



Relationship and Sex Education Policy

Policy Review & Update Process			
Member(s) of SLT responsible for update		DSL / Head of Pre-Prep	
Sub-Committee responsible for review		Education Sub-Committee	
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Statutory Requirements

The Relationships Education, Relationships and Sex Education (RSE) and Health Education (England) Regulations 2019, made under sections 34 and 35 of the Children and Social Work Act 2017, make Relationships Education compulsory for all pupils receiving primary education and Relationships and Sex Education (RSE) compulsory for all pupils receiving secondary education.

This policy has been developed in line with the DfE statutory guidance “Relationships, Sex and Health Education” (first published 25 June 2019; last updated 15 July 2025) and outlines how Bickley Park School meets these requirements.

The Bickley Park School RSE policy runs in conjunction with our PSHE policy to ensure we meet the needs of the young people in our setting.

What is relationship and sex education? (RSE)

It is lifelong learning about physical, moral and emotional development. It is about the understanding of the importance of marriage for family life, stable and loving relationships, respect, love and care. In older settings it is also about the teaching of sex, sexuality, and sexual health. At no point is it about the promotion of sexual orientation or sexual activity – this would be inappropriate teaching.

Within Bickley Park School there are three main elements within RSE education:

Attitudes and values

- learning the importance of values and individual conscience and moral considerations;
- learning the value of family life, marriage, and stable and loving relationships for the nurture of children;
- learning the value of respect, love and care; – exploring, considering and understanding moral dilemmas; and
- developing critical thinking as part of decision-making.

Personal and social skills

- learning to manage emotions and relationships confidently and sensitively;
- developing self-respect and empathy for others;
- learning to make choices based on an understanding of difference and with an absence of prejudice;
- developing an appreciation of the consequences of choices made;
- managing conflict; and
- learning how to recognise and avoid exploitation and abuse.

Knowledge and understanding

- learning and understanding physical development at appropriate stages;
- understanding human sexuality, reproduction, sexual health, emotions and relationships as age appropriate;

Definitions

Relationships Education (statutory for all pupils)

Relationships Education is defined as learning about the physical, social, legal and emotional aspects of human relationships including friendships, committed relationships and family life. This also applies to online relationships to ensure that children are safe when online and how others can use their information in a way that they may not expect. We seek to ensure that our teaching of relationships education gives pupils the knowledge, skills, attitudes and values that will help them to:

- realise their health, wellbeing and dignity
- build self-esteem and self-worth
- explore and value their personal identity and the identities of others
- explore a range of family structures, including single-parent families, families headed by grandparents, adoptive parents and LGBT+ families and other family structures
- understand and make sense of the real-life issues they are experiencing in the world around them
- manage and explore difficult feelings and emotions
- consider how their choices affect their own wellbeing and that of others
- develop as informed and responsible citizens
- understand and ensure the protection of their rights throughout their lives.

Relationships and Sex Education (RSE) (statutory for all Secondary-aged pupils)

RSE is lifelong learning about physical, sexual, moral and emotional development. It is about teaching sex, sexuality and sexual health in a way that gives pupils the confidence to make sound decisions when facing risks and other challenges. It includes teaching about friendship, the importance of caring, stable and mutually supportive relationships with another person, and how to control and understand feelings that come with being in a relationship. It also covers human reproduction. This includes conception and contraception, safer sex, sexually transmitted infections and sexual health.

RSE does not encourage early sexual experimentation. It teaches children and young people to understand human sexuality and to respect themselves and others, to build self-esteem and understand the reasons for delaying sexual activity so that they can develop safe, fulfilling and healthy sexual relationships, at the appropriate time.

RSE will outline that there are different types of committed, stable relationships; the characteristics and legal status of other types of long-term relationships; the importance of marriage as a relationship choice and why it must be freely entered into; how relationships might contribute to human happiness and their importance for raising children, as well as highlighting the roles and responsibilities of parents with respect to raising children.

How is RSE delivered in school?

In accordance with government recommendations, RSE forms an integral part of the PSHE curriculum and from Foundation Stage onwards this is delivered in weekly lessons. Details of the learning objectives

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by year group are detailed in the Bickley Park School PSHE policy which should be read in conjunction with this document. The lessons are delivered by the class teacher until Y4 when subject teachers take on responsibility for teaching PSHE.

Additionally, the National Curriculum for Science outlines age appropriate teaching of the Science of reproduction and puberty. At Bickley Park School this is covered during Year 5 and Year 7.

During Year 5, pupils will study:

- Puberty - comparing changes that occur to boys and girls and why.
- How the foetus develops within the womb.
- Comparing internal and external fertilisation
- Comparing the gestation period for different animals.

During Year 7, pupils will study these details once again and additionally:

- The journey of the sperm from development to fertilisation.
- The menstruation cycle.
- What happens at birth.
- How we get identical and non-identical twins.
- Labelling the male and female reproductive organs.
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Withdrawal from RSE lessons

Parents/carers have the right to withdraw their children from all or part of the Sex Education provided at school except for those parts included in statutory National Curriculum Science. Relationship Education is compulsory for all children of statutory school age.

Those parents/carers wishing to exercise this right are invited in to see the Head and/or RSE Co-ordinator who will explore any concerns and discuss any impact that withdrawal may have on the child.

Once a child has been withdrawn, they cannot take part in the Sex Education part of the programme until the request for withdrawal has been removed.

At Bickley Park School, parents will be contacted by letter in advance of the teaching of RSE materials in either Science or PSHE. Whilst the school will always respect the parents' wishes on withdrawal of a pupil, sex and relationships topics can arise incidentally in other subjects, such as Science, and it is not possible to withdraw pupils from these relatively limited and often unplanned discussions.

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