

## Relationships, Sex, and Health Education (RSHE) Policy

This policy is underpinned by the commitment of Discovery Schools Academy Trust to ensure the entitlement for all pupils to be taught the statutory relationships and sex curriculum and to maintain an appropriate educational environment in which all can learn and achieve.

### Document History

Version	Version Date	Author	Summary of Changes
V0.1	March 2019	Liz Braithwaite	Draft policy created
V0.1	April-July 2019	Liz Braithwaite	Consultation with Trust Board, Parents and Pupils
V1.0	September 2019	Liz Braithwaite	Changes made to policy in light of consultation comments. Final version presented to Trust Board and approved
V2.0	June 2023	Zack Minton	Review and restructure of policy. To be further updated in line with KCSIE23 and then put forward to trustees so it can be ratified.
V3.0	August 2025	Zack Minton - Trust head of Safeguarding	Review of structure and refined content to accommodate all phases within the trust and to be in line with KCSIE25 and RSHE Guidance

## Contents

1. Aims.....	2
2. Statutory requirements.....	2
3. Policy development.....	3
4. Definition.....	4
5. Curriculum.....	4
6. Delivery of RSE.....	5
7. Use of external organisations and materials.....	8
8. Roles and responsibilities.....	10
9. Parents' right to withdraw.....	11
10. Training.....	12
11. Monitoring arrangements.....	13
Appendix 1: Curriculum map.....	14
Appendix 2: By the end of primary school pupils should know.....	15
Appendix 3: Parent/carer form: withdrawal from sex education within RSE.....	20

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### 1. Aims

The aims of Relationships and Sex Education (RSE) in Discovery Trust are to:

- Provide a safe and respectful framework in which open, age-appropriate, and sensitive discussions can take place
- Prepare pupils for the physical and emotional changes of puberty, and give them a clear understanding of sexual development, health, and hygiene
- Support pupils to develop self-respect, confidence, resilience, and empathy in their relationships with others
- Foster a positive and inclusive culture around relationships, sexuality, and identity, ensuring that all pupils feel a sense of belonging
- Teach pupils accurate and developmentally appropriate vocabulary to describe themselves, their bodies, and their emotions
- Equip pupils with the knowledge and skills to recognise and manage healthy, safe, and respectful relationships, both online and offline
- Ensure that RSE reflects the statutory requirements of the DfE and is aligned with our safeguarding framework of Protect, React, Learn
- Equip pupils with the knowledge and confidence to recognise, challenge, and report inappropriate behaviours of a sexual nature and sexual harassment, supporting prevention of harmful sexual behaviour and child-on-child abuse.

## **Fairness, Impartiality, and Bias Prevention**

Discovery Trust are committed to delivering RSHE in a fair, impartial, and objective way. We actively work to disrupt unconscious and confirmation bias in our teaching and decision-making. Pupils are taught in a manner that supports and empowers them without fostering “victim think”, while ensuring that respect, dignity, and proportionate treatment are at the heart of our approach.

This policy also reflects the Trust’s values of Belonging, Ambition, and Equity, ensuring that RSE promotes inclusivity, aspiration, and fairness for all pupils.

## **2. Statutory requirements**

Discovery Trust is a multi-academy trust comprising primary, secondary, and special schools, including post-16 provision. Our statutory responsibilities are therefore as follows:

- In our primary academies, we must provide Relationships Education to all pupils, as set out in section 34 of the *Children and Social Work Act 2017*.
- In our secondary academies and secondary-age provision within our special schools, we must provide Relationships and Sex Education (RSE) to all pupils under the same Act.
- While academies are not required to follow the National Curriculum in full, we are expected to deliver a curriculum that is broad, balanced, and comparable. This includes teaching science in line with statutory requirements, which incorporates elements of sex education at both primary and secondary level.

In teaching RSE, Discovery Trust is required by its funding agreements to have regard to the statutory guidance issued by the Secretary of State, as set out in section 403 of the *Education Act 1996*.

We also have regard to wider legal duties, including:

- Sections 406 and 407 of the Education Act 1996, requiring political impartiality and balanced presentation of opposing views
- Part 6, Chapter 1 of the Equality Act 2010, prohibiting discrimination and promoting equality
- The Public Sector Equality Duty (section 149 of the Equality Act 2010), which requires public bodies to have due regard to the need to:
  - o Eliminate discrimination, harassment, victimisation, and any other prohibited conduct
  - o Advance equality of opportunity between people who share a protected characteristic and those who do not
  - o Foster good relations between different groups

At Discovery Trust, we deliver RSE as set out in this policy, ensuring that statutory requirements are met in every setting. RSE is also embedded within our safeguarding framework of Protect, React, Learn, and reflects our Trust values of Belonging, Ambition, and Equity.

