



The Meadows Primary Academy

Sowing the Seeds of Success

RSE Policy 2026 -2027

Date	September 2026
Review Date	September 2027
Written By	Laura Mooney
Academy Council Ratification Date:	September 2026

RSE Policy

The Relationships Education, RSE, and Health Education (England) Regulations 2019 have made Relationships Education compulsory in all primary schools. Sex education is not compulsory in primary schools.

The opening paragraph of the Department for Education guidance states: "Today's children and young people are growing up in an increasingly complex world and living their lives seamlessly on and offline. This presents many positive and exciting opportunities, but also challenges and risks. In this environment, children and young people need to know how to be safe and healthy, and how to manage their academic, personal, and social lives in a positive way." (DfE, 2019, Relationships Education, Relationships and Sex Education and Health Education).

Aims:

Relationship and Sex Education (RSE) and Health education supports children's lifelong learning about wellbeing and, more particularly, physical, moral, emotional, and cultural development. RSE is about understanding the importance of loving and caring relationships. RSE is not about the promotion of sexual activity.

RSE Purpose of study:

For primary aged children the curriculum content that must be covered includes;

Relationship Education:

- To understand different family structures and identify people who care for me
- To understand and develop caring friendships
- To understand and develop respectful relationships
- To understand online relationships
- Being safe

Health Education will cover the following topics:

- Mental wellbeing
- Internet safety and concerns
- Physical health and fitness
- Healthy Eating
- Drugs, alcohol and tobacco
- Health and prevention
- Basic first aid

During the National Curriculum for Science, children must learn the correct names for the main external body parts, learn about the human body as it grows from birth to old age and reproduction in some plants and animals (which will include human beings).

These aspects of the curriculum are compulsory, and children cannot be withdrawn from these subjects.

Content that is taught regarding puberty and human reproduction at The Meadows

End of Key Stage 1:

At the end of KS1, Children will be able to name the private parts, understand privacy and boundaries. This is deemed as Health Education.

At The Meadows we feel this is important for children to understand how to be safe and to understand the concept of respecting peoples' privacy and which parts of the body are private. Ensuring children have a shared understanding of the language ensures clarity. Vocabulary taught will be shared with parents, prior to these lessons.

Year 3:

In Year 3, children learn how babies grow and explore the physical changes that happen to bodies as people grow up, including some inside and outside changes linked to puberty. They develop understanding of personal hygiene and why caring for their bodies becomes more important as they grow and change. Children will reflect on their feelings about change, learn correct vocabulary for body parts,

Year 4:

In Year 4, Children build on their understanding of puberty and will begin to understand how a girl's body changes for her to be able to have babies when she is an adult, and that menstruation (having periods) is a natural part of this. Children explore identity and what makes them unique while learning about physical and emotional changes linked to puberty.

Year 5:

In Year 5, children explore self-image and body confidence while learning about physical and emotional changes during puberty for girls and boys. They develop understanding of menstruation, male puberty, and how media influences perceptions of appearance and wellbeing.

Children will also be taught what sexual intercourse is and that it is a consensual act between two people. The main aim for this lesson is to understand how babies can be created and understanding that sometimes other methods are explored and help from a doctor is needed.

This lesson is classified as sex education and children can be withdrawn from this lesson. At The Meadows we choose to teach this due to the language of 'sex' being used in TV shows, music videos, by their peers and widely on social media, which the children are likely to be more exposed to at this age. We feel that it is important that children understand what this means, rather than needing to guess. We follow the JIGSAW PSHE Scheme which strongly believes that ignorance is not the same as innocence and providing children with an accurate understanding is most beneficial.

Year 6:

In Year 6, children explore self-image and self-esteem while learning about physical and emotional changes during puberty. Children reflect on identity, adolescent friendships, and the pressures linked to appearance and growing independence. They practise challenging negative self-talk and identifying trusted adults for support, alongside discussing attraction, consent, and respectful relationships.

Children will understand conception and how a baby develops during pregnancy. This lesson is classified as sexual education and children can be withdrawn from this, however similar content is taught during the Year 5 Science curriculum (which children cannot be withdrawn from).

Children are also taught about boyfriends and girlfriends (within Relationship education) and will understand what a healthy relationship looks like and should include. Children will be taught to identify when they feel happy, safe and secure in a relationship and what they can do if they do not.

We have carefully considered our RSE curriculum and feel that it is age-appropriate and taught in a sensitive and honest way so children can develop their understanding on this subject in a complex world.