



THE EDWARD RICHARDSON PRIMARY SCHOOL

RELATIONSHIPS AND SEX EDUCATION POLICY

Date of last review	Summer 2026
Term next due for update	Summer 2028
Member of staff responsible for this update	PSHE Leader
Governor responsible for this update	Safeguarding Governor
Requirement	Statutory

Introduction

At The Edward Richardson Primary School, we believe that high-quality Relationships and Sex Education (RSE) is a vital part of children's education. It helps pupils to understand and manage their physical and emotional development, build healthy relationships, and stay safe as they grow.

We follow the Jigsaw PSHE scheme, a mindful and age-appropriate programme which fully incorporates statutory guidance and supports children's emotional literacy, resilience, and wellbeing.

Statutory Requirements

We are required by law to teach **Relationships Education** and **Health Education** to all primary-aged pupils. We deliver these statutory subjects within our broader PSHE programme. Where we teach about human reproduction (sex education), we do so in line with the principles and approach of the 2025 Relationships, Sex and Health Education (RSHE) statutory guidance, in which sex education itself remains non-statutory - but recommended - in primary schools. From September 2020, the Department for Education (DfE) made Relationships Education and Health Education compulsory in all primary schools. As part of the Science curriculum, children are also taught about the human body, growth, and reproduction in plants and animals.

Primary schools are encouraged - but not required - to include Sex Education beyond the Science curriculum. If additional content is included, parents have the right to request that their child be withdrawn from those specific lessons.

Our Approach Using the Jigsaw Scheme

Jigsaw PSHE is delivered in a progressive, spiral curriculum from Reception to Year 6. It includes six key units (called "Puzzles"):

- Being Me in My World
- Celebrating Difference
- Dreams and Goals
- Healthy Me
- Relationships
- Changing Me

RSE content is primarily delivered in the Relationships and Changing Me units during the summer term.

Topics Covered

The Relationships Education, Relationships and Sex Education and Health Education (England) Regulations (updated July 2025) make Relationships Education and Health Education statutory for all primary-aged pupils.

We deliver statutory Relationships and Health Education within our comprehensive PSHE programme, using materials from Jigsaw PSHE 3-11. This provides children with a carefully sequenced, age-appropriate curriculum that meets all statutory requirements whilst also developing wider personal and social capabilities. Our PSHE curriculum also supports our safeguarding responsibilities as set out in Keeping Children Safe in Education and the Prevent Duty, helping children to recognise concerns, stay safe online and offline, and seek help when needed.

Our curriculum addresses all statutory requirements including:

Relationships Education:

- Families and people who care for me
- Caring friendships
- Respectful, kind relationships
- Online safety and awareness
- Being safe

Health Education:

- Mental wellbeing
- Internet safety and harms
- Physical health and fitness
- Healthy eating
- Drugs, alcohol, tobacco and vaping
- Health protection and prevention
- Basic first aid
- Developing bodies (including puberty as part of Health Education)

Science Curriculum:

- The names of body parts
- Life cycles, including reproduction in some plants and animals (including humans)

Relationships Education

Relationships Education is compulsory for all primary-aged children and there is no right of withdrawal. It focuses on teaching children the fundamental building blocks of positive, respectful relationships with family, friends, peers and adults.

By the end of primary school, our children will understand:

- Families and people who care for me - That families come in many forms and all can provide love, security and stability; the characteristics of healthy family life; how to recognise unhealthy family relationships and seek help; marriage and civil partnerships as legal commitments.
- Caring friendships - How friendships contribute to happiness and security; characteristics of healthy friendships including mutual respect, trust, loyalty and kindness; how to recognise and navigate friendship difficulties; how to make and maintain positive friendships.
- Respectful, kind relationships - The importance of paying attention to others' needs; setting and respecting boundaries; communicating effectively and managing conflict with kindness; the importance of respect and self-respect; different types of bullying and how to respond; understanding stereotypes and how to challenge them.
- Online safety and awareness - How to behave respectfully online; critically evaluating online relationships and information; understanding privacy and personal information; recognising and reporting online risks; age restrictions for social media; understanding that content online can be inappropriate or upsetting.
- Being safe - Understanding appropriate and inappropriate boundaries; concepts of privacy and consent; that each person's body belongs to them; how to recognise when relationships are unsafe; how to respond to concerning adults; how to report abuse and seek help with confidence.

Health Education

Health Education is compulsory for all primary-aged children and there is no right of withdrawal. It focuses on supporting children to make informed decisions about their health and wellbeing.

