

#### NIGHTINGALE PRIMARY SCHOOL

## RELATIONSHIPS & SEX EDUCATION POLICY

#### Aims

The aims of Relationships and Sex Education (RSE) at Nightingale Primary School are to:

- Provide a safe and supportive framework in which sensitive discussions can take place.
- Prepare pupils for the physical and emotional changes of puberty, giving 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, relationships and family life.
- Teach pupils the correct vocabulary to describe themselves and their bodies.
- Ensure pupils know how to keep themselves safe, including online, and are aware of emerging risks (e.g., online harms, deepfakes, misinformation and exploitation).

#### Definition

Relationships Education at Nightingale Primary School teaches the fundamental building blocks and characteristics of positive relationships, with particular reference to:

- Friendships
- Family relationships
- Relationships with other peers and adults

Sex Education is the aspect of RSE which goes beyond the statutory Science curriculum to cover human conception and reproduction in a wider context.

#### Statutory Requirements

As a maintained primary school, we must provide Relationships Education to all pupils as per section 34 of the Children and Social Work Act 2017.

Following the July 2025 statutory RSHE updates, schools must:

 Deliver RSE that includes topics on consent, online safety, respect and emerging issues such as misogyny, gambling harms, vaping, incel culture, suicide prevention and harmful online content.

- Ensure sequencing is age- and stage-appropriate, with flexibility based on pupils' maturity.
- Ensure parents have transparent access to the curriculum and resources used.

At Nightingale Primary School, we teach RSE in line with statutory guidance, this policy and our school values.

## Policy Development

This policy has been developed in consultation with staff, governors, parents, and pupils. The process involved:

- 1. **Review** The PSHE Co-ordinator collated all relevant information, including statutory guidance and local context.
- 2. **Staff consultation** All staff were invited to review and comment on the draft policy.
- 3. **Parental consultation** Parents and carers were invited to meetings to discuss the policy and curriculum content.
- 4. **Pupil consultation** Pupils were asked about what they would like to learn and how they would like it to be taught.
- 5. Ratification Following amendments, the policy was approved by the Governing Body.

#### Curriculum

Our curriculum (Appendix 1) is designed to be responsive and adaptable, reflecting pupils' needs, maturity, and contextual safeguarding risks.

From the earliest years, pupils are taught:

- How to take turns and treat others with kindness, consideration and respect.
- The importance of honesty, truthfulness and seeking and giving permission.
- Personal privacy, personal space and boundaries.
- Understanding the difference between appropriate, inappropriate and unsafe physical contact.

As pupils progress through Key Stage 2, additional topics are introduced, including:

- Puberty and the emotional and physical changes of adolescence.
- Human conception and birth.
- Online safety, including risks related to social media, deepfakes and misinformation.
- Recognising and challenging harmful behaviours such as misogyny, harassment and peer pressure.
- Awareness of mental health, self-harm, and suicide prevention.
- The risks of vaping, gambling and exposure to harmful online communities (e.g., incel culture).

Teachers will use professional judgement to decide what is appropriate for whole-class teaching and when individual or small-group discussions may be more suitable, particularly to support pupils with SEND.

## Delivery of RSE

RSE is taught within the **PSHE** curriculum, primarily using the Jigsaw programme. Biological aspects of RSE are taught within Science, and some elements may be reinforced in Religious Education (RE).

Relationships Education focuses on:

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

These areas are taught within the context of family life, ensuring no child is stigmatised based on home circumstances. We reflect sensitively that families come in many forms, including single-parent families, LGBT parents, foster families, and families headed by grandparents or other carers.

#### LGBT

At Nightingale, we ensure pupils understand the diverse world they are growing up in. As part of our Key Stage 2 curriculum, pupils learn about LGBT relationships and that families can be made up of different, loving, and respectful relationships. Pupils leave Nightingale with a clear understanding of the importance of inclusion and respect for all family types.

## Pupils with Special Educational Needs and Disabilities (SEND)

RSE and Health Education must be accessible for all pupils. High-quality teaching that is differentiated and personalised is essential to ensure accessibility and inclusivity.

## Roles and Responsibilities

#### The Governing Body

The Governing Body will approve this policy and hold the Headteacher to account for its implementation.

#### The Headteacher

The Headteacher is responsible for:

- Ensuring RSE is taught consistently across the school.
- Managing requests to withdraw pupils from non-statutory (non-science) elements of Sex Education.

