



ST. BART'S
MULTI-ACADEMY TRUST

RELATIONSHIPS AND SEX EDUCATION (RSE) POLICY

April 2026

Details

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Contents

St. Bart's Mission	5
St. Bart's Vision and Values	5
Relationships and Sex Education (RSE) Policy	6
1. Aims	6
2. Statutory requirements	6
3. Moral Values and Framework	7
3.1. Compliance & Guidance	7
4. Policy development.....	7
5. Definition	8
6. Curriculum.....	8
7. Delivery of RSE	8
7.1. Curriculum Overview – Primary Academies.....	8
7.1.1. Curriculum Overview – Special Academy.....	9
7.2. Sex Education (non-statutory).....	10
7.3. Use of Resources and Materials	10
7.4. Inclusivity and SEND	10
7.5. Safe Inquiry and Questioning	11
7.6. Assessment and Reporting.....	11
7.7. Adaptive Curriculum and Legal Boundaries	11
8. Use of external organisations and materials	11
9. Roles and responsibilities	12
9.1. Trustees	12
9.2. Trust Leaders	12
9.3. Local Governing Committees (LGC)	13
9.4. The Principal	13
9.5. Staff.....	13
9.6. Pupils	13
10. Parents' right to withdraw.....	14
10.1. Primary Academies.....	14
10.2. All-through Special School	14
11. Training	15
12. Monitoring arrangements.....	15



Appendix 1 – Curriculum Map.....	16
Appendix 2a – By the end of primary school pupils should know	17
Appendix 2b – By the end of secondary school pupils should know	21
Appendix 3 – Parent/carer form requesting their child’s withdrawal from sex education	28
Appendix 4 – Consultation Process.....	29

Flourishing Together Releasing Potential Inspiring Futures

St. Bart's Mission

We ensure that every academy is a flourishing community, dedicated to releasing potential and inspiring ambitious futures through exceptional education.

St. Bart's Vision and Values

Releasing potential together through **PEACE**:



PASSION

We pursue excellence with energy and purpose, releasing the potential within every child and adult.



ENCOURAGEMENT

We nurture confidence and resilience, supporting each individual so that they can thrive.



AMBITION

We set high expectations, striving for fairness and opportunity so that potential is not limited by circumstance.



COLLABORATION

We work together in partnership, recognising that flourishing comes when we share strengths and support one another.



ENJOYMENT

We celebrate learning and community life, creating joy-filled environments where potential can flourish.



Our Trust Christian ethos is captured by the **PEACE** values and all schools work in close partnership (*whether C of E or community*) to ensure that all children, adults and the communities they serve flourish just as Jesus encouraged us to do in John 10:10 – ***“I have come that they may have life, and have it to the full.”***

St. Bart's vision includes a strong commitment to preparing our children for a world impacted by climate change, through learning and practical experience. We encourage pupils and staff to consider the impact of their actions locally and globally, while embedding climate change education across our curriculum, and sustainability into our ethos and Trust-wide practice.

Relationships and Sex Education (RSE) Policy

1. Aims

The aims of relationships and sex education (RSE) in our trust are to:

- Provide a framework in which sensitive discussions can take place
- Prepare pupils for puberty, and give them an understanding of sexual development and the importance of health and hygiene
- Help pupils develop feelings of self-respect, confidence and empathy, and to cultivate positive characteristics such as kindness and integrity
- Create a positive culture around issues of sexuality and relationships
- Teach pupils the correct vocabulary to describe themselves and their bodies

2. Statutory requirements

In our primary academies, we must provide relationships education to all pupils as per section 34 of the [Children and Social Work Act 2017](#). We must also provide health education as required by the Relationships Education, Relationships and Sex Education and Health Education (England) Regulations 2019.

In our all-through special school, we must provide relationships education and health education to primary-aged pupils, and Relationships and Sex Education (RSE) and health education to secondary aged pupils (including post-16 learners).

We do not have to follow the National Curriculum, but we are expected to offer all pupils a curriculum that is similar to the National Curriculum including requirements to teach science. This would include the elements of sex education contained in the science curriculum at primary level.

For our post-16 learners, the curriculum is further tailored to support their transition into adult life.

In teaching RSE, we're required by our funding agreements to have regard to [guidance](#) issued by the secretary of state as outlined in section 403 of the [Education Act 1996](#).

We also have regard to legal duties set out in:

- Sections 404 to 407 of the Education Act 1996
- Part 6, chapter 1 of the [Equality Act 2010](#)
- The Public Sector Equality Duty (as set out in section 149 of the Equality Act 2010). This duty requires public bodies to have due regard to the need to eliminate discrimination, advance equality of opportunity and foster good relations between different people when carrying out their activities

The delivery of RSE in our all-through special school is highly adapted and individualised to meet the specific developmental needs of pupils with SEND. Where possible, content is taught at the age-appropriate stage, but is significantly adapted to ensure it is accessible and meaningful for our learners. Teaching is developed to ensure these subjects prepare pupils for adulthood, as set out in the SEND Code of Practice. All statutory requirements for both primary relationships education and

secondary RSE are met through a curriculum that is tailored to pupils' individual cognitive and emotional development.

At St Bart's MAT we teach RSE as set out in this policy.

3. Moral Values and Framework

Our RSE policy is sensitive to the morals and values of all major religions and philosophies within our community and is complementary to our Religious Education (RE) policy. It is underpinned by the Church of England's vision that every child is made in the image of God (Genesis 1:27) and deserves life in all its fullness (John 10:10).

