

COGNITA



Relationships, Sex and Health Education (RSE) Policy

UK and UK Curriculum Schools

September 2025

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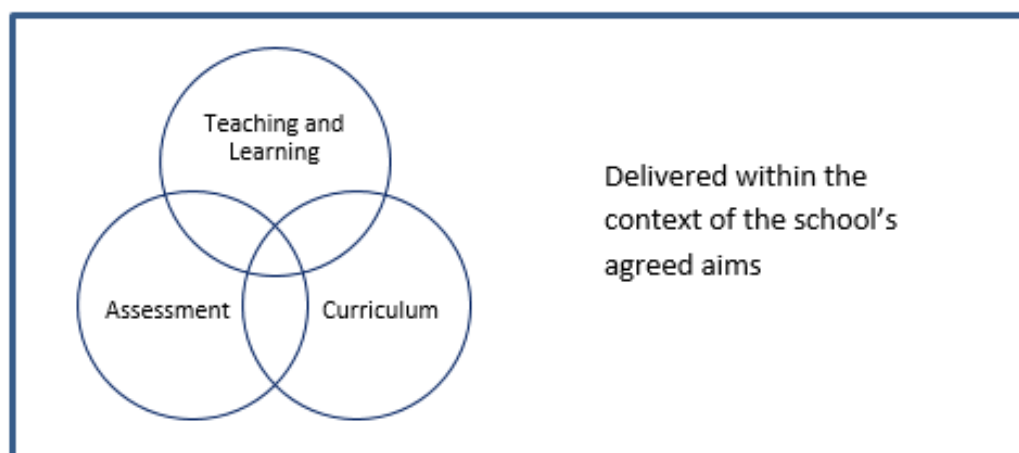
1 Introduction and aims

Schools and colleges play a crucial role in preventative education. Preventative education is most effective in the context of a whole-school or college approach that prepares pupils and students for life in modern Britain and creates a culture of zero tolerance for sexism, misogyny/misandry, homo/bi/trans phobia and sexual violence/harassment. This policy applies to all students, including those in the Early Years.

The purpose of this policy is to ensure that our Relationships and Sex Education (RSE) supports our school ethos and fulfils our school aims, which are defined as:

“We aim to help children realise their potential in terms of academic achievement, aesthetic appreciation and spiritual awareness. We encourage children, whilst being individuals, to respect themselves as well as the rights, views and property of others. We seek to help children develop a responsible and independent attitude towards their work and promote their wellbeing.”

- 1.1 This policy forms part of the curriculum.
- 1.2 We see the curriculum as, ‘The total learning experience for our students, which includes not only the taught lessons but also the routines, behaviours, events, activities and other opportunities that our students experience on a daily, weekly and yearly basis in order to ensure that all of them make the best progress possible and attain high standards’.
- 1.3 A well-structured and coherent curriculum is a fundamental element of the tripartite education that underpins all successful schools and includes Teaching, Learning and Assessment (see model below) and is underpinned by Wellbeing.



The aims of RSE at our school are to:

- 1.4 Provide a framework in which sensitive discussions can take place.
- 1.5 Prepare students for puberty, give them an understanding of sexual development and the importance of health and hygiene.
- 1.6 Help students develop feelings of self-respect, confidence and empathy.
- 1.7 Create a positive culture around sexuality and relationships.
- 1.8 Teach students the correct vocabulary to describe themselves and their bodies.

- 1.9 Help students understand that healthy relationships are an important part of wellbeing.
- 1.10 Prevent students from becoming involved in child-on-child abuse, and /or experiencing harm in school/in the community

2 Statutory requirements

- 2.1 Our policy follows the statutory guidance given by the government (DfE) and meets the requirements of the Independent School Standards. Aspects of RSE are infused within the day-to-day operation of our school; incorporated through the curriculum, both in content included in subject schemes of work and through other planned learning opportunities in the school. They are captured in our written aims and expressed in the ethos and behaviours of everyone.

- 2.2 As a Preparatory School, we must ensure that every registered student who is provided with primary education at the school is provided with relationships education, in accordance with section 34 of the Children and Social Work Act 2017 and the Independent School Standards

At King's School and Nursery, we teach RSE as set out in this policy.

