



Preston & Wingham Primary Schools Federation



Learning together, we grow kind hearts
and healthy minds.

Relationships & Sex Education (RSE) Policy

APPROVAL & ADOPTION

This policy was formally agreed and adopted by the Governing Body on:

28th September 2026

Chair of Governors

Signed:

What is Relationships and Sex Education (RSE)?

Relationships and Sex Education (RSE) is lifelong learning about physical, emotional, mental, moral and social development. It is about understanding the importance of stable and loving relationships, respect, care and kindness within family life and wider society. RSE supports children to develop positive values, beliefs and attitudes, alongside the skills needed to build healthy relationships and keep themselves safe, both online and offline.

Statutory Requirements

In 2019 Relationships Education became compulsory in all primary schools. From September 2026, statutory changes to the RSE policy must be taught in all primary schools. The statutory guidance from the DfE states: 'Children and young people need knowledge and skills that will enable them to make informed and ethical decisions about their wellbeing, health and relationships. High quality, evidence-based teaching of relationships, sex and health education (RSHE) can help prepare pupils for the opportunities and responsibilities of adult life, and can promote their moral, social, mental and physical development. Effective teaching will support young people to cultivate positive characteristics including resilience, self-worth, self-respect, honesty, integrity, courage, kindness, and trustworthiness. Effective teaching will support prevention of harms by helping young people understand and identify when things are not right.'

National Curriculum Science Requirements

All maintained schools must teach the following as part of the National Curriculum science programme of study.

Key Stage 1

Identify, name, draw and label the basic parts of the human body, including correct anatomical vocabulary. Notice that animals, including humans, have offspring which grow into adults.

Key Stage 2

Describe the life processes of reproduction in some plants and animals.

Describe the changes humans experience as they develop from birth to old age.

These elements of learning are **statutory** and parents/carers do **not** have the right to withdraw pupils from this content.

Aims and Objectives

We view high-quality RSE as an essential part of safeguarding and personal development education. The overall aim of RSE is to provide children with accurate, age-appropriate information; explore attitudes and values; and develop the skills and confidence needed to make positive, informed decisions about their health, relationships and wellbeing. Teaching takes place with sensitivity and respect for different beliefs and lifestyles, including LGBTQ+ identities and inclusive family structures.

The objectives of RSE are:

- To learn about families, friendships and caring relationships, recognising different family structures.
- To develop skills to form and maintain positive friendships, including cooperation and conflict resolution.
- To understand the importance of kindness, respect and fairness in relationships.
- To learn about personal boundaries, privacy and consent in an age-appropriate way.
- To use correct anatomical vocabulary and understand which parts of the body are private.
- To recognise the difference between safe and unsafe secrets and identify trusted adults for help.
- To develop confidence to express feelings, opinions and worries appropriately.
- To learn how emotions can affect behaviour and how to manage big feelings.
- To understand how to stay safe online, including appropriate behaviour and where to get help.

- To develop decision-making and communication skills to resist pressure from peers or media.
- To understand basic health, hygiene and self-care, including mental wellbeing.
- To learn about the changes that happen as people grow, including preparation for puberty (KS2).
- To develop respect for diversity and difference, including disability, culture, religion and LGBTQ+ identities.

Involvement in RSE

Every child is entitled to receive RSE regardless of ethnicity, gender, religion, age, culture, disability, sexuality, language, special educational needs, disadvantage or care status. We ensure that all pupils can access RSHE at a level appropriate to their age, maturity and individual needs.

Parental Consultation

Parents and carers have the right to withdraw their child/ren from some or all sex education (but not from Relationships Education, Health Education or science curriculum content). Requests for withdrawal must be made in writing, using the form found in Appendix 4 of this policy, and addressed to the Head of School. Alternative educational provision will be made for pupils who are withdrawn. The Head of School will grant a request to withdraw a pupil from any non-statutory sex education delivered, other than that required as part of the science curriculum. The school informs parents/carers in advance when sex education is taught and provides opportunities to view lesson content and resources. Parents/carers are consulted when this policy is reviewed and their views are considered before ratification.