Our Commitment to Pupils

Within our Trust, we empower pupils to:

- **Value Relationships:** Prioritise respect, care, and love within stable, committed relationships and family structures (including same-sex unions).
- **Embrace Diversity:** Understand and respect differences regarding religion, gender, culture, disability, and sexual orientation.
- **Challenge Inequality:** Actively strive to reduce intolerance, challenge gender stereotypes, and eliminate bullying of all kinds.

3.1. Compliance & Guidance

This policy reflects the 2010 Equality Act and the 2023 SIAMS schedule. It is specifically aligned with the Church of England Education Office guidance: *Relationships and Sex Education (2019)* and *Flourishing for All: Anti-bullying Guidance (2024)*.

4. Policy development

This policy has been developed as a Trust-wide framework to ensure statutory compliance across all St Bart's MAT academies. However, we recognise that meaningful RSE must be tailored to the specific needs of each school community.

The policy development and consultation process ([Appendix 4](#)) involves the following stages:

- Members of the Trust Leaders reviewed relevant guidance to ensure a legally compliant framework and curriculum map
- The Board of Trustees approved the policy and core framework, ensuring the policy meets legal requirements and safeguarding standards
- Each academy within the Trust is responsible for contextualising this policy.
- Following local consultation, the academy's specific delivery plan and any contextual adaptations were shared with the Local Governing Committee (LGC)

5. Definition

For the purpose of this policy:

- **Relationships Education** is about the fundamental building blocks and characteristics of positive relationships. The focus is on teaching the pupils the importance of healthy, respectful relationships, focusing on family and friendships, in all contexts, including online
- **Relationships and Sex Education (RSE)** is taught to secondary-aged pupils in our all-through special school. RSE builds on Relationships Education and includes teaching about intimate relationships, sexual health, sexuality, and personal identity
- **Health Education** is about the physical and mental well-being of pupils, focusing on the connection between physical and mental health and the importance of a healthy lifestyle
- Our curriculum involves a combination of sharing factual, age-appropriate information and exploring values. It is designed to foster self-esteem and help pupils develop the vocabulary to describe their feelings and experiences
- Relationships Education and RSE is **not** about the promotion of sexual activity

6. Curriculum

Our RSE curriculum is set out as per Appendices 1 and 2, but we may need to adapt it as and when necessary.

We have developed the curriculum in consultation with parents and carers, pupils and staff, and taking into account the age, developmental stage, needs and feelings of our pupils. If pupils ask questions outside the scope of this policy, teachers will respond in an appropriate manner so that pupils are fully informed and don't seek answers online.

We will share any curriculum resources and materials with parents and carers on request.

7. Delivery of RSE

7.1. Curriculum Overview – Primary Academies

RSE is taught within the Personal, Social, Health and Economic (PSHE) Education curriculum. Biological aspects of RSE are taught within the science curriculum, and other aspects are included in Religious Education (RE).

Across our primary academies, we focus on the fundamental building blocks of positive relationships including:

- Families and people who care for me
- Caring friendships
- Respectful, kind relationships
- Online safety and awareness
- Being safe

- Curriculum Map – [Appendix 1](#)

7.2. Sex Education (non-statutory)

In line with DfE recommendations, our primary academies may choose to teach age-appropriate sex education (typically in Years 5 or 6) focusing on:

- Preparing for the changes of adolescence (puberty).
- How a baby is conceived and born.

While the Trust provides a framework, individual academies determine the specific additional content to meet their pupils' needs. Parents will be informed of the specific timing and content of these lessons and retain the right to withdraw.

7.3. Use of Resources and Materials

To ensure high-quality delivery, schools use a variety of age-appropriate materials including books, videos, and practical activities. Each academy will have a lead who is responsible for assessing resources before use. Our academies ensure all materials:

- Are aligned with the teaching requirements set out in the statutory RSE guidance
- Would support pupils in applying their knowledge in different contexts and settings
- Are age-appropriate, given the age and maturity of the pupils
- Are evidence-based and contain robust facts and statistics
- Fit into our curriculum plan
- Are from credible sources
- Are compatible with effective teaching approaches
- Are sensitive to pupils' experiences and won't provoke distress
- Are available for parents / carers to review upon request

7.4. Inclusivity and SEND

Our academies ensure that all teaching and materials are appropriate for the ages and needs of the pupils, including those with Special Educational Needs and Disabilities (SEND). Our academies will:

- Use a diverse range of examples so all pupils feel represented
- Provide a safe and supportive environment where pupils feel able to engage
- Deliver learning in appropriate settings, such as whole-class, small groups, or 1-to-1 discussions where required

- Ensure that no child is stigmatised based on their home circumstances (e.g., single-parent families, same-sex parents, foster/adoptive carers, or kinship carers)
- Give careful consideration to the level of differentiation and adaptation needed

In our all-through special school, teaching is developed to ensure these subjects are accessible for pupils with SEND and prepare pupils for adulthood, as set out in the SEND Code of Practice.

7.5. Safe Inquiry and Questioning

Teachers will ensure that all pupils' views are listened to and will encourage sensitive, age-appropriate discussion. Teachers will answer questions honestly and appropriately for the age of the pupils. The programme is designed to be inclusive of all genders, ensuring everyone is actively involved.

7.6. Assessment and Reporting

While formal examinations are not required for RSE, pupils' knowledge and understanding will be assessed regularly to ensure they are building the confidence to apply their knowledge in real-life situations.