#### Staff

## Staff are responsible for:

- Delivering RSE in a sensitive, inclusive and age-appropriate way.
- Modelling positive attitudes to relationships and respect.
- Monitoring pupil progress.
- Responding to the needs of individual pupils.
- Supporting pupils whose parents request withdrawal from non-statutory Sex Education.

All teaching staff are responsible for delivering Relationships Education. Year 5 and 6 staff are responsible for teaching agreed non-statutory elements of Sex Education.

## **Pupils**

Pupils are expected to engage fully in RSE and to treat others with respect and sensitivity.

## Working with Parents and the Wider Community

We recognise parents are the primary educators of their children. Our role is to support and complement their guidance.

#### We will:

- Hold information evenings for parents of Year 5 and 6 pupils to explain what will be taught, including showing the materials used.
- Give parents the opportunity to ask questions, raise concerns and discuss the curriculum content.
- Provide all RSHE materials via a secure online platform and on request, ensuring ongoing transparency.
- Clearly communicate the right to request withdrawal from non-statutory Sex Education.

We aim to build positive relationships with parents based on trust, mutual understanding and co-operation.

## Right to Withdraw from Sex Education

Parents cannot withdraw their children from Relationships Education or the statutory Science curriculum.

Parents may request withdrawal from the non-statutory elements of Sex Education in Year 5 and Year 6. Requests should be made in writing, using the form in **Appendix 3**, addressed to the Headteacher. Alternative work will be provided for pupils withdrawn from these lessons.

### Training

Staff use the Jigsaw PSHE programme for guidance and delivery. Units 5 ('Relationships') and 6 ('Changing Me') are age-appropriate for each year group from EYFS to Year 6.

Visitors, such as school nurses or health professionals, may provide additional expertise or support.

## Monitoring Arrangements

The delivery of RSE is monitored by the PSHE Lead through:

- Planning scrutiny
- Learning walks
- Pupil voice (conferencing)
- Evidence of Jigsaw use
- Subject review afternoons

Pupils' progress in RSE is monitored by class teachers as part of our assessment processes.

This policy will be reviewed **every two years** by the PSHE Lead and approved by the Governing Body and Headteacher.

Date of Policy Approval: Autumn 2025 Date of next Review: Autumn 2027

Appendix 1: PSHE (including RSE and Health Education) Curriculum Progression

	Year R	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
	Accept that	Tell you some	Explain that	Describe	Tell you a	Explain the	Explain
	we are all	ways that I am	sometimes	different	time when	differences	ways in
	different.	different and	people get	conflicts	my first	between	which
		similar to	bullied	that	impression	direct and	difference
	Include	other people in	because	might	of	indirect types	can be a
	others when	my class, and	they are	happen in	someone	of bullying	source of
	working and	why this makes	seen to be	family or	changed	and can offer	conflict or
	playing.	us all special.	different;	friendship	as I got	a range of	a cause for
			this might	groups	to know	strategies to	celebration.
	Know how to	Explain what	include	and how	them. I	help myself	
	help other	bullying is and	people who	words can	can also	and others if	Show
	people.	how being	do not	be used in	explain	we become	empathy
		bullied might	conform to	hurtful or	why	involved	with people
	Try to solve	make	gender	kind ways	bullying	(directly or	in
	problems.	somebody feel.	stereotypes.	when	might be	indirectly) in	situations
				conflicts	difficult	a bullying	where their
	Use kind	Know about	Explain how	happen.	to spot	situation.	difference
	words.	different	it feels to		and what		is a source
ø	C: 1	types of	have a	Tell you	to do	Explain why	of conflict
Celebrating Difference Autumn 2	Give and	bullying	friend and	how being	about it if	racism and	or a cause
2	receive	(including	be a friend. I can also	involved with a	I'm not	other forms of	for celebration.
ff 2	compliments.	cyberbullying), the impact of		conflict	sure.	discrimination	celebration.
<b>ting Dif</b> 1 Autumn 2	<mark>The</mark>	bullying,	explain why it is OK to	makes me	Explain	are unkind. I	
<b>5</b>	importance	responsibilities	be	feel and	why it is	can express	
± ₹	of respecting	of bystanders	different	can offer	good to	how I feel	
7	others, even	(primarily	from my	strategies	accept	about	
<u>0</u>	when they	reporting	friends.	to help	myself	discriminatory	
ŭ	are very	bullying to an	Trichas.	the	and	behaviour.	
	different	adult) and how		situation.	others for		
	from them	to get help.		e.g. Solve	who we		
	(for example,			I†	are.		
	physically, in			Together			
	character,			or asking			
	personality			for help.			
	or						
	backgrounds),						
	or make						
	different						
	choices or						
	<mark>have</mark>						
	<mark>different</mark>						
	<mark>preferences</mark>						
	or beliefs						
	l .	I.		l	l		1

