



BROOKE PRIORY SCHOOL



RELATIONSHIPS AND SEX EDUCATION (RSE) POLICY

SCOPE OF THIS POLICY

All Teaching staff and pupils (including EYFS)

AIMS

Our school is:

- a safe, supportive stimulating learning environment;
- a team of respectful, tolerant, open minded citizens;
- a community where everyone aspires to be the very best they can be;
- a community of resilient lifelong learners; a centre of excellence where all achieve success.

PURPOSE

This policy contains information on how our school will meet its legal duties, with which schools must comply, when teaching Relationships Education and Health Education.

Many of these aspects are values and aims of our school which are a prominent feature of school life.

Brooke Priory School Values:

- Friendliness and Happiness
- Confidence
- Respectfulness
- Hard Work and Resilience
- Honesty
- Teamwork

Brooke Priory School Aims:

- Excellence in teaching and learning
- A world of opportunity
- Positive relationships
- A sense of belonging
- Global contributor

INTRODUCTION

This policy has been written in accordance with the statutory guidance from the Department for Education issued under Section 80A of the Education Act 2002 and section 403 of the Education Act 1996. This policy contains information on how our school will meet its legal duties, with which schools must comply, when teaching Relationships Education and Health Education. The Relationships Education, Relationships and Sex Education and Health Education (England) Regulations 2019, make Relationships Education compulsory for all pupils receiving primary education. For the purpose of this policy, “relationships education” is defined as teaching pupils about healthy, respectful relationships, focusing on family and friendships, in all contexts, including online. For the purpose of this policy, “health education” is defined as

teaching pupils about physical health and mental wellbeing, focusing on recognising the link between the two and being able to make healthy lifestyle choices.

CONSULTATION WITH PARENTS

The school understands the important role parents play in enhancing their children's understanding of relationships and health. Similarly, we also understand how important parents' views are in shaping the curriculum. The school works closely with parents by establishing open communication – all parents are consulted in the development and delivery of the curriculum.

Parents are provided with the following information:

- The content of the relationships and health curriculum;
- The delivery of the relationships and health curriculum, including what is taught in each year group;
- A letter from the RSE Curriculum Lead;
- On request, the resources that will be used to support the curriculum. As a school we follow the “One Decision” scheme.

The school aims to build positive relationships with parents by inviting them to discuss what will be taught, address any concerns and help parents in managing conversations with their children on the issues covered by the curriculum. Parents are invited to email class teachers with any questions or comments and the Headmaster and RSE Curriculum Leader are available for telephone consultations if a parent requests it. Parents will be informed through the school website about the content of the Relationships and Sex Education taught in each year group. In addition, parents will be consulted in the review of the curriculum and this policy, and are encouraged to provide their views at any time.

CURRICULUM CONTENT

Relationships and health education focuses on giving pupils the knowledge they need to make informed decisions about their wellbeing, health and relationships, and to build their self-efficacy. Health education focuses on equipping pupils with the knowledge they need to make good decisions about their own health and wellbeing. We understand our responsibility to deliver a high-quality, age-appropriate relationship and health curriculum for all our pupils. This policy sets out the framework for our relationships and health curriculum, providing clarity on how it's informed, organised and delivered.

RELATIONSHIPS EDUCATION

The focus in primary school should be on teaching the fundamental building blocks and characteristics of positive relationships, with particular reference to:

- Families and people who care about me;
- Caring friendships;
- Respectful relationships;
- Online relationships;
- Being safe.

Families

Pupils learn:

- that families are important for children growing up because they can give love, security and stability;
- the characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives;

- that others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care;
- that stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up;
- that marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong;
- how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed.

Caring Relationships

Pupils learn:

- how important friendships are in making us feel happy and secure, and how people choose and make friends;
- the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties;
- that healthy friendships are positive and welcoming towards others, and don't make others feel lonely or excluded;
- that most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right;
- how to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed.

Respectful Relationships

Pupils learn:

- the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs;
- practical steps they can take in a range of different contexts to improve or support respectful relationships;
 - the conventions of courtesy and manners;
 - the importance of self-respect and how this links to their own happiness;
 - that in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority;
 - about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help;
 - what a stereotype is, and how stereotypes can be unfair, negative or destructive;
 - the importance of permission-seeking and giving in relationships with friends, peers and adults;
 - that people sometimes behave differently online, including by pretending to be someone they aren't;
 - that the same principles apply to online relationships as to face-to face relationships, including the importance of respect for others online including when we are anonymous;
 - the rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them;
 - how to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met. How information and data is shared and used online.

Online Safety

Pupils learn:

- that people sometimes behave differently online, including by pretending to be someone they are not.

- that the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online including when they are anonymous.
- the rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them.
- how to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met.
- how information and data is shared and used online.