7.7. Adaptive Curriculum and Legal Boundaries

We may amend our curriculum content to respond to the needs and context of our pupils, to discuss issues affecting them in an age-appropriate manner. We will inform parents and carers of any deviation from our published policy in advance, and share any relevant materials on request. Across our Trust, we will also be mindful of the law and legal requirements, taking care not to condone or encourage illegal activity, such as violent action against people, criminal damage to property or hate crime.

8. Use of external organisations and materials

Across our Trust, we will make sure that any agency and any materials used are accurate, appropriate and unbiased and in line with our legal duties around political impartiality.

Our academies will:

- Make appropriate checks and engage with external agencies to make sure that their approach to teaching about RSE is balanced, and it and the resources they intend to use:
 - Are age-appropriate
 - Are in line with pupils' developmental stage
 - Comply with:
 - This policy
 - The [Teachers' Standards](#)

- The [Equality Act 2010](#)
 - The [Human Rights Act 1998](#)
 - The [Education Act 1996](#)
- Only work with external agencies where they have full confidence in the agency, its approach and the resources it uses
 - Make sure that any speakers and resources meet the intended outcome of the relevant part of the curriculum
 - Review any case study materials and look for feedback from other people the agency has worked with
 - Be clear on:
 - What they're going to say
 - Their position on the issues to be discussed
 - Ask to see in advance any materials that the agency may use
 - Know the named individuals who will be there, and follow usual safeguarding procedures for these people
 - Conduct a basic online search and address anything that may be of concern to the school, or to parents and carers
 - Check the agency's protocol for taking pictures or using any personal data they might get from a session
 - Remind teachers that they can say "no" or, in extreme cases, stop a session
 - Make sure that the teacher is in the room during any sessions with external speakers
 - Inform all external organisations that the school is legally obliged to share all content with parents and carers
 - Share all external materials with parents and carers

Our academies **won't**, under any circumstances:

- Work with external agencies that take or promote extreme political positions
- Use materials produced by such agencies, even if the material itself is not extreme
- Work with agencies who don't allow their material to be shared with parents and carers

9. Roles and responsibilities

9.1. Trustees

Trustees will

- approve the Trust-wide RSE policy
- hold Trust Leaders to account for the consistent and compliant implementation of the policy across the Trust

9.2. Trust Leaders

Trust Leaders will:

- oversee the development of the policy to ensure it aligns with statutory guidance
- work with Principals to make sure they can implement the policy in their settings
- report to the Trustees on any issues with its implementation across the Trust

9.3. Local Governing Committees (LGC)

The LGC is responsible for:

- supporting and monitoring the implementation of the policy at their specific academy
- reviewing the academy's local consultation process and the specific resources used to ensure they meet the needs of the community
- holding the Principal to account for pupil progress and the accessibility of the curriculum for all learners, including those with SEND

9.4. The Principal

The Principal is responsible for:

- Ensuring that RSE is taught consistently, safely, and in line with the Trust policy
- Managing requests to withdraw pupils from non-statutory components of RSE
- Ensuring all resources and materials are quality-assured and shared when requested by parents / carers

9.5. Staff

Staff are responsible for:

- Delivering RSE in a way that is sensitive, high-quality and appropriate for each year group
- Modelling positive attitudes to RSE and healthy relationships
- Monitoring progress
- Responding to the needs of individual pupils, including those with SEND
- Modelling positive behaviour and avoiding language that might perpetuate harmful stereotypes, and being conscious of everyday sexism, misogyny, homophobia and stereotypes
- Reporting any safeguarding concerns or disclosures that pupils may make as a result of the subject content to the academy's Designated Safeguarding Lead (DSL)

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 Principal

Please see completed [Appendix 1](#) for the RSE Lead at our academy.

9.6. Pupils

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

10. Parents' right to withdraw

10.1. Primary Academies

Across our primary academies, parents/carers do not have the right to withdraw their children from:

- Relationships Education
- Health Education
- National Curriculum for Science

These are statutory requirements and are essential for ensuring children have the knowledge they need to stay safe and healthy

Parents/carers have the right to withdraw their children from the non-statutory components of sex education within RSE. Requests for withdrawal should be put in writing using the form found in [Appendix 3](#) of this policy and addressed to the Principal.

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

10.2. All-through Special School

For primary-aged pupils, the same process as outlined in 10.1 applies.

For secondary-aged pupils, parents / carers have the right to withdraw their children from sex education components of RSE (but not from Relationships Education or Health Education) up to and until 3 terms before the pupil turns 16. After this point, if the pupil wishes to receive sex education rather than being withdrawn, the academy 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 Principal.

A copy of any withdrawal requests will be placed in the pupil's educational record. The Principal will discuss the request with parents/carers and take appropriate action.

In exceptional circumstances, for example because of a safeguarding concern or a pupil's specific vulnerability, the Principal can refuse a request to withdraw the pupil from sex education.

Where a withdrawal request is refused on the grounds of exceptional circumstances, the Principal will:

- Meet with parents/carers to explain the decision and the reasons for it
- Provide written confirmation of the decision
- Report the decision to the Deputy CEO
- Document all discussions and the rationale for the decision
- Continue to work with parents/carers to address their concerns where possible

A copy of all withdrawal requests and decisions will be placed in the pupil's educational record. Alternative work will be given to pupils who are withdrawn from sex education.

