

Relationships Education & Relationships and Sex Education

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1. Introduction

In this policy, 'relationships education' refers to understanding the fundamental building blocks and characteristics of positive and safe relationships, including those with family, friends, other pupils and adults, and online. It aids the development of positive self-esteem, which enables pupils to cope with the challenges of personal growth. It enables pupils to make responsible decisions. It is about exploring feelings and emotions and developing confidence.

Relationships Education and Sex Education involve the teaching of distinct, yet often interrelated themes and topics. At Rokeby, Relationship Education and Sex Education are taught in a variety of ways. At times, these two topics are combined and taught through lessons known as Relationships and Sex Education (RSE).

2. Statutory Requirements

Relationships education is compulsory for all pupils receiving primary education, and relationships and sex education (RSE) is compulsory for all pupils receiving secondary

education. Personal, social, health, and economic education (PSHE) remains compulsory in independent schools. The government's RSHE guidance, to be implemented on 1st September 2026, can be found [here](#). Until 31st August 2026, this policy will be underpinned and informed by the current 2025 guidance, which can be found [here](#). Our policy also follows the statutory guidance given by the government (DfE) and meets the requirements of the Independent School Standards. As a school and early years provision, we must ensure that every registered pupil provided with primary education at the school receives relationships education, in accordance with Section 34 of the Children and Social Work Act 2017 and the Independent School Standards.

3. Life Cycles

Life Cycles is taught in Year 5 as part of the Science curriculum and follows the national curriculum.

Curriculum content for Life Cycles in Year 5

This includes subject content in related areas, reproduction in some plants and animals, as well as human foetal development.

LO: To discuss that different living organisms have different ways of reproducing
LO: To produce a life cycle for flowering plants
LO: To be able to identify pros and cons of sexual reproduction as opposed to asexual reproduction
LO: To produce an illustrated life cycle of a lady bird
LO: To produce an illustrated life cycle of a frog
[As before but with salamander]
[As before but with dragonfly]
L.O.- To organise stages of human foetal development

4. Sex Education (SE)

Sex Education is taught by the Science Department in Year 7. It aims to ensure that pupils understand 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 and born.

Curriculum content for Sex Education in Year 7

Year 7:

LO: To understand that this is a sensitive topic
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LO: To identify the changes of puberty as happening to males, females, or both

LO: To label a diagram of the male and female gametes

LO: To be able to identify organs in the human reproductive system

LO: To define fertilisation and identify where it happens

LO: To identify key points in the menstrual cycle

LO: Early development

L.O. To plot a growth curve

LO: To be able to explain the pros and cons of key contraceptive methods
 [Condom and banana practical goes here: play this first: <https://www.twig-world.com/film/contraception-barrier-methods-1572/>]

LO: To identify key stages of embryonic development and pregnancy

LO: To identify key stages of child development

LO: To identify a characteristic that we have inherited from each parent, but to understand that we are unique

This content is revised in Year 8, but no new content is taught.

5. Relationships Education (RE)

The focus for primary relationships education should be on teaching the skills and knowledge that form the building blocks of all positive relationships, supporting pupils from the start of their education to grow into kind, caring adults who have respect for others and know how to keep themselves and others safe.

Relationships Education at Rokeby aims to promote healthy, fulfilling, and enjoyable relationships, and to provide pupils with space to explore their own thoughts, feelings, and experiences, thereby developing empathy towards and an understanding of others. We also aim to encourage pupils to take responsibility for their health and wellbeing. Elements of Relationships Education are taught in every year group from Reception as part of a varied PSHE curriculum.

6. Relationships and Sex Education ('RSE')

RSE is taught in Years 6, 7 & 8. It provides young people with the information they need to develop healthy, safe, and nurturing relationships of all kinds. This should include the knowledge they need in later life to keep themselves and others safe.

Aims and objectives of RSE

The teaching of RSE is a partnership between home and School. The school aims to provide a safe and respectful environment in which to learn about RSE, supporting the vital role of parents in providing this education.

We recognise that our pupils come from a diverse range of families. In line with the Equality Act 2010, all teaching at Rokeby, including the specific RSE education, aims to support all pupils equally and encourage the celebration of diversity.