## **3. Policy development**

This policy has been developed in full consultation with pupils, parents/carers, colleagues, and trustees. In Discovery Trust, each school has a designated lead with responsibility for RSE, who ensures that consultation is meaningful and consistent across our schools.

The consultation and policy development process involved the following steps:

1. **Review** – Each school's RSE lead, supported by the central education team, reviewed national statutory guidance (Children and Social Work Act 2017; DfE Statutory Guidance 2019), local authority guidance, and the Trust's safeguarding strategy.
2. **Staff consultation** – Colleagues across the Trust were given the opportunity to review and comment on the draft policy to ensure it reflects practice, safeguarding priorities, and curriculum intent.
3. **Parent and carer consultation** – Parents/carers were consulted through information meetings, workshops, or surveys at school level. Their views were considered carefully to ensure the policy reflects the needs of our communities.
4. **Pupil consultation** – Pupil voice activities were carried out in each school to understand what pupils want and need from their RSE, ensuring that the curriculum is engaging, relevant, and age-appropriate.
5. **Ratification** – Following consultation, the final draft of the policy was reviewed at local school level, before being ratified by the Discovery Trust Board of Trustees to ensure compliance, consistency, and alignment with the Trust's safeguarding framework.

This consultation process ensures that RSE across the Trust is collaborative, transparent, and responsive. It also reflects our values of Belonging, Ambition, and Equity, ensuring that every pupil, parent, and colleague has a voice in shaping how RSE is taught in our schools.

#### 4. Definition

At Discovery Trust, Relationships and Sex Education (RSE) is understood as a core part of safeguarding and personal development. It is about the emotional, social, physical, and cultural development of pupils, and supports them to form safe, healthy, and respectful relationships throughout their lives.

RSE includes:

- Learning about relationships, families, friendships, and respect for others
- Understanding physical and emotional changes as pupils grow, including puberty
- Developing awareness of sexual health, consent, and healthy lifestyles
- Exploring issues of identity, diversity, equality, and respect for difference
- Recognising and managing risks online and offline, including unhealthy or exploitative relationships
- Recognising and understanding inappropriate behaviours of a sexual nature, including harassment, harmful sexual behaviour, and child-on-child abuse, and knowing how to seek help and support.

RSE is delivered through a combination of knowledge-sharing, discussion, exploration of values, and skills development.

RSE is not about the promotion of sexual activity. It is about giving pupils the information, vocabulary, and strategies they need to protect themselves, respect others, and make informed choices in line with our safeguarding framework of Protect, React, Learn.

- In **primary academies**, we deliver statutory Relationships Education and the science curriculum requirements for health and sex education. We may choose to provide additional age-appropriate sex education where this supports safeguarding and pupil development.

This definition reflects our Trust values of Belonging, Ambition, and Equity, ensuring that every pupil feels included, supported to achieve their aspirations, and treated fairly.

## 5. Curriculum

Our RSE curriculum is set out in Appendix 1. While the curriculum provides a clear Trust-wide framework, each school may adapt delivery to reflect the age, developmental stage, needs, and context of its pupils.

The curriculum has been developed in consultation with parents/carers, pupils, and colleagues, and is underpinned by statutory guidance (DfE 2019). It is inclusive, accessible, and designed to support all pupils, including those with SEND, to fully participate and benefit.

If pupils ask questions outside the scope of this policy or curriculum, teachers will respond with sensitivity, accuracy, and age-appropriate information. This ensures that pupils feel informed and supported, and are less likely to seek potentially harmful or misleading information online.

Parents and carers are entitled to view curriculum resources and teaching materials on request. Schools will share these in an open and transparent manner to support parental partnership.

### Primary Curriculum

In our primary academies, we provide statutory Relationships Education and deliver the science curriculum requirements on human development. While sex education at primary level is not compulsory, Discovery Trust recognises the safeguarding benefits of preparing pupils for later learning. Therefore, we include age-appropriate sex education which focuses on:

- Preparing pupils for the changes that adolescence brings
- Understanding the basic process of conception and birth

### Linked Policies

This RSHE Policy should be read in conjunction with the [Discovery Trust Safeguarding and Child Protection Policy](#) and the [Harmful Sexual Behaviour \(HSB\) Policy](#), which provide detailed operational guidance on preventing and responding to sexual harassment, inappropriate behaviours of a sexual nature, and child-on-child abuse.