11. Training

Staff are trained on the delivery of RSE as part of their induction and it is included in our continuing professional development calendar.

Staff are encouraged to discuss any specific training needs or personal concerns regarding the curriculum with their RSE Lead / SLT / Principal

The academy will also invite external visitors, such as school nurses or sexual health professionals, to provide support and training to staff teaching RSE.

12. Monitoring arrangements

The delivery of RSE is monitored by each academy's Senior Leadership Team (SLT) and RSE Lead through:

- Learning walks
- Work sampling
- Pupil voice
- Staff feedback

Pupils' development in RSE is monitored by class teachers as part of our internal assessment systems.

Appendix 1 – Curriculum Map

ST. BART'S MULTI-ACADEMY TRUST

RSE Policy - Curriculum Map and Assessment Methods



Academy Specific Information

This appendix must be completed by each academy

It should be maintained and reviewed in line with the overarching RSE Policy.

Academy:	Woodcroft Academy
RSE Lead:	Katie Moores

CURRICULUM MAP

KS1 and LKS2

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	My healthy self: How can we look after our emotions?	Connecting with others: How can I help myself and others feel happy and safe?	The online world: How do we spend time online?	Citizenship: How can I help others and the environment?	Health protection: How can I protect myself and others in daily life?	Staying safe: How can I stay safe?
Year 2	My healthy self: How can we look after our bodies?	Connecting with others: How can I build safe, kind and caring relationships with others?	The online world: How can we stay safe online?	Citizenship: How do people belong to a community and earn money?	Growing up: How can we look after and respect our bodies as we grow?	Staying safe: How can I make safe choices in different places?
Year 3	My healthy self: How can I take care of my mind and body?	Connecting with others: What helps us feel safe and included?	The online world: How should we communicate online?	Citizenship: What rights and responsibilities do we have?	Health protection: How can we prevent illness and injury and respond if they happen?	Citizenship: What careers do people choose and why?
Year 4	My healthy self: How can I make healthy choices?	Connecting with others: How can we respect each other?	The online world: How can we decide what to trust online?	Citizenship: How can I spend money responsibly?	Growing up: How will my body and emotions change as I grow up?	Staying safe: What signs help me recognise what is safe or unsafe?

EYFS

PSHE Curriculum Mapping – EYFS



	Nursery	Reception
Autumn 1	Hand Washing – how to wash our hands. All About Me: What is my name? What do I like? Where do I go to school? Listening, following instructions and rules. Why is listening important? Learning the golden rules and coming up with classroom rules. Making friends – what makes a good friend? What are my friends names?	Hand Washing – Why and how do we wash our hands? All about me: Who am I? Who is in my family? What groups do I belong to? What are my interests? Why being unique is special. Listening and following instructions. Why is listening important? Practising listening to follow instructions, giving instructions. Rules and routines. Learning our school golden rules. Creating classroom rules. Why are rules important?
Autumn 2	Learning to put my coat on independently, including what to do if a sleeve gets stuck Where do our coats go when we have finished with them? Using the toilet, including how to wipe and flush.	Cutlery skills – What cutlery to use and when. How to scoop, chop and push food onto my fork. Coat Zipping – Learning how to fasten a zip. How do I feel? – Naming different feelings, giving examples of feelings and when we might feel them, how we should act when we feel certain ways.

	Feelings – what are feelings and what to do when I feel certain ways.	Resilience to change – how might we feel? What should we do? Problem solving – learning to communicate and talk and work as a team to solve problems.
Spring 1	Safe strangers – what is a stranger and how to keep safe. Crossing roads – how to cross a road. Toothbrushing (dentist visit) Setting goals – new years resolutions	Tooth brushing – Why is it important? How to brush out teeth. Crossing roads – Why is it important to cross safely? Different types of crossings/ what to do if there is no crossing. Setting goals – What I want to be when I grow up (long term goals) new years resolutions (medium term goals) and a challenge for this week/afternoon (short term goals) Thinking about how to achieve these. Friendships and taking turns. What makes a good friend? Who are my friends? What to do if someone is upset?
Spring 2	Healthy Eating – sorting healthy and unhealthy foods. What is exercise and why does it keep us healthy?	Healthy Eating – What is healthy and what is unhealthy. Begin to look at food groups. Design a healthy plate. Healthy Sleeping – Why is sleep important? Screen time – why is this important? What is safe to use on screens?

Summer 1	Putting on my shoes including which foot is which, how to pull them on to my feet and do up straps (not laces) Team work and playing fairly. What does fair and unfair mean? Why should we always try to be fair? Working as a team to make things fair for all.	Tying my shoes – how to tie laces. Working as a team, developing communication and talking with different sized groups to complete tasks and fix them when things have gone wrong.
Summer 2	Handling change – how might I feel and what to do about it. Transition – what am I proud of this year? What is my new class and who is my new teacher?	Handling change – transition discussions and monitoring. What other changes happen in our lives (moving house, new baby etc.) Empathy – how to react to how others are feeling. Change of opinions – is it ok to change your mind?

ASSESSMENT METHODS

We assess progress through formative assessment, including ongoing assessment opportunities such as questioning, retrieval practice and interactive activities. The school's marking policy and formative assessment practices enable teachers to assess understanding and adjust teaching accordingly.

We also assess summatively. This can include a knowledge catcher used at the start of a unit and revisited at the end of the unit to check pupils' progress over time. This allows pupils to show what they already know before learning begins and to demonstrate how their knowledge and understanding have developed by the end of the unit.

