



THE DOWNS
PREPARATORY SCHOOL
BRISTOL

Bertie's
NURSERY SCHOOL
Wraxall

5.14

Relationships and Sex Education Policy

The Downs Preparatory School & Bertie's Nursery

Contents

1. Aims
 2. Statutory requirements
 3. Policy development
 4. Definition
 5. Curriculum
 6. Delivery of RSE
 7. Roles and responsibilities
 8. Parents' right to withdraw
 9. Training
 10. Monitoring arrangements
- Appendix 1: Our RSE Curriculum
 - Appendix 2: By the end of primary school pupils should know
 - Appendix 2: By the end of secondary school pupils should know
 - Appendix 3: Parent form: withdrawal from sex education within RSE

1. Aims

The aims of relationships and sex education (RSE) at The Downs Preparatory School is to: Provide a framework in which sensitive discussions can take place all within the framework of our Explore, Express, Excel values.

Prepare students for puberty, and give them an understanding of sexual development and the importance of health and hygiene.

Help students develop feelings of self-respect, confidence and empathy.

Create a positive culture around issues of sexuality and relationships.

Teach students the correct vocabulary to describe themselves and their bodies.

Reinforce our values of integrity, resilience, honesty and respect and ensure students know how to be healthy and stay safe.

2. Statutory requirements

We must provide RSE to all students as per [section 34 of the Children and Social work act 2017](#) and [The Independent School Standards Guidance for Independent Schools April 2019](#).

In teaching RSE, we are following guidance issued by the secretary of state as outlined in section 403 of the Education Act 1996. The Equality Act 2010, the Relationships Education, Relationships and Sex Education 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 students receiving primary education and Relationships and Sex Education (RSE) compulsory for all students receiving secondary education.

At The Downs Preparatory School we teach RSE as set out in this policy.

3. Policy development

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

- Review – a member of staff pulled together all relevant information including relevant national and local guidance.
- Staff consultation – all school staff were given the opportunity to look at the policy and make recommendations and given the opportunity to undertake training.

- Parent consultation – this was carried out in November 2024.
- Governors Consultation – Governors were consulted on the policy in January 2023.
- Student consultation – Students were most recently asked during November 2024 what they want to be included in their RSE.
- Ongoing safeguarding, whole school, audit process monitored by the head of PSHE to track when other subjects cover PSHE topics within their curriculum and schemes of work.
- Ratification – once amendments are made, the policy will be shared with governors and ratified on an annual basis.

4. Definition

RSE is about the emotional, social and cultural development of students, 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 curriculum is set out as per Appendix 1 but we may adapt it as and when necessary, with appropriate consultation.

We have developed the curriculum in consultation with parents, students and staff, taking into account the age, needs and feelings of students. If students ask questions outside the scope of this policy, teachers will respond in an appropriate manner so they are fully informed and don't seek answers online. This curriculum will help students understand the positive effects that good relationships have on their mental wellbeing, identify when relationships are not right and understand how such situations can be managed. For more information about our curriculum, see our curriculum map in Appendix 1.

6. Delivery of RSE

RSE is taught within the PSHE Lessons and delivered by class teachers in Y1-Y3 and by the Head of PSHE or PSHE teachers who know the students well in yrs 4-8. Biological aspects of RSE are taught within the

science curriculum, and other aspects are included in religious education (TPR).

RSE focuses on giving young people the information they need to help them develop healthy, nurturing relationships of all kinds including:

- Families
- Respectful relationships, including friendships
- Online and media
- Being safe physically & online
- Intimate and sexual relationships, including sexual health

For more information about our RSE curriculum, see Appendices 1 and 2. These areas of learning are taught within the context of family life taking care to ensure 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, 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).

In line with the Equality act 2010, RSHE is taught to ensure all pupils, including SEND and EAL, are able to access the curriculum using differentiated resources and differentiated learning outcomes. As a school we recognise that a one size fits all approach may not be appropriate for all children, and a more personalised and contextualised approach for more vulnerable children and SEND children is appropriate- ultimately we are preparing all our children for adulthood including SEND, as set out in the SEND code of practice.

7. Roles and responsibilities

- The Governing Board

The Governing Board will approve the RSE policy, and hold the Head to account for its implementation.

- The Head

The Head is responsible for ensuring that RSE is taught consistently across the school, and with Assistant Head Pastoral, for managing requests to withdraw students from components of RSE (see section 8).

- Staff

The staff delivering RSE are the tutor of the students, PSHE Teacher, Science teachers and TPR Teachers. Staff are responsible for:

- Delivering RSE in a sensitive and factual way
- Modelling positive attitudes to RSE
- Monitoring progress
- Responding to the needs of individual students
- Responding appropriately to students whose parents wish them to be withdrawn from 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 Head and training/support will be available.

