

A thick teal line that starts at the top left, curves around the top and right, then curves down and around the bottom, ending at the bottom right. It frames the central text.

TALENT EDUCATION TRUST

# Relationships and sex education policy

Approved by: Trustee Board

Date: 30/9/2025

Last reviewed on: 1/10/2024

Next review due by: 30/9/2026

Date	Change or amendment to policy
<b>31/7/2024</b>	<p>8.1 remove education committee, replace with: Governing Board will be responsible for approving this policy</p> <p>8.3 Add non statutory RSE and Science components of RSE curriculum</p> <p>8.3 staff – updated names of staff responsible for RSE delivery.</p>
<b>31/7/2025</b>	Updated statutory DfE July 2025 Guidance to section 2

## Contents

1. Aims .....	3
2. Statutory requirements .....	3
3. Policy development .....	5
4. Definition .....	5
5. Curriculum.....	5
6. Delivery of RSE .....	6
7. Use of external organisations and materials .....	7
8. Roles and responsibilities .....	8
9. Parents’ right to withdraw.....	9
10. Training.....	10
11. Monitoring arrangements .....	10
Appendix 1: Curriculum map.....	11
Appendix 2: By the end of primary school pupils should know.....	12
Appendix 2: By the end of secondary school pupils should know .....	14
Appendix 3: Parent form: withdrawal from sex education within RSE .....	17

## 1. Aims

The aims of relationships and sex education (RSE) at the Anglo Portuguese School of London (APSOL) are to:

- Provide a framework in which sensitive discussions can take place
- Prepare pupils for puberty, and give them an understanding of sexual development and the importance of health and hygiene
- Help pupils develop feelings of self-respect, confidence and empathy
- Create a positive culture around issues of sexuality and relationships
- Teach pupils the correct vocabulary to describe themselves and their bodies

## 2. Statutory requirements

As a primary academy, we must provide relationships education to all pupils under section 34 of the Children and Social Work Act 2017.

We don't have to follow the National Curriculum, but we are expected to offer all pupils a curriculum that is similar to the National Curriculum including requirements to teach science. This would include the elements of sex education contained in the science curriculum. In teaching RSE, we're required by our funding agreements to have regard to guidance issued by the secretary of state, as outlined in section 403 of the Education Act 1996.

We also have regard to legal duties set out in:

- Sections 406 and 407 of the Education Act 1996
- Part 6, chapter 1 of the Equality Act 2010
- The Public Sector Equality Duty (as set out in section 149 of the Equality Act 2010). This duty requires public bodies to have due regard to the need to eliminate discrimination, advance equality of opportunity and foster good relations between different people when carrying out their activities

At APSOL, we teach RSE as set out in this policy.

### Updated Statutory Guidance (July 2025)

- In **July 2025**, the UK government released new **RSHE guidance** designed for schools across England. Though published now, it becomes **mandatory from September 2026**, giving schools a transition period to prepare [sexeducationforum.org.uk](https://sexeducationforum.org.uk) Hansard.
- The guidance reinforces that **Relationships Education is compulsory for primary schools**, while **sex education remains optional**, except for what is covered in the science national curriculum [GOV.UK](https://gov.uk) [Muse Wellbeing](https://www.musewellbeing.org).
- Key focus areas include:
  - **Pupil and parent engagement, positivity, and relevance** in RSHE teaching [sexeducationforum.org.uk](https://sexeducationforum.org.uk).
  - Emphasis on teaching **healthy, loving relationships** and reflecting diverse family structures (including same-sex and single-parent households) [sexeducationforum.org.uk](https://sexeducationforum.org.uk) Stonewall.
  - Ensuring children learn correct, **scientific language** for body parts (e.g., vulva, scrotum) and **understand their privacy and personal boundaries** [sexeducationforum.org.uk](https://sexeducationforum.org.uk).

## Digital-Age Challenges & Safeguarding

- The new guidance addresses modern issues like **online misogyny, incel culture, pornography, sextortion, deepfakes, suicide prevention, and online safety** [The Guardian](#)[Education Hub](#)[Hansard](#)[The Times](#).
- Primary teachers may discuss online sexual content (e.g., nude images or pornography) if they know it's already affecting pupils [The Guardian](#)[GOV.UK](#)[The Standard](#).
- Schools are encouraged to teach **positive masculinity and femininity**, going beyond just “consent” to include **sexual ethics, kindness, and respect** in relationships [Hansard](#)[The Times](#).

## Parental Consultation & Transparency

- Schools **must have a written RSHE policy** that's accessible to parents—ideally published on the school website and available upon request [GOV.UK](#)[+1 Education Hub](#).
- Where sex education is provided (beyond the national science curriculum), **parents have a legal right to withdraw their child** at the primary level [GOV.UK](#)[Twinkl](#).
- Schools should **proactively inform parents** of any changes to the RSHE curriculum and involve them in planning, rather than making them discover changes after the fact [sexeducationforum.org.uk](#)[Education Hub](#).
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## 3. Policy development

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

1. Review – a member of staff or working group pulled together all relevant information including relevant national and local guidance
2. Staff consultation – all school staff were given the opportunity to look at the policy and make recommendations
3. Parent/stakeholder consultation – parents and any interested parties were invited to attend a meeting about the policy
4. Pupil consultation – we investigated what exactly pupils want from their RSE
5. Ratification – once amendments were made, the policy was shared with governors and ratified

## 4. Definition

RSE is about 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.

## **5. Curriculum**

Our RSE curriculum is set out as per Appendix 1, but we may need to adapt it as and when necessary.

We have developed the curriculum in consultation with parents, pupils and staff, and taking into account the age, developmental stage, needs and feelings of our pupils. If pupils ask questions outside the scope of this policy, teachers will respond in an appropriate manner so that pupils are fully informed and don't seek answers online.