	Year R	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6			
	Economic ski	<mark>lls:</mark> Throughou	it this unit childr	en will be taug	ht to understand t	heir feelings	about			
money, financial decisions and their future careers. This will be taught through an enterp										
project/week, with cross curricular links with Maths, Science/STEM, computing and DT. Chil										
		understand that the economy is a vital part of preparing them for adult life, with obvious links to								
		mes and relati		ı		ı				
	Stay	Explain	Explain how I	Explain the	Plan and set	Compare	Explain			
	motivated	how I feel	played my	different	new goals even	my hopes	different			
	when doing	when I am	part in a	ways that	after a	and	ways to			
	something	successful	group and the	help me	disappointment.	dreams	work with			
	challenging.	and how	parts other	learn and		with those	others to			
		this can be	people played	what I	Explain what it	of young	help make			
	Keep trying	celebrated	to create an	need to do	means to be	people	the world			
ਫੂੰ	even when	positively.	end product.	to improve.	resilient and to	from	a better			
7	things are		I can explain		have a positive	different	place.			
<b>Dreams &amp; Goals</b> Spring 1	tricky.	Say why	how our skills	Confident	attitude.	cultures.				
<b>ns</b> pri		my	complemented	and			Explain			
S S	Work well	internal	each other.	positive		Reflect on	what			
อ	with a	treasure		when I		the hopes	motivates			
	partner or	chest is an	Explain how it	share my		and	me to			
	a group.	important	felt to be	success		dreams of	make the			
		place to	part of a	with		young	world a			
	Have a	store	group and can	others. I		people	better			
	positive	positive	identify a	can explain		from	place.			
	attitude.	feelings.	range of	how these		another				
			feelings about	feelings		culture				
	Help		group work.	can be		and explain				
	others to			stored in		how this				
	achieve			my internal		makes me				
	their goals.			treasure		feel.				
				chest and						
				why this is						
				important.						

	Year R	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
	Make healthy	Explain why	Explain why	Identify	Recognise	Explain	Explain
	choices.	I think my	foods and	things,	when	different	when
		body is	medicines can	people and	people are	roles that	substances
	Eat a balance	amazing	be good for my	places that	putting me	food and	including
	diet.	and can	body	I need to	under	substances	alcohol are
		identify a	comparing my	keep safe	pressure	can play in	being used
	Be physically	range of	ideas with less	from and	and can	people's	anti-
	active.	ways to	healthy/	can tell you	explain	lives. I can	socially or
		keep it	unsafe choices.	some	ways to	also explain	being
	Try to keep	safe and		strategies	resist this	how people	misused
	themselves and	healthy.	Compare my	for keeping	when I	can develop	and the
	others safe.		own and my	myself safe	want to.	eating	impact this
		Give	friends'	and healthy	T	problems	can have
	Know how to	examples	choices and	including	Identify	(disorders)	on an
	be a good friend and	of when	can express how it feels to	who to go	feelings of anxiety and	relating to	individual and
	have a healthy	being	make healthy	to for help.	fear	body image pressures	others.
	relationship.	healthy can help me	and safe	Express	associated	and how	orners.
	relationship.	feel happy.	choices	how being	with peer	smoking and	Identify
	Keep calm and	тестпарру.	Choices	anxious/	pressure.	alcohol	and apply
	deal with	<b>Understand</b>	Know how to	scared and	p. 333 a.	misuse is	skills to
	tricky	what sorts	critically	unwell	Know about	unhealthy.	keep
	situations.	<mark>of</mark>	consider their	feels.	the concept	,	myself
		<mark>boundaries</mark>	<mark>online</mark>		of privacy	Summarise	emotionally
ø	Know how to	<mark>are</mark>	<mark>friendships</mark>	<b>Understand</b>	<mark>and the</mark>	different	healthy
Healthy Me Spring 2	recognise and	<mark>appropriate</mark>	and sources of	the rules	<mark>implications</mark>	ways that I	and to
<b>F</b>	report feelings	<mark>in</mark>	<mark>information</mark>	<mark>and</mark>	<mark>of it for</mark>	respect and	manage
<b>ealthy</b> Spring	of being	<mark>friendships</mark>	including	<mark>principles</mark>	<mark>both</mark>	value my	stress and
<u>1</u>	unsafe or	with peers	awareness of	for keeping	<mark>children</mark>	body.	pressure.
	feeling bad	and others	the risks	safe online,	and adults;		IZ.
	<mark>about any</mark> adult.	(including in a digital	associated with people	how to recognise	including that it is	Understand the facts	Know the facts
	ddurr.	context).	they have	risks,	not always	and science	about legal
	Understand	context).	never met.	harmful	right to	relating to	and illegal
	what	Understand	novor mor.	content	keep	allergies,	harmful
	constitutes a	why social	Know how to	and	secrets if	immunisation	substances
	healthy diet	media,	consider the	contact,	they relate	and	and
	(including	some	effect of their	and how to	to being	vaccination.	associated
	understanding	computer	online actions	<mark>report</mark>	<mark>safe.</mark>		risks,
	calories and	games and	on others and	<mark>them.</mark>		Understand	including
	other	online	know how to		Know how	concepts of	smoking,
	nutritional	gaming, for	recognise and	Know how	to consider	basic first-	alcohol use
	content).	example,	display	to	the effect	aid, for	and drug-
		are age	respectful	recognise	of their	example	taking.
	Understand	restricted.	behaviour	early signs	online	dealing with	
	the	1/	online and the	of physical	actions on	common	
	characteristics and mental and	Know the importance	importance of keeping	illness, such as	others and know how	injuries, including	
	physical	of building	personal	weight loss,	to	head	
	benefits of an	regular	information	or	recognise	injuries.	
	active	exercise	private.	unexplained	and display	ii ijai ies.	
	lifestyle.	into daily		changes to	respectful		
		and weekly	Understand	the body.	behaviour		
	Know about	routines	the	-	online and		
	the benefits	and how to	characteristics		<mark>the</mark>		