- Students

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

8 Parents' right to withdraw

Parents have the right to withdraw their children from the non-science components of sex education within RSE up to and until 3 terms before the child turns 16. After this point, if the child wishes to receive sex education rather than being withdrawn, the school will arrange this.

Requests for withdrawal should be put in writing using the form found in Appendix 3 of this policy and addressed to the Headteacher.

A copy of withdrawal requests will be placed in the student's educational record.

The Headteacher will discuss the request with parents and take appropriate action.

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

9. Training

Staff receive ongoing training on the delivery of RSE in our continuing professional development calendar. The Head 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.

10. Monitoring arrangements

The delivery of RSE is monitored by Penny Clarke and supported by SLT via lesson observations and learning walks.

Parental feedback questionnaires will be sent out and reviewed and actioned accordingly every two years (next questionnaires to be sent out November 2024). Monitoring and tracking action taken is recorded on the following - [feedback sheet](#).

Students' development in RSE is monitored by class teachers and via termly online quizzes. This policy will be reviewed by Deputy Head Pastoral annually. At every review, the policy will be approved by the Governing Board.

Appendix 1

Our RSE Curriculum

	Year 1	Year 2
Autumn 1	Feelings and Special People	Different Types of Family
Autumn 2	Staying Safe	Healthy Bodies
Spring 1	Healthy Me	Feeling Included
Spring 2	All Around Us	Healthy Minds
Summer 1	Money Matters	Caring for the Environment and Social Responsibility

	Year 3	Year 4
Autumn 1	Safety Online	Nutrition and Dental Health
Autumn 2	Celebrating Achievements and Being Resilient	Human Rights
Spring 1	Being Part of a Community	Emergency Situations
Spring 2	Exercise	Respect
Summer 1	Stereotypes	Money Matters
Summer 2	What I like	Falling Out and Making Up

	Year 5	Year 6

Autumn 1	Body Image	Drugs and Alcohol Education
Autumn 2	Bereavement and Loss	Anti-social Behaviour and the Role of the Police and the Law
Spring 1	Fake News	Mental and Emotional Health
Spring 2	Life in Plastic	E-Safety and Social Media
Summer 1	Puberty	Sex Education
Summer 2	Changes in Friendships	Global Sustainable Developmental Goals

	Year 7	Year 8
Autumn 1	Bullying	Health and Wellbeing: Being Physically Healthy
Autumn 2	Health and Well-being: Mental Health	Online Safety
Spring 1	British Values	Sex Education*
Spring 2	Equality: LGBTQ+ History Month	Equality: LGBTQ+ History Month
Summer 1	Sex Education *	Sex Education *
Summer 2	Safety and Taking Risks	British Values (Democracy)

Appendix 2:

Appendix 2: By the end of primary school pupils should know

TOPIC	PUPILS SHOULD KNOW
Families and people who care about me	<p>That families are important for children growing up because they can give love, security and stability</p> <p>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</p> <p>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</p> <p>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</p> <p>That marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong</p> <p>How to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed</p>
Caring friendships	<p>How important friendships are in making us feel happy and secure, and how people choose and make friends</p> <p>The characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties</p> <p>That healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded</p> <p>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</p> <p>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</p>
Respectful relationships	<p>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</p> <p>Practical steps they can take in a range of different contexts to improve or support respectful relationships</p> <p>The conventions of courtesy and manners</p> <p>The importance of self-respect and how this links to their own happiness</p> <p>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</p> <p>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</p> <p>What a stereotype is, and how stereotypes can be unfair, negative or destructive</p> <p>The importance of permission-seeking and giving in relationships with friends, peers and adults</p>

TOPIC	PUPILS SHOULD KNOW
Online relationships	<p>That people sometimes behave differently online, including by pretending to be someone they are not</p> <p>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</p> <p>The rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them</p> <p>How to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met</p> <p>How information and data is shared and used online</p>
Being safe	<p>What sorts of boundaries are appropriate in friendships with peers and others (including in a digital context)</p> <p>About the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe</p> <p>That each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact</p> <p>How to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know</p> <p>How to recognise and report feelings of being unsafe or feeling bad about any adult</p> <p>How to ask for advice or help for themselves or others, and to keep trying until they are heard</p> <p>How to report concerns or abuse, and the vocabulary and confidence needed to do so</p> <p>Where to get advice e.g. family, school and/or other sources</p>

