



Lowther Primary School  
Relationships and Sex Education Policy

This policy was adopted: July 2021  
Next review: July 2023

### 1. Introduction

Lowther Primary School recognises that parents and carers are the key people to teach their children about relationships and sex. We work in partnership with parents and carers, supporting them in preparing their children for happy and fulfilled relationships in adult life. We want Lowther children to know how to be safe and healthy, and how to manage their academic, personal and social lives in a positive way. The RSE curriculum aims to put in place the key building blocks of healthy, respectful relationships, focusing on family and friendship in all contexts, including online.

### 2. Aims

At Lowther, the aims of Relationship and Sex Education (RSE) are:

- to provide a framework in which sensitive discussions can take place, complemented by development of personal attributes including kindness, integrity, generosity and honesty;
- to provide balanced and factual information;
- to enable pupils to make informed decisions and to react appropriately to different situations;
- to encourage pupils to consider the consequences of their actions;
- to encourage pupils to reflect on their own emotional development;
- to help pupils develop feelings of self-respect, confidence and empathy;
- to highlight the importance of considering the emotions and views of others;
- to emphasise the importance of good communication in relationships;
- to ensure that pupils have a clear understanding of consent, choice and equality;
- to create a positive culture around relationships;
- to prepare pupils for puberty and give them an understanding of sexual development and the importance of health and hygiene;
- to teach pupils the correct vocabulary to describe themselves and their bodies.

Lowther seeks to provide high quality, evidence-based and age-appropriate teaching that will prepare children for the responsibilities, experiences and opportunities of adult life. It will also promote the spiritual, moral, social, cultural, mental and physical development of pupils, at school and in society. We aim to be inclusive in our Relationship and Sex Education. Materials are used in a way which takes into account the different backgrounds, religions and beliefs of pupils, and does not discriminate against any individual.

### 3. Statutory requirements

As a maintained primary school we must provide relationship and health education to all pupils (Relationships and Sex Education (RSE) and Health Education (DfE, 2019)). This statutory guidance is reinforced by the Children and Social work Act 2017 (section 34). We are not required to provide sex education, but we do need to teach the elements of sex education contained in the Science curriculum. The National Curriculum for science includes subject content in related areas, such as the main external body parts, the human body as it grows from birth to old age (including puberty) and reproduction in some plants and animals.

We have regard to guidance issued by the Secretary of State as outlined in section 403 of the Education Act 1996. At Lowther we teach RSE as set out in this policy.

This policy has been developed in consultation with key stakeholders within the school community.

### 4 Definition

Relationship and Sex Education (RSE) is about the emotional, social and cultural development of pupils. It is about understanding the importance of stable and loving relationships, respect, love and care, and involves learning about sexual health, sexuality, healthy lifestyles, diversity and personal identity. RSE involves a combination of sharing information and exploring issues and values.

### 5. Curriculum

At Lowther, we use the Christopher Winter Project scheme of work to deliver RSE and some aspects of Health education. This was chosen in consultation with parents, pupils and staff, taking into account the age, needs and feelings of pupils. The Department for Education recommends that all primary schools should have a sex education programme tailored to the age and the physical and emotional maturity of the pupils. At Lowther, we teach aspects of sex education in Year 6. It is important that the transition phase before moving to secondary school supports our pupils' emotional and physical development.

### 6. Delivery of RSE

RSE is part of the broad education received by pupils at Lowther. It is taught within the personal, social, health and economic education (PSHE) curriculum. Biological aspects of RSE are taught within the Science curriculum, and other aspects are included in religious education (RE). Pupils also receive stand-alone sex education sessions delivered by a teacher or trained health professional in Year 6.

Relationships education focuses on teaching the fundamental building blocks of positive relationships including:

- Families and people who care for me
- Caring friendships
- Respectful relationships
- Online relationships
- Being safe

Primary sex education will focus on:  
Preparing boys and girls for the changes that adolescence brings  
How a baby is conceived and born

If pupils ask questions outside the scope of this policy, teachers will respond in an appropriate manner, directing the pupils to their parent or carer, where they can be informed further without seeking answers online or through their peers. Lowther will offer parents support in talking to their children about sex education and how to link this to what is being taught in school.

For more information about our RSE curriculum, see the Curriculum Offer section of the school website.

## 7. Roles and responsibilities

### The Governing Board

The Governing Board has delegated the approval and review of this policy to the Curriculum and Policies committee and holds 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  
modelling positive attitudes to RSE  
monitoring progress  
responding to the needs of individual pupils  
responding appropriately to pupils whose parents/carers wish them to be withdrawn from the non-statutory/non-science components of RSE

### Pupils

Pupils are expected to engage in RSE and, when discussing issues related to RSE, treat others with respect and sensitivity.

### Parents

Parents do not have the right to withdraw their children from relationships education.

Parents do have the right to withdraw their children from the non-statutory/non-science components of sex education within RSE in Year 6.

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

## 8. Training

Staff are trained on the delivery of RSE.

The Headteacher will invite visitors from outside the school, such as school nurses, to provide support and training to staff teaching RSE.

## 9. Monitoring arrangements

The delivery of RSE will be monitored, and the Headteacher will communicate regularly with those delivering the RSE curriculum to discuss the:

- resources and methods used to deliver the RSE lesson content;
- appropriateness and effectiveness of resources and methods;
- reaction of pupils to lessons and materials;
- dates when discrete lessons will be taught during the summer term;
- inclusion of new topics that may need to be covered;
- content of parent consultation workshops, their effectiveness in supporting parents and carers and ensuring Lowther is working with parents to support pupils' development.

Pupils' development in RSE is monitored by class teachers as part of internal assessment systems.

This policy will be reviewed annually by the Curriculum and Policies Committee