	of rationing	achieve	of a poor diet	Know	importance	
	time spent	this; for	and risks	where and	of keeping	
0	online, the	example	associated	how to	personal	
	risks of	walking or	with unhealthy	report	information	
l	excessive time	cycling to	eating	concerns	private.	
	spent on	school, a	(including, for	and get		
l	electronic	daily active	example,	support	Understand	
l	devices and	mile or	obesity and	with issues	that the	
	the impact of	other	tooth decay)	online.	internet	
	positive and	forms of	and other		can also be	
l	negative	regular,	behaviours	Know how	a negative	
	content online	vigorous	(e.g. the	and when	place where	
l	on their own	exercise.	impact of	to seek	online	
	and others'		alcohol on diet	support	abuse,	
	mental and	Understand	or health).	including	trolling,	
· · · · · · · · · · · · · · · · · · ·	ohysical wellbeing.	the risks associated		which	bullying and harassment	
<u> </u>	venbeing.	associatea with an		adults to speak to in	narassment can take	
	Know about	inactive		school if	place,	
	personal	lifestyle		they are	which can	
l	nygiene and	(including		worried	have a	
	germs	obesity).		about their	nave u negative	
l 👅	ncluding	00001177.		health.	impact on	
	pacteria,	<b>Understand</b>			mental	
l	viruses, how	the			health	
l	they are	principles				
	spread and	of planning				
	treated, and	and				
l t	the importance	preparing a				
l o	o <mark>f</mark>	range of				
H	nandwashing.	healthy				
		meals.				
	Know about	Understand				
	safe and	the				
	unsafe	importance				
	exposure to	of				
	the sun, and	sufficient				
	now to reduce	good				
	the risk of sun damage.	quality sleep for				
	aumage.	good health				
	Know how to	and that a				
	nake a clear	lack of				
	and efficient	sleep can				
	call to	affect				
l l	emergency	weight,				
	services if	mood and				
	necessary	ability to				
		learn.				
		Know about				
		dental				
		health and				
		the Common Common				
		benefits of				