Primary sex education is not compulsory in primary schools – at APSOL we use Jigsaw PSHE scheme which covers up-to-date teaching that is age appropriate.

Primary sex education will focus on:

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

For more information about our PSHE (JigSAW) curriculum map. Appendix 1 shows all the elements children have to learn by the end of Primary School.

## **6. Delivery of RSE**

- RSE-related topics within our curriculum are delivered with the Jigsaw PSHE scheme
- Needs of all pupils, including those with special educational needs are considered and parents/SENCO consulted beforehand to determine appropriacy of topics.
- Different aspects of sex education will be taught in the Summer term (Jigsaw Puzzle 6) using the materials in Jigsaw PSHE scheme.

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).

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

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

For more information about our RSE curriculum, see our Jigsaw Curriculum Map (Mindful approach to PSHE and RSE teaching)

<https://www.jigsawpshe.com/primary-pshe-scheme-of-work-including-statutory-relationships-and-health-education/>

These areas of learning are taught within the context of family life, taking care to make sure that there is no stigmatisation of children based on their home circumstances (families can include single parent families, LGBT parents, families headed by grandparents, adoptive parents and foster parents/carers, amongst other structures), along with reflecting sensitively that some children may have a different structure of support around them (for example, looked-after children or young carers).

We will also be mindful of the law and legal requirements, taking care not to condone or encourage illegal political activity, such as violent action against people, criminal damage to property, hate crime, terrorism or the illegal use of drugs.

## **6.1 Inclusivity**

We will teach about these topics in a manner that:

- Considers how a diverse range of pupils will relate to them
- Is sensitive to all pupils' experiences
- During lessons, makes pupils feel:
  - Safe and supported
  - Able to engage with the key messages

We will also:

- Make sure that pupils learn about these topics in an environment that's appropriate for them, for example in:
  - A whole-class setting
  - Small groups or targeted sessions
  - 1-to-1 discussions
  - Digital formats
  - Give careful consideration to the level of differentiation needed

## **6.2 Use of resources**

We **will** consider whether any resources we 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

## **7. Use of external organisations and materials**

We will make sure that an agency and any materials used are appropriate and in line with our legal duties around political impartiality.

The school remains responsible for what is said to pupils. This includes making sure that any speakers, tools and resources used don't undermine the fundamental British values of democracy, the rule of law, individual liberty, and mutual respect and tolerance of those with different faiths and beliefs.

We **will**:

- Make appropriate checks and engage with external agencies to make sure that their approach to teaching about RSE is balanced, and it and the resources they intend to use:
  - Are age-appropriate
  - Are in line with pupils' developmental stage
  - Comply with:
    - This policy
    - The Teachers' Standards
    - The Equality Act 2010
    - The Human Rights Act 1998
    - The Education Act 1996
  - Only work with external agencies where we have full confidence in the agency, its approach and the resources it uses
  - Make sure that any speakers and resources meet the intended outcome of the relevant part of the curriculum
  - Review any case study materials and look for feedback from other people the agency has worked with
  - Be clear on:
    - What they're going to say
    - Their position on the issues to be discussed
    - Ask to see in advance any materials that the agency may use
    - Know the named individuals who will be there, and follow our usual safeguarding procedures for these people

- Conduct a basic online search and address anything that may be of concern to us, or to parents and carers
- Check the agency's protocol for taking pictures or using any personal data they might get from a session
- Remind teachers that they can say "no" or, in extreme cases, stop a session
- Make sure that the teacher is in the room during any sessions with external speakers

We **won't**, under any circumstances:

- Work with external agencies that take or promote extreme political positions
- Use materials produced by such agencies, even if the material itself is not extreme

## **8. Roles and responsibilities**

### **8.1 The governing board**

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

The governing board will hold the headteacher to account for the implementation of this policy.

The governing board will be responsible for approving this policy.

### **8.2 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 RSE/Science curriculum components of RSE (see section 9).

### **8.3 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 wish them to be withdrawn from the non-statutory RSE/Science curriculum 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.

Marta Correia, Principal and Lucy Mathieson & Oscar Fielder, Assistant Headteachers and Tazi Gunde, PSHE lead, Freya Cioffi, Inclusion lead: are responsible for overseeing the effective delivery of PSHE and RSE curriculum.

### **8.4 Pupils**



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

### **9. Parents' right to withdraw**

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

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 using the form found in Appendix 3 of this policy and addressed to the headteacher.

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

### **10. Training**

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.

### **11. Monitoring arrangements**

The delivery of RSE is monitored by Marta Correia, Principal and Lucy Mathieson Assistant Head through:

Learning walks, PSHE floorbook (per class), PSHE lesson drop ins.

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

This policy will be reviewed by Marta Correia Principal, annually. At every review, the policy will be approved by **Governing Board**

## Appendix 1: By the end of primary school pupils should know

### PUPILS SHOULD KNOW

- That families are important for children growing up because they can give love, security and stability
  - 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
  - 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
  - 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
  - That marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong
  - How to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed
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- How important friendships are in making us feel happy and secure, and how people choose and make friends
  - The characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties
  - That healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded
  - 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
  - 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



## PUPILS SHOULD KNOW

- 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
- Practical steps they can take in a range of different contexts to improve or support respectful relationships
- The conventions of courtesy and manners
- The importance of self-respect and how this links to their own happiness
- 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
- 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
- What a stereotype is, and how stereotypes can be unfair, negative or destructive
- The importance of permission-seeking and giving in relationships with friends, peers and adults
- That people sometimes behave differently online, including by pretending to be someone they are not
- 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
- The rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them
- How to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met
- How information and data is shared and used online