Context for RSE

We teach RSE in the context of the school's aims and values framework (see Spiritual, Moral, Social and Cultural Policy). Whilst sex education in our school means that we give pupils information about sexual behaviour, we do this with an awareness of the moral code and values which underpin all our work in school. In particular, we teach RSE in the belief that:

- RSE should be taught in the context of family life.
- RSE is part of a wider social, personal, spiritual, and moral education process.
- pupils should be taught to have respect for their own bodies and be aware that they should speak out if being engaged in any sexual activity (see Safeguarding Policy).
- pupils should learn about their responsibilities to others and be aware of the consequences of sexual activity.
- it is important to build positive relationships with others, involving trust and respect.

Curriculum Content for RSE

RSE in Year 6

The curriculum includes the following topics:

- Families and people who care for me
- Caring friendships
- Respectful, kind relationships, different kinds of relationships, including same-sex relationships
- Online safety and awareness
- Being Safe
- Physical changes of puberty
- Human reproduction - (Parents can choose to withdraw their son from this lesson).
- Personal hygiene

RSE in Years 7 & 8

RSE in Years 7 and 8 will provide a clear progression from Year 6 RSE. RSE should provide young people with the information they need to develop healthy, safe, and nurturing relationships of all kinds. This should include the knowledge they need in later life to keep themselves and others safe,

Effective RSE focuses on respect for oneself and others and does not encourage or normalise early sexual experimentation. By supporting confidence and self-esteem, RSE will enable pupils to make their own choices about whether or when to develop safe, fulfilling, and healthy sexual relationships, once they reach the age of consent, and to resist pressure to have sex.

The aim of RSE at Rokeby is to give pupils the information they need to help them develop healthy, nurturing relationships of all kinds, not just intimate relationships. It aims to enable them to know what a healthy relationship looks like. It also covers consent and encourages

pupils to consider what is acceptable and unacceptable behaviour in relationships. Pupils are taught the facts and the law about sex, sexuality, and gender reassignment in an age-appropriate and inclusive way. Body image, sharing nudes and semi-nudes and pornography are also covered in an age-appropriate manner.

RSE provides an excellent forum to provide pupils with life skills that will enable them to make informed decisions and protect themselves against harmful and exploitative situations. RSE is therefore a tool to safeguard pupils.

The curriculum includes the following topics:

Year 7

- Week 1: Changing emotions
- Week 2: Sexualisation in the Media (including pornography)
- Week 3: Gender norms and expectations
- Week 4: Gender stereotypes of Andrew Tate and their impact
- Week 5: Empowering positive masculinity
- Week 6: Online Relationships
- Week 7: Different types of families
- Week 8: How to have healthy relationships

Year 8

- Lesson 1: Defining RSE and ground rules
- Lesson 2: Different types of relationships & Healthy Relationships
- Lesson 3: Understanding Consent
- Lesson 4: Consent and the Law
- Lesson 5: Relationship Safety and Sexting
- Lesson 6: Standing against sexual violence and misogyny
- Lesson 7: Understand the terms associated with sex, gender identity and sexual orientation
- Lesson 8: To explore how society creates expectations of behaviour based on gender
- Lesson 9: Body Image & Portrayal of Relationships in the Media

7. Organisation

In PSHE, we teach pupils about relationships and encourage them to discuss issues. We teach them about the parts of the body and how these work, and we explain to them what will happen to their bodies during puberty. In Year 6, we choose to teach one lesson of Sex Education as part of the RSE curriculum. Parents can withdraw their son from this specific lesson only.

Reproduction and Sex Education are also taught through statutory Science lessons. These are important lessons that provide pupils with knowledge and understanding of the human body and its processes and functions.

We make every effort to dovetail the Science and PSHE curricula to enable links between the subjects to be forged. This also enhances the boys' understanding of the topics. The content we teach regarding relationships education and RSE in PSHE and Science is outlined below by age group.