3 Policy development

This policy has been developed in consultation with staff, students, and parents. The consultation and policy development process involved the following steps:

- Review – The PSHE Lead reviewed all relevant information, including but not limited to, relevant national and local guidance including regard to the school's obligations under the Human Rights Act 1998, the Equality Act 2010, (including the Public Sector Equality Duty), and their local multi-agency safeguarding arrangements.
- The policy was drafted in accordance with statutory guidance and aligned with the Independent School Regulations/BSO Standards. The school curriculum plans were amended accordingly.
- Staff consultation – school staff were given the opportunity to review the policy and make recommendations.
- Parent/stakeholder consultation – parents and any interested parties were invited to attend a meeting about the policy and offer commentary.
- Student consultation – students were consulted with about their RSE lessons through the school council
- Ratification – once amendments were made, the policy was published.
- Policy review – this policy will be reviewed every three years – June 2026

4 Definition

- 4.1 RSE is about the emotional, social and cultural development of students, and involves learning about healthy relationships, sexual health, sexuality, healthy lifestyles, diversity and personal identity.

- 4.2 RSE involves a combination of sharing information and exploring issues and values.
- 4.3 RSE is not about the promotion of sexual activity, sexual orientation, or a specific sexual identity.

5 Curriculum

- 5.1 Our curriculum is set out in Appendix 1, but we may need to adapt this as and when necessary.
- 5.2 We have developed the curriculum in consultation with parents, students and staff, taking into account the age, needs, and feelings of students.
- 5.3 Sex education is not compulsory in primary schools.
- 5.4 Primary sex education will focus on:
- Preparing all students for the changes that adolescence brings; and
 - How a baby is conceived and born.

It will:

- i. consider the ages, aptitudes and needs of all pupils, including those pupils with SEND/ and an EHC plan.
 - ii. not undermine the fundamental British values of democracy, the rule of law, individual liberty, and mutual respect and tolerance of those with different faiths and beliefs; and
 - iii. ensure that discriminatory, extremist opinions or behaviours are challenged as a matter of routine.
- 5.5 For more information about our curriculum, see Appendices 1 and 2 and our Curriculum Policy

6 Delivery of RSE

- 6.1 Our RSE is taught as part of our PSHEE curriculum. The PSHEE course is delivered to all students through discrete PSHEE lessons taught by our teachers. There is one lesson of taught PSHEE a week. Elements of the programme may be supported through the bringing in of additional expertise, such as outside speakers, trained health professionals, or the use of teachers with a particular interest or knowledge in a specific area. In addition to these discrete sessions, PSHEE is also embedded within the curriculum (e.g., social issues through the teaching of English Literature; Health through Biology and PE; Citizenship through History & RE). There are also centrally organised sessions which supplement the delivery in house.

Relationships education focuses on teaching the fundamental building blocks and characteristics of positive relationships, including:

- Families and people who care for me
- Caring friendships
- Respectful relationships
- Online relationships
- Being safe

Children in Key Stage 2 will also learn:

- that life processes common to humans and other animals include nutrition, growth and reproduction.
- about the main stages of the human life cycle.

- how to express their opinions about relationships and bullying.
- how to listen and support others.
- to respect other people's viewpoints and beliefs.
- to recognise their own worth and identify positive things about themselves.
- the importance of recognising safe and unsafe situations.
- the importance of how to identify and be able to talk to someone they trust.

The Sex and Relationship Programme is planned so that classroom materials and activities reflect the children's intellectual, emotional, moral and spiritual maturity. We aim to give children correct information and challenge inappropriate language, attitudes and behaviour.

- 6.2 For more information about our RSE curriculum, see Appendices 1 and 2 and our Curriculum Policy.

These areas of learning are 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 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).

7 Roles and responsibilities

Staff & Governance

7.1 PSHE Lead Teacher

The person with responsibility for the overview and yearly evaluation of this policy is the Deputy Head. However, all staff are responsible for ensuring this policy is implemented and acted on.

When evaluating the use and impact of this policy, our school leaders will evaluate the extent to which there is evidence of a curriculum which:

- Fulfils the aims of the school;
- Embeds aspiration, attributes and the expectation to achieve high standards and high rates of progress; and
- Provides engagement and excitement for learning.

7.2 The Headteacher

The Headteacher is responsible for ensuring that RSE is taught consistently across the school, and for managing requests to withdraw students from [non-statutory/non-science] components of RSE (see section 8).

