

Sex and Relationship Education Policy



September 2025



Review Date	September 2025
Date for Next Review	September 2026
Author	S. Newlands

At Whale Hill Primary School we believe that Relationships and Sex Education (RSE) is an important part of safeguarding children. We feel that knowledge empowers children and has the potential to help them to stay safe and cope with puberty through understanding why their bodies will change.

The Jigsaw PSHE Programme includes lessons on all aspects of compulsory Relationships and Health Education, designed in a sensitive, spiral, age appropriate curriculum. It also features lessons on human reproduction in Key Stage 2, to ensure children know the accurate facts concerning this before going to secondary school and to ensure children understand why the body changes during adolescence.

Relationships Education

What does the Department for Education (DfE) statutory guidance on Relationships Education expect children to know by the time they leave primary school?

Relationships Education in primary schools will cover 'Families and People Who Care for Me', 'Caring Friendships', 'Respectful Relationships', 'Online Relationships', and 'Being Safe'.

It is important to explain that whilst the Relationships Puzzle (unit) in Jigsaw covers most of the statutory Relationships Education, some of the outcomes are also taught elsewhere in Jigsaw e.g. the 'Celebrating Difference' puzzle helps children appreciate that there are many types of family composition and that each is important to the children involved. This holistic approach ensures the learning is reinforced through the year and across the curriculum.

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'. However, 'Sex Education is not compulsory in primary schools'. (p. 23)

Schools are to determine the content of sex education at primary school. Sex education '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'.

At Whale Hill Primary School, we believe children should understand the facts about human reproduction before they leave primary school. This topic will be respectfully included within our PSHE curriculum, at an age that we feel is appropriate. We define Sex Education as an understanding of human reproduction and the changing human body. We intend to teach this in our weekly PSHE lessons in the summer term.

Parents' Right to Request Their Child be Excused from Sex Education

"Parents **have** the right to request that their child be withdrawn from some or all of sex education delivered as part of statutory Relationships and Sex Education" DfE Guidance p.17

At Whale Hill Primary School, puberty is taught as a statutory requirement of Health Education and covered by our Jigsaw PSHE Programme in the 'Changing Me' puzzle (unit).

Correct terminology for body parts is introduced early to normalise this biological vocabulary and to support safeguarding. These words are not used in isolation but always in conjunction, ensuring children know these are private parts of their bodies. Puberty is

introduced gently in Year 3 because some girls may start their menstrual cycle this early and it is necessary to prepare them for this, so they aren't scared or worried. Conception is introduced age-appropriately in Year 4 in the context of understanding why our bodies change during puberty. Understanding of Human Reproduction, conception and puberty is built upon in Year 5 and then puberty, conception and childbirth are age-appropriately covered in Year 6.

We conclude that sex education refers to Human Reproduction and this is covered within the PSHE curriculum in Years Four, Five and Six. We will inform parents of their right to request their child be withdrawn from the specific PSHE lessons that explicitly teach this. Please see the Changing Me column of the table below.

The school will inform parents of this right and provide a breakdown of lessons taught in this unit through Parent Mail. Information will be provided in the Spring Term before the 'Changing Me' puzzle is taught.

It should be noted that due to parental right changes outlined by The Department for Education in 2020, parents **will not** be able to withdraw their children from Relationships and Health Education, and this includes lessons on puberty, prejudice and discrimination, bullying, difference and diversity and different families.