8. Teaching methods

All our teaching on relationships education and RSE, including the materials we use, is designed to be age-appropriate, comply with statutory guidance (Relationships Education, Relationships and Sex Education (RSE), and Health Education 2019), and reflect British Law. It is important to emphasise that RSE is part of a much broader PSHE programme of study, in which many aspects of human relationships are explored.

Teaching staff are professional and sensitive in their approach. They will not answer questions or discuss topics in front of the class that are not age appropriate. If pupils have questions that they do not want to ask in front of the whole class, they could be encouraged to ask their questions to adults at home or alternatively submit an anonymous post-it for the teacher to consider. Particular care will be taken not to stigmatise pupils based on their home circumstances and needs, to reflect that some pupils may have a different structure of support around them.

Pupils will be invited to express their personal opinions and feelings, whilst being encouraged to treat each other with kindness and respect and value the opinions and feelings of others. We promote respect for all and value every individual child.

Teachers who are uneasy about teaching these lessons should inform the Head of PSHE and/or Science, who will work with the teacher to deliver the curriculum and will encourage further CPD if appropriate.

9. Pupils with SEN (Special Educational Needs)

We need to ensure that the needs of pupils with SEN are met. This may mean that additional support is provided and/or resources are adapted to enable access. Parents may need to be consulted individually with regard to pupils with SEN.

10. Confidentiality

Teachers will conduct RSE lessons in a sensitive and confidential manner. However, if a pupil refers to being involved, or likely to be involved in sexual activity, or indicates that they may have been a victim of abuse, this will be dealt with in line with the School's Safeguarding Policy.

11. Withdrawal

To comply with statutory guidance (Relationships Education, Relationships and Sex Education (RSE) and Health Education 2019) and reflect British Law, there continues to be no right of withdrawal from any part of the national curriculum for Relationships Education or Health Education, nor can pupils be withdrawn from topics taught as part of the science curriculum, including science topics related to puberty or sexual reproduction.

A letter is sent home to parents prior to any module in Science or PSHE that covers RSE or Sex Education, so that they are aware. Parents have the right to request that their child be withdrawn from some or all of sex education delivered as part of RSE in Year 6 at Rokeby.

If a parent wishes their child to be withdrawn from an RSE lesson, they should put their concerns in writing to the head of phase, detailing which aspects of the programme they do not wish their child to participate in. Before granting the withdrawal, the head of phase will discuss the concerns raised by the parents, the benefits of this important education and any detrimental effects that withdrawal might have on the pupil. The school will always respect the parents' wishes.

Parents should be aware that schools are legally required to provide a broad, balanced curriculum. Sex education topics can arise incidentally and overlap with relationships education lessons, and it is not possible to withdraw pupils from these relatively limited and often unplanned discussions.

12. Reviewing the Effectiveness of the Policy

Pupil voice

Anonymous post-it notes allow pupils to ask questions that they might otherwise feel unable to ask.

At the beginning of the Year 8 scheme of work, pupils are asked the following questions to help assess their baseline understanding and provide them with an opportunity to say what they think is most important to them:

- RSE is the school subject that teaches young people about...
- RSE is the school subject that teaches young people how to...
- RSE is the school subject that teaches young people to be...
- Why is RSE so important?
- What areas of RSE do you want to learn about?

The answers to these questions are then revisited and reflected upon at the end of the module.

The Year 7 & 8 schemes of work conclude with a lesson which asks pupils to reflect on what they have learnt. This provides them with an opportunity to express what they believe has been most useful and to suggest any topics they would like to discuss further. They are also invited to suggest what improvements could be made for the future delivery of the topic.

13. Parent voice

All teaching resources are made available to parents via [Firefly](#).

Prior to RSE lessons being taught, Year 6 parents are invited to attend a webinar, in which the syllabus is outlined. Following this, parents are invited to submit any ideas, thoughts, or suggestions that could benefit the ongoing development and improvement of the syllabus and RSE policy via an online form. They are also invited to make an in-person appointment to discuss any area of the RSE provision at Rokeby.

A live biennial webinar is offered to Year 7 and 8 parents. Recordings of previous webinars are also available to view on Firefly.

The Head of Science and Head of PSHE, in conjunction with the Deputy Head Pastoral, Head of Middle School and the Headmaster, review the policy annually.