Relationships and Sex Education (RSE) Policy

This policy is awaiting ratification by the Academy Committee

Our Christian Vision is that – Everyone is welcome.

Everyone who spends time learning and growing at Longhoughton is encouraged to reach their full potential with **courage**, **compassion** and **creativity** to make a difference in the future. We are **respect**ful of God's world, working together to create a loving and caring **community.**

This is founded in 1 Peter 4:10 – 11 "God has given each of you a gift from his great variety of gifts. Use them well to serve one another."
Every individual brings something special with them. We are all different in a wonderful way. We all have our own challenges and needs too. We bring our gifts together, creating a richly diverse community in which we can all support each other to flourish. Together, 'we are God's Masterpiece' – Ephesians 2:10

Rationale and Vision

At Longhoughton CE Primary School, we believe that we are all created differently, with a unique personality and outlook that needs to be recognised, supported and valued. Our Christian vision is underpinned by our core values of creativity, compassion, courage, respect and community. Through our Relationships and Sex Education (RSE) curriculum, we aim to support children in developing healthy relationships, positive self-esteem, emotional wellbeing and the knowledge and skills needed to thrive in an increasingly complex world.

As a Church of England school, we believe that relationships should be characterised by love, kindness, forgiveness, honesty and mutual respect. Our RSE provision reflects these values while recognising and celebrating the diversity of families, experiences and beliefs represented within our school and wider community. We seek to provide an inclusive curriculum that enables children to understand themselves, value others and make informed, responsible decisions.

Our approach is informed by the Church of England's commitment to ensuring that relationships education is both faith-sensitive and inclusive. We aim to help children understand that every person is loved by God and deserves to be treated with dignity and respect.

Statutory Context

This policy reflects the requirements of the Relationships Education, Relationships and Sex Education (RSE) and Health Education statutory guidance that came into force in September 2026 for all schools in England. The policy also takes account of the Education Act 2002, the Children and Social Work Act 2017, the Equality Act 2010 and current safeguarding guidance.

Relationships Education and Health Education are statutory in all primary schools. The school is required to deliver these subjects as part of a broad and balanced curriculum. While sex education beyond the requirements of the National Curriculum for Science is not compulsory in primary schools, Longhoughton CE Primary School has chosen to provide age-appropriate sex education to prepare pupils for the physical and emotional changes associated with growing up.

Aims

The aim of Relationships and Sex Education at Longhoughton CE Primary School is to equip pupils with the knowledge, understanding and skills necessary to develop healthy, respectful and safe relationships throughout their lives. We want our children to value themselves and others, to understand personal responsibility and to recognise the importance of compassion and kindness within all relationships.

Our curriculum supports pupils in developing resilience, confidence and self-worth. It helps them understand how to maintain positive physical and mental health, recognise risk and seek support when necessary. We aim to ensure that children understand personal boundaries, consent and respect, both online and offline, and are able to identify trusted adults who can help them if they are worried or concerned.

We also seek to prepare children for the opportunities, responsibilities and experiences of later life by developing their understanding of family, friendship, community and diversity.

Curriculum Content

Relationships and Sex Education is delivered primarily through the PSHE curriculum, although important links are made with Science, Religious Education, Computing and collective worship. The curriculum is carefully planned to ensure progression from the Early Years Foundation Stage through to Year 6 and is delivered in a way that is age appropriate and sensitive to pupils' developmental needs.

In the Early Years Foundation Stage, children begin learning about positive relationships, managing feelings, self-awareness, kindness and caring for others. They learn how to share, cooperate, recognise emotions and understand that they are special and valued members of the school community.

As pupils move through Key Stage 1, they learn about friendship, respect, family life and belonging. They begin to understand personal boundaries, the importance of keeping safe and how to identify trusted adults. They learn about basic online safety and how to seek help if something worries them.

In Key Stage 2, children develop a deeper understanding of healthy friendships, respectful relationships and the different forms that families may take. They learn about personal responsibility, consent, boundaries, conflict resolution and the importance of treating others with dignity. Teaching also addresses online relationships, digital safety and the ways in which technology can affect wellbeing and relationships.

