



RSE Policy

New guidance 2025

Relationships and Sex Education (RSE) Policy

West Boldon Primary School

What Is Relationships and Sex Education (RSE)?

At West Boldon Primary School, Relationships and Sex Education (RSE) is defined as:

Learning about the emotional, social, cultural, moral, and physical aspects of growing up, relationships, sex, human sexuality, and sexual health. It supports pupils to develop essential knowledge, skills, and values that enable them to make informed, safe, and respectful choices in their lives.

The Department for Education defines sex education as:

- Learning about physical, moral, and emotional development.
- Understanding the importance of stable and loving relationships, respect, love and care, marriage, and civil partnerships.
- Teaching about sex, sexuality, and sexual health.

Our RSE is taught within the broader **Personal, Social, Health and Economic (PSHE)** curriculum, as well as science, computing, and PE. When teaching sensitive issues, we do so with care, respect, and morality, and always in a way that allows children to ask and explore questions without stigma or embarrassment.

RSE is **not about promoting any sexual orientation or activity**, but about equipping children with the knowledge and skills to keep themselves safe, respectful, and confident in a modern world.

Principles and Values

West Boldon Primary School believes that RSE should:

- Be an integral part of lifelong learning, beginning in early childhood and continuing into adult life.
- Be an entitlement for all pupils, supporting equality and inclusivity.
- Encourage pupils to contribute positively to our community, while supporting their growth and learning as individuals.
- Be set in the wider school context, promoting values of family commitment, respect, love, care, knowledge, and openness.
- Recognise that *family* is a broad concept, including nuclear families, single-parent families, same-sex parents, foster families, and blended families.
- Promote an atmosphere where questions and discussion can take place without embarrassment, judgement, or stigma.
- Recognise that **parents and carers are key educators** in this area, working in partnership with school staff to deliver a consistent message.

- Draw on the expertise of the wider community, including health professionals, safeguarding leads, and external providers, while ensuring all external content is transparent and available to parents.
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New Guiding Principles in Line with DfE Guidance (2025)

Our curriculum is designed and delivered in line with the **seven guiding principles** of RSHE:

1. **Pupil Engagement** – pupils are active participants in their learning.
 2. **Parental Engagement & Transparency** – parents are fully informed and consulted on curriculum content and resources.
 3. **Positivity** – teaching builds pupils' confidence, resilience, and healthy attitudes.
 4. **Careful Sequencing** – content is taught progressively, with sensitivity to pupils' maturity and stage.
 5. **Relevance & Responsiveness** – lessons address current safeguarding issues, including online risks.
 6. **Skilled Delivery** – staff are trained and supported to deliver high-quality RSE.
 7. **Whole-School Approach** – RSHE is embedded across policies, assemblies, pastoral work, and safeguarding practice.
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Curriculum Principles

Attitudes and Values

- Learning the value of family life, in all its forms, stable and loving relationships, marriage, and civil partnerships.
- Learning about the nurture and care of children.
- Learning the value of respect, equality, love, and care.
- Exploring moral dilemmas and ethical choices, including online behaviours.
- Developing critical thinking and challenging harmful myths, misconceptions, and stereotypes (including misogyny, pornography, and online influences).

Personal and Social Skills

- Managing emotions and relationships confidently and sensitively.
- Developing self-respect and empathy for others.
- Making safe and informed choices, free from prejudice.
- Developing an appreciation of consequences of actions.
- Managing conflict and building resilience.
- Gaining skills to avoid and challenge inappropriate pressures, exploitation, or harmful online influences.

Knowledge and Understanding

- Understanding physical development at appropriate stages, including puberty.
 - Learning accurate knowledge of human sexuality, reproduction, sexual health, emotions, and relationships.
 - Understanding consent, both legally and ethically.
 - Understanding risks and influences from the online world, including harmful ideologies, deepfakes, sextortion, and pornography.
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Aims of RSE at West Boldon Primary School

- Provide a framework in which sensitive and respectful discussions can take place.
 - Prepare children for puberty and adolescence.
 - Teach the correct vocabulary to describe themselves and their bodies.
 - Build confidence, empathy, and self-respect.
 - Promote equality, respect, and healthy relationships.
 - Support recall and retention of learning through oracy, discussion, and reflection.
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Statutory Requirements

- As a primary school, we must provide **relationships education** to all children (Children and Social Work Act 2017).
 - In teaching RSE, we must have regard to statutory guidance issued by the Secretary of State (Education Act 1996).
 - From September 2026, we are required to deliver RSE in line with the **2025 DfE RSHE statutory guidance**.
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Delivery of RSE

- RSE is taught through **PSHE, science, computing, and PE**. We use the Dimensions £D PSHE curriculum (The Big Picture)
 - Puberty and menstruation are taught by Year 5, with standalone lessons for girls and support for boys.
 - Year 6 pupils receive sessions on conception and birth, framed within respect and healthy relationships.
 - Relationships education includes:
 - Families and people who care for me (including diverse family structures).
 - Caring friendships and respectful relationships.
 - Online relationships and digital safety.
 - Being safe, recognising consent, and challenging harmful influences.
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Parental Engagement

- Parents are fully consulted and informed about RSE content.
 - All materials and resources are available for parents to view.
 - Parents have the right to withdraw children from the *non-statutory* elements of sex education (not from relationships or health education).
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Monitoring and Review

- RSE is monitored by the PSHE leader and senior leadership team.
- Governors review and approve this policy every 2 years, or sooner if statutory guidance changes.
- Ofsted will evaluate our RSE provision as part of pupils' personal development and safeguarding.