## 6. Delivery of RSE

RSE at Discovery Trust is delivered as part of a broad, balanced, and safeguarding-led curriculum, which includes PSHE, science, and, where appropriate, religious education (RE). Our approach ensures that pupils receive accurate, age-appropriate, and inclusive teaching that equips them to build healthy, safe, and respectful relationships.

### Primary Provision

Across our primary academies, Relationships Education focuses on the fundamental building blocks of positive relationships, including:

- Families and people who care for me

- Caring friendships
- Respectful relationships
- Online relationships
- Being safe

In addition, where appropriate, our primary schools provide age-appropriate sex education beyond the science curriculum, covering:

- Preparing pupils for the changes of puberty
- How a baby is conceived and born

## **6.1 Inclusivity**

Discovery Trust is committed to delivering RSE in a way that is inclusive, sensitive, and accessible for all pupils, including those with SEND or additional vulnerabilities.

Our academies will:

- Ensure that RSE content is relatable to the diverse backgrounds and experiences of all pupils
- Create safe, supportive learning environments where pupils feel able to ask questions and engage with key messages without fear of judgement
- Provide teaching in a range of formats, depending on need, such as:
  - Whole-class lessons
  - Small-group or targeted sessions
  - One-to-one discussions
  - Digital, visual, or scaffolded resources
- Carefully differentiate content to ensure accessibility and understanding for all pupils

This reflects our Trust values of Belonging, Ambition, and Equity, ensuring that every pupil can engage fully and meaningfully in RSE and is equipped to respect others while also understanding their rights under the law.

## **6.2 Use of resources**

Our academies will consider whether any resources they plan to use:

- Are aligned with the teaching requirements set out in the statutory RSE guidance
- Would support pupils in applying their knowledge in different contexts and settings
- Are age-appropriate, given the age, developmental stage and background of our pupils
- Are evidence-based and contain robust facts and statistics
- Fit into our curriculum plan
- Are from credible sources
- Are compatible with effective teaching approaches
- Are sensitive to pupils' experiences and won't provoke distress
- Fully integrated into the Trust's curriculum map (Appendices 1 and 2)

## **6.3 Health Education**

In line with statutory requirements, Discovery Trust schools deliver Health Education to all pupils in primary, secondary, and special provision. This includes:

- **Mental wellbeing** – understanding emotions, resilience, and positive coping strategies; reducing stigma; recognising when and how to seek help.
- **Physical health and fitness** – benefits of active lifestyles; risks of inactivity; sleep; balanced diet; oral health; personal hygiene.
- **Healthy eating** – knowledge of nutrition, healthy relationships with food, and the risks of poor diet.
- **Drugs, alcohol, tobacco, and vaping** – facts and risks, including nicotine addiction, illicit substances, and the impact on mental and physical health.
- **Health protection** – vaccinations, sun safety, dental care, infection prevention, first aid, and understanding of the healthcare system.
- **Online wellbeing** – safe use of technology, risks of social media, gaming, gambling-like behaviours, and emerging harms such as AI chatbots and deepfakes.
- **Developing bodies** – puberty, menstruation, reproductive health, fertility, menopause, and body changes through adolescence.

Our schools will teach this content sensitively, age-appropriately, and inclusively, ensuring pupils with SEND are fully supported to access the curriculum.

## 7. Use of external organisations and materials

Across Discovery Trust, external organisations and materials can provide valuable enrichment to our RSE curriculum. However, the Trust retains full responsibility for what is taught and shared with pupils. We will therefore ensure that all external input:

- Is appropriate, accurate, and age-appropriate
- Supports the intent and outcomes of our RSE curriculum
- Upholds the Trust's safeguarding framework of Protect, React, Learn
- Aligns with our values of Belonging, Ambition, and Equity
- Complies with our legal duties around political impartiality

We will not allow any external organisation, resource, or speaker to undermine the fundamental British values of democracy, the rule of law, individual liberty, mutual respect, and tolerance of different faiths and beliefs.