Being safe

Pupils learn:

- what sorts of boundaries are appropriate in friendships with peers and others (including in a digital context);
- about the concept of privacy and the implications of it for both children and adults; including that it isn't always right to keep secrets if they relate to being safe;
- that each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact;
- how to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they don't know;
- how to recognise and report feelings of being unsafe or feeling bad about any adult;
- how to ask for advice or help for themselves or others, and to keep trying until they are heard
- how to report concerns or abuse, and the vocabulary and confidence needed to do so;
- where to get advice e.g. family, school or other sources.

HEALTH EDUCATION

The aim of teaching pupils about physical health and mental wellbeing is to give them the information that they need to make good decisions about their own health and wellbeing. It should enable them to recognise what is normal and what is an issue in themselves and others and, when issues arise, know how to seek support as early as possible from appropriate sources.

Mental wellbeing

Pupils learn:

- mental wellbeing is a normal part of daily life, in the same way as physical health;
- there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations;
- how to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings;
 - how to judge whether what they are feeling and how they are behaving is appropriate and proportionate;
- the benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness;
- simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests;
- isolation and loneliness can affect children and that it's very important for children to discuss their feelings with an adult and seek support;
- bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing;
- where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online);
- it's common for people to experience mental ill health;
- for many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough.

Internet safety and harms

Pupils learn:

- for most people the internet is an integral part of life and has many benefits;
- about the benefits of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental and physical wellbeing;
- how to consider the effect of their online actions on others and know how to recognise and display respectful behaviour online and the importance of keeping personal information private;
- why social media, some computer games and online gaming, for example, are age restricted;
- the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health;
- how to be a discerning consumer of information online including understanding that information, including that from search engines, is ranked, selected and targeted;
- where and how to report concerns and get support with issues online.

Physical Health and Fitness

Pupils learn:

- the characteristics and mental and physical benefits of an active lifestyle;
- the importance of building regular exercise into daily and weekly routines and how to achieve this; for example, walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise;
- the risks associated with an inactive lifestyle (including obesity);
- how and when to seek support including which adults to speak to in school if they are worried about their health.

Healthy Eating

Pupils learn:

- what constitutes a healthy diet (including understanding calories and other nutritional content);
- the principles of planning and preparing a range of healthy meals;
- the characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health).

Drugs alcohol and tobacco

Pupils learn:

- the facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking.

Health and Prevention

Pupils learn:

- how to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body;
- about safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer;
- the importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn;
- about dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist;
- about personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing;
- the facts and science relating to allergies, immunisation and vaccination.

Basic First Aid

BPS P35/006 – Updated September 2025. Review Date September 2027

Page | 5

Pupils learn:

- how to make a clear and efficient call to emergency services if necessary;
- concepts of basic first-aid, for example dealing with common injuries, including head injuries.

Changing adolescent body

Pupils learn:

- key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11 including physical and emotional changes;
- about menstrual wellbeing including the key facts about the menstrual cycle.

DELIVERY

Relationships and Health Education is taught throughout the whole school curriculum. This includes within the Personal, Social, Health and Economic Education (PSHEE) curriculum, Science curriculum, Physical Education (PE), Computing and some aspects are included in Religious Education (RE). Pupils will mainly be taught in their class groups. Single gender lessons will be used as deemed appropriate by the school e.g. about the changing body. It's important to note that although separated groups may have different activities, the messages and information they receive will be consistent. It's important that children learn about all changes, not just their own. Through effective organisation and delivery of the subject, we'll ensure that:

- Core knowledge is sectioned into units of manageable size;
- The required content is communicated to pupils clearly, in a carefully sequenced way, within a planned scheme of work;
- Teaching includes sufficient and well-chosen opportunities and contexts for pupils to embed new knowledge so that it can be used confidently in real-life situations. In addition, teachers will:
 - Deliver a high-quality and age-appropriate relationships and health curriculum in line with school and statutory requirements;
 - Use a variety of teaching methods and resources to provide an engaging curriculum that meets the needs of all pupils;
 - Ensure they don't express personal views or beliefs when delivering the programme.
 - Model positive attitudes to relationships and health education;
 - Respond to any safeguarding concerns in line with the Child Protection and Safeguarding Policy.

QUESTIONS

Teachers will answer pupils' questions and concerns in a sensitive, age and developmentally appropriate manner. Individual teachers will use skill and discretion in these situations and refer to the Relationships and Sex Education Lead.

Teachers will apply the following principles:

- Clear ground rules will be established and set out for each session;
- Pupil questions will be encouraged and opportunities to ask questions openly and in private eg. post it notes, question boxes will be provided;
- Clarity about the topics being taught will be shared with pupils;
- If a child's question isn't appropriate to answer in front of the class, the teacher will explain calmly that this isn't part of today's discussion and will discuss it later;
- Individual questions may be answered by the teacher at the end of the session;
- Some questions may be referred to the child's parents to provide an answer; in these circumstances the class teacher will make contact with the parents.