By the end of primary school, our children will understand:

- Mental wellbeing - The normal range of emotions; how to recognise, talk about and manage feelings; simple self-care techniques; that mental health challenges are common and can be supported; where and how to seek help when needed.
- Internet safety and harms - The benefits and risks of internet use; rationing screen time; recognising and displaying respectful online behaviour; age restrictions on games and apps; being discerning about online information; where to report concerns.
- Physical health and fitness - Benefits of an active lifestyle; building regular physical activity into routines; risks of inactive lifestyles; when to seek health support.
- Healthy eating - What constitutes a healthy diet; principles of healthy meal planning; risks of unhealthy eating including impacts on teeth and weight; impacts of alcohol on health.
- Drugs, alcohol, tobacco and vaping - Age-appropriate facts about legal and illegal substances and associated risks, including the risks of nicotine addiction.
- Health protection and prevention - Recognising early signs of illness; sun safety; importance of good quality sleep; dental health and oral hygiene; personal hygiene and germ spread; facts about vaccination and immunisation.
- Personal safety - Recognising hazards and reducing risks; road, water and rail safety; when and how to seek help in emergencies.
- Basic first aid - How to make emergency calls; dealing with common injuries including head injuries.
- Developing bodies - Understanding growth and body changes during adolescence; correct names for body parts; facts about the menstrual cycle including physical and emotional changes (noting that whilst average age of menstruation is 12, it can begin from age 8, so we teach this content before girls experience menstruation).

Puberty and Human Reproduction

As part of the Changing Me unit taught in the summer term, all pupils learn about growing up and body changes in an age-appropriate and sensitive way. Lessons are sequenced carefully from Reception through to Year 6.

Teaching about puberty (including menstruation and emotional changes) is part of statutory Health Education, and cannot be opted out of.

However, the following non-statutory Sex Education lessons are included in our programme. These focus on how babies are conceived and may fall outside the Science curriculum:

- Year 5: Conception
- Year 6: Babies: Conception to Birth

These are taught using correct vocabulary and appropriate, factual resources. Parents and carers will be notified in advance and may request their child be withdrawn from these specific lessons. Parents/carers wishing to request withdrawal from non-statutory Sex Education lessons should email the school office. The headteacher will then arrange a time to discuss the request before confirming the arrangements in writing.

While parents do have the right to request withdrawal from non-statutory Sex Education lessons, we encourage careful consideration of the wider context. All other pupils in the class will receive this information, and it is likely that children will talk about what they have learned informally with their peers – this could be outside on the playground or out of school. This could lead to confusion or misinformation if your child is not part of the taught session.

At our school, these lessons are delivered sensitively and factually by experienced teaching staff, using age-appropriate language and resources. We believe that learning about human reproduction in a safe, supportive environment helps children to understand their bodies and changes, and supports their emotional development. The content is part of a carefully sequenced curriculum, grounded in research and best practice. All other content is part of statutory Relationships or Health Education, and cannot be withdrawn from.

Right to Withdraw

Parents **do not** have the right to withdraw their children from:

- Relationships Education
- Health Education, including puberty education
- Science curriculum content, including content about reproduction

However, if we choose to include additional non-statutory Sex Education (such as human reproduction outside Science), parents may request that their child is withdrawn from these specific sessions. If this applies, we will inform parents of the content in advance and provide opportunities to discuss the curriculum.

Responding to children's questions

We recognise that children may ask questions beyond our planned curriculum. Teachers use professional judgement to respond, and may answer briefly and factually if age-appropriate, suggest the child speaks with their parent or carer, or acknowledge the question while explaining they'll learn more when older.

If a withdrawn child asks questions about sex education content, teachers will sensitively explain this is something their parents would like to discuss at home. We will inform parents so they can follow up.

Meeting the Equality Act 2010

We comply with the Equality Act 2010 and the Public Sector Equality Duty, ensuring that PSHE is taught in a way that:

- Does not subject pupils to discrimination
- Promotes equality of opportunity
- Fosters good relations between people with protected characteristics and those without

The protected characteristics are: age, disability, gender reassignment, marriage or civil partnership, pregnancy and maternity, race, religion or belief, sex, and sexual orientation.

Teaching about Families and Relationships

Our curriculum presents families in all their forms, recognising that children come from diverse family backgrounds including:

- Single parent families
- Same-sex parent families
- Families headed by grandparents or other relatives
- Adoptive families
- Foster families
- Kinship care arrangements
- Blended families
- Families from different cultural and religious backgrounds
- Service families, including those where a parent or carer serves in the armed forces

We ensure that no child is stigmatised based on their home circumstances and that all family structures are represented positively in our teaching. When discussing families, we emphasise that the key characteristic of families is that they provide love, care, stability and security for children, not a particular structure.

LGBT+ Inclusivity

Our curriculum reflects the diverse families and relationships that exist in modern Britain. We ensure that all children feel represented and valued. Teaching is age-appropriate and follows the guidance from the DfE and Jigsaw PSHE.

Working in Partnership

We believe that the success of RSE depends on a strong partnership between school and home. We encourage parents and carers to:

- Speak to us if they have questions about what is taught
- Talk openly with their child at home about relationships, emotions, and body changes
- Attend information sessions when offered

Further details about the Jigsaw programme can be found at www.jigsawpshe.com.

Monitoring and Review

This policy will be reviewed every two years, or earlier if guidance changes. Parents will be consulted before any significant changes to this policy are made.