## Safeguarding and Quality Assurance

Before engaging with an external organisation, our academies will:

- Carry out appropriate checks to ensure the organisation, its approach, and its resources are suitable
- Confirm that all resources and approaches are:
  - o Age-appropriate and matched to pupils' developmental stage
  - o Compliant with:
    - This policy
    - The Teachers' Standards

- The Equality Act 2010
- The Human Rights Act 1998
- The Education Act 1996
- Only engage with agencies where there is full confidence in their quality, approach, and materials
- Review any case studies or examples in advance, seeking feedback from other schools where relevant
- Be clear about:
  - o What will be delivered
  - o The position of the agency on the issues to be discussed
  - o The intended outcomes of the session

All external visitors must be named and pre-approved, and schools will follow usual safeguarding and safer recruitment procedures. Teachers must always be present during external sessions and retain the right to intervene, stop, or refuse content that is not appropriate.

### **Due Diligence**

Schools will also:

- Request to see all resources and materials in advance
- Conduct an online search to identify any concerns about the agency
- Check the agency's policies on photography, recording, and data handling
- Share external materials with parents and carers on request, in the interests of transparency

### **Prohibited Practice**

Under no circumstances will our academies:

- Work with external agencies that promote or condone extremist, illegal, or discriminatory views
- Use materials produced by organisations that promote such views, even if the materials appear neutral

## **8. Roles and responsibilities**

### **8.1 The board of trustees**

The Board of Trustees is responsible for:

- Approving the Trust-wide RSE policy
- Holding the Trust Head of Safeguarding and central team to account for ensuring consistency and compliance across all schools
- Receiving assurance that RSE is implemented effectively in every academy in line with statutory requirements and safeguarding duties

### **8.2 The Trust Head of Safeguarding**

The Trust Head of Safeguarding is responsible for:

- Reporting to the Board of Trustees on the implementation, effectiveness, and any challenges in RSE across the Trust
- Providing strategic oversight to ensure RSE is aligned with safeguarding, statutory guidance, and the Trust's values of Belonging, Ambition, and Equity
- Offering guidance, training, and supervision to Named RSE Leads in schools, ensuring that practice is consistent, Ofsted-ready, and firmly linked to the Trust's safeguarding framework of Protect, React, Learn
- Monitoring implementation across schools through self-assessments, policy reviews, and curriculum audits, ensuring continuous improvement and shared learning

### 8.3 Advisory Boards

Each school's **Advisory Board** is responsible for:

- Supporting and monitoring the effective implementation of RSE at school level
- Ensuring that school leaders are engaging meaningfully with parents, carers, pupils, and colleagues regarding RSE
- Reporting concerns or issues relating to RSE implementation to the Trust Head of Safeguarding and/or the Board of Trustees

### 8.4 The headteacher

Headteachers are responsible for:

- Ensuring that RSE is taught consistently and effectively in their school, in line with this Trust policy
- Appointing a Named RSE Lead at their school who has responsibility for curriculum development, colleague training, and consultation with parents/carers
- Making sure that parents and carers can access information and resources relating to the RSE curriculum
- Managing requests to withdraw pupils from non-statutory (non-science) components of RSE (see Section 9)

### 8.5 Colleagues

All colleagues involved in teaching are responsible for:

- Delivering RSE in a sensitive, accurate, and inclusive way
- Modelling positive attitudes and behaviours in line with the Trust's values of Belonging, Ambition, and Equity
- Monitoring pupil progress and understanding within RSE
- Responding appropriately to the needs of individual pupils, including those with SEND or additional vulnerabilities
- Respecting the rights of parents/carers who request withdrawal from non-statutory (non-science) aspects of RSE, in line with legal requirements

Colleagues do not have the right to opt out of teaching RSE. Any colleague who has concerns about delivering RSE is encouraged to discuss these with their headteacher or the school's RSE Lead.

## 8.6 Pupils

Pupils are expected to:

- Engage fully in RSE lessons and activities
- Approach discussions on RSE with respect, maturity, and sensitivity to others
- Uphold the Trust values of Belonging, Ambition, and Equity in their learning and interactions

## 9. Parents' right to withdraw

Across Discovery Trust, parents/carers do not have the right to withdraw their children from:

- **Relationships Education** in primary schools
- **Relationships and Sex Education (RSE)** in secondary schools (except for the non-statutory/non-science components)
- **Health Education**, which is statutory across all phases

Parents/carers do have the right to request withdrawal from the non-statutory (non-science) elements of sex education:

- **Primary Academies** – Parents/carers may request withdrawal from any sex education content delivered in addition to the science curriculum (e.g. conception and birth).