All teaching staff members at the school will undergo training to ensure they are up-to-date with the relationship and sex education programme and associated issues. Training of staff will also be scheduled

around any updated guidance on the programme and any new developments, which may need to be addressed in relation to the programme

Equality and accessibility

The school creates a safe environment where all staff and children are respected and free to express their beliefs and opinions without fear of discrimination. The school understands its responsibilities in relation to the Equality Act 2010, specifically, that it mustn't unlawfully discriminate against:

- Women/girls and men/boys;
- People of different races;
- Disabled people;
- People with different religions or beliefs or with no religion or belief;
- People of different ages;
- Lesbian, gay and bisexual and straight people;
- People who have changed their sex.

The school is committed to making reasonable adjustments wherever possible to promote accessibility and inclusivity of the curriculum. The school understands that pupils with SEND or other needs (such as those with social, emotional or mental health needs) are entitled to learn about relationships and sex education, and the programme will be designed to be inclusive of all pupils. Teachers will understand that they may need to be more explicit and adapt their planning of work and teaching methods in order to appropriately deliver the programme to pupils with SEND or other needs. The curriculum will be taught within the context of family life, taking care to ensure that there is no stigmatisation of children based on their home circumstances (families can include a mum and a dad, blended families (step/half siblings) single parent families, LGBTQ parents, families headed by grandparents, adoptive parents, foster parents/carers amongst other structures) along with reflecting sensitively that some children may have a different structure of support around them (for example: looked after children or young carers).

Provisions under the Equality Act 2010 allow our school to take positive action, where it can be evidenced to be proportionate, to respond to particular disadvantages affecting a group because of a protected characteristic. When deciding whether support is necessary to support pupils with a particular protected characteristic, we'll consider our pupils' needs, including the gender and age range of our pupils. We'll encourage children to be respectful of the differences between boys and girls, but we will also be careful of assuming that boys and girls have distinct characteristics which can lead to negative stereotyping. For example, we'll discourage negative characterisation of gender such as "boys don't cry", or "girls shouldn't play football" and dispel any manifestations of discrimination from an early age. In order to foster healthy and respectful peer-to-peer communication and behaviour between boys and girls.

SEX EDUCATION

All pupils must be taught the aspects of sex education outlined in the primary science curriculum – which includes teaching about the main external parts of the human body, how the human body changes as it grows from birth to old age, including puberty, and the reproductive process in some plants and animals. The school is free to determine whether pupils should be taught sex education beyond what is required of the national curriculum. At our school, we don't teach pupils sex education beyond what is required of the science curriculum. In line with our school's safeguarding policy, if a child is at risk of sexual harm, additional actions will be taken to ensure children have the knowledge and skills to keep themselves and others safe. Sex education will be taught to the Form VI pupils by an external specialist practitioner.

PARENTS' RIGHT TO WITHDRAW

Parents don't have the right to withdraw their children from Relationships and Sex Education or the programme of study as part of the requirements of the science curriculum. The school will continue to

teach the science curriculum as set out in the National Curriculum. The changing of the adolescent body topics will be taught in single sex groups and, where possible, by a member of staff of the same gender. Parents do have the right to withdraw their child from Sex education in Form VI which teaches beyond the science curriculum.

MONITORING AND REVIEW

This policy will be reviewed on an annual basis by the relationships and sex education subject lead, Head Teacher and governors. The next scheduled review date for this policy is September 2025. This policy will also be reviewed in light of any changes to statutory guidance, feedback from parents, staff or pupils, and issues in the school or local area that may need addressing.

Appendix- Topics

Topics for PSHE/RSE all year groups



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Form 1	Keeping safe/Staying safe	Keeping safe/Staying safe	Being responsible	Being responsible	Our world	Our world
Form 2	Keeping safe/Staying healthy	Keeping safe/Staying healthy	Feelings and emotions	Feelings and emotions	Computer safety	Computer safety
Form 3	Relationships	Relationships	Being responsible	Being responsible	Computer safety	Fire safety and Hazard watch
Form 4	Keeping safe/Staying healthy	Keeping safe/Staying healthy	Feelings and emotions	Feelings and emotions	First aid	First aid
Form 5	Keeping safe/Staying safe	Keeping safe/Staying safe	Being responsible	Being responsible	Growing and changing (Body changes)	The working world
Form 6	Computer safety	Computer safety	A world without judgement	A world without judgement	Growing and changing (SRE external agency)	The working world



RSE Mandatory areas covered throughout school.

	Families and People who care for me	Caring Friendships	Respectful relationships	Online relationships	Being safe	Mental wellbeing	Internet safety and harms	Physical health and fitness	Healthy eating	Drugs, alcohol and tobacco	Health and prevention	Basic first aid	Changing adolescent body
Form 1	✓	✓	✓		✓			✓			✓		
Form 2	✓	✓	✓	✓	✓	✓	✓	✓	✓		✓		
Form 3	✓	✓	✓	✓	✓	✓	✓			✓			
Form 4	✓	✓	✓		✓	✓		✓	✓	✓	✓	✓	
Form 5	✓	✓	✓		✓	✓							✓
Form 6	✓	✓	✓	✓		✓	✓						