

## Ashton Gate Primary School



### Relationships and Sex Education Policy

Relationships and Sex Education (RSE) is defined as learning about physical, moral and emotional development. It is about 'key building blocks of healthy, respectful relationships focusing on family and friendships, both on and offline' (adapted from DfE guidance 2019).

From September 2020, Relationship Education and Health Education becomes statutory. Sex Education is taught at the school's discretion. Ashton Gate's programme is tailored to the age, physical and emotional maturity of the pupils (as recommended from DfE guidance).

In our school, Relationships and Sex Education (RSE) is part of the Personal, Social and Health Economic education (PSHE) Curriculum. Units of work have been designed to ensure a sequence of skills, knowledge and attitudes in children are taught in a spiralling programme. The content of each unit is based on the assessed knowledge of the class ensuring the match of teaching to the maturity and need of the pupils involved, which may not always be adequately indicated by their chronological age.

#### **Aims and Objectives**

The importance of RSE within our school is to provide opportunities for pupils to develop skills, knowledge and understanding they need to lead confident, healthy, independent lives enabling them to become informed individuals.

RSE will focus on:

#### **Attitudes and Values**

- Learning about the values of family life and stable relationships.
- Learning the value of respect, love and care.
- Exploring, considering and understanding moral dilemmas.
- Developing critical thinking as part of decision making.

#### **Personal and Social Skills**

- Learning to manage emotions and relationships confidently and sensitively.
- Developing self-respect, self-worth, self-esteem and empathy for others.
- Learning to make choices based on understanding of differences and with the absence of prejudice.
- Providing opportunities for young people to develop the ability to understand the consequences of their decisions and actions, and to manage conflict.

### **Knowledge and Understanding**

- Information about healthier, safer lifestyles - including the importance of positive mental well-being
- Physical development
- Emotions, relationships and reproduction.

### **Curriculum Content**

RSE will be taught explicitly in Key Stage 2. The focus will be on children being able to understand the importance of:

- Self esteem
- The concept of growth and change
- Respect for their own and others bodies
- Relationships – family, friends; understanding others and respecting differences (family, friends, love, marriage)
- Feelings and emotional change (linked to puberty)
- Knowing the correct names for the external parts of the body, including sexual parts
- Knowing that we have rights over our own bodies.
- Recognising risk/making safe choices including who has access to their bodies
- Resisting unwanted peer pressure
- The influence of the media
- How to access help
- Anti-bullying
- Recognising and challenging stereotypes
- Preparation for sexual maturity and the process of conception and birth
- How changes at puberty affect bodily hygiene

We fully recognise that the primary role in children's relationships and sex education lies with parents and carers. We wish to build a positive and supportive relationship with parents/carers and are keen therefore to:

- Inform parents/carers about RSE policy and practice
- Encourage parents to be involved in reviewing the school policy or arrangements for RSE in schools

### Right to withdraw

Parents/carers do have the right to withdraw their child from the non-statutory elements of the Relationships and Sex Education programme. If a parent/carer wishes their child to be withdrawn they should write to the Executive Headteacher and make it clear which aspects of the programme they do not wish their child to participate in.

Date: January 2026

Review Date: January 2028