7.3 The Chair of Governors

The Chair of Governors will hold the Headteacher to account for the implementation of this policy.

The Chair of Governors will ensure that:

- all pupils make progress in achieving the expected educational outcomes
- the subjects are well led, effectively managed and well planned
- the quality of provision is subject to regular and effective self-evaluation
- teaching is delivered in ways that are accessible to all pupils with SEND (see below)

- Teaching is sensitive to the needs of all students with protected characteristics under the Equality Act 2010
- clear information is provided for parents on the subject content and the right to request that their child is withdrawn; and,
- the subjects are resourced, staffed and timetabled in a way that ensures that the school can fulfil its legal obligations.

7.4 Staff

Staff are responsible for:

- Delivering RSE in a sensitive way
- Modelling positive attitudes to RSE
- Monitoring progress
- Responding to the needs of individual students; and
- Responding appropriately to students whose parents wish them to be withdrawn from the [non-statutory/non-science] components of RSE.

Staff do not have the right to opt out of teaching RSE. Staff who have concerns about teaching RSE are encouraged to discuss this with the Headteacher.

All Form teachers are responsible for delivering RSE to their class.

8 Students

Students are expected to engage fully in RSE and, when discussing issues related to RSE, treat others with respect and sensitivity.

8.1 Students with Special Educational Needs and Disabilities

Our curriculum is inclusive and our RSE and Health Education is accessible for all students. For those pupils with special educational needs or specific learning difficulties, the school has a well-established Learning Support department, led by the SENCO. Further details of this provision can be found in our Special Educational Needs and Disability (SEND) Policy.

High quality teaching that is differentiated and personalised will be the starting point to ensure accessibility.

As set out in the SEND code of practice, when teaching these subjects to those with SEND, King's School is mindful of preparing students for adulthood.

King's School is aware that some pupils are more vulnerable to exploitation, bullying and other issues due to the nature of their SEND. Relationships Education and RSE can also be particularly important subjects for some pupils; for example, those with Social, Emotional and Mental Health needs or learning disabilities. Such factors will be taken into consideration in designing and teaching these subjects.

9 Parents' right to withdraw

9.1 If parents require more information on RSE for primary aged children, this is a useful information source of information for them:

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/812593/RSE_primary_schools_guide_for_parents.pdf

Parents do not have the right to withdraw their children from relationships education.

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Parents have the right to withdraw their children from the [non-statutory/non-science] components of sex education within RSE.

Requests for withdrawal should be put in writing using the form found in Appendix 3 of this policy and addressed to the Headteacher.

Alternative work will be given to students who are withdrawn from sex education.

A copy of withdrawal requests will be placed in the pupil's educational record. The Headteacher will discuss the request with parents and take appropriate action.

Alternative work will be given to students who are withdrawn from sex education.

10 Training

10.1 Staff are trained on the delivery of RSE as part of their induction and it is included in our continuing professional development programme. Resources used to support the teaching and learning of RSE at King's School are the PSHE Association and ECP.

10.2 The Headteacher will also invite, following a due diligence and vetting process, visitors from outside the school, such as school nurses or sexual health professionals, to provide support and training to staff teaching RSE.

11 Monitoring arrangements

11.1 The delivery of RSE is monitored by Emma Robinson, Deputy Headteacher, through planning checks, work scrutiny, lesson observations and learning walks.

11.2 Students' development in RSE is monitored by class teachers as part of our internal assessment systems.

Appendix 1: Curriculum Map

Relationships and Sex Education Curriculum Map

YEAR GROUP	TERM	TOPIC DETAIL	RESOURCES /LOGISITICS OPTIONAL
Reception	Spring 1	Relationships education ELG: Listening ELG: Listening, Attention and Understanding ELG: Self-regulation ELG: Building relationships ELG: Comprehension ELG: Speaking ELG: People, Culture and Communities 1) Kindness 2) Let's be friends 3) Sharing and taking turns 4) Saying sorry 5) Telling the truth 6) My family	

