



Spread your wings, learn new things, fly as high as you can.

Relationships and Sex Education Policy

Approval Date: October 2025
Review Date: October 2026

Development of RSE Policy

Date of original policy: June 2020

SLT Review: annually

Staff responsibility: Miss Challenor (Headteacher) Miss Cespedes (PSHE Co-ordinator) and

Statutory Requirements

As a maintained primary school, we must provide relationships education to all pupils under section 34 of the [Children and Social Work Act 2017](#).

We are not required to provide sex education, but we do need to teach the elements of sex education contained in the 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](#).

We must also have regard to our legal duties set out in:

- Sections 406 and 407 of the Education Act 1996
- Part 6, chapter 1 of the [Equality Act 2010](#)
- The Public Sector Equality Duty (as set out in section 149 of the Equality Act 2010). This duty requires public bodies to have due regard to the need to eliminate discrimination, advance equality of opportunity and foster good relations between different people when carrying out their activities.

Relationship and Sex Education

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

RSE is not about the promotion of sexual activity.

Aims

RSE reflects the school's vision and values, which demonstrate and teach the skills, knowledge and understanding pupils need to lead confident, healthy lives to become informed, active and responsible citizens.

The overall aim of RSE is to foster a positive notion of lifelong learning about physical, moral and emotional development, including how to look after physical and mental health. It aims to prepare pupils for adult life, to support the development of self-respect and empathy for others and promotes the development of skills and the understanding necessary to manage conflict peacefully. It enables learners to recognise and avoid exploitation and abuse, by staying safe both on and offline.

Key stage 1:

- Teach pupils to respect and care for their bodies;
- Learn to recognise similarities and differences;
- Support children in identifying different types of families;
- Know who they can talk to and trust;
- Provide children with a toolkit to understand and manage their emotions;
- Help children identify safe and unsafe situations.

Key stage 2:

- Provide a framework in which sensitive discussions can take place;
- Prepare pupils for puberty, and give them an understanding of sexual development and the importance of health and hygiene;
- Help pupils develop feelings of self-respect, confidence and empathy;
- Create a positive culture around issues of sexuality and relationships;
- Teach pupils the correct vocabulary to describe themselves and their bodies;
- Reinforce and develops pupils' understanding of how to stay safe online.

Jigsaw Programme

At Dovecotes School, we teach Personal, Social, Health Education as a whole-school approach to underpin children's development as people and because we believe that this also supports their learning capacity.

The Jigsaw Programme offers us a comprehensive, carefully thought-through Scheme of Work which brings consistency and progression to our children's learning in this vital curriculum area. The overview of the programme can be seen on the school website.

This also supports the "Personal Development" and "Behaviour and Attitude" aspects required under the Ofsted Inspection Framework, as well as significantly contributing to the school's Safeguarding and Equality Duties, the Government's British Values agenda and the SMSC (Spiritual, Moral, Social, Cultural) development opportunities provided for our children.

Policy requirements

RSE and Health Education is statutory in all schools from September 2020. We recognise that as a school we have legal responsibility under The Relationships and Sex Education and Health Education (England) guidance to provide a curriculum that meets the needs of all our pupils, and one which is also in line with Equality Act 2010.

Primary schools are also required to teach the elements of sex education contained in the science curriculum, and Health Education.

Relationships Education in primary schools will cover:

- Families and people who care for me

- Caring friendships
- Respectful relationships
- Online relationships
- Being safe

To ensure progression and a spiral curriculum, we use Jigsaw, the mindful approach to PSHE, as our chosen teaching and learning programme and tailor it to your children's needs. The mapping document shows how Jigsaw, and therefore our school, meets the statutory Relationships and Health Education requirements. (see Appendix A)

Delivery of RSE

RSE is taught within the personal, social, health and education curriculum (PSHE) with biological aspects of RSE taught within the science curriculum.

Pupils also receive stand-alone puberty and sex education sessions delivered by trained health professionals (school nurses).

Through the delivery of RSE, children will develop an awareness of what positive relationships are and what healthy relationships look like. They will build up respect for one another and identify similarities and differences between families.

They will have the knowledge to access the internet safely and know how to form positive relationships online.

We believe that RSE should meet the needs of all pupils, whatever their developing sexuality or identity – this should include age-appropriate teaching about different types of relationships in the context of the law. Pupils should receive teaching on LGBT relationships, which is delivered for example, through teaching about different types of family, including those with same sex parents.

Jigsaw Content

Jigsaw covers all areas of PSHE for the primary phase including statutory Relationships and Health Education. The table below gives the learning theme of each of the six Puzzles (units) and these are taught across the school; the learning deepens and broadens every year.