RSE and PSHE is distinct from many other subjects in that pupils start with different levels of prior knowledge and life experience. Accordingly, assessment is primarily ipsative, focusing on where each pupil is starting from and the progress they make over a period of learning, rather than comparison with others.

Appendix 2a – By the end of primary school pupils should know

TOPIC	PUPILS SHOULD KNOW
Families and people who care for me	• That families are important for children growing up because they can give love, security and stability • The characteristics of healthy and happy family life, such as 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 • That other children's families, either in school or in the wider world, sometimes look different from their own, but that they should respect those differences and know that other families are also characterised by love and care • That stable, caring relationships are at the heart of safe and happy families, and are important for children's security as they grow up • That marriage and civil partnerships represent a formal and legally recognised commitment of 2 people to each other which is intended to be lifelong • How to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed
Caring friendships	• How important friendships are in making us feel happy and secure, and how people choose and make friends • The characteristics of friendships that lead to happiness and security, including mutual respect, truthfulness, trust and trustworthiness, loyalty, kindness, generosity, sharing interests and experiences and support with problems and difficulties • That healthy, caring and kind friendships are positive and welcoming towards others, and do not make others feel lonely or excluded. Pupils should learn skills for developing caring, kind friendships • That not every child will have the friends they would like at all times, that most people feel lonely sometimes, and that there is no shame in feeling lonely or talking about it • That most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened • About managing conflict with kindness and respect, and that violence is never right • How to recognise when a friendship is making them feel unhappy or uncomfortable, and how to seek help or advice from others, if needed

TOPIC	PUPILS SHOULD KNOW
Respectful, kind relationships	• The importance of respecting others, including in families and friendships. Pupils should be encouraged to discuss how we can balance the needs and wishes of different people, and why this can be complicated • The importance of setting and respecting healthy boundaries in all relationships with friends, family, peers and adults • How to communicate effectively: how to be assertive and express needs and boundaries and manage feelings, including disappointment and frustration • That they can expect to be treated with respect and the importance of respecting others, including those who are different (for example: physically, in character, personality or background), or make different choices, or have different preferences or beliefs • The practical steps they can take in a range of different contexts to improve or support their relationships • The conventions of courtesy and manners • The importance of self-respect and how this links to their own happiness. Pupils should have opportunities to think about how they foster their own self-esteem and build a strong sense of their own identity, including through developing skills and interests • Pupils should have opportunities to discuss the difference between being assertive and being controlling, and the difference between being kind to other people and neglecting your own needs • 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 • How to seek help when needed, including when they are concerned about violence, harm or when they are unsure who to trust • What a stereotype is, and how stereotypes can be unfair, negative or destructive or lead to bullying and how to challenge a stereotype
Online safety and awareness	• That people should be respectful in online interactions, and that the same principles apply to online relationships as to face-to-face relationships, including where people are anonymous. For example, the importance of avoiding putting pressure on others to share information and images online, and strategies for resisting peer pressure. • How to critically evaluate their online relationships and sources of information, including awareness of the risks associated with people they have never met. For example, that people sometimes behave differently online, including pretending to be someone else, or pretending to be a child, and that this can lead to dangerous situations. How to recognise harmful content or harmful contact, and how to report this.

TOPIC	PUPILS SHOULD KNOW
	• That there is a minimum age for joining social media sites (currently 13), which protects children from inappropriate content or unsafe contact with older social media users, who may be strangers, including other children and adults. • The importance of exercising caution about sharing any information about themselves online. Understanding the importance of privacy and location settings to protect information online. • Online risks, including that any material provided online might be circulated, and that once a picture or words has been circulated there is no way of deleting it everywhere and no control over where it ends up. • That the internet contains a lot of content that can be inappropriate and upsetting for children, and where to go for advice and support when they feel worried or concerned about something they have seen or engaged with online.
Being safe	• What sorts of boundaries are appropriate in friendships with peers and others (including online). This can include learning about boundaries in play and in negotiations about space, toys, books, resources etc. • The concept of privacy and its implications 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 contact, including physical contact. • How to respond safely and appropriately to adults they may encounter (in all contexts, including online), including those they do and do not know. • How to recognise when a relationship is harmful or dangerous, including skills for recognising who to trust and who not to trust. • How to report abuse, concerns about something seen online or experienced in real life, or feelings of being unsafe or feeling bad about any adult and the vocabulary and confidence needed to do so. • How to ask for advice or help for themselves or others, and to keep trying until they are heard. Where to get advice e.g. family, school and/or other sources
Mental wellbeing	• That mental wellbeing is a normal part of daily life and that worrying or feeling down are normal and not always a sign of a mental health condition. • How to use vocabulary to talk about their feelings and where to seek support in school. • The benefits of physical activity, time outdoors, and hobbies for mental health.