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YEAR GROUP	TERM	TOPIC DETAIL	RESOURCES /LOGISITICS OPTIONAL
Reception	Summer 2	<p>Relationships education</p> <p>ELG: Listening, attention and understanding ELG: Listening, attention and understanding ELG: Self-regulation ELG: Managing self ELG: Building relationships ELG: Speaking ELG: Comprehension</p> <p>1)Making good choices 2)Good manners 3)Bullying 4)Personal space and boundaries 5)Asking permission 6)Secrets</p>	
Year 1	Autumn 2	<p>Relationships 1</p> <p>H1-15,H19,H24,H30, H35 R6-7,R8-9, R10-12, R17,R20-22, R24-25 L1-3, L5,L6, L12, L16</p> <ol style="list-style-type: none"> 1. Respect 2. Polite Words 3. Sharing and taking turns 4. Being helpful 5. Being kind 6. Getting hurt 	

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YEAR GROUP	TERM	TOPIC DETAIL	RESOURCES /LOGISITICS OPTIONAL
Year 1	Summer 1	<p>Relationships Education H5-6, H10,H11, 16-17, 19,21-22,24-26, 28,29,33 R1-6,8,13, 15-20,22-24 L1-2, 4-6, 12, 16</p> <ol style="list-style-type: none"> 1. People who care for me 2. What is a family 3. Family and me 4. All about bodies 5. My body belongs to me 6. Asking for permission 	
Year 2	Spring 1	<p>Relationships Education H3, 9, H11-14, H22, H23, R1,2, R4, R6-9, R21, 22, 24, 25, L1, L6,</p> <ol style="list-style-type: none"> 1. Making friends 2. Being a good friend 3. Playing with others 4. Working with others 5. Manners and respect 6. Resolving conflict 	
Year 2	Summer 2	<p>Relationships Education H11-16, H18-20, H24, H27-29, 33, 36, R2, R6, R7, R9-12, R14-22, L1, 2,</p> <ol style="list-style-type: none"> 1. Felling lonely 2. Bullying 3. Unkind words 4. Kindness 5. Secrets and surprises 	

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YEAR GROUP	TERM	TOPIC DETAIL	RESOURCES / LOGISTICS OPTIONAL
Year 3	Autumn 2	<p>Relationships Education 1 (R1, R3, R5, R6, R7, R8, R9 R30, R31, R33, L4)</p> <ol style="list-style-type: none"> 1) Role models 2) Manners and politeness 3) Family and me 4) People who care for me (Double lesson) 5) Caring for others 	
Year 3	Summer 1	<p>Relationships Education 2 (R10, R11, R17, R22, R23, R24, R25, R26, R28, R29, R31, R32, R33, R34 KS2 - H24, R10, R11, R14, R15, R17, R18, R19, R20, R21, R30, R31, R32)</p> <ol style="list-style-type: none"> 1) Seeking permission 2) Privacy and boundaries 3) Friendship boundaries 4) Respectful behaviour 5) Bullying or teasing? 	
Year 4	Spring 1	<p style="text-align: center;">Relationships Education (R1/ R10-R15/ R17-R25/ R27-R33/ H18-H21/ H37-H38/ H42/ L15)</p> <ol style="list-style-type: none"> 1. Communicating online 2. Harmful content and contact 3. Preventing bullying 4. Hurtful behaviour 5. Secrets 	

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YEAR GROUP	TERM	TOPIC DETAIL	RESOURCES /LOGISTICS OPTIONAL
Year 4	Summer 2	<p style="text-align: center;">Relationship Education (R1-R8/ R10-R11/ R13-R18/ R28/ R31-34/ H38-H39/ L6-L8)</p> <ol style="list-style-type: none"> 1. Committed Relationships 2. Honesty and trust 3. Positive friendships 4. Dares, risks and online challenges 5. Respecting difference 	
Year 5	Spring 1	<p>Relationships Education (H15, H16, H18-20, H22, H24, H33-35, H37-38, H42, H44), (R1,R6-9, R11-12, R15, R18-20,R22-31,R34),(L4,L11,L12,L15-16)</p> <ol style="list-style-type: none"> 1. Loving stable families 2. Helping out with babies 3. Online behaviour and risks 4. Online gaming dange 	
Year 5	Summer 2	<p>Relationships Education (H15-17, H18-20,H23-24, H27-28, H29. H35-36, H38), (R1,R6,R10-11, R13-20,R22,R24,R26-28, R30-34)</p> <ol style="list-style-type: none"> 1. Behaviour and respect 2. Friendships and feeling left out 3. Friendships 4. Peer pressure 5. Bullying and hurtful behaviour 	