Nightingale Primary School Relationships & Sex Education Policy

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	Year R	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
	Know how	Explain why	Explain why	Explain	Recognise how	Compare	Identify
	to make	I have	some things	how my life	people are	different	when people
	friends.	special	might make	is	feeling when	types of	may be
		relationship	me feel	influenced	they miss a	friendships	experiencing
	Try to solve	s with some	uncomfortab	positively	special person	and the	feelings
	friendship	people and	le in a	by people I	or animal.	feelings	associated
	problems	how these	relationship	know and		associated	with loss and
	when they	relationship	and compare	by people	Give ways	with them. I	recognise
	occur.	s help me	this with	from other	that might	can also	when people
	I tala sahasa	feel safe	relationships	countries.	help me	explain how	are trying to
	Help others	and good about	that make me feel safe	Eventain why	manage my	to stay safe	gain power or control.
	feel part of a group.	myself.	and special.	Explain why my choices	feelings when missing a	when using technology to	control.
	a group.	Know that	Understand	might	special person	communicate	Explain the
	Show	families are	that most	affect my	or animal.	with my	feelings I
	respect	important	friendships	family,	or anniar.	friends,	might
	when	for children	have ups and	friendships	Know that	including how	experience if
	dealing with	growing up	downs, and	and people	<mark>others'</mark>	to stand up	I lose
	other	because	<mark>that these</mark>	around the	<mark>families,</mark>	for myself,	somebody
	people.	<mark>they can</mark>	<mark>can often be</mark>	world who	<mark>either in</mark>	negotiate and	special and
		give love,	<mark>worked</mark>	I don't	<mark>school or in</mark>	to resist	when I need
	Know how	security .	<mark>through so</mark>	know.	the wider	peer	to stand up
	to help	and T	that the		world,	pressure.	for myself
E/A	themselves and others	<mark>stability.</mark> I can also	friendship is	<mark>Understan</mark> d that	sometimes look different	Know that	and my friends in
ب <del>ق</del> 1	when they	explain how	<mark>repaired or</mark> even	marriage	from their	the	real or online
l <b>ationshi</b> Summer 1	feel upset.	my qualities	strengthene	represents	family, but	characteristi	situations, I
<b>tio</b>	, cor apsor.	help these	d, and that	a formal	that they	cs of healthy	can offer
<b>Relationships</b> Summer 1	Know and	relationship	resorting to	and legally	should	family life,	strategies to
ă	show what	S.	violence is	recognised	respect those	commitment	help me
	makes a		<mark>never right.</mark>	<mark>commitmen</mark>	<mark>differences</mark>	<mark>to each</mark>	manage these
	good	Give		<mark>t of two</mark>	<mark>and know that</mark>	<mark>other,</mark>	feelings and
	friendship.	examples of	Give	people to	<mark>other</mark>	including in	situations.
		behaviour in	examples of	each other	children's	times of	
	Understand Law to	other	some	which is	families are	difficulty,	Know how to
	how to respond	people that T	different problem-	intended to be lifelong.	also characterised	protection and care for	recognise who to trust
	safely and	appreciate	solving	Know how	by love and	children and	and who not
	appropriate	and	techniques	to	care. (LGBT	other family	to trust, how
	ly to adults	behaviours	and explain	recognise	parents,	members, the	to judge
	they may	that I	how I might	if family	single parent	importance	when a
	encounter encounter	don't like.	use them in	<mark>relationshi</mark>	families,	of spending	<mark>friendship is</mark>
	(in all		certain	<mark>ps are</mark>	<mark>families</mark>	<mark>time</mark>	<mark>making them</mark>
	<mark>contexts</mark> ,	<mark>Know that</mark>	situations in	<mark>making</mark>	<mark>headed by</mark>	together and	<mark>feel unhappy</mark>
	<mark>including</mark>	<mark>people</mark>	my	them feel	<mark>grandparents,</mark>	<mark>sharing each</mark>	<mark>or</mark>
	<mark>online)</mark>	<mark>sometimes</mark>	relationships	unhappy or	<mark>adoptive</mark>	other's lives	<mark>uncomforta</mark> bl
	whom they	behave	•	unsafe, and	<mark>parents,</mark>		e, managing
	<mark>do not</mark>	differently		how to	foster	Apply	conflict, how
	<mark>know.</mark>	online,		seek help	parents/carer	strategies to	to manage
		including by pretending		<mark>or advice</mark> from	<mark>s)</mark>	manage my feelings and	<mark>these</mark> situations
		to be		others if	Know what a	the	and how to
		someone		needed.	stereotype is,	pressures I	seek help or
		they are			and how	may face to	advice from
		not.			stereotypes	use	

		<mark>can be unfair,</mark>	technology in	others, if
		negative or	ways that	needed.
		destructive.	may be risky	
		destructive.	or cause	
			harm to	
			myself or	
			others.	
			<mark>Know that</mark>	
			<mark>the same</mark>	
			<mark>principles</mark>	
			<mark>apply to</mark>	
			<mark>online</mark>	
			<mark>relationships</mark>	
			as to face-to	
			face	
			<mark>relationships,</mark>	
			including the	
			importance	
			of respect	
			for others	
			online 	
			<mark>including</mark>	
			<mark>when we are</mark>	
			<mark>anonymous.</mark>	