Safeguarding

Teachers need to be aware that effective RSE, which brings an understanding of what is and is not acceptable in a relationship, may lead to disclosure of a safeguarding issue. Staff will be mindful of the federation's safeguarding policies and practices at all times and will inform the Designated Safeguarding Lead immediately of any concerns.

Controversial and Sensitive Issues Staff are aware that views around SRE related issues are varied. However, while personal views are respected, all SRE issues are taught without bias. Topics are presented using a variety of views and beliefs so that pupils are able to form their own, informed opinions but also respect others that may have a different opinion.

Dealing with Difficult Questions

Both formal and informal SRE arising from pupils' questions are answered according to the age and maturity of the pupil concerned. Questions do not have to be answered directly, and can be addressed individually later. The federation believes that individual staff must use their professional skill and discretion in this area but questions will be answered honestly. Staff are advised to refer to the Designated Safeguarding Lead if they are concerned.

Curriculum Content and Organisation of RSE

RSE is an integral part of the school's broader Personal, Social, Health and Economic (PSHE) education programme. Learning is carefully planned and sequenced and is linked where appropriate to science, computing, religious education and physical education.

Teaching focuses on developing both knowledge and skills, including resilience, communication, boundary-setting and help-seeking. A range of teaching methods is used, including discussion, storytelling, role-play, case studies and video resources. Learning is usually delivered in mixed-gender groups, with flexibility to use single-gender groups where appropriate.

Our curriculum for PSHE, relationships and health education is based upon the Heartsmart scheme of work. The curriculum for science, computing and PE follows the requirements of the National Curriculum. Our religious education curriculum follows the Kent Agreed Syllabus and we use Discovery RE to deliver this. The

detailed framework showing coverage of both PSHE and Relationships & Health Education within Heartsmart is found at the end of this policy. Our termly unit plans for each class can be found on the curriculum page of our school websites.

Inclusion of Family Diversity

RSE is taught within the context of family life, ensuring that no child is stigmatised because of their home circumstances. Families may include single-parent families, LGBT parents, adoptive or foster families, families headed by grandparents, and other caring arrangements. Teaching also reflects the experiences of looked-after children and young carers. Parents/carers wishing to discuss the curriculum further are encouraged to contact the Head of School.

Additional Sex Education at Upper Key Stage 2

In addition to statutory content, the Federation provides sex education in Years 5 and 6, which includes: Preparing pupils for the physical and emotional changes of puberty (Years 5 and 6)

Basic understanding of conception and how babies are made (Year 6)

This provision is age-appropriate, inclusive and designed to support a confident transition to secondary education.

This policy will be reviewed every year as is the statutory requirement by middle and senior leaders. The review and any recommended amendments will be reported to the governing body for approval.

[Appendix 1 - Detailed Framework showing coverage of PSHE and Relationships & Health Education - cannot opt out Separate Page](#)

Heartsmart at Preston and Wingham Primary School Federation

HeartSmart is designed to align with the UK Department for Education (DfE) statutory requirements for **Relationships and Health Education (RHE)** at the primary level. It provides a framework that schools use to meet these legal obligations through its creative and character-based approach.

Integration with Statutory Strands

The curriculum covers the core statutory objectives across the main required areas:

- **Relationships Education:** HeartSmart's "High Five" principles directly map to statutory themes such as families and people who care for me, caring friendships, respectful relationships, and online relationships. For example, the "Too Much Selfie Isn't Healthy" unit focuses on empathy and loving others, fulfilling objectives related to respectful relationships.
- **Health Education:** The programme addresses mental wellbeing, physical health, and healthy lifestyles. It places a strong emphasis on emotional health and resilience (e.g., through the "No Way Through Isn't True" principle), which meets statutory requirements for teaching children how to manage their emotions and seek support

Key Alignment Features

- **Comprehensive Coverage:** Most schools find that HeartSmart meets **100% of RSE statutory requirements** and approximately **90% of broader PSHE requirements**.
- **Spiral Progression:** The curriculum is structured to revisit topics annually with increasing depth, ensuring that statutory objectives are met at an age-appropriate level as children grow.

- **Common Language:** By using characters like Boris the Robot, HeartSmart provides a "common language" across the school to discuss sensitive statutory topics like consent, personal boundaries, and online safety.