Appendix 2: By the end of secondary school pupils should know

TOPIC	PUPILS SHOULD KNOW
Families	<p>That there are different types of committed, stable relationships</p> <p>How these relationships might contribute to human happiness and their importance for bringing up children</p> <p>What marriage is, including their legal status e.g. that marriage carries legal rights and protections not available to couples who are cohabiting or who have married, for example, in an unregistered religious ceremony</p> <p>Why marriage is an important relationship choice for many couples and why it must be freely entered into</p> <p>The characteristics and legal status of other types of long-term relationships</p> <p>The roles and responsibilities of parents with respect to raising of children, including the characteristics of successful parenting</p> <p>How to: determine whether other children, adults or sources of information are trustworthy: judge when a family, friend, intimate or other relationship is unsafe (and to recognise this in others' relationships); and, how to seek help or advice, including reporting concerns about others, if needed</p>
Respectful relationships, including friendships	<p>The characteristics of positive and healthy friendships (in all contexts, including online) including: trust, respect, honesty, kindness, generosity, boundaries, privacy, consent and the management of conflict, reconciliation and ending relationships. This includes different (non-sexual) types of relationship</p> <p>Practical steps they can take in a range of different contexts to improve or support respectful relationships</p> <p>How stereotypes, in particular stereotypes based on sex, gender, race, religion, sexual orientation or disability, can cause damage (e.g. how they might normalise non-consensual behaviour or encourage prejudice)</p> <p>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 people in positions of authority and due tolerance of other people's beliefs</p> <p>About different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders to report bullying and how and where to get help</p> <p>That some types of behaviour within relationships are criminal, including violent behaviour and coercive control</p> <p>What constitutes sexual harassment and sexual violence and why these are always unacceptable</p> <p>The legal rights and responsibilities regarding equality (particularly with reference to the protected characteristics as defined in the Equality Act 2010) and that everyone is unique and equal</p>

TOPIC	PUPILS SHOULD KNOW
Online and media	<p>Their rights, responsibilities and opportunities online, including that the same expectations of behaviour apply in all contexts, including online</p> <p>About online risks, including that any material someone provides to another has the potential to be shared online and the difficulty of removing potentially compromising material placed online</p> <p>Not to provide material to others that they would not want shared further and not to share personal material which is sent to them</p> <p>What to do and where to get support to report material or manage issues online</p> <p>The impact of viewing harmful content</p> <p>That specifically sexually explicit material e.g. pornography presents a distorted picture of sexual behaviours, can damage the way people see themselves in relation to others and negatively affect how they behave towards sexual partners</p> <p>That sharing and viewing indecent images of children (including those created by children) is a criminal offence which carries severe penalties including jail</p> <p>How information and data is generated, collected, shared and used online</p>
Being safe	<p>The concepts of, and laws relating to, sexual consent, sexual exploitation, abuse, grooming, coercion, harassment, rape, domestic abuse, forced marriage, honour-based violence and FGM, and how these can affect current and future relationships</p> <p>How people can actively communicate and recognise consent from others, including sexual consent, and how and when consent can be withdrawn (in all contexts, including online)</p>

TOPIC	PUPILS SHOULD KNOW
Intimate and sexual relationships, including sexual health	<p>How to recognise the characteristics and positive aspects of healthy one-to-one intimate relationships, which include mutual respect, consent, loyalty, trust, shared interests and outlook, sex and friendship</p> <p>That all aspects of health can be affected by choices they make in sex and relationships, positively or negatively, e.g. physical, emotional, mental, sexual and reproductive health and wellbeing</p> <p>The facts about reproductive health, including fertility and the potential impact of lifestyle on fertility for men and women</p> <p>That there are a range of strategies for identifying and managing sexual pressure, including understanding peer pressure, resisting pressure and not pressurising others</p> <p>That they have a choice to delay sex or to enjoy intimacy without sex</p> <p>The facts about the full range of contraceptive choices, efficacy and options available</p> <p>The facts around pregnancy including miscarriage</p> <p>That there are choices in relation to pregnancy (with medically and legally accurate, impartial information on all options, including keeping the baby, adoption, abortion and where to get further help)</p> <p>How the different sexually transmitted infections (STIs), including HIV/AIDs, are transmitted, how risk can be reduced through safer sex (including through condom use) and the importance of and facts about testing</p> <p>About the prevalence of some STIs, the impact they can have on those who contract them and key facts about treatment</p> <p>How the use of alcohol and drugs can lead to risky sexual behaviour</p> <p>How to get further advice, including how and where to access confidential sexual and reproductive health advice and treatment</p>

Appendix 3: To be completed by Parents:

This form can also be accessed online [here](#)

This Policy (or Handbook) was updated on	Signed on behalf of the School/Nursery	Date for next review
<i>09/10/24</i>	<i>Written by: P Clarke Signed by O Elliott</i>	<i>01/09/2025</i>