



"Inspiring a love of lifelong learning"

Relationships and Sex Education Policy

Policy date: September 2026

Review date: September 2028

Learning at Charville is underpinned by our Core Values

Respect

Independence

Self-belief

Honesty

Caring

Determination

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1. Scope and statutory context

Relationships and Sex Education (RSE) at Charville Academy supports pupils' emotional, social, physical and moral development. It helps pupils understand healthy and respectful relationships, personal safety, physical and mental wellbeing, growing and changing and how to seek help.

Relationships Education is compulsory in primary education. Health Education is compulsory in state-funded primary schools. Relevant biological content is also taught through science. Charville also provides additional primary sex education in Year 6, as described in this policy.

The school has regard to the Department for Education statutory guidance on Relationships Education, Relationships and Sex Education and Health Education for introduction from 1st September 2026, and to the current Keeping Children Safe in Education guidance, including KCSIE 2026 from 1st September 2026.

2. Aim

Our RSE programme provides accurate, age-appropriate information, explores attitudes and values and develops the knowledge and skills pupils need to make safe, informed and respectful choices.

- Develop safe, respectful, caring and positive relationships
- Develop self-respect, empathy, confidence and resilience
- Prepare pupils for physical and emotional changes, including puberty
- Teach privacy, boundaries, consent and personal safety in age-appropriate ways
- Develop understanding of online relationships, influence and risk
- Ensure pupils know how and where to seek help
- Recognise that families and relationships can take different forms and that everyone should be treated with dignity and respect.

3. Principles of learning and teaching

RSE is taught as part of the school's wider PSHCE curriculum and safeguarding provision. Teaching is planned, sequenced, factual and age and developmentally appropriate. Statutory Relationships Education and Health Education are distinguished from statutory Science and from additional primary sex education.

4. Curriculum provision

Charville Academy uses Kapow Primary RSE & PSHE as the principal scheme to sequence and resource its RSE and wider PSHCE curriculum. The school uses the current Kapow long-term plan and progression materials as planning tools. Teachers adapt lessons and resources where necessary to meet pupils' age, developmental stage, SEND, prior learning and safeguarding needs.

4.1 EYFS

Learning is delivered primarily through Personal, Social and Emotional Development. Children develop emotional vocabulary and self-regulation, build positive relationships, learn about family and friends, take on challenges, listen and follow instructions and develop habits that support wellbeing.

4.2 Key Stage 1

Pupils develop emotional awareness, healthy habits, safe and caring relationships, online safety, citizenship, health protection and personal safety. In Year 2, pupils learn about growing and changing, privacy, personal boundaries and the correct scientific names for private body parts, alongside how to seek help.

4.3 Key Stage 2

Learning becomes increasingly detailed. Pupils learn about healthy choices, respectful relationships, bullying and discrimination, online influence and reliability, rights and responsibilities, money and careers, personal safety and help-seeking. Year 4 introduces the physical and emotional changes of puberty. Year 5 develops this learning through puberty, periods, personal hygiene, boundaries and trusted sources of support.

4.4 Year 6 additional sex education

In Year 6, pupils receive a discrete additional sex education unit. Using correct terminology, pupils learn how babies are conceived, develop during pregnancy and are born. They also develop age-appropriate understanding of consent, including that sexual activity is subject to legal age restrictions, alongside learning about different types of families and the responsibilities associated with becoming a parent or carer. Parents are informed before this unit is taught.

5. Delivery of RSE

RSE is taught within PSHCE, with biological aspects taught through science and relevant links made with other subjects. Teaching is normally led by class teachers. The Kapow scheme is supplemented where appropriate by the school's values programme, safeguarding education and a range of resources.

5.1. Organisation

RSE is a continuous and progressive process from Nursery to Year 6. A range of teaching approaches is used, including discussion, stories, scenarios, written tasks and age-appropriate media. Teaching is normally in mixed groups, although alternative groupings may be used where this better meets pupils' needs without denying access to curriculum content.

5.2. Dealing with difficult questions

Ground rules and distancing techniques are used to support safe discussion. Pupils may raise anonymous questions where appropriate. Teachers answer questions factually and at an age and developmentally appropriate level. A teacher may defer a question, answer it individually or seek advice before responding. Safeguarding concerns are referred in accordance with school procedures.

5.3. Use of visitors and resources

External visitors may supplement teaching where they add appropriate expertise, but they do not replace the school's planned curriculum or the teacher's responsibility. Visitors, lesson content and

resources are checked in advance. Commercial resources, including Kapow, are quality-assured by the school and adapted where necessary.