TOPIC	PUPILS SHOULD KNOW
	That isolation and loneliness can affect children and the importance of seeking support
Wellbeing online	- The benefits of limiting time spent online and the risks of excessive use of electronic devices. - Why social media, apps, and games have age restrictions. - How to take a critical approach to what they see online and recognize scams or harmful content.
Physical health and fitness	- The characteristics and benefits of an active lifestyle and the risks of an inactive one. - The importance of building regular physical activity into daily routines and the risks of an inactive lifestyle.
Healthy eating	- What constitutes a healthy diet, including an understanding of calories and nutritional content. - The importance of a healthy relationship with food and the principles of planning healthy meals. - The characteristics of a poor diet and risks such as obesity and tooth decay.
Drugs, alcohol, tobacco, and vaping	- The facts about legal and illegal harmful substances and associated risks. - The risks of nicotine addiction, specifically including smoking, vaping, and nicotine pouches.
Health protection and prevention	- How to recognise early signs of physical illness and the importance of sufficient good quality sleep. - Safe and unsafe exposure to the sun. - About dental health, personal hygiene, and the facts/scientific evidence relating to vaccination.
Basic first aid	How to make a call to emergency services and concepts of basic first aid for common injuries.
Developing bodies	- Key facts about puberty and the human lifecycle. - Correct names of body parts (penis, vulva, vagina, testicles, etc.) and that these are private. - The facts about the menstrual cycle, including physical and emotional changes

Appendix 2b – By the end of secondary school pupils should know

TOPIC	PUPILS SHOULD KNOW
Families	• That there are different types of committed, stable relationships. • How these relationships might contribute to wellbeing, and their importance for bringing up children. • Why marriage or civil partnership is an important relationship choice for many couples. The legal status of marriage and civil partnership, including that they carry legal rights, benefits and protections that are not available to couples who are cohabiting or who have, for example, undergone a non-legally binding religious ceremony. • That ‘common-law marriage’ is a myth, and cohabitants do not obtain marriage-like status or rights from living together or by having children. • That forced marriage and marrying before the age of 18 are illegal • How families and relationships change over time, including through birth, death, separation and new relationships. • The roles and responsibilities of parents with respect to raising children, including the characteristics of successful parenting and the importance of the early years of a child’s life for brain development • How to judge when a relationship is unsafe and where to seek help when needed, including when pupils are concerned about violence, harm, or when they are unsure who to trust
Respectful relationships	• The characteristics of positive relationships of all kinds, online and offline, including romantic relationships. For example, pupils should understand the role of consent, trust, mutual respect, honesty, kindness, loyalty, shared interests and outlooks, generosity, boundaries, tolerance, privacy, and the management of conflict, reconciliation and ending relationships. • How to evaluate their impact on other people and treat others with kindness and respect, including in public spaces and including strangers. Pupils should understand the legal rights and responsibilities regarding equality, and that everyone is unique and equal. • The importance of self-esteem, independence and having a positive relationship with oneself, and how these characteristics support healthy relationships with others. This includes developing one’s own interests, hobbies, friendship groups, and skills. Pupils should understand what it means to be treated with respect by others. • What tolerance requires, including the importance of tolerance of other people’s beliefs. • The practical steps pupils can take and skills they can develop to support respectful and kind relationships. This includes skills for communicating respectfully within relationships and with strangers, including in situations of conflict. • The different types of bullying (including online bullying), the impact of bullying, the responsibilities of bystanders to report bullying and how and where to get help.

TOPIC	PUPILS SHOULD KNOW
	• Skills for ending relationships or friendships with kindness and managing the difficult feelings that endings might bring, including disappointment, hurt or frustration. • The role of consent, including in romantic and sexual relationships. Pupils should understand that ethical behaviour goes beyond consent and involves kindness, care, attention to the needs and vulnerabilities of the other person, as well as an awareness of power dynamics. Pupils should understand that just because someone says yes to doing something, that doesn't automatically make it ethically ok. • How stereotypes, in particular stereotypes based on sex, gender reassignment, race, religion, sexual orientation or disability, can cause damage (e.g. how they might normalise non-consensual behaviour or encourage prejudice). Pupils should be equipped to recognise misogyny and other forms of prejudice. • How inequalities of power can impact behaviour within relationships, including sexual relationships. For example, how people who are disempowered can feel they are not entitled to be treated with respect by others or how those who enjoy an unequal amount of power might, with or without realising it, impose their preferences on others. • How pornography can negatively influence sexual attitudes and behaviours, including by normalising harmful sexual behaviours and by disempowering some people, especially women, to feel a sense of autonomy over their own body and providing some people with a sense of sexual entitlement to the bodies of others. • Pupils should have an opportunity to discuss how some sub-cultures might influence our understanding of sexual ethics, including the sexual norms endorsed by so-called "involuntary celibates" (incels) or online influencers.
Online safety and awareness	• Rights, responsibilities and opportunities online, including that the same expectations of behaviour apply in all contexts, including online. • Online risks, including the importance of being cautious about sharing personal information online and of using privacy and location settings appropriately to protect information online. Pupils should also understand the difference between public and private online spaces and related safety issues. • The characteristics of social media, including that some social media accounts are fake, and / or may post things which aren't real / have been created with AI. That social media users may say things in more extreme ways than they might in face-to-face situations, and that some users present highly exaggerated or idealised profiles of themselves online. • Not to provide material to others that they would not want to be distributed further and not to pass on personal material which is sent to them. Pupils should understand that any material provided online might be circulated, and that once this has happened there is no way of controlling where it ends up. Pupils should understand the serious risks of sending material to others, including the law concerning the sharing of images.