### Process for Withdrawal

- Requests for withdrawal must be made in writing, using the form in Appendix 3, and addressed to the headteacher of the relevant school.
- A copy of each request will be placed on the pupil's educational record.
- The headteacher will meet with the parent/carer to discuss the request, ensuring that they:
  - o Understand which elements of the curriculum are statutory and cannot be withdrawn from
  - o Are fully aware of the educational and safeguarding implications of withdrawal
  - o Have the opportunity to explore alternative ways the school can support their child's learning
- The headteacher will notify the Trust Head of Safeguarding of all withdrawal requests and provide an annual summary to the Board of Trustees.

Alternative, age-appropriate work will be provided for any pupil who is withdrawn from non-statutory elements of sex education.

## 10. Training

All colleagues delivering RSE receive appropriate training to ensure that provision is accurate, inclusive, and safeguarding-led.

- **Induction** – RSE training is included in the induction programme for all new colleagues so that expectations, statutory requirements, and safeguarding procedures are clear from the outset.
- **School CPD** – Each school incorporates RSE into its own continuing professional development (CPD) calendar. This ensures that colleagues have regular opportunities to build confidence, refresh knowledge, and share effective practice in delivering sensitive content.
- **School-level leadership** – Each school has a Named RSE Lead, supported by the headteacher, who is responsible for ensuring colleagues receive timely training and guidance.
- **Specialist input** – Where appropriate, headteachers (or the RSE Lead) may invite external professionals, such as school nurses, health advisors, or sexual health practitioners, to contribute to training. All external support is subject to the Trust’s safeguarding and quality assurance procedures.

### **Core Training Content**

All colleagues delivering RSE will be trained in:

- **Safeguarding procedures** for handling disclosures during RSE lessons
- **Mandatory reporting duties**, including Female Genital Mutilation (FGM) and the forthcoming duty to report known child sexual abuse
- **Managing sensitive discussions**, including the use of distancing techniques, safe classroom practice, and avoiding harmful stereotypes
- **Adapting delivery** to meet the needs of pupils with SEND or vulnerabilities
- **Signposting** pupils to appropriate internal and external support, including Designated Safeguarding Leads, health services, the police, and Childline

The **Trust Head of Safeguarding** provides oversight, guidance, and monitoring of RSE training across all schools, ensuring consistency, safeguarding alignment, and statutory compliance.

This approach reflects the Trust’s values of Belonging, Ambition, and Equity, ensuring that every colleague feels confident in delivery and every pupil receives high-quality, safe, and inclusive RSE.

### **11. Monitoring arrangements**

The delivery of RSE is monitored within each school by the headteacher (or the Named RSE Lead, where delegated). Monitoring may include:

- Curriculum planning scrutiny
- Learning walks and lesson observations
- Pupil voice activities
- Work sampling
- Feedback from colleagues, parents/carers, and Advisory Boards

Pupils’ development in RSE is monitored by class teachers and RSE Leads as part of the school’s internal assessment and personal development systems.

Each school will:

- Publish this RSE policy on its website, in line with statutory guidance
- Share representative samples of RSE and Health Education materials proactively with parents and carers
- Provide all materials to parents on request, ensuring that no contractual restrictions prevent transparency

This Trust policy will be reviewed annually by the Trust Head of Safeguarding and approved by the Board of Trustees.

We ensure the quality and effectiveness of RSE provision through the following local monitoring arrangements:

- **Lesson Observations:** The RSHE Lead and/or senior leaders observe RSE lessons as part of the school's regular monitoring cycle to ensure high-quality teaching and consistency across classes.
- **Planning Scrutiny:** Medium- and short-term planning for RSE is reviewed by the RSHE Lead to check coverage of statutory content and progression.
- **Pupil Voice:** We gather feedback from pupils through surveys, discussions, or the school council to understand their experiences and identify areas for improvement.
- **Staff Feedback:** Teachers are encouraged to share their views on the curriculum and resources, and to highlight any training needs.
- **Parent/Carer Feedback:** We invite feedback from parents/carers after RSE units and consider their views in future planning.
- **Assessment:** Teachers assess pupils' understanding through class discussions, activities, and informal assessments.
- **Reporting:** The RSHE Lead reports to the Headteacher and the Advisory Board on the quality and impact of RSE provision.
- **Policy Review:** The policy and curriculum are reviewed at least every three years, or sooner if needed, based on monitoring outcomes.