The updated statutory guidance places increased emphasis on online safety and digital wellbeing. Children are taught about privacy, personal information, location sharing, online scams, manipulation, age restrictions

and the importance of making safe choices when using technology. They learn to critically evaluate online content and understand their rights and responsibilities in the digital world.

The curriculum also includes learning about personal safety, including water, road and rail safety, recognising risk and knowing how to respond appropriately in unsafe situations. Pupils are taught about change and loss, including bereavement, and are supported in understanding that people may experience a range of emotions during difficult times.

Health education helps children understand the connection between physical health and mental wellbeing. Pupils learn about healthy lifestyles, nutrition, exercise, sleep, personal hygiene and emotional wellbeing. They are encouraged to develop healthy habits and understand how to seek support when needed.

Curriculum content is incorporated into the PSHE curriculum overview and the Online Safety curriculum overview.

Sex Education

In addition to the statutory requirements, the school provides age-appropriate sex education, usually in Upper Key Stage 2. This teaching supports children in understanding human reproduction, puberty and the physical and emotional changes associated with adolescence.

Children are taught the correct anatomical names for body parts, including genitalia, as recommended within the updated statutory guidance. This supports safeguarding by enabling children to communicate clearly and accurately about their bodies and any concerns they may have.

Teaching is factual, appropriate to age and maturity, and delivered in a manner that reflects the school's Christian values.

Inclusion

We are committed to ensuring that Relationships and Sex Education is inclusive and accessible to all pupils. The curriculum is designed to meet the needs of children from different backgrounds and experiences and is adapted where necessary to support pupils with special educational needs and disabilities.

In accordance with the Equality Act 2010, we promote respect for all people and challenge prejudice and discrimination wherever it occurs. We want every child to feel safe, valued and represented within our curriculum.

Safeguarding

Relationships and Sex Education plays a vital role in safeguarding children. Through the curriculum, pupils learn how to recognise unsafe situations, understand appropriate and inappropriate behaviour, identify trusted adults and know how to seek help.

Children are taught about personal boundaries, consent and body autonomy in an age-appropriate way. They learn that they have a right to feel safe and that concerns should always be shared with a trusted adult.

Staff cannot guarantee confidentiality where a safeguarding concern is identified. Any disclosures made by pupils will be dealt with in accordance with the school's safeguarding procedures.

Partnership with Parents and Carers

We recognise that parents and carers are the first and most important educators of their children. We are committed to working in partnership with families to support children's learning about relationships, growing up and wellbeing.

Information about the curriculum will be shared with parents through the school website and curriculum communications. Parents will be informed before puberty and sex education lessons are taught and will have opportunities to discuss the programme with staff if they wish.

Parents have the right to request that their child be withdrawn from the non-statutory sex education elements of the curriculum. Requests should be made in writing to the Headteacher. Parents cannot withdraw their child from statutory Relationships Education, Health Education or National Curriculum Science.

Roles and Responsibilities

The Governing Board is responsible for ensuring that the school fulfils its statutory duties and that provision reflects the school's Christian vision and values. Governors will monitor the implementation and effectiveness of the policy.

The Headteacher has overall responsibility for the implementation of the policy and for ensuring that staff receive appropriate training and support.

The PSHE and RSE Subject Leader is responsible for coordinating the curriculum, monitoring provision and supporting colleagues in delivering high-quality teaching.

All staff are expected to model positive relationships, deliver lessons professionally and respond appropriately to safeguarding concerns.

Monitoring and Review

The effectiveness of this policy will be monitored by the Headteacher, PSHE/RSE Lead and Governing Board. The policy will be reviewed annually or sooner if there are changes to statutory guidance, safeguarding expectations or diocesan recommendations.

Through this policy, Longhoughton CE Primary School seeks to provide a high-quality Relationships and Sex Education curriculum that is rooted in Christian values, responsive to children's needs and fully aligned with current statutory requirements, enabling every child to flourish and live life in all its fullness.

Date of policy: September 2026

Date of ratification by the Academy Committee: *scheduled for October 2026*