TOPIC	PUPILS SHOULD KNOW
	• That keeping or forwarding indecent or sexual images of someone under 18 is a crime, even if the photo is of themselves or of someone who has consented, and even if the image was created by the child and/or using AI generated imagery. Pupils should understand the potentially serious consequences of acquiring or generating indecent or sexual images of someone under 18, including the potential for criminal charges and severe penalties including imprisonment. Pupils should know how to seek support and should understand that they will not be in trouble for asking for help, either at school or with the police, if an image of themselves has been shared. Pupils should also understand that sharing indecent images of people over 18 without consent is a crime. • What to do and how to report when they are concerned about material that has been circulated, including personal information, images or videos, and how to manage issues online. • About the prevalence of deepfakes including videos and photos, how deepfakes can be used maliciously as well as for entertainment, the harms that can be caused by deepfakes and how to identify them. • That the internet contains inappropriate and upsetting content, some of which is illegal, including unacceptable content that encourages misogyny, violence or use of weapons. Pupils should be taught where to go for advice and support about something they have seen online. Pupils should understand that online content can present a distorted picture of the world and normalise or glamorise behaviours which are unhealthy and wrong. • That social media can lead to escalations in conflicts, how to avoid these escalations and where to go for help and advice. • How to identify when technology and social media is used as part of bullying, harassment, stalking, coercive and controlling behaviour, and other forms of abusive and/or illegal behaviour and how to seek support about concerns. • That pornography, and other online content, often presents a distorted picture of people and their sexual behaviours and can negatively affect how people behave towards sexual partners. This can affect pupils who see pornographic content accidentally as well as those who see it deliberately. Pornography can also portray misogynistic behaviours and attitudes which can negatively influence those who see it. • How information and data is generated, collected, shared and used online. • That websites may share personal data about their users, and information collected on their internet use, for commercial purposes (e.g. to enable targeted advertising). • That criminals can operate online scams, for example using fake websites or emails to extort money or valuable personal information. This information can be used to the detriment of the person or wider society. About risks of sextortion, how to identify online scams relating to sex, and how to seek support if they have been scammed or involved in sextortion. • That AI chatbots are an example of how AI is rapidly developing, and that these can pose risks by creating fake intimacy or offering harmful advice. It is important to be able to critically think about new types of technology as they appear online and how they might pose a risk

TOPIC	PUPILS SHOULD KNOW
Being safe	• How to recognise, respect and communicate consent and boundaries in relationships, including in early romantic relationships (in all contexts, including online) and early sexual relationships that might involve kissing or touching. That kindness and care for others requires more than just consent. • That there are a range of strategies for identifying, resisting and understanding pressure in relationships from peers or others, including sexual pressure, and how to avoid putting pressure on others. • How to determine whether other children, adults or sources of information are trustworthy, how to judge when a relationship is unsafe (and recognise this in the relationships of others); how to seek help or advice, including reporting concerns about others, if needed. • How to increase their personal safety in public spaces, including when socialising with friends, family, the wider community or strangers. Pupils should learn ways of seeking help when needed and how to report harmful behaviour. Pupils should understand that there are strategies they can use to increase their safety, and that this does not mean they will be blamed if they are victims of harmful behaviour. Pupils might reflect on the importance of trusting their instincts when something doesn't feel right, and should understand that in some situations a person might appear trustworthy but have harmful intentions. • What constitutes sexual harassment or sexual violence, and that such behaviour is. • That sexual harassment includes unsolicited sexual language / attention / touching, taking and/or sharing intimate or sexual images without consent, public sexual harassment, pressuring other people to do sexual things, and upskirting. • The concepts and laws relating to sexual violence, including rape and sexual assault. • The concepts and laws relating to harmful sexual behaviour, which includes all types of sexual harassment and sexual violence among young people but also includes other forms of concerning behaviour like using age-inappropriate sexual language. • The concepts and laws relating to domestic abuse, including controlling or coercive behaviour, emotional, sexual, economic or physical abuse, and violent or threatening behaviour. • That fixated, obsessive, unwanted and repeated behaviours can be criminal, and where to get help if needed. • The concepts and laws relating to harms which are exploitative, including sexual exploitation, criminal exploitation and abuse, grooming, and financial exploitation. • The concepts and laws relating to forced marriage. • The physical and emotional damage which can be caused by female genital mutilation (FGM), virginity testing and hymenoplasty, where to find support, and the law around these areas. This should include that it is a criminal offence for anyone to perform or assist in the performance of FGM, virginity testing or hymenoplasty, in the UK or abroad, or to fail to protect a person under 16 for whom they are responsible.

TOPIC	PUPILS SHOULD KNOW
	• That strangulation and suffocation are criminal offences, and that strangulation (applying pressure to the neck) is an offence, regardless of whether it causes injury. That any activity that involves applying force or pressure to someone's neck or covering someone's mouth and nose is dangerous and can lead to serious injury or death. • That pornography presents some activities as normal which many people do not and will never engage in, some of which can be emotionally and/or physically harmful. • How to seek support for their own worrying or abusive behaviour or for worrying or abusive behaviour they have experienced from others, including information on where to report abuse, and where to seek medical attention when required, for example after an assault.
Intimate and sexual relationships (including sexual health)	• That sex, for people who feel ready and are over the age of consent, can and should be enjoyable and positive. • The law about the age of consent, that they have a choice about whether to have sex, that many young people wait until they are older, and that people of all ages can enjoy intimate and romantic relationships without sex. • Sexual consent and their capacity to give, withhold or remove consent at any time, even if initially given, as well as the considerations that people might take into account prior to sexual activity, e.g. the law, faith and family values. That kindness and care for others require more than just consent. • 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. • That some sexual behaviours can be harmful. • The facts about the full range of contraceptive choices, efficacy and options available, including male and female condoms, and signposting towards medically accurate online information about sexual and reproductive health to support contraceptive decision making. • That there are choices in relation to pregnancy. Pupils should be given medically and legally accurate and impartial information on all options, including keeping the baby, adoption, abortion and where to get further help. • How the different sexually transmitted infections (STIs), including HIV, are transmitted. How risk can be reduced through safer sex (including through condom use). The use and availability of the HIV prevention drugs Pre-Exposure Prophylaxis (PrEP) and Post Exposure Prophylaxis (PEP) and how and where to access them. The importance of, and facts about, regular testing and the role of stigma • The prevalence of STIs, the short- and long-term impact they can have on those who contract them and key facts about treatment. • How the use of alcohol and drugs can lead people to take risks in their sexual behaviour.