	Year R	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
	Understand	Compare how	Tell you	Explain how	Summarise	Explain	Describe
	that	I am now to	what I	boys' and	the changes	how boys	how a baby
	everyone is	when I was a	like and	girls' bodies	that happen	and girls	develops
	unique and	baby and	don't like	change on	to boys' and	change	from
	special.	explain some	about	the	girls' bodies	during	conception
		of the	being a	inside/outsi	that prepare	puberty	through the
	Can express	changes that	boy/girl	de during	them for	and why	nine months
	how they feel when	will happen to me as I	and	growing up	making a	looking after	of
	they are	get older	getting older and	can tell you	baby when	myself	pregnancy, and how it
	happy.	ger older	recognise	why these	they are	physically	is born.
	парру.	Explain why	that	changes are	older.	and	15 50111.
	Understand	some	other	necessary	Explain some	emotionally	Recognise
	and respect	changes I	people	so that	of the	is	how I feel
	changes	might	might feel	their bodies	choices I	important.	when I
	which	experience	differentl	can make	might make in	I can also	reflect on
	happen in	might feel	y to me.	babies when	the future	summarise	becoming a
	them.	better than		they grow	and some of	the	teenager
		others.	Know how	up.	the choices	process of	and how I
	Understand		to ask for		that I have	conception.	feel about
	changes	Understand	advice or	Recognise	no control	<b>.</b>	the
	which	that each person's	help for themselve	how I feel about these	over. I can	Express how I feel	development and birth of
<b>We</b> 5	happen in them.	body belongs	s or	changes	offer some	about the	a baby.
	mem.	to them, and	others,	happening to	suggestions about how I	changes	a baby.
<b>Changing</b> Summer	Look	the	and to	me and can	might manage	that will	
a <b>r</b> ican	forward to	<mark>differences</mark>	<mark>keep</mark>	suggest	my feelings	happen to	
रुँ "	change.	<mark>between</mark>	trying	some ideas	when changes	me during	
	IZ.	<mark>appropriate</mark>	<mark>until they</mark>	to cope with	happen.	puberty,	
	Know how	<mark>and</mark>	<mark>are heard.</mark>	these		and that I	
	to report concerns or	<mark>inappropriate</mark>		feelings.		accept	
	abuse, and	<mark>or unsafe</mark>				these	
	the	physical, and				changes	
	vocabulary	other,				might	
	and	<mark>contact.</mark>				happen at	
	confidence					different times to	
	needed to					my friends	
	<mark>do so.</mark>					my friends	
						Know key fac	cts about
						· ·	the changing
						adolescent b	
						particularly ·	
						through to a	ge 11,
						including phy	sical and
						emotional ch	anges.
						Vin avv. ala avvt.	
						Know about r wellbeing inc	and the second s
						key facts ab	
						menstrual cy	

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

TOPIC	PUPILS SHOULD KNOW
Families and people who care about me	<ul> <li>That families are important for children growing up because they can give love, security and stability.</li> <li>The characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other.</li> </ul>
	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.
	<ul> <li>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.</li> </ul>
	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.
	<ul> <li>That marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong.</li> </ul>
	<ul> <li>How to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed.</li> </ul>
Caring Friendships	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.
	<ul> <li>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.</li> </ul>

## Respectful Relationships

- 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.

## Online Relationships

- 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.

## Being Safe

- What sorts of boundaries are appropriate in friendships with peers and others (including in a digital context)
- 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.
- That each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact.
- How to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know.
- How to recognise and report feelings of being unsafe or feeling bad about any adult.
- How to ask for advice or help for themselves or others, and to keep trying until they are heard.
- How to report concerns or abuse, and the vocabulary and confidence needed to do so.
- Where to get advice e.g. family, school and/or other sources.

# Appendix 3: Parent form: withdrawal from sex education within RSE

TO BE COMPLETED BY PARENTS	
Name of Child:	Class:
Name of Parent:	Date:
Reason for withdrawing from Sex Education within RSE:	
Any other information you would like the school to consider:	
Parent signature:	
TO BE COMPLETED BY THE SCHOOL	
Agreed actions from discussion with parents: (Include notes from discussions with parents and agreed action	ns taken)