

Hamilton School

An honest school that strives to do the best.

RELATIONSHIPS AND SEX EDUCATION POLICY

Rationale

Hamilton School will comply with the relevant legislation relating to Relationships and Sex Education (RSE) in schools. The policy will be promoted and implemented throughout the school, in line with statutory requirements.

Statutory Requirements

Under 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, it is mandatory that:

- Primary schools must teach Relationships Education and Health Education, which includes topics such as families, friendships, online safety, and personal health.
- Sex Education is not compulsory in primary schools, but schools are encouraged to teach age-appropriate content on puberty and conception.
- Secondary schools must teach Relationships and Sex Education (RSE) and Health Education, covering topics such as intimate relationships, sexual health, consent, and online safety.

Parents have the right to withdraw their child from the sex education elements of RSE in primary and secondary schools, but not from the relationships or health education components.

School Statement

In keeping with DfE legislation and following the views of parents, staff, and other key stakeholders, the Governing Body of Hamilton School has decided that Relationships and Sex Education will be included in the school's curriculum in primary.

Specialist services in the areas of relationships education and autistic spectrum disorders are used to develop our approaches. Guidance and support are personalised, and specialist CPD opportunities are provided for staff. Appropriate and specialised work in this area is a priority for the school as we seek to develop the

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emotional and social well-being of our students and support them in their transition to secondary school.

The principles of the school's philosophy and mission statement are embedded in all aspects of this curriculum.

What is Relationships and Sex Education?

RSE is lifelong learning about physical, moral, and emotional development. It is about understanding the importance of stable and loving relationships, respect, love, and care. It also includes age-appropriate teaching about sex, sexuality, and sexual health.

Aims of RSE at Hamilton School

- To develop students' understanding that RSE is a gradual developmental process supported by a partnership between home and school.
- To provide students with the skills, knowledge, and attitudes to maintain a healthy lifestyle.
- To help students respect themselves and others.
- To support students through their physical, emotional, and moral development.
- To help students develop caring, loving relationships.
- To help students stay safe and understand how to avoid the dangers of exploitation while enabling them to seek help if they feel at risk.
- To develop knowledge and understanding of sexual reproduction.
- To develop skills and understanding to enable students to make healthy, responsible choices about their health and well-being.
- To help students understand the significance and importance of stable relationships.
- To support students in their journey towards becoming confident adults and considering their own and others' sexual health and well-being.
- To address inappropriate behaviours in both public and private spaces.

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- To develop the skills and understanding related to personal hygiene.
- To provide individual programmes and/or support to students and parents/carers when required.

Organisation and Methods of Teaching

RSE is delivered in class, as appropriate, by class staff. Staff endeavour to answer questions as they arise as simply as possible, using relevant information. Students are taught in mixed-sex groups, although single-sex and individual tuition may be used when necessary.

Hamilton School follows a structured curriculum incorporating SEND PSHE Association topics. These include:

- **Self-awareness** – Recognising and understanding emotions, personal strengths, and challenges.
- **Self-care, support, and safety** – Learning how to stay safe, seek help, and develop independence in making positive decisions.
- **Managing feelings** – Understanding and regulating emotions and recognising the impact of actions on others.
- **Changing and growing** – Understanding physical and emotional changes during puberty and personal development.
- **Healthy relationships** – Developing respect, boundaries, consent, and appropriate behaviours in friendships and relationships.
- **The social world** – Understanding personal rights, responsibilities, and expectations in social settings.

These topics are adapted to meet the specific needs of students and are delivered at appropriate developmental stages. The school ensures that learning is inclusive and tailored to suit individual needs.

Confidentiality

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Pupils will be informed that 100% confidentiality cannot be assured. For suspected child protection concerns, the school will follow the Local Authority safeguarding policy and procedure.

Working with Parents

Hamilton School is committed to working with parents. We aim to share content and materials with parents whenever possible and invite discussions prior to any component of the programme that may be deemed sensitive. Parents will also be made aware that RSE is a compulsory subject under the Relationships Education, Relationships and Sex Education, and Health Education (England) Regulations 2019.

Equal Opportunities

The principles set out in the school's Equal Opportunities Policy apply within the teaching of RSE. Teachers will ensure appropriate modifications are made so that all students can access RSE lessons and make good progress.

Signed

Date: