



Relationships and Sex Education Policy

Signed:	
Chair of Trust Board:	Claire Delaney
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Contents

1	Introduction	3
2	Aims and Objectives.....	3
3	Definition of Relationships Education and Relationships and Sex Education (RSE)	3
4	Roles and Responsibilities.....	4
5	Delivery of Relationships Education and RSE	5
6	Relationships Education and RSE: Curriculum and Outcomes.....	6
7	Health Education: Physical health and mental well-being	6
8	Pupils with special educational needs and/or disabilities	6
9	Right to request withdrawal from sex education	7
10	Confidentiality and Child Protection.....	7
11	Equal opportunities.....	8
12	Complaints	8
Annex 1	Relationships Education Primary stage curriculum and outcomes	9
Annex 2	Health Education Primary stage curriculum and outcomes	14

1.0 Bellevue Place Education Trust – Our commitment

Learn, Enjoy, Succeed

BPET is a growing family of autonomous schools that strive for excellence for the communities they serve. Our staff are empowered to balance academic rigour and curricular breadth to inspire confidence, creativity and respect. Our pupils are at the heart of everything we do as to LEARN, ENJOY and SUCCEED.

LEARN

We offer a breadth and ambition of provision that supports an exceptional academic education, nurturing every child's learning journey – regardless of ability, background or special educational needs – and helping them develop a lifelong passion for learning.

ENJOY

We believe learning should be enjoyable, and that through this enjoyment children develop life-long learning habits. We achieve this by creating opportunities for all children to reach their full potential at school, and to enjoy school life – helping to ensure pupils grow into happy, independent and confident learners.

SUCCEED

We strive for excellence, aiming to ignite ambition, aspiration, pride and a desire to contribute to society. We prepare our pupils to approach life with confidence, purpose and integrity.

Working together: the BPET way

We achieve far more by learning, supporting and collaborating within and across our network of schools and communities. We do so with an unwavering and shared commitment to equality, diversity, inclusion, and respect.

1 Introduction

- 1.1 BPET and Kilburn Grange School believes that in order to create a happy and successful adult life, children and young people need to have the self-confidence to make informed decisions about their wellbeing, health and relationships. Relationships Education and Relationships and Sex Education (RSE) is about giving children and young people the information they need to help them develop healthy, nurturing relationships of all kinds, not just intimate relationships. Health Education is giving pupils information to make well-informed, positive choices about their own health and wellbeing. BPET and Kilburn Grange School recognises that physical health and mental wellbeing are interlinked, and it is important that pupils understand that good physical health contributes to good mental wellbeing, and vice versa. BPET and Kilburn Grange School also recognises the importance of equipping pupils with the knowledge and skills to recognise when something is not right in relation to their own health or wellbeing, or that of others, and to know how and where to seek appropriate support.
- 1.2 BPET and Kilburn Grange School has a responsibility under the Equality Act 2010 to ensure the best for all pupils at its schools irrespective of disability, educational needs, race, nationality, ethnic or national origin, sex, gender identity, pregnancy, maternity, religion or sexual orientation.

As a result, Relationships Education, RSE and Health Education will be sensitive to the different needs of individual pupils and may need to adapt and change over time to reflect the needs of the particular cohort. BPET and Kilburn Grange School will ensure that Relationships Education, RSE and Health Education promote equality, respect and dignity for all. Pupils will learn about the protected characteristics set out in the Equality Act 2010 in an age-appropriate way, recognising and respecting diversity while ensuring teaching remains factual, balanced and appropriate to pupils' age and stage of development. BPET and Kilburn Grange School may also take positive action, where it can be shown that it is proportionate, to deal with particular disadvantages affecting one group because of a protected characteristic.

- 1.3 BPET and Kilburn Grange School is aware of the need to be mindful of and respectful to a wide variety of faith and cultural beliefs across its schools and will make every attempt to be appropriately sensitive; equally it is essential that children and young people still have access to the learning they need to stay safe, healthy and understand their rights as individuals. BPET and Kilburn Grange School believes that its pupils deserve the right to honest, clear, impartial scientific and factual information to help better form their own beliefs and values, free from bias, judgement or subjective personal beliefs of those who teach them.
- 1.4 Teaching about relationships will reflect the diversity of families and relationships in modern Britain in an age-appropriate way. Where references are made to protected characteristics, including sexual orientation and gender reassignment, these will be taught factually, sensitively and in accordance with statutory guidance. Content will be integrated within the wider Relationships Education curriculum rather than delivered as a standalone unit.
- 1.5 This policy has been developed in consultation with parents, pupils and staff from all schools within BPET to ensure that it meets the needs of the whole school community. Consultation information is used to personalise the curriculum at each school. Consultation was carried out when initially introducing the 1Decision scheme of work and statutory guidance and the information was used to personalise the curriculum at our school.
- 1.6 The policy will be reviewed annually, or sooner where changes to legislation, statutory guidance or local circumstances require. We will ensure that feedback from pupils, staff, parents and classroom observations is considered when reviewing the policy annually.