Appendix 1: Curriculum map

Relationships and sex education curriculum map



	Families and relationships		Health and wellbeing	
	Cycle A	Cycle B	Cycle A	Cycle B
1	Introduction: Setting ground rules for RSE & PSHE lessons*	Introduction: Setting ground rules for RSE & PSHE lessons*	Understanding my feelings*	Understanding my feelings*
2	Family*	Family*	Relaxation - laughter and progressive muscle relaxation	Steps to success
3	Friendships*	Friendships*	What am I like?	Developing a growth mindset
4	Families are all different	Other people's feelings	Ready for bed?	Being active
5	Other people's feelings	Getting along with others*	Hand washing and personal hygiene	Relaxation: breathing exercises
6	Getting along with others*	Friendship problems*	Sun safety	Healthy diet
7	Friendship problems*	Gender stereotypes*	Allergies	Looking after our teeth
8	Gender stereotypes*	Change and loss	People who help us stay healthy	



	Safety and the changing body		Citizenship	
	Cycle A	Cycle B	Cycle A	Cycle B
1	Communicating with adults*	Communicating with adults*	Rules*	Rules*
2	People who help to keep us safe in our local community	Road safety*	Similar, yet different *	Similar, yet different *
3	Road safety*	Safety at home	Belonging	Caring for others: Animals
4	Safety with medicines*	Safety with medicines*	Job roles in the community	The needs of others
5	Making a call to the emergency services	What to do if I get lost	Our school environment	Democratic decisions
6	The difference between secrets and surprises	The internet	Our local environment	School council
7	Appropriate contact*	Appropriate contact*		Giving my opinion
8	My private parts are private*	My private parts are private*		
9	Personal boundaries*	Personal boundaries*		

Economic Wellbeing			
Cycle A		Cycle B	
1	Money*	Money*	
2	Needs and wants*	Needs and wants*	
3	Looking after money	Saving and spending	
4	Banks and building societies*	Banks and building societies*	
5	Jobs*	Jobs*	
Transition			
Cycle A		Cycle B	
1	Transition lesson*	Transition lesson*	

Families and relationships		Health and wellbeing	
Cycle A	Cycle B	Cycle A	Cycle B
1	Introductory lesson: Setting ground rules and signposting*	Introductory lesson: Setting ground rules and signposting*	My healthy diary
2	Friendship issues and bullying*	Friendship issues and bullying*	Diet and dental health
3	The effects of bullying and the responsibility of the bystander	Healthy families	Relaxation - stretches
4	Stereotyping - Gender*	Stereotyping - Gender*	Wonderful me
5	Stereotyping - Age/disability*	Stereotyping - Age/disability*	My superpowers
6	Healthy friendships - boundaries	How my behaviour affects others	Celebrating mistakes
7	Learning who to trust	Effective communication to support relationships	Communicating my feelings*
8	Respecting differences*	Respect and manners	My happiness
9	Change and loss - bereavement*	Respecting differences	

Safety and the changing body		Citizenship	
	Cycle A	Cycle B	
1	Be kind online	Fake emails	Recycling / reusing*
2	Cyberbullying	Internet safety: age restrictions	Local community buildings and groups*
3	Share aware	Consuming information online	Local council and democracy*
4	Privacy and secrecy	Tobacco	Rules
5	First Aid: Bites and stings	First Aid: asthma	Rights of the child*
6	Choices and influences*	Choices and influences*	Charity
7	Year 3: First Aid: Emergencies and calling for help Year 4: Introducing puberty	Year 3: First Aid: Emergencies and calling for help Year 4: Introducing puberty	
8	Year 3: Road safety Year 4: Growing up	Year 3: Road safety Year 4: Growing up	

Economic Wellbeing	
	Cycle B
1	Spending choices*
2	Budgeting*
3	Money and emotions *
4	Jobs and careers*
5	Gender and careers
Transition	
	Cycle B
1	Coping strategies*

	Families and relationships		Health and wellbeing	
	Cycle A	Cycle B	Cycle A	Cycle B
1	Introduction lesson: Setting rules and signposting*	Introduction lesson: Setting rules and signposting*	Relaxation - yoga	Relaxation - mindfulness
2	Build a friend - what makes a good friend	Friendship skills	The importance of rest	What can I be?
3	Respect*	Respect*	Embracing failure	Taking responsibility for my health
4	Respecting myself	Resolving conflict	Going for goals	The impact of technology on health
5	Marriage	Family life	Taking responsibility for my feelings	Resilience toolbox
6	Bullying	Stereotyping	Healthy meals	Immunisation
7	Stereotyping	Challenging stereotypes	Sun safety	Physical health concerns
8	Challenging stereotypes	Change and loss		Good and bad habits

