



Love, Learn, Aspire

'Let all that you do be done in love.' 1 Corinthians 16:14

Preston Primary (VC) School

RSE Policy

Approved by: Full Governing Board
Last reviewed on: November 2025
Next review due by: November 2026

Date: November 2025

Approval

Approved by: Full Governing Body	
Chair of Governors Name	Gillan Ide Oliver Clarke
Signature	<i>Gillan Ide</i> <i>Oliver Clarke</i>
Headteacher's Name	Inneke Luitingh
Signature	<i>Inneke Luitingh</i>

Version

Version	Author	Notes
V1.0	I Luitingh	Changes to Formatting
V1.1	M.Taylor	Removal of Jo Wilde and added Oliver Clarke as Co-Chair of Governors

Contents

1. Aims	4
2. Statutory requirements	4
3. Policy development	4
4. Definition	5
5. Curriculum	5
6. Delivery of RSE	5
7. Roles and responsibilities	6
8. Parents' right to withdraw	7
9. Training	7
10. 10. Monitoring arrangements.....	7
Appendix 1: Curriculum Map.....	8
Appendix 2: By the end of Primary School Pupils Should Know	10
Appendix 3: Parent form: Withdrawal from Sex Education within RSE	13

1. Aims

- 1.1 The aims of relationships and sex education (RSE) at our school are to:
- Provide a framework in which sensitive discussions can take place
 - Prepare pupils for puberty, and give them an understanding of sexual development and the importance of health and hygiene
 - Help pupils develop feelings of self-respect, confidence and empathy
 - Create a positive culture around issues of sexuality and relationships
 - Teach pupils the correct vocabulary to describe themselves and their bodies
 - Help pupils to show respect for each other and listen to each other

2. Statutory requirements

- 2.1 As a maintained primary school we must provide relationships education to all pupils as per section 34 of the Children and Social work act 2017.
- 2.2 However, we are not required to provide sex education but we do need to teach the elements of sex education contained in the science curriculum.
- 2.3 In teaching RSE, we must have regard to guidance issued by the secretary of state as outlined in section 403 of the Education Act 1996.
- 2.4 At Preston Primary School we teach RSE as set out in this policy.

3. Policy development

- 3.1 This policy has been developed in consultation with staff (staff meeting), parents (electronic copy asking for comments) pupils (questionnaire) and governors' approval. The consultation and policy development process involved the following steps:
1. Review – a member of staff pulled together all relevant information including relevant national and local guidance
 2. Staff consultation – all school staff were given the opportunity to look at the policy and make recommendations (Staff meeting 27 September 2023)
 3. Parent/stakeholder consultation – parents and any interested parties were invited to attend a meeting about the policy/Jigsaw programme (Summer 2023 2 information evenings)
 4. Pupil consultation – we investigated what exactly pupils want from their RSE (Summer 23)

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5. Ratification – once amendments were made, the policy was shared with governors and ratified (TBC)

4. Definition

- 4.1 RSE is about the emotional, social and cultural development of pupils, and involves learning about 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.

5. Curriculum

- 5.1 Our curriculum is set out as per Appendix 1 but we may need to adapt it as and when necessary. At Preston, we follow the Jigsaw programme of study and all teachers are expected to deliver PSHE/RSHE as appropriate at least once a week.
- 5.2 We have developed the curriculum in consultation with parents, pupils and staff, taking into account the age, needs and feelings of pupils. If pupils ask questions outside the scope of this policy, teachers will respond in an appropriate manner so they are fully informed and don't seek answers online.
- 5.3 Primary sex education will focus on:
- Preparing boys and girls for the changes that adolescence brings
 - How a baby is conceived and born
- 5.4 For more information about our curriculum, see our curriculum map in Appendix 1.

6. Delivery of RSE

- 6.1 RSE is taught within the personal, social, health and economic (PSHE) education curriculum, using Jigsaw materials. Biological aspects of RSE are taught within the science curriculum, and other aspects are included in religious education (RE).
- 6.2 Year 6 pupils also receive stand-alone sex education sessions.
- 6.3 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

6.4 For more information about our RSE curriculum, see Appendices 1 and 2.

6.5 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, LGBT 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

The governing board

7.1 The governing board will approve the RSE policy, and hold the headteacher to account for its implementation.

The headteacher

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

Staff

7.3 Staff are responsible for:

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

7.4 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.

Pupils

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

8. Parents' right to withdraw

- 8.1 Parents have the right to withdraw their children from the non-statutory/non-science components of sex education within RSE.
- 8.2 Requests for withdrawal should be put in writing using the form found in Appendix 3 of this policy and addressed to the headteacher.
- 8.3 Alternative work will be given to pupils who are withdrawn from sex education.

9. Training

- 9.1 Staff are trained on the delivery of RSE as part of their induction and it is included in our continuing professional development calendar.
- 9.2 The headteacher will also invite visitors from outside the school, such as school nurses or sexual health professionals, to provide support and training to staff teaching RSE.

10. 10. Monitoring arrangements

- 10.1 The delivery of RSE is monitored by the headteacher through planning scrutinies, learning walks, pupil voice.
- 10.2 Pupils' development in RSE is monitored by class teachers as part of our internal assessment systems.
- 10.3 This policy will be reviewed by Inneke Luitingh (Headteacher) annually. At every review, the policy will be approved by the Governing Board.

Appendix 1: Curriculum Map

At Preston, we follow the Jigsaw Programme for PSHE/RSE. This supports the therapeutic and mindful approach as set out in our behaviour policy.

In Jigsaw, the mindful approach to PSHE, mindfulness is developed in 3 main ways:

a) through the 'Calm Me' time in each Piece (lesson). This consists of breathing techniques, awareness exercises and visualisations, enabling children not to empty their minds but to quiet them and become aware of the activity within them and manage it positively

b) through the taught curriculum. Lessons (Pieces) help children

to explore their thoughts and feelings, to expand their emotional vocabulary, explore thoughts-feelings-consequence sequences, build their confidence and express themselves in a safe environment.

c) through the 'Pause Points' in lessons (Pieces) which ask children to 'Stop and look inside' to practise observing their thoughts and feelings relating to what they are learning about in that lesson.

The year is organised in the following way:

The Six Puzzles (Themes/Units of work)

There are six Puzzles in Jigsaw (quickly identified by their colour scheme) designed to progress in sequence from the beginning of each academic year:

Term 1: Being Me in My World

Term 2: Celebrating Difference (including anti-bullying)

Term 3: Dreams and Goals

Term 4: Healthy Me

Term 5: Relationships

Term 6: Changing Me (including Puberty and Human Reproduction Education)

Each Puzzle has six Pieces (lessons) which work towards an 'end product', for example, The School Learning Charter or The Garden of Dreams and Goals.

Each Piece has two Learning Intentions: one is based on specific PSHE/HWB learning (purple) and the other based on emotional literacy and social skills development (green).

The whole school works on the same Puzzle at the same time, meaning that each Puzzle can be launched with a whole-school assembly and learning can be celebrated by the whole school in a meaningful way.

This programme also fulfils all the requirements for the statutory Relationships and Health Education. For more information regarding the programme, [click here](#).

Appendix 2: By the end of Primary School Pupils Should Know

TOPIC	PUPILS SHOULD KNOW
Families and people who care about me	• 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	• 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

TOPIC	PUPILS SHOULD KNOW
Respectful Friendships	• 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	• 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	• 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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Appendix 3: Parent form: Withdrawal from Sex Education within RSE

TO BE COMPLETED BY THE 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	

