



Wivelsfield Primary and Nursery School



Relationships and Sex Education Policy

Aims & Objectives:

Relationships and Sex Education (RSE) is recognised as a vital part of a child's education, ensuring they are ready for the social and emotional challenges of growing up. RSE should be set within a wider school context and support family commitment and love, respect and affection, knowledge and openness. Family is a broad concept; not just one model, e.g. nuclear family. It includes a variety of types of family structure, and acceptance of different approaches.

We aim to encourage students and teachers to share and respect each other's views. We are aware of different approaches to sexual orientation, without promotion of any particular family structure. The important values are love, respect and caring for each other.

Organisation and Curriculum:

Our RSE curriculum aims to encourage children to develop the skills of listening, empathy, talking about feelings and relationships with families and friends.

RSE is taught using Opening Young Minds (EYFS- Year 6), a scheme of work also used to teach PSHE throughout the school. Opening Young Minds covers all PSHE areas for the primary phase including statutory Relationships and Health Education. The learning is broken down into six terms which are taught across the school; the learning deepens and broadens every year.

RSE is taught as an additional input the summer term.

Termly Overview:

Term 1: Resilience

Life challenges us every day. Lessons will help identify these challenges and give children the tools to tackle them with confidence. Failure, emotions and other people are all covered along with developing a better understanding of our own triggers.

Term 2: Relationships

They say that relationships are a cornerstone of positive life. In this term, the children will learn about different families and the skills needed to collaborate. We also touch on the more challenging aspects of relationships including bullying and stereotyping.

Term 3: Well-being

These lessons are packed with ideas for the children to help build happy and healthy lives. Children first learn about the importance of talking and the different ways to express ourselves.

We then tackle thought gremlins, gratitude and self-care. All crucial steps to boost well-being.

Term 4: Health Education

It is surprising how we sometimes forget to treat our bodies kindly. In this term, the children will learn what a healthy life looks like. We will focus on sleep, eating and exercise along with providing tips on staying safe in life and online in an age- appropriate way.

Term 5: Friendship

This term is all about developing the skills that create healthy friendships. Honesty, empathy and managing conflict are all covered in this term and children will develop an understanding of what makes a good friend.

Term 6: Wider World

An ever- changing world can lead to a lot of questions. Questions about tolerance, money, change, work and serving our community. In this term, we hope answer these questions and provide important insights about the world we live in.

Term 6: RSE

Our bodies are amazing things. These lessons shine a spotlight on how our bodies change as we go through primary school. Children will learn about puberty, physical contact and also how to keep yourself safe.

Week	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
1 –	I will know the importance of being clean and hygienic.	I will know the main parts of the body.	I will know how I will change as I get older.	I will know how to build my self-esteem.	I will know about menstruation.	I will know how my body changes as I go through puberty.	I will know how humans reproduce.
2 –	I will know that some things need to be kept private.	I will know the needs of babies and young children.	I will know when physical contact is unacceptable.	I will know how to respond to unwanted physical contact.	I will know how my body changes and develops.	I will know how the process of puberty relates to human reproduction.	I will know what is appropriate in friendships and wider relationships.
3 –	I will know what to do if someone's touch makes me feel unsafe.	I will know how to make sure that my worries are heard.	I will know the difference between a surprise and a secret.	I will know how to reduce the risks of hazards outside of the home.	I will know hygiene strategies to manage the changes during puberty.	I will know why discrimination is harmful.	I will know how the media can affect my self-esteem.

Whilst the RSE topic in term 6 covers most of the statutory Relationships and Health Education, some of the outcomes are taught elsewhere in the year. This holistic approach ensures the learning is reinforced through the year and across the curriculum.

The yearly overview of our PSHE curriculum can be found on the website and more information can be requested via office@wivelsfield.e-sussex.sch.uk

Roles & Responsibilities:

The PSHE leader has responsibility for RSE to support and monitor curriculum coverage and ensure the lessons are appropriately resourced. They will also monitor and evaluate the outcomes of pupil voice from across the school.

All class Teachers are responsible for the teaching of the RSE curriculum to their classes.

Inclusion & Differentiation:

At Wivelsfield Primary School we teach RSE to all children, whatever their ability and individual

needs. RSE forms part of our school curriculum policy to provide a broad and balanced education for all our children. We strive to meet the needs of all pupils with special educational needs, disabilities, special gifts and talents, and of those learning English as an additional language. We recognise the fact that we have children of differing ability in all our classes, and we provide suitable learning opportunities for all children by matching the challenge of the task to the ability of the child.

Assessment:

Assessment of RSE takes place in a range of ways with a main focus through discussions and observations. Pupils will also complete their Time to Talk journals in their PSHE lessons.

Parental involvement:

Parents have the right to see and discuss the content of the RSE lessons that their child will receive. It is therefore the schools responsibility to notify parents of when these lessons will take place and provide enough notice to allow parents to discuss lesson content with the teacher or RSE co-ordinator.

Parents and carers have the right to withdraw their children from all or part of the RSE provided at school except for those parts included in the statutory Science National Curriculum which are taught through discrete Science lessons.

At Wivelsfield Primary School, puberty is taught as a statutory requirement of Health Education and covered by our RSE topic and we conclude from the DFE Guidance that sex education refers to Human Reproduction. National Curriculum Science requires children to know how mammals reproduce, we have therefore opted to teach the RSE unit as part of our Science curriculum, not within PSHE or Relationships and Sex Education, as we believe this is most appropriate for our children. Therefore, the parental right to withdraw their child for this part of RSE is not applicable.

We strongly encourage you to allow your children to be included in our RSE curriculum. Those wanting to exercise the right to withdraw their children are invited to see the Head teacher to discuss their concerns. Should you decide to withdraw your children from this learning opportunity we will ensure alternative provision is in place for the duration of the lessons.

We are of course happy to discuss the content of the curriculum and invite you to contact your class teacher.

Links to other documents:

This policy links with other school policies;
Child Protection policy, Online Safety policy, Behaviour policy, Safeguarding policy and the Anti-Bullying policy. Equalities Objectives

Science objectives for all year groups can be viewed at

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/425618/PRIMARY_national_curriculum_-Science.pdf

Updated: February 2026

Review date: February 2027