is the responsibility of the Senior Leadership Team, PSHCE Team and teachers with responsibility for teaching sex and relationship education. The effectiveness of the RSE programme will be evaluated by assessing children’s learning, carrying out anonymous audits and implementing change if required. Regular feedback from teachers will be sought and, if necessary, adaptations may be made. Monitoring of the curriculum will include lesson observations, learning walks, planning and work sampling, teacher assessment and evaluations of the pupils’ learning and feedback from parents through discussion and questionnaires.

Parents

- 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 address any concerns and helps support parents in managing conversations with their children on these issues.
- Pupils in Key Stage 2 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 at Old Bexley Primary School.
- Parents are able on request, and after discussion with the Head Teacher, 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.)

- Parents are asked to keep an open dialogue with their children, about what has been covered in school. Guidance for parents can be found on the FPA (formally Family Planning Association, now the Sexual Health Charity) website:

<http://www.fpa.org.uk/help-and-advice/advice-for-parents-carers>

Child Protection

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.

Answering difficult questions.

Primary-age pupils will often ask their teachers or other adults questions pertaining to sex or sexuality which go beyond what is set out for Relationships Education. If pupils ask questions outside the scope of this policy, teachers will respond in an age appropriate manner, so they are fully informed and do not seek answers online.

Sexual Orientation and gender

Teachers should be able to deal honestly and sensitively with sexual orientation, answer appropriate questions and offer support. A range of fiction books are available to teachers and pupils, through the library, which tackle gender stereotypes. A document from the Department for Health (DfH) highlights that many young people know they are lesbian, gay or bisexual (LGB) during primary school:

http://www.schools-out.org.uk/policy/docs/DH_078355.pdf

Learning materials updated by Ofsted in February 2012 notes that schools have a legal responsibility to educate pupils who are lesbian, gay, bisexual and/or transgender (LGBT) in the same way as their peers who are heterosexual and/or cisgender. The document says that teachers should discuss different types of families and should not dismiss primary pupils as too young to learn about the existence of people who are LGBT.

At Old Bexley, we will teach LGBT relationships discreetly in lessons about differing families in order to ensure that all teaching is sensitive and age appropriate in approach and content. LGBT content is fully integrated into our programme of study for this area of the curriculum rather than delivered as a standalone unit or lesson.

The Church of England document 'Valuing all God's Children', 2017 states: "All bullying, including homophobic, biphobic and transphobic bullying, causes profound damage, leading to higher levels of mental health disorders, self-harm, depression and suicide. Central to Christian theology is the truth that every single one of us is made in the image of God. Every one of us is loved unconditionally by God. We must avoid, at all costs, diminishing the dignity of any individual to a stereotype or a problem. Church of England schools offer a community where everyone is a person known and loved by God, supported to know their intrinsic value." (Page 1).

It is also stated that, 'Church schools must do all they can to ensure that all children, particularly those who may identify as, or are perceived to be, gay, lesbian, bisexual or transgender are kept safe and can flourish.'

https://www.churchofengland.org/sites/default/files/2019-07/Valuing%20All%20God%27s%20Children%20July%202019_0.pdf

Children with Special Educational Needs.

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 Equality Act 2010 (ie age, sex, race, disability, religion or belief, gender reassignment, pregnancy or maternity or sexual orientation).

Our Approach as a Church of England School

The 2018 SIAMS schedule for inspection also states in the section on 'Dignity and Respect' that from 2019, schools should offer 'appropriate and coherent relationships and sex education that reflects the school's Christian vision and supports pupils to form healthy relationships' (SIAMS 2018). We believe our school curriculum clearly enforces the necessity for healthy relationships which are built on love, affection and mutual respect.

The religious background of all pupils will be taken into account when planning teaching, so that the topics that are included in the core content in this guidance are appropriately handled. We will also ensure compliance with the relevant provisions of the Equality Act 2010, under which religion or belief are amongst the protected characteristics and, therefore, will teach about faith perspectives.

Review and effectiveness

The policy is reviewed annually and appropriate amendments will be made where needed. Information from staff, parents and pupils will all feed into the review of the RSE policy to ensure effectiveness and relevance.

The governing body and Head Teacher will approve all amendments.