



Relationships, Sex and Education Policy

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Job Role: RSE Lead
Teacher/Assistant
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Date: October 2025

Approved by: Governors

Last reviewed on:

Next review due by:

October 2026

Intent

From April 2021 it became compulsory to teach Relationship, Sex and Health Education in primary schools. We must also teach elements of sex education contained in the science curriculum. As a secondary school we must provide Relationships and Sex Education (RSE) to all pupils as per the [Children and Social work act 2017](#).

At Paces School we recognise the importance of teaching pupils about relationships and sex. Subject content and how we teach these sensitive topics will be determined by the age and learning needs of individual pupils.

This policy has been developed in *consultation with staff, pupils and parents*. The consultation and policy development process involved the following steps:

- Training- The Headteacher attended DfE accredited RSE training in February 2021
- Review – The Lead Teacher & Assistant Headteacher pulled together all relevant information including relevant national and local guidance, as well as consulting other special schools in Sheffield
- Staff consultation – school staff were given the opportunity to look at the policy and make recommendations
- *Parent/stakeholder consultation – parents were invited to comment on their thoughts and concerns regarding RSE and the draft policy*
- Pupil consultation – as appropriate we investigated what exactly pupils want from their RSE
- Ratification – once amendments were made, the policy was shared with governors and ratified

Sex and Relationships Education defined as the emotional, social and cultural development of pupils, and involves learning about relationships, sexual health, sexuality, healthy lifestyles, diversity and personal identity.

RSE involves a combination of sharing information, and exploring issues and values.

RSE is not about the promotion of sexual activity.

As appropriate, at Paces it is our aim and intention to teach pupils:

Early Years & Primary (age & stage)

- To make healthy choices throughout their lifetime
- About the differences and similarities between males and females
- To name different body parts using the correct terminology
- The importance of good personal hygiene
- To talk about their feelings about relationships
- To value healthy, loving relationships and family life – including recognising the diversity of family structures
- To be confident and develop positive self esteem
- To respect themselves and others

- About online safety
- How to manage changing feelings, e.g. bereavement and loss

For primary aged pupils and pupils working at a primary level, sex education will focus on (where appropriate to the pupil's stage):

- Preparing boys and girls for the changes that adolescence brings
- How a baby is conceived and born

Otherwise, pupils will be focusing on developing and maintaining healthy relationships.

For more information about our curriculum, see our curriculum map in Appendix 1.

Secondary (pupils for who this is appropriate)

Teachers will use their own professional judgement to determine which content is appropriate and will be meaningful for the pupils they teach.

- The importance of positive mental health and wellbeing
- How to look after their mental health and what to do if they need help in this area
- About different developmental stages of life from babyhood to old age
- Pregnancy and birth
- About the changes that they will experience both physically and emotionally and to prepare them for these (including menstruation)
- How to stay safe in relationships including sexual harassment and sexual violence
- To make safe and healthy choices and to understand the consequences of doing this and not doing this.
- How to recognise and avoid abuse and exploitation
- To develop an understanding of and respect for difference including sexuality, disability, culture and gender.
- Challenging misogyny, incel culture, and the harmful effects of pornography and harmful online content.
- Identifying and becoming aware of increasing online risks such as AI generated content, deepfakes, online scams and AI chatbots.

The Primary content can still be consolidated and reinforced for pupils who are working at a secondary level.

We aim to create and maintain a safe environment within which all pupils feel able to ask questions and discuss issues openly. For any pupil wishing to discuss something confidential, relating to the lesson content, an opportunity will be provided with a trusted member of staff.

Implementation of RSE at Paces

RSE is taught within the Personal, Social, Health and Economic (PSHE) education curriculum. Biological aspects of RSE are taught within the science curriculum, and other aspects are included in religious education (RE).

Relationship, Sex and Health Education at Paces is covered in two ways. Firstly, as an ongoing process from Reception upwards, as part of our PSHE curriculum and, at times, as part of the Science and RE curriculum. PSHE planning is designed to give teachers the flexibility to teach subject areas in the most appropriate way for their class, given the nature of the topic area and the developmental stage of their pupils.

The second and main area of sex education (for secondary pupils), and some areas of relationship education (for all pupils), is covered in blocks of teaching over one or two full days. This will usually take place in the summer term and will be overseen by the subject leaders, planned following discussions with the teachers.

Teaching in blocks will allow the sensitive aspects of relationship and, where appropriate, sex education to be highly differentiated. The pupils will be grouped according to their stage and learning level and therefore, not necessarily with their class group. This will require careful planning and organisation with all the teachers.