Relationships and Sex Education coverage in the curriculum:

<u>EYFS</u> Relationships (Summer 1) Family Life Friendships Breaking friendships Falling out Dealing with bullying Being a good friend	Changing Me (Summer 2) Bodies Respecting my body Growing up Growth and Change Fun and fears Celebrations
<u>Year One</u> Relationships (Summer 1) Belonging to a family Making friends/being a good friend Physical contact preferences People who help us Qualities as a friend and person Self-acknowledgement Being a good friend to myself Celebrating special relationships	Changing Me (Summer 2) Life cycles – animal and human Changes in me Changes since being a baby Differences between female and male bodies (correct terminology) Linking growing and learning Coping with change Transition to new year group
<u>Year Two</u> Relationships (Summer 1) Different types of family Physical contact boundaries Friendship and conflict Secrets Trust and appreciation Expressing appreciation for special relationships	Changing Me (Summer 2) Life cycles in nature Growing from young to old Increasing independence Differences in female and male bodies (correct terminology) Assertiveness Preparing for transition to new year group

<u>Year Three</u> Relationships (Summer 1) Family roles and responsibilities Friendship and negotiation Keeping safe online and who to go to for help Being a global citizen Being aware of how my choices affect others Awareness of how other children have different lives Expressing appreciation for family and friends	Changing Me (Summer 2) How babies grow Understanding a baby's needs Outside body changes Inside body changes Family stereotypes Challenging my ideas Preparing for transition to new year group
<u>Year Four</u> Relationships (Summer 1) Jealousy Love and loss Memories of loved ones Getting on and Falling Out Girlfriends and boyfriends Showing appreciation to people and Animals	Changing Me (Summer 2) Being unique Girls and puberty Having a baby Circles of change Accepting change Preparing for transition to new year group Environmental change
<u>Year Five</u> Relationships (Summer 1) Self-recognition and self-worth Building self-esteem Safer online communities Rights and responsibilities online Online gaming and gambling Reducing screen time Dangers of online grooming SMARRT internet safety rules	Changing Me (Summer 2) Self- and body image Influence of online and media on body image Puberty for girls Puberty for boys Conception (including IVF). Growing responsibility Coping with change Preparing for transition to new year group
<u>Year Six</u> Relationships (Summer 1) Mental health Identifying mental health worries and sources of support Love and loss Managing feelings Power and control Assertiveness Technology safety Take responsibility with technology use	Changing Me (Summer 2) Self-image Body image Puberty and feelings Conception to birth Reflections about change Physical attraction Respect and consent Boyfriends/girlfriends Sexting Transition to secondary school

Monitoring and Review

The Curriculum Committee of the governing body monitors this policy on an annual basis. This committee reports its findings and recommendations to the full governing body, as necessary, if the policy needs modification. The Curriculum Committee gives serious consideration to any comments from parents about the PSHE (RSHE) programme and makes a record of all such comments. Feedback from parents and guardians on our PSHE curriculum including the coverage of relationships and sex education, can be found within our PSHE policy. Governors scrutinise and ratify teaching materials to check they are in accordance with the school's ethos.

Equality

This policy will inform the school's Equalities Plan.

The DfE Guidance 2019 (p. 15) states, "Schools should ensure that the needs of all pupils are appropriately met, and that all pupils understand the importance of equality and respect. Schools must ensure they comply with the relevant provisions of the Equality Act 2010 under which sexual orientation and gender reassignment are amongst the protected characteristics."

The Jigsaw curriculum raises children's awareness that some people in society are LGBTQ. This is not done in isolation. When discussing similarity and difference in Jigsaw lessons, children learn about a whole range of differences, such as difference in physical appearance and personality, likes and dislikes, and that people can have differences of opinion. This helps them to understand that we are all unique human beings. When discussing any differences between people, Jigsaw helps teach children to form opinions about others based on whether they are kind, law-abiding, respectful, trustworthy, and responsible people, rather than judging them on appearance or whether a particular aspect of their lifestyle is different to their own. Children also learn about discrimination and prejudice including racism, sexism, and ageism.

At Whale Hill Primary School, we promote respect for all and value every individual child. We also respect the right of our children, their families and our staff, to hold beliefs, religious or otherwise, and understand that sometimes these may be in tension with our approach to some aspects of Relationships, Health and Sex Education. We will seek to consult with parents throughout the development and teaching of our new SRE curriculum.