Term	Puzzle (Unit)	Content
Autumn 1:	Being Me in My World	Includes understanding my own identity and how I fit well in the class, school and global community. Jigsaw Charter established.
Autumn 2:	Celebrating Difference	Includes anti-bullying (cyber and homophobic bullying included) and understanding
Spring 1:	Dreams and Goals	Includes goal-setting, aspirations, who do I want to become and what would I like to do for work and to contribute to society
Spring 2:	Healthy Me	Includes drugs and alcohol education, self-esteem and confidence as well as healthy lifestyle choices, sleep, nutrition, rest and exercise
Summer 1:	Relationships	Includes understanding friendship, family and other relationships, conflict resolution and communication skills, bereavement and loss
Summer 2:	Changing Me	Includes Relationships and Sex Education in the context of coping positively with change

At Dovecotes School we allocate approximately an hour to PSHE each week in order to teach the PSHE knowledge and skills in a developmental and age-appropriate way, although, at times during the academic year, these teaching periods may be shortened due to the way we block certain PSHE-based thematic weeks or days.

These explicit lessons are reinforced and enhanced in many ways:

Assemblies and collective worship, praise and reward system, Learning Charter, through relationships child to child, adult to child and adult to adult across the school. We aim to 'live' what is learnt and apply it to everyday situations in the school community.

Class teachers deliver the weekly lessons to their own classes.

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.

Special Educational Needs and/or Additional needs

We will ensure all children will receive a fair RSE curriculum, and we will offer a provision ensuring high quality teaching is differentiated and personalised to ensure accessibility for all children. Teachers and/or teaching assistants will work with individual pupils where required,

and if appropriate.

Roles and responsibilities

Head teacher

- The head teacher is responsible for ensuring RSE will be consistently taught across whole school and to withdraw pupils from non-statutory components of RSE if necessary.

Governors

- The governing board will approve the RSE policy, and hold the head teacher to account for the implementation.

Staff

All staff will:

- Ensure they are up to date with our school policy and changes in line with RSE and curriculum requirements;
- Attend relevant training and development opportunities around relationship, sex education;
- Ensure that the delivery of RSE is done sensitively;
- To model positive attitudes and ensure their own personal beliefs will not prevent them from delivering a balanced RSE in line with our school policy;
- Tailor their lessons to suit all pupils in their class and ensure they are aware of pupils' faiths and backgrounds;
- Provide regular feedback to SLT and the PSHE co-ordinator on their teaching and children's responses;
- Use their skill and discretion in this area and refer to the Designated Safeguarding Lead if they are concerned or believe any pupil to be at risk.

Pupils

Pupils will:

- Take part in RSE lessons and take them seriously;
- Listen in class, be respectful and sensitive to others' feelings and beliefs;
- Comply to confidentiality and ground rules within class.

Training

Staff will be kept informed of developments in key aspects of RSE, including links with safeguarding, inclusion, equality, child protection and antibullying, through regular training provided at staff meetings or INSET days.

Visitors maybe invited from outside of the school, such as nurses or sexual health professionals, to provide support and training to staff teaching RSE

Answering Questions

Establishing a safe, open and positive learning environment, built on trusting relationships between all members of the class community is vital to successful and effective teaching and learning within this subject.

Questions raised by children should be answered honestly and with a degree of detail appropriate to the child's age and stage of development. Teachers will use their professional skill and discretion before answering questions and if necessary will deal with questions on an individual basis after the lesson.

Questions which teachers feel uncertain about answering should be discussed with a senior member of staff and consideration will be given to religious, cultural and external factors.

Each class has an anonymous question box, which can be used by the children, if they have any questions or they can use the e-worry box on the school website.

Child Protection

The teachers cannot offer unconditional confidentiality. RSE discussions may prompt a pupil to disclose about related incidents; for example, FGM, Forced marriage, child exploitation or abuse. If the member of staff believes that the child is at risk or in danger or has concerns about any information disclosed, they will discuss this issue with the Designated Safeguarding Lead, who will take action in line with the Child Protection Policy. Teachers will also use CPOMS (Child Protection Online Monitoring System) to record any disclosures.

Parent withdrawals

Parents have the right to withdraw their children from parts of the RSE curriculum (sex education), except for those parts included within the National Curriculum for Science, which are statutory. Those parents/carers wishing to exercise the right to withdraw their child is encouraged to make an appointment with the headteacher or PSHE Education Coordinator, to discuss the matter further.

Requests for withdrawal should be put in writing and addressed to the headteacher. A copy of withdrawal request will be placed in the pupil's educational record. The headteacher will discuss the request with parents and take appropriate action.

The school is committed to working with parents and believes that it is important to have the support of parents and the wider community for the PSHE and RSE programme. We encourage parents to create an open home environment where pupils can engage, discuss and continue to learn about matters that have been raised through RSE in school and extend their learning appropriately. Parents are also encouraged to seek additional support in this from the school where they feel it is needed.

Monitoring

Monitoring of this policy is the responsibility of the headteacher, the governing body and the PSHE coordinator.

The school will assess the aims, contents and methods in promoting children's learning through learning walks, feedback from staff members and pupils' voice meetings.

This policy document is available to view on the school website.