Where sex education is taught, parents are informed and resources will be shared. Parents have the right to excuse their child from the Sex Education Curriculum but do not have the right to excuse them from the Relationships or Health Education Curriculum.

Training

Training on the specific areas of the RSE curriculum will be delivered to teachers throughout the year, according to the long-term planning, to ensure teachers are upskilled and confident in their delivery. The Deputy Head will be responsible for co-ordinating training.

All staff are trained on the delivery of RSE as part of their induction and it is included in our continuing professional development calendar.

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 where appropriate.

Roles and responsibilities

The Governing Board

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

The Headteacher

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.

Staff

- Staff are responsible for:
- Delivering RSE in a sensitive way
- Delivering RSE with carefully planned resources, considering each pupil's communication needs and ensuring every pupil is equipped to ask questions on all the areas covered, as they need to.
- 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

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.

All teachers are responsible for teaching RSE at Paces.

Pupils

Pupils are expected to engage fully in RSE and to treat others with respect and sensitivity.

Working with parents

We work in close partnership with parents and carers and recognise that not all parents are comfortable or confident in talking to their children about RSE matters. We inform parents when particular aspects of the RSE curriculum are going to be taught and invite them to preview all materials used ahead of time.

For pupils in primary school, parents do not have the right to withdraw their children from relationships education. However, parents have the right to withdraw their children from the non-statutory/non-science components of sex education within RSE.

Requests for withdrawal should be put in writing and addressed to the Headteacher. Alternative work will be given to pupils who are withdrawn from sex education.

For secondary aged pupils, parents have the right to withdraw their children as above up to and until 3 terms before the child turns 16. After this point, if the child wishes to receive sex education rather than being withdrawn, the school will arrange this. Requests for withdrawal should be put in writing and addressed to the headteacher. A copy of withdrawal requests will be placed in the pupil's educational record.

The headteacher will invite any parents who wish to withdraw their child, to have a discussion before taking any appropriate action.

Alternative work will be given to pupils who are withdrawn from sex education.

Training

Training on the specific areas of the RSE curriculum will be delivered to teachers throughout the year, according to the long-term planning, to ensure teachers are upskilled and confident in their delivery. The Headteacher will be responsible for co-ordinating training.

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 where appropriate.

Monitoring arrangements

The delivery of RSE is monitored by the Senior Leadership Team as part of their lesson observation cycles, including work and planning scrutiny:

Pupils' development in RSE is monitored by class teachers as part of our internal assessment systems. Individual termly targets will reflect specific learning areas for pupils within RSE.

This policy will be annually reviewed by: Brittany Machin (RSE coordinator)

At every review, the policy will be approved by the governing board.

Appendix 1:

RE and PSHE (incl. RSE) Task Series Curriculum: KS1 Long term Planning

Year A

Subject	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 1
RE	Friendship - Who are my friends? - How can I be a good friend?	Gifts and giving - What is Christmas? - How is Christmas celebrated? - Christmas presents	Caring for others - Looking after each other - The Good Samaritan - Langar	Rules and routine School rules and routine	Rules and Routine - The Ten Commandments - Shabbat (Judaism)	Beginnings and endings - Baptism - Marking my own beginning or ending
PSHE	Be Yourself - Marvellous Me - Feelings - Things I like	Money Matters - Money - Keep it safe - Save or spend	TEAM - TEAM - Listening - Being kind	Think positive - Think Happy, Feel Happy - It's your choice - Go-Getters	Aiming high* - Star qualities - Positive learners - Bright futures	Growing up - Our bodies - Is it ok? - Pink and blue

Year B

Subject	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 1
RE	Nature and God - Creation Story 1 (Christianity) - Harvest	Light and dark - Advent at Christmas - Christmas lights	Beginnings and Endings - Thinking about beginnings and endings - Vaisakhi	Easter and Surprises - Surprises - Easter Sunday - How is Easter Celebrated?	Places of worship - What is a place of worship? - Jewish worship - Hindu Mandir	Friendship - David and Jonathan (Christianity) 12 Special Friends (Christianity)
PSHE	Be Yourself Uncomfortable feelings	Safety First Keeping safe	Britain - My school - My community	Respecting Rights* Rights	One world - Families - Homes	Growing up - Look at me now! - Getting older

	• Changes • Speak up!	• Staying safe at home	• My neighbourhood	• Respecting others • Everybody's different		• Changes
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Year C