Supplementing the Curriculum

While HeartSmart acts as the "backbone" for many schools' RSE delivery, some institutions supplement it to ensure full compliance in specific technical areas:

- **Science Curriculum:** Many schools deliver statutory biological aspects (such as human reproduction and the circulatory system) through their Science lessons rather than HeartSmart.
- **External Providers:** Schools may use additional resources or visitors (e.g., St John Ambulance for first aid or specialized Big Talk Education sessions) to cover niche statutory topics like puberty or basic emergency aid.
- **PSHE Association Alignment:** HeartSmart cross-references its lessons with the PSHE Association Programme of Study to ensure all suggested learning opportunities are identified.

The content continues to be organised around five memorable principles:

- **Don't Forget to Let Love In!:** self-awareness and compassion.
- **Too Much Selfie Isn't Healthy!:** social awareness and empathy.
- **Don't Hold on to What's Wrong!:** self-management and forgiveness.
- **Fake is a Mistake!:** relationship skills and boundaries.
- **'No Way Through' Isn't True!:** growth mindset, grit and hope

Appendix 2 - Table to show coverage of Science and Sex Education

	Science (cannot opt out)	Sex Education (can opt out)
EYFS	Pupils should be taught to: ♣ know about similarities and differences in relation to places, objects, materials and living things. Make observations of animals and plants and explains why some things occur, and talk about changes.	
Year 1	Pupils should be taught to: ♣ identify, name, draw and label the basic parts of the human body and say which part of the body is associated with each sense.	
Year 2	Pupils should be taught to:	

	♣ notice that animals, including humans, have offspring which grow into adults ♣ find out about and describe the basic needs of animals, including humans, for survival (water, food and air)	
Year 3		
Year 4		
Year 5	Pupils should be taught to: ♣ describe the changes as humans develop to old age including puberty and the menstrual cycle. ♣ describe the life process of reproduction in some plants and animals.	Pupils are: ♣ introduced to the physical and emotional changes that occur during puberty. ♣ given the opportunity to consider some of the changes over which they have no control and the choices they can make concerning those over which they have no control.
Year 6	Pupils should be taught: ♣ about where to get more information, help and advice about growing and changing, especially about puberty.	Pupils: ♣ address the emotional and physical changes that boys and girls go through during puberty and address their worries and concerns. ♣ explore the different types of relationships (friendships, parent-child and adult) and how adult sexual relationships between a man and woman can create a baby.

Appendix 3 – Form for parents to opt out of Year 6 Sex Education

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			

Appendix 4-
Year 5
Relationship and Sex Education (RSE)

Dear parents

As you will be aware all children since September 2020 are taught Relationships and Health Education. These subjects are designed to equip your child with the knowledge to make informed decisions about their wellbeing, health and relationships as well as preparing them for a successful adult life.

Statutory guidance from the Department for Education (DFE) states 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 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.

This year we have updated the resources used to support our delivery of sex education. In year 5 the children will be learning about puberty. The link below is the video we will use with the children.

<https://www.bbc.co.uk/iplayer/episode/b0759l4k/operation-ouch-specials-dont-panic-about-puberty>

The boys and girls will be separated for the session to avoid embarrassment as far as possible. After the video there will be a question-and-answer session where the children can write anonymous questions for the adult leading the session to answer. It is all dealt with very sensitively.

This is an important part of your child's learning; however, should you wish for your child to be excused from these sessions for any reason please speak to Mrs Clements or the school office.

Kind regards,

Mrs H Clements



Preston Primary School

Respect Inclusive Creative Hardworking

Mill Lane, Preston, Nr Canterbury, Kent, CT3 1HB

Tel: 01227 722235 Email: office@preston.kent.sch.uk
www.prestonprimary.org.uk

Mrs H Clements BA Ed (Hons) NPQH Head of School & Executive Headteacher

Year 6

Relationship and Sex Education (RSE)

Dear parents

As you will be aware all children since September 2020 are taught Relationships and Health Education. These subjects are designed to equip your child with the knowledge to make informed decisions about their wellbeing, health and relationships as well as preparing them for a successful adult life.

Statutory guidance from the Department for Education (DFE) states 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 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.