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YEAR GROUP	TERM	TOPIC DETAIL	RESOURCES /LOGISITICS OPTIONAL
Year 6	Autumn 2	<p style="text-align: center;">Relationships Education (KS2 H4/ H15-22)</p> <ol style="list-style-type: none"> 1. Positive relationships 2. Disagreeing Respectfully 3. Positive male role models. 4. Family and commitment 5. Love and abuse 	
Year 6	Summer 2	<p style="text-align: center;">Relationships Education 2 (KS2 H18-21/ H24/ H35/ H36/ H42/ R1/ R4/ R10-12/ R15/18)</p> <ol style="list-style-type: none"> 1. Cyberbullying and harassment 2. Consent and unwanted contact 3. Sexual harassment 4. Attraction and crushes 5. Human reproduction 	

Appendix 2: By the end of primary school, students should know:

TOPIC	STUDENTS SHOULD KNOW
Families and people who care about me	<ul style="list-style-type: none"> • 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 friendships	<ul style="list-style-type: none"> • 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 do not 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

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TOPIC	STUDENTS SHOULD KNOW
Respectful relationships	<ul style="list-style-type: none"> • 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
Online relationships	<ul style="list-style-type: none"> • 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 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
Being safe	<ul style="list-style-type: none"> • 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 is not 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 do not 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 and/or other sources

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TOPIC	STUDENTS SHOULD KNOW
Intimate and sexual relationships, including sexual health	<ul style="list-style-type: none"> • How to recognise the characteristics and positive aspects of healthy one-to-one intimate relationships, which include mutual respect, consent, loyalty, trust, shared interests and outlook, sex and friendship • That all aspects of health can be affected by choices they make in sex and relationships, positively or negatively, e.g., physical, emotional, mental, sexual and reproductive health and wellbeing • The facts about reproductive health, including fertility and the potential impact of lifestyle on fertility for men and women • That there are a range of strategies for identifying and managing sexual pressure, including understanding peer pressure, resisting pressure and not pressurising others • That they have a choice to delay sex or to enjoy intimacy without sex • The facts about the full range of contraceptive choices, efficacy and options available • The facts around pregnancy including miscarriage • That there are choices in relation to pregnancy (with medically and legally accurate, impartial information on all options, including keeping the baby, adoption, abortion and where to get further help) • How the different sexually transmitted infections (STIs), including HIV/AIDs, are transmitted, how risk can be reduced through safer sex (including through condom use) and the importance of and facts about testing • About the prevalence of some STIs, the impact they can have on those who contract them and key facts about treatment • How the use of alcohol and drugs can lead to risky sexual behaviour • How to get further advice, including how and where to access confidential sexual and reproductive health advice and treatment

Appendix 3: Parent form: Withdrawal from sex education within RSE

TO BE COMPLETED BY PARENTS			
Name of child		Class	
Name of parent		Date	
Reason for withdrawing from sex education within relationships and sex education			
Any other information you would like the school to consider			
Parent signature			

TO BE COMPLETED BY THE SCHOOL	
Agreed actions from discussion with parents	<p>Include notes from discussions with parents and agreed actions taken.</p> <p>E.g.: X will be taking part in all relationships lessons and during the sex education lessons, they will be working independently on a project in the Year 5 classroom</p>

Appendix 4: DfE RSE Statutory Guidance Suggested Resources

Link to Annex B (page 46) in DfE Relationship Education, Relationships and Sex Education and Health Education guidance – Suggested resources:

[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/805781/Relationships Education Relationships and Sex Education RSE and Health Education.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/805781/Relationships_Education_Relationships_and_Sex_Education_RSE_and_Health_Education.pdf)

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Document author (name)	Former group Director of Wellbeing/PSHE Leads
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Review - June 2025	Regional Safeguarding lead for Europe and USA

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Wales	Yes
Spain	TBC

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Related documentation	
Related documentation	Curriculum Policy Anti-Bullying Policy Behaviour Policy SEND Policy EAL Policy Preventing Radicalisation and Extremism Policy Drug and Alcohol Policy Early Years Policy, where relevant Safeguarding and Child Protection Policy and Procedures Independent School Standards

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Signed		Sarah Ibbotson Headteacher