	Safety and the changing body		Citizenship	
	Cycle A	Cycle B	Cycle A	Cycle B
1	Online friendships	Critical digital consumers	Breaking the law	Pressure groups
2	Staying safe online	Social media	Prejudice and discrimination	Valuing diversity
3	First Aid: Choking	First Aid: Bleeding	Protecting the planet	Food choices and the environment
4	Alcohol	First Aid: Basic life support	Contributing to the community	Caring for others
5	Drugs, alcohol and tobacco: Influences	Year 5: Puberty Year 6: Physical and emotional changes of puberty	Rights and responsibilities*	Rights and responsibilities*
6	Year 5: Puberty Year 6: Physical and emotional changes of puberty	Year 5: Menstruation Year 6: Conception	Parliament and national democracy*	Parliament and national democracy*
7	Year 5: Menstruation Year 6: Conception	Year 5: Emotional changes in puberty Year 6: Pregnancy and birth		
8	Year 5: Emotional changes in puberty Year 6: Pregnancy and birth			

Economic wellbeing	
	Cycle A
1	Borrowing
2	Income and expenditure
3	Prioritising spending
4	Risks with money
5	Careers*
Identity	
	Cycle B
1	Year 6: What is identity?
2	Year 6: Identity and body image
Transition lesson	
	Cycle A
1	Roles and responsibilities*

Appendix 2: By the end of primary school pupils should know

TOPIC	PUPILS SHOULD KNOW
Families and people who	<ul style="list-style-type: none"> <li>That families are important for children growing up because they can give love, security and stability</li> </ul>

TOPIC	PUPILS SHOULD KNOW
care about me	<ul style="list-style-type: none"> <li>• 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</li> <li>• 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</li> <li>• 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</li> <li>• That marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong</li> <li>• How to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed</li> </ul>
Caring friendships	<ul style="list-style-type: none"> <li>• How important friendships are in making us feel happy and secure, and how people choose and make friends</li> <li>• The characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties</li> <li>• That healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded</li> <li>• 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</li> <li>• 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</li> </ul>
Respectful relationships	<ul style="list-style-type: none"> <li>• 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</li> <li>• Practical steps they can take in a range of different contexts to improve or support respectful relationships</li> <li>• The conventions of courtesy and manners</li> <li>• The importance of self-respect and how this links to their own happiness</li> <li>• 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</li> <li>• 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</li> <li>• What a stereotype is, and how stereotypes can be unfair, negative or destructive</li> <li>• The importance of permission-seeking and giving in relationships with friends, peers and adults</li> </ul>
Online relationships	<ul style="list-style-type: none"> <li>• That people sometimes behave differently online, including by pretending to be someone they are not</li> <li>• 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</li> <li>• The rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them</li> <li>• How to critically consider their online friendships and sources of information including</li> </ul>

TOPIC	PUPILS SHOULD KNOW
	awareness of the risks associated with people they have never met <ul style="list-style-type: none"> <li>• How information and data is shared and used online</li> </ul>
Being safe	<ul style="list-style-type: none"> <li>• What sorts of boundaries are appropriate in friendships with peers and others (including in a digital context)</li> <li>• 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</li> <li>• That each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact</li> <li>• How to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know</li> <li>• How to recognise and report feelings of being unsafe or feeling bad about any adult</li> <li>• How to ask for advice or help for themselves or others, and to keep trying until they are heard</li> <li>• How to report concerns or abuse, and the vocabulary and confidence needed to do so</li> <li>• Where to get advice e.g. family, school and/or other sources</li> </ul>

Appendix 3: Parent/carer form: withdrawal from sex education within RSE

TO BE COMPLETED BY PARENTS/CARERS			
Name of child		Class	
Name of parent		Date	
Reason for withdrawing from sex education within relationships and sex education			

TO BE COMPLETED BY PARENTS/CARERS

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Any other information you would like the school to consider

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Parent signature

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TO BE COMPLETED BY THE SCHOOL

Agreed actions  
from discussion  
with parents

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