



PORTFIELDS PRIMARY SCHOOL
RELATIONSHIP AND SEX EDUCATION POLICY (RSE)

Date	Review Date	Co-ordinator
SEPTEMBER 2025	SEPTEMBER 2027	Sarah Folkard

2025 Updates	Pg.
Complete re-write using Department for Education’s statutory guidance for RSE and Health Education (updated 2025)	all

Introduction

Portfields Primary School is committed to delivering a comprehensive, age-appropriate Relationships and Sex Education (RSE) and Health Education curriculum that supports the physical, emotional, and mental well-being of all pupils. This policy reflects statutory requirements under the Children and Social Work Act 2017 and the Department for Education’s statutory guidance for RSE and Health Education (updated 2025).

Our RSE and Health Education programme aims to equip children with knowledge, skills, and values to build positive relationships, stay safe, make informed decisions, and develop healthy lifestyles.

Policy Aims

We aim to:

- Provide a safe, supportive, and inclusive learning environment for all pupils.
- Deliver clear, evidence-based information on relationships, sexuality, personal safety, mental health, and physical health.
- Support pupils’ spiritual, moral, social, and cultural development in line with our school values.
- Encourage respect, empathy, and understanding of diversity, including protected characteristics.
- Promote emotional well-being and mental health awareness.
- Ensure pupils understand the importance of consent, boundaries, and healthy relationships.
- Help pupils develop the skills to communicate confidently and make informed, responsible choices.
- Comply with statutory requirements, ensuring parents and carers are informed and engaged.

Statutory Framework

From September 2020, Relationships Education and Health Education are compulsory in all primary schools in England. Statutory guidance includes:

- **Relationships Education:** Teaching about families, friendships, online relationships, respect, and safety.
- **Health Education:** Teaching about physical health, mental wellbeing, puberty, healthy lifestyles, and personal safety.
- **Sex Education:** At primary level, the focus is on the biological aspects of puberty and reproduction as part of Health Education. Sex Education beyond this biological knowledge is non-statutory but may be included in an age-appropriate way.

The school's curriculum aligns with the DfE's "*Relationships Education, Relationships and Sex Education (RSE) and Health Education*" guidance (updated 2025).

Curriculum Content

Our Relationships and Sex Education (RSE) and Health Education curriculum is fully aligned with the Jigsaw PSHE programme, ensuring comprehensive coverage of statutory and developmental themes:

Relationships Education

- Families and people who care for me: Understanding different family types, appreciating care and support within families and communities.
- Caring friendships and respectful relationships: Developing skills for positive friendships, empathy, respect, and conflict resolution.
- Online relationships and digital safety: Navigating online interactions safely, understanding privacy, and managing risks in digital spaces.
- Being safe and understanding boundaries: Recognising personal boundaries, consent, and appropriate behaviour in relationships.
- Recognising and responding to bullying, discrimination, and abuse: Identifying bullying and discrimination and knowing how to seek help.

Health Education

- Mental wellbeing, emotional health, and resilience: Building emotional awareness, managing feelings, and developing coping strategies.
- Physical health and fitness, including diet and exercise: Promoting healthy lifestyle choices and understanding the benefits of physical activity and nutrition.
- Healthy sleep habits: Understanding the importance of sleep for wellbeing and learning.
- The changing adolescent body and puberty, including menstruation and hygiene: Exploring physical and emotional changes during puberty in an age-appropriate way.
- Basic first aid and personal safety, including online safety: Equipping pupils with practical skills and knowledge to keep themselves safe in everyday situations.

Sex Education (Non-statutory but included where appropriate)

- Biological aspects of human reproduction linked to the National Curriculum Science: Providing factual, age-appropriate information on reproduction and development.
- Understanding consent and personal boundaries: Teaching the importance of consent in all relationships, respecting oneself and others.

Teaching Approach

- RSE and Health Education are delivered through a combination of discrete lessons, cross-curricular links, and whole-school activities, following the Jigsaw PSHE framework.
- Teaching is inclusive, progressive, and age-appropriate, using clear, accessible language suited to pupils' developmental stages.

- Lessons promote open dialogue, curiosity, and respectful discussion, creating a safe environment for pupils to explore sensitive topics.
- Staff use a variety of high-quality, vetted resources, including Jigsaw materials and trusted external contributors, to enhance learning experiences.
- Sensitive topics are approached with care and professionalism, ensuring pupils feel comfortable to ask questions and share concerns confidentially.
- The curriculum is regularly informed by pupil voice and feedback, ensuring relevance and responsiveness to learners' needs.

Inclusion and Equality

- All pupils have equal access to RSE and Health Education regardless of gender, ethnicity, religion, sexual orientation, disability, or special educational needs.
- Teaching actively reflects and respects diversity, promotes equality, and challenges stereotypes and discrimination in all forms.
- Additional support and adaptations are provided to meet the needs of pupils with special educational needs and disabilities (SEND) or for whom English is an additional language (EAL).
- The curriculum content and delivery remain mindful of safeguarding considerations and foster an inclusive culture that embraces all identities, family structures, and lived experiences.

Parental Engagement

- We recognise parents and carers as primary educators in relationships and health.
- Information about the RSE and Health Education curriculum is shared annually via newsletters, the school website, and parent workshops.
- Parents have the right to request that their child be withdrawn from non-statutory Sex Education lessons beyond the national curriculum science elements.
- The school encourages dialogue and partnership with parents to ensure consistent messaging and support.

Safeguarding and Confidentiality

- RSE and Health Education lessons are delivered in line with the school's safeguarding policy.
- Any disclosures or safeguarding concerns raised by pupils during lessons are dealt with according to statutory safeguarding procedures.
- Confidentiality is respected but cannot be guaranteed where a pupil's safety or well-being is at risk.

Roles and Responsibilities

- **Governing Body:** Ensure statutory compliance, monitor policy implementation, and oversee evaluation.
- **Headteacher:** Ensure curriculum delivery, staff training, and resource allocation.
- **Designated Teacher for Safeguarding:** Support safe delivery of RSE and respond to safeguarding concerns.
- **Teachers and Staff:** Deliver age-appropriate lessons sensitively, manage discussions professionally, and seek training as needed.
- **Parents and Carers:** Support children's learning and raise concerns or questions with the school.

Monitoring and Evaluation

- The curriculum and teaching quality are regularly reviewed through lesson observations, pupil and parent feedback, and achievement data.

- Adjustments are made to reflect new statutory guidance, local needs, and emerging best practice.
- The Designated Teacher and Senior Leadership Team report annually to the Governing Body on RSE and Health Education.

Policy Review

This policy is reviewed at least every two years or sooner if legislation or guidance changes. Updates will be communicated to all staff, governors, parents, and pupils.