6. Roles and responsibilities

- The governing board approves the policy and holds school leaders to account for implementation
- The Headteacher ensures consistent implementation and manages requests for withdrawal from additional sex education
- The PSHCE Co-ordinator oversees curriculum planning, Kapow implementation, resource quality, staff support, monitoring and review
- Teachers deliver RSE sensitively, assess understanding, adapt provision to need and follow safeguarding procedures.

7. Parents and carers

The school values partnership with parents and carers. This policy is available to parents, and the school provides information about RSE content and the timing of sensitive or additional sex education. Parents may contact the school to discuss the curriculum or view school-selected materials, subject to licensing and copyright restrictions.

7.1. Withdrawal

- Parents do not have the right to withdraw their child from Relationships Education, Health Education or statutory science content
- Parents may request withdrawal from additional primary sex education taught outside the science curriculum
- Requests should be made in writing to the Headteacher. The Headteacher will discuss the request with the parent or carer and, where appropriate, the pupil, to clarify the specific content concerned
- Suitable alternative education will be provided during any agreed withdrawal.

8. Child protection and confidentiality

RSE forms part of the school's safeguarding curriculum. Pupils are taught that adults in school cannot promise absolute confidentiality. If a pupil says something that raises a safeguarding concern, staff will follow the school's safeguarding and child protection procedures and report the matter to the Designated Safeguarding Lead (DSL) or a deputy.

9. Inclusion

RSE is accessible to all pupils. Teachers make reasonable adjustments and use scaffolding, adapted resources, additional explanation or alternative approaches where needed. Teaching supports preparation for adulthood and remains sensitive to developmental stage. Adaptations will support access to the curriculum without unnecessarily reducing pupils' entitlement to important safeguarding knowledge.

10. Monitoring and evaluation

The PSHCE Co-ordinator, with relevant senior and subject leaders, monitors curriculum coverage, progression, teaching quality and pupil understanding. Monitoring may include planning review, learning walks, work scrutiny, pupil voice and staff feedback. Kapow materials and local adaptations are reviewed to ensure continued alignment with statutory guidance and pupils' needs.

11. Equal opportunities

The curriculum is taught in a way that promotes respect and does not unlawfully discriminate. Pupils learn that families and relationships may be different from their own. All staff ensure that all pupils, irrespective of gender, ability, ethnicity and social circumstances, have access to, and make the greatest progress possible, in all areas of the curriculum. There are opportunities for all able pupils to develop and extend their understanding of the different topics and themes. Gender stereotypes are challenged when they arise. Contexts used in teaching will also be sensitive to different ethnic and religious backgrounds and both gender and cultural differences will be reflected positively in the teaching materials used.

12. Related policies

- PSHCE Policy
- Safeguarding Policy
- Online Safety Policy
- Anti-Bullying Policy
- Equalities Policy
- SEND Policy
- Learning and Teaching Policy
- Inclusion Policy

Written by: Lorraine Newbey (Assistant Headteacher)

Approved by: FGB

Date approved:

Review Date: September 2028

Appendix 1: RSE curriculum overview

The detailed lesson sequence is maintained through the school's current Kapow Primary RSE & PSHE long-term plan and progression documentation. Below is a summary of coverage:

Year group	Curriculum emphasis
EYFS	Feelings and self-regulation; special relationships; taking on challenges; listening and following instructions; family and friends; wellbeing.
Year 1	Emotions and wellbeing; supportive relationships; introductory online safety; helping others and the environment; health protection; everyday safety.
Year 2	Healthy bodies; safe and caring relationships; online safety; community and money; growing and changing, privacy and body respect; safe choices.
Year 3	Mind-body wellbeing; inclusion and bullying; respectful online communication; rights and responsibilities; health protection and first aid; careers and aspirations.
Year 4	Healthy choices; respectful relationships and stereotypes; evaluating online information; responsible use of money; puberty and emotional change; recognising safe and unsafe situations.
Year 5	Physical and emotional wellbeing; healthy relationships and family support; online influence; active citizenship; puberty, periods, hygiene and boundaries; financial understanding.
Year 6	Long-term health choices; standing up for self and others; online experiences; rights, law and discrimination; personal safety, peer pressure, consent and drug misuse; additional sex education on conception, pregnancy, birth and parenthood.

Appendix 2:

Parent form - withdrawal from additional sex education within RSE



Name of child

Class

Name of parent/carer

Date

Specific additional sex education content from which withdrawal is requested

Reason / other information for the school to consider

Parent/carer signature