This year we have updated the resources used to support our delivery of sex education. In year 6 the children will be learning about how babies are made. There are three short videos that we share with the children. I have included the links below for you to view.

Relationships and families

<https://www.bbc.co.uk/teach/class-clips-video/articles/zyvvbqt>

Sperm, egg and reproductive organs

<https://www.bbc.co.uk/teach/class-clips-video/articles/znv3g7h>

Puberty

<https://www.bbc.co.uk/teach/class-clips-video/articles/zghnf82>

Sex and Sexual intercourse

<https://www.bbc.co.uk/teach/class-clips-video/articles/zsxtpt4j>

The boys and girls will be separated for the session to avoid any embarrassment. After the videos there will be a question-and-answer session where the children can write anonymous questions for the adult leading the session to answer. It is all dealt with very sensitively.

This is an important part of your child's learning; however, should you wish for your child to be excused from these sessions for any reason please speak to Mrs Clements or the school office.

Kind regards,

Mrs H Clements

Overview of content



Preston & Wingham Primary Schools Federation



**Learning together, we grow kind hearts
and healthy minds.**



Preston Primary School

Respect Inclusive Creative Hardworking

Mill Lane, Preston, Nr Canterbury, Kent, CT3 1HB

Tel: 01227 722235 Email: office@preston.kent.sch.uk
www.prestonprimary.org.uk

Mrs H Clements BA Ed (Hons) NPQH Head of School & Executive Headteacher

Video and source	Summary of video	Keywords
BBC KS2 PSHE: Operation Ouch! How are babies made? Relationships and families	The short film is about combinations of humans that make up a family: mothers and fathers, sisters, brothers, dogs, two fathers, two mothers, foster families. It introduces the concept of biological parents, adoptive parents, foster parents and divorced parents.	Family, adoptive parent, foster parent, biological parent
BBC KS2 PSHE: Operation Ouch! How are babies made? Sperm, egg and reproductive organs https://www.bbc.co.uk/teach/class-clips-video/articles/znv3g7h	The short film introduces the topic of reproduction, genitals and reproductive body parts. It explains how babies start from an egg and a sperm. The correct terminology is given for genitals and reproductive body parts in male and female bodies.	Egg, sperm, cells, reproductive organs, sex cells, testicles, ovaries, fallopian tubes, uterus, vagina, testicles, testes, sperm duct, genitals, penis, scrotum, vulva, labia, puberty
BBC KS2 PSHE: Operation Ouch! How are babies made? Puberty https://www.bbc.co.uk/teach/class-clips-video/articles/zghnf82	The short film looks at puberty and why it happens defining it as changing from a child to a reproductive adult. There is a description of the changes that happen in most bodies, what that may mean for female bodies and male bodies, when might it happen and that is it normal.	Puberty, reproductive organs, hormone, breasts, facial hair, pubic hair, sperm, testosterone, testicles, egg cells, ovaries, oestrogen
BBC KS2 PSHE: Operation Ouch! How babies are made? Sexual intercourse (contains some sexual content) https://www.bbc.co.uk/teach/class-clips-video/articles/zsxt4j	The short film talks about genitals, arousal, sexual intercourse and fertilisation. It sets out that this is something that can happen when a man and a woman decide to have sex to make a baby, and that this is the most common method of fertilisation.	Sperm, penis, erection, arousal, nerves, vagina, vulva, clitoris, consent, pleasure, orgasm, sperm duct, semen, ejaculation, egg, ovaries, fallopian tubes, fertilisation



Preston & Wingham Primary Schools Federation



**Learning together, we grow kind hearts
and healthy minds.**



Preston Primary School

Respect Inclusive Creative Hardworking

Mill Lane, Preston, Nr Canterbury, Kent, CT3 1HB

Tel: 01227 722235 Email: office@preston.kent.sch.uk
www.prestonprimary.org.uk

Mrs H Clements BA Ed (Hons) NPQH Head of School & Executive Headteacher

	The film refers to being grown up and the role of consent in choosing to start a physical relationship.	
--	---	--



Preston & Wingham Primary Schools Federation



Learning together, we grow kind hearts
and healthy minds.