Subject	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 1
RE	Rules and Routine • School rules and routine • The five pillars of Islam • The 5 K's (Sikhism)	Gifts and Giving • How is Eid al-Fitr? • How is Eid al-Fitr celebrated? • Eid al-Fitr Presents	Places of worship • Christian church • Why are places of worship important? • A new place of worship	Easter and Surprises • Palm Sunday • Maundy Thursday • Good Friday	Friendship • The Wind and the Moon (Buddhism) • The Deer and the Crow (Hinduism)	Religion and Rituals • Holy communion • Comparing rituals • Our own ritual
PSHE	Think Positive • Let it out • Be thankful	One world • Schools • Environments	TEAM • Bullying and teasing • Brilliant brains • Making good choices	Money Matters • Want or need • Look after it • Going shopping	Safety first • Staying safe outside • Staying safe online	Britain • My country • British people • What makes me proud of Britain?

RE and RSE subjects to be taught as separate lesson/whole school days- to be incorporated into yearly topic plans:

Year A	Year B	Year C
The Nativity Story • A baby is born • The shepherds • A new star appears Ceremonies • Dastar Bandi (Sikhism) • Hindu Wedding (Hinduism)	Light and dark • Rama and Sita • Advent • Hanukkah Nature and God • Sukkot (Judaism) • Prince Siddhartha and the Swan (Buddhism)	The Christmas Story • Love • Christmas cards • Christmas carols Religion and rituals • What is a ritual? • Salat (Muslims)

Growing up/Changes (group according to age/stage)	• The Boy Who Threw Stones at Trees (Islam) Growing up/Changes (group according to age/stage)	• Puja Growing up/Changes (group according to age/stage)
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Appendix 2:

RE and PSHE Task Series Curriculum: KS2 Long term Planning

Year A

Subject	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 1
RE	Buddhism - Who and Where? - Special places	The Nativity Story - Mary and Joseph - The journey - A baby is born	Christianity - Symbols and meanings - Holy book	Hinduism - Holi - Holy book	Islam - Who and where? - Main beliefs - Special places	Judaism - Who and where? - Special places
PSHE	Be Yourself - Pride - Feelings - Express yourself	Money matters - Where does money come from - Ways to pay	TEAM - A new start - Together Everyone Achieves More - Working together	Aiming High - Achievements - Goals - Always learning	Britain - Living in Britain - Democracy - Rules, laws and responsibilities	It's My Body - My body, my choice - Fit as a fiddle - Good night, good day

Year B

Subject	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 1
RE	Pilgrimages - Special journeys - Christian pilgrimages	Hinduism - Diwali - Symbols and meanings	Buddhism - Buddha's birthday - Wesak festival	Islam - Special Festivals - Ramadan	The Bible - Who wrote the Bible? - Stories, songs and Psalms	Judaism - Holy Book - Symbols and meaning
PSHE	Think Positive - Happy minds, happy people - Changes - Keep calm and relaxed	One World - Families - Homes - Schools	Safety First - Risks, hazards, dangers - Road safety - Dangerous substances	VIPs - Making and staying friends - Falling out - Bullying	Respecting Rights - Rights - Rules - Respect	Growing up - Changing emotions - Relationships and families

Year C

Subject	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 1
RE	Christianity Special places	Judaism - Special festivals - Hanukah	Hinduism - Who and where? - Main beliefs - Special places	Christianity - Festivals - Easter	Islam - Holy Book - Symbols and meanings	Buddhism Symbols and meanings
PSHE	Aiming High - Jobs and skills - No limit - When I grow up	TEAM - Being considerate - When things go wrong - Responsibilities	Be Yourself - Know your mind - Media wise - Making it right	Britain - Liberty - Tolerance and respect - What does it mean to be British?	Money Matters - Lending and borrowing - Priorities	It's my Body - Cough, splutter, sneeze - Medicines - Choices everywhere

RE and RSE subjects to be taught as separate lesson/whole school days- to be incorporated into yearly topic plans:

Year A	Year B	Year C
The Nativity Story - A baby is born - The shepherds - A new star appears Ceremonies - Dastar Bandi (Sikhism) - Hindu Wedding (Hinduism) Relationships/Growing up/Changes (group according to age/stage)	Light and dark - Rama and Sita - Advent - Hanukkah Nature and God - Sukkot (Judaism) - Prince Siddhartha and the Swan (Buddhism) - The Boy Who Threw Stones at Trees (Islam) Relationships/Growing up/Changes (group according to age/stage)	The Christmas Story - Love - Christmas cards - Christmas carols Religion and rituals - What is a ritual? - Salat (Muslims) - Puja Relationships/Growing up/Changes (group according to age/stage)