2 Aims and Objectives

- 2.1 Through the delivery of high quality, evidence-based and age-appropriate RSE, Relationships and Health Education, Kilburn Grange School aims to help prepare pupils for the onset of puberty, give them an understanding of sexual development and the importance of health and hygiene, create a positive culture in relation to sexuality and relationships and to ensure pupils know how and when to ask for help and where to access support. By the end of their education BPET and Kilburn Grange School hopes pupils will have developed resilience and feelings of self-respect, confidence and empathy in preparation for the responsibilities and experiences of adult life.
- 2.2 The aims of Relationships Education, Relationships and Sex Education and Health Education at Kilburn Grange School are intended to help pupils to:

- Understand how to keep and stay safe at all times.
- Understand how to be healthy and be aware of potential risk areas (such as drugs and alcohol).
- Learn about healthy relationships, growing and changing, puberty, human reproduction and the physical and emotional changes associated with becoming an adult in an age-appropriate and carefully sequenced way.
- Build healthy, respectful relationships focusing on family and friends.
- Develop key personal attributes, such as kindness, integrity, generosity and honesty.
- Recognise the importance of feelings and how to manage them safely and effectively.
- Learn about mental wellbeing.
- Identify how to keep safe on the internet and how to protect themselves from these.
- Develop respect, empathy and responsibility as they grow and learn to become responsible members of the school community.

3 Definition of Relationships Education and Relationships and Sex Education (RSE)

- 3.1 Relationships Education at primary phase is about teaching the fundamental building blocks and characteristics of positive relationships, with particular reference to friendships, family relationships, and relationships with other children and with adults and who can support them. It includes how to take turns, how to treat each other with kindness, consideration and respect, the importance of honesty and truthfulness, permission seeking and giving, and the concept of personal privacy, establishing personal space and boundaries.
- 3.2 Relationships Education does not involve teaching the details of different forms of sexual activity but may include discussion of sensitive topics where necessary to help children recognise unsafe situations, protect themselves and know how to seek help.
- 3.3 RSE is lifelong learning about physical, sexual, moral and emotional development. It is about teaching about relationships, sex, sexuality and sexual health in a way that gives pupils the confidence to make sound decisions when facing risks and other challenges. It includes teaching about friendship, the importance of caring, stable and mutually supportive relationships with another person, and how to control and understand feelings that come with being in a relationship.
- 3.4 **RSE does not encourage early sexual experimentation.** It teaches children and young people to understand human sexuality and to respect themselves and others, to build self-esteem and understand the reasons for delaying sexual activity so that they can develop safe, fulfilling and healthy sexual relationships, at the appropriate time.
- 3.5 RSE will outline that there are different types of committed, stable relationships, the characteristics and legal status of other types of long-term relationships, the importance of marriage as a relationship choice and why it must be freely entered into, how relationships might contribute to human happiness and their importance for raising children, as well as highlighting the roles and responsibilities of parents with respect to raising children, characteristics of

successful parenting and how to judge when relationships have become unsafe as well as how to seek help or advice and report concerns about others.

- 3.6 Sex education beyond the National Curriculum for science is not compulsory in primary schools, and schools can choose whether to provide it to meet the needs of their pupils. Kilburn Grange School consulted parents in summer 2026 about the proposed provision of sex education. However, after reviewing the results, we found that the number of survey responses was insufficient to provide a representative picture of parents' views. We are therefore continuing the consultation to encourage wider participation and gain a more accurate understanding of parents' perspectives before making a final decision by the end of the Autumn term. During this consultation period, we will continue to teach Relationships and Health Education, alongside the National Curriculum for science. This includes related content such as the main external body parts, how the human body develops from birth to old age, including puberty, and reproduction in some plants and animals.
- 3.7 Health Education aims to teach pupils about physical health and mental wellbeing and give them the knowledge they need to make informed decisions about their own health and wellbeing. It helps pupils understand