

Relationships and Sex Education Policy



July 2026

Date of next review: May 2029

“Educating the mind without educating the heart is no education at all” -Unknown

1. Statutory requirements

This policy has been written in accordance with the statutory guidance document “Relationships and Sex Education (RSE) and Health Education” (DfE, 2025) and after consultation with Amberley staff, parents and carers and children.

Department for Education guidance states that by the summer term 2026, all primary schools must teach Relationships and Health Education. The teaching of Sex Education in primary schools remains non-statutory, with the exception of the elements of sex education contained in the science national curriculum: including knowledge of the main external body parts; the changes as humans develop to old age and reproduction in some plants and animals. Other related topics that fall within the statutory requirements for Health Education, such as puberty and menstrual wellbeing, will be included within PSHE education lessons.

Within the statutory guidance document for RSE and Health Education, the DfE also encourages schools to deliver age-appropriate sex education if they feel their pupils need this information:

“It will be for primary schools to determine whether they need to cover any additional content on sex education to meet the needs of their pupils. Many primary schools already choose to teach some aspects of sex education and will continue to do so, although it is not a requirement...”

“It is important that the transition phase before moving to secondary school supports pupils’ ongoing emotional and physical development effectively. The Department continues to recommend therefore that all primary schools should have a sex education programme tailored to the age and the physical and emotional maturity of the pupils. It should ensure that both boys and girls are prepared for the changes that adolescence brings and – drawing on knowledge of the human life cycle set out in the national curriculum for science – how a baby is conceived and born.”

Should you like to see the guidance from the government please visit: https://assets.publishing.service.gov.uk/media/6970e7e67e827090d02d42e0/Relationships_education_relationships_and_sex_education__RSE__and_health_education__for_intro_1_September_2026_.pdf

2. Intent:

Through Amberley's PSHE/RSE lessons and planning, we aim to provide children with the knowledge, skills and understanding they need to lead confident, healthy, independent lives and to become informed, active and responsible citizens. In providing children with an understanding of healthy and respectful relationships and appropriate boundaries, we consider effective RSE to be a fundamental part of our approach to supporting pupils to grow into confident, caring, responsible and respectful young citizens.

At Amberley, RSE is taught within the Personal, Social, Health and Economic (PSHE) education curriculum. In addition, some aspects of the RSE programme will be covered through:

- Science curriculum
- Computing
- Circle times
- Assemblies
- Stories
- PE in the context of health and hygiene

We believe RSE is lifelong learning about personal, physical, moral and emotional development. It should teach children and young people to develop and form positive values, attitudes, personal and social skills, and increase their knowledge and understanding of how to make informed decisions and life choices.

The aims of Relationships and Sex education (RSE) at Amberley are to:

- Provide a consistent standard of relations, sex and health education across the school
- Help pupils develop feelings of self-respect, confidence and empathy
- Promote responsible behaviour
- Create a positive culture of communication around issues of relationships
- Teach pupils the correct vocabulary to describe themselves and their bodies
- Prepare pupils for puberty, and give them an understanding of sexual development and the importance of health and hygiene
- Give pupils an understanding of reproduction and sexual development
- Ensure that all pupils, by the time they reach secondary school age, are well equipped and on an equal footing, to deal with the secondary RSHE curriculum.
- To provide all pupils with knowledge, skills, and attitudes that will enable them to make positive and healthy choices concerning relationships as they grow up and deal with risk.
- Combat exploitation.

3. Implementation

Our RSE curriculum is embedded within our PSHE curriculum and is set out as per Appendix 1, however, this will be adapted when necessary. We have developed the curriculum taking into account the age, needs and feelings of pupils. At Amberley we have split and grouped objectives into three subheadings: Health and Well-Being, Good Citizenship and Relationships and Sex Education and a medium term plan has been created for all year groups to follow on a termly basis – where these topics are split into sections of: **Autumn Term :**

Health and Well-Being

Autumn Term 1:

Keeping Myself Safe

Autumn Term 2:

Looking After Myself

Spring Term:

Good Citizenship

Spring Term 1:

Me, My Family and Others.

Spring Term 2:

Looking After Myself and Others

Summer Term:

Relationships and Sex education

Summer Term 1:

Good Friends

Summer Term 2:

Safe and Healthy Relationships

Using the guidelines, parents and carers have the right to withdraw their children from all or parts of sex education, except those aspects that are part of the national curriculum for science. Please contact your child's class teacher if you were thinking of withdrawing your child from RSE lessons, for more information.

If pupils ask questions outside the scope of this curriculum, teachers will respond in an age appropriate manner so they are fully informed.

At Amberley we use a class floor book style workbook to record our lessons in; this book is more of a journey which travels with the class from year one to year six. The aim of this initiative is for the children to reflect on their journey throughout Amberley, to look upon lessons and think about their opinions and think about their own increasing independence and maturity.

Our Relationships and Sex Education programme will be delivered in an age appropriate and sensitive manner by class teachers. Teaching is normally taught in mixed gender groups, though some content is covered in single sex groups e.g. menstrual hygiene, single sex question sessions, etc.

We aim to provide a learning atmosphere where children feel safe and relaxed, and where they feel confident to engage in discussions around potentially sensitive subjects and themes. At Amberley we endeavour to ensure each child is accessing and progressing within lessons, therefore RSE lessons will be differentiated, supported and tailored in accordance to the child's needs.

Ground rules in class and across the school are essential when discussing sensitive subject matter and teaching RSE. Clear ground rules are established in partnership with the class, then reinforced at the start of each relevant lesson. As a minimum, ground rules are likely to include the following basic guidelines:

- Listen politely to each other
- Everyone gets a turn to speak, if they want to
- Everyone has a right not to speak
- Everyone's contribution is respected
- We don't ask or have to answer any personal questions
- We use anatomically correct language when we have learnt it

Since RSE incorporates the development of self-esteem and relationships, pupils' learning does not just take place through the taught curriculum but through all aspects of school life including the playground. It is important then that all staff understand they have a responsibility to implement this policy and promote the aims of the school at any time they are dealing with children.

If any questions raise safeguarding concerns, teachers will refer to the Designated Safeguarding Lead.

4. Impact

At Amberley our aim is for Amberley children to leave our school having a strong sense of self, understand their values as a maturing young person, to treat others with respect and equality and to stay safe.

Our RSE curriculum promotes this through a structured way using small steps throughout each year group as well as harnessing the DFE guidelines.

At Amberley we ensure the effectiveness of our RSE policy by using learning walks, book looks, self scrutiny, discussions with class teachers and support staff, conversations with our RSE parental consultation group and asking our children their opinion in the form of a pupil voice panel.

We continually strive to review our RSE curriculum, looking at what works well and where improvements can be made. These improvements can be made. These improvements are then implemented and subsequently evaluated again in a cyclical process.