

Nascot Wood Junior School

Relationships and Sex Education (RSE) Policy

Date approved: July 2026

Review date: September 2029

1. Introduction

At Nascot Wood Junior School, we believe that Relationships and Sex Education (RSE) plays an important role in preparing children for life in modern Britain. Through high-quality, age-appropriate teaching, pupils develop the knowledge, skills and understanding they need to build positive relationships, respect themselves and others, stay safe and make informed decisions as they grow.

We recognise that parents are children's first educators. Our programme complements and supports the important role families play in discussing relationships, growing up, values and personal development.

RSE is delivered within a caring, inclusive and respectful environment where pupils are encouraged to ask questions, express views respectfully and develop confidence in discussing sensitive issues appropriately.

2. Statutory Requirements

This policy has been developed in accordance with:

- Children and Social Work Act 2017
- Relationships Education, Relationships and Sex Education (RSE) and Health Education Statutory Guidance (DfE)
- National Curriculum (2014)
- Equality Act 2010
- Keeping Children Safe in Education 2026

Relationships Education and Health Education are statutory in all primary schools. Primary schools are not required to teach Sex Education beyond the National Curriculum for Science.

3. Aims

To enable pupils to:

- develop positive, respectful relationships;
- understand kindness, empathy and mutual respect;
- recognise healthy and unhealthy relationships;
- understand how to stay safe offline and online;
- develop self-respect, confidence and resilience;
- understand the physical and emotional changes associated with puberty;
- know how to seek advice and support;

- respect diversity;
- develop appropriate knowledge and vocabulary.

4. Curriculum

Relationships Education is taught primarily through PSHE, supported by Science, Computing and other curriculum areas.

The curriculum includes:

Families and people who care for us

- healthy family life
- families can look different
- love, care and security

Caring friendships

- kindness and respect
- resolving disagreements
- empathy and inclusion

Respectful relationships

- equality
- recognising bullying
- seeking help

Online relationships

- staying safe online
- respectful online behaviour
- protecting personal information

Being safe

- personal boundaries
- age-appropriate understanding of consent
- trusted adults
- recognising unsafe situations

5. Health Education

Teaching includes mental wellbeing, healthy lifestyles, physical health, personal hygiene, emotional wellbeing, growing and changing, puberty and the changing adolescent body.

6. Science Curriculum

The statutory National Curriculum for Science includes life cycles, reproduction in plants and animals, human development, puberty and the changing adolescent body.

7. Sex Education

Nascot Wood Junior School teaches Sex Education as part of the National Curriculum for Science and PSHE. Teachers answer questions honestly, sensitively and in an age-appropriate manner.

8. Inclusion

Relationships Education is taught to all pupils. Teaching is adapted where appropriate for pupils with SEND and reflects the Equality Act 2010, promoting respect for all.

9. Safe Learning Environment

Teachers establish clear ground rules. Pupils are encouraged to listen respectfully, respect differing viewpoints, avoid sharing personal experiences publicly and ask appropriate questions. Anonymous question opportunities may be provided.

10. Safeguarding and Confidentiality

Staff cannot promise absolute confidentiality. Any safeguarding concerns or disclosures will be managed in accordance with the school's Child Protection and Safeguarding Policy and Keeping Children Safe in Education 2026.

11. The Role of Parents and Carers

The school works in partnership with parents by providing information about the curriculum, responding to questions, making resources available where appropriate and encouraging discussion at home.

12. Right to Withdraw

Parents cannot withdraw their child from Relationships Education, Health Education or National Curriculum Science. There are two lessons within the PSHE National Curriculum where parents can withdraw their children. One of these is in Year 5 and the other is in Year 6.

13. Roles and Responsibilities

The Governing Body oversees statutory compliance. The Headteacher ensures implementation. Staff deliver the curriculum professionally, create a safe learning environment and follow safeguarding procedures.

14. Monitoring and Review

The Headteacher and PSHE lead will monitor implementation. This policy will be reviewed every three years, or sooner if legislation or statutory guidance changes.