TOPIC	PUPILS SHOULD KNOW
	• How and where to seek support for concerns around sexual relationships including sexual violence or harms. • How to counter misinformation, including signposting towards medically accurate information and further advice, and where to access confidential sexual and reproductive health advice and treatment.
Mental wellbeing	• How to talk about emotions accurately and identifying characteristics of common mental ill-health (e.g., anxiety/depression). • The link between alcohol/drug use and mental health. • That gambling can lead to serious mental health harms
Wellbeing online	• The impact of unhealthy comparison with curated lives online and unrealistic expectations for body image. • Identifying misinformation, disinformation, and conspiracy theories.
Physical health and fitness	• Factual information about serious health conditions and the science of blood, organ, and stem cell donation.
Healthy eating	• The links between poor diet and risks like Type 2 diabetes and cancer. • The impact of alcohol on diet and unhealthy weight gain.
Drugs, alcohol, tobacco, and vaping	• The law relating to the supply and possession of illegal substances and the risks of potent synthetic drugs. • The risks of alcohol consumption, including dependency and the dangers of "spiked" drinks. • The dangers of misusing prescribed and over-the-counter medicines
Health protection and prevention	• How and when to self-care for minor ailments and the role of the healthcare system • The importance of regular self-examination and screening. • The concept of Gillick competence and the legal age of medical consent (16).
Basic first aid	• Life-saving skills, including how to administer CPR and the purpose/use of defibrillators.

TOPIC	PUPILS SHOULD KNOW
Developing bodies	• Implications of puberty and brain development for emotional and physical health. • Facts about reproductive health, including fertility and the menopause. • Information on menstrual and gynaecological health (e.g., endometriosis and PCOS). • The importance of healthy behaviours before and during pregnancy

Appendix 3 – Parent/carer form requesting their child's withdrawal from sex education within RSE

ST. BART'S MULTI-ACADEMY TRUST

Withdrawal From Sex Education Form

within RSE



Academy:

TO BE COMPLETED BY PARENTS/CARERS

Name of Child:

Class:

Name of
parent/carers:

Date:

Reason for withdrawing from sex education within relationships and sex education:

Any other information you would like the school to consider:

Signed:

FOR ACADEMY USE:

Agreed actions
from discussion
with
parents/carers:

Signed:

Date:

Appendix 4 – Consultation Process

ST. BART'S MULTI-ACADEMY TRUST

RSE Policy – Consultation Process

Academy Specific Information



This appendix must be completed by each academy

It should be maintained and reviewed in line with the overarching RSE Policy.

Academy:	Woodcroft Academy
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Consultation Process

To consult with parents before the start of the new guidance for RSE (2026), it was shared with parents the changes to the curriculum and scheme. Parents received the letter below. This ensured they were informed in advance and had the opportunity to review the proposed updates before implementation.

RSE and Health Education Curriculum Consultation

30 June 2026

Dear Parents and Carers,

I am writing to inform you about important changes to our Relationships, Sex and Health Education (RSE and Health Education) curriculum, which will take effect from 1 September 2026. These changes have been made in response to the new guidance being issued by the Department for Education, and we will be updating our PSHE and RSE provision to ensure full compliance with the revised requirements.

From September 2026, pupils in Years 1 to 4 will follow the Kapow scheme of work, which has been selected carefully to support continuity and progression from Reception through to Year 4 (the Reception curriculum has not been updated). We believe this is the most appropriate scheme to meet the new guidance in full, while ensuring that learning is age-appropriate, meaningful and secure. Kapow follows a spiral curriculum model, meaning that key concepts are revisited and built upon over time so that pupils can deepen their understanding as they move through the school.

Across Years 1 to 4, the curriculum is organised into nine key areas:

- My Healthy Self
- Connecting with Others
- The Online World
- Staying Safe
- Health Protection
- Growing Up – this unit includes changing bodies and knowing the correct names for body parts.
- Citizenship (non-statutory at present; included in the forthcoming National Curriculum from September 2028)

- Sex Education (Y6 only non-statutory)
- First Aid (Y6 only non-statutory)

Information about the specific content covered in each year group will be shared with parents and carers through knowledge organisers, once these have been released. These will provide a clear overview of the topics and learning objectives for each stage of the curriculum. Should you require further guidance or wish to discuss any sensitive aspects of the programme, our teachers will, as always, be available to speak with you.

We are committed to delivering this subject in a careful, considered and supportive way, ensuring that pupils receive accurate information in an age-appropriate manner. We value the partnership between home and school and recognise the importance of keeping parents and carers informed about this area of the curriculum. If you have any questions or concerns, please do not hesitate to contact the school.



ST. BART'S

MULTI-ACADEMY TRUST

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