Appendix 1 Curriculum overview

Year group	Lesson number and name	Learning Intentions relating to body changes in puberty and human reproduction
EYFS and Key Stage 1		
Ages 3-4	Lesson 1- My Body	I can name parts of my body and show respect for myself
	Lesson 3 Growing Up	I understand that we all start as babies and grow into children and then adults
	Lesson 4 Growth and Change	I know that I grow and change
Ages 4-5 Reception	Lesson 1- My Body	I can name parts of the body.
	Lesson 3 – Growing Up	I understand that we all grow from babies to adults.
Ages 5-6 Year 1	Lesson 1 Life Cycles	- I am starting to understand the life cycles of animals and humans - I understand that changes happen as we grow and that this is OK
	Lesson 2 Changing Me	- I can tell you some things about me that have changed and some things about me that have stayed the same - I know that changes are OK and that sometimes they happen whether I want them to or not
	Lesson 3 My Changing Body	- I can tell you how my body has changed since I was a baby - I understand that growing up is natural and that everybody grows at different rates
	Lesson 4 Boys' and Girls' Bodies	- I can identify the parts of the body that make boys different to girls and can use the correct names for these: penis, testicles, vulva, anus - I respect my body and understand which parts are private
Ages 6-7 Year 2	Lesson 1 Life Cycles in Nature	- I can recognise cycles of life in nature - I understand there are some changes that are outside my control and can recognise how I feel about this
	Lesson 2 Growing from Young to Old	- I can tell you about the natural process of growing from young to old and understand that this is not in my control - I can identify people I respect who are older than me
	Lesson 3 The Changing Me	- I can recognise how my body has changed since I was a baby and where I am on the continuum from young to old - I feel proud about becoming more independent
	Lesson 4 Boys' and Girls' Bodies	- I can recognise the physical differences between boys and girls, use the correct names for parts of the body (penis, testicles, vulva, anus) and appreciate that some parts of the body are private - I can describe what I enjoy about being a boy or girl whilst understanding we are all different

Year group	Lesson number and name	Learning Intentions relating to body changes in puberty and human reproduction
Key Stage 2		
Ages 7-8 Year 3	Lesson 1 How Babies Grow (Statutory)	- I understand that in animals and humans lots of changes happen from birth to fully grown, and that in mammals it is the female who has the baby - I can express how I feel when they see babies or baby animals
	Lesson 2 Outside Body Changes (Statutory)	- I understand that boys' and girls' bodies need to change so that when they grow up their bodies can make babies - I can identify how boys' and girls' bodies change on the outside during this growing up process - I recognise how I feel about these changes happening to me and know how to cope with those feelings
	Lesson 3 Inside Body Changes (Statutory)	- I can identify how boys' and girls' bodies change on the inside during the growing up process and can tell you why these changes are necessary so that their bodies can make babies when they grow up (introduce vocab sperm, ovaries, egg, Ovum/ Ova, womb/uterus, vagina and period) - I recognise how I feel about these changes happening to me and know how to cope with these feelings
	Lesson 4 Keeping Ourselves Clean (Statutory)	- I understand that as boys' and girls' bodies change at puberty, they need to think more about keeping clean and healthy - I know some simple ways of keeping clean which can keep me healthy and protect me from some infections - I have started to think about the ways to keep my body clean as I grow up and how I feel about this
Ages 8-9 Year 4	Lesson 2 Puberty and Menstruation (Statutory)	- I can describe how a girl's body changes in order for her to be able to have babies when she is an adult, and that menstruation (having periods) is a natural part of this - I have strategies to help me cope with the physical and emotional changes I will experience during puberty <i>Note – teachers will also recap the puberty learning for both girls and boys from year 3 and revisit some of the content if required.</i>
	3. Being Part of a Family (Statutory)	- I know there are many types of family and that often our family members form part of our inner circle - I know there are trusted people I can turn to if I need help and support as I grow up and go through puberty - I recognise that sometimes I may feel anxious about growing up and this is natural, and can identify people who can support me with this

Age 9-10 Year 5	Lesson 2 Puberty for Girls (Statutory)	- I can explain how girls' bodies change during puberty and understand the importance of looking after ourselves physically and emotionally - I understand that puberty is a natural process that happens to everybody and that it will be OK for me
	Lesson 3 Puberty for Boys (Statutory)	- I can describe how boys' and girls' bodies change during puberty - I can express how I feel about the changes that will happen to me during puberty
	Lesson 4 Conception	- I understand that sexual intercourse can lead to conception and that is how babies are usually made. I also understand that sometimes people need IVF to help them have a baby - I appreciate how amazing it is that human bodies can reproduce in these ways Parents have the right to withdraw children from this session as it is classed as human reproduction.
	Lesson 5 Looking Ahead 1 (Statutory)	- I can identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities (includes clarification on standing up for self, how age restrictions are there to help you, the pressures of misleading media messages around romantic/physical relationships) - I am confident that I can cope with the changes that growing up will bring
Age 10-11 Year 6	Lesson 2 Puberty (Statutory)	- I can explain how girls' and boys' bodies change during puberty and understand the importance of looking after yourself physically and emotionally - I can express how I feel about the changes that will happen to me during puberty
	Lesson 3 Babies – Conception to Birth	- I can describe how a baby develops from conception through the nine months of pregnancy, and how it is born - I recognise how I feel when I reflect on the development and birth of a baby Parents have the right to withdraw children from this session as it is classed as human reproduction.
	Lesson 4 Boyfriends and Girlfriends (Statutory)	- I understand how being physically attracted to someone changes the nature of the relationship and what that might mean about having a girlfriend/boyfriend - I understand that respect for one another is essential in a boyfriend/girlfriend relationship, and that I should not feel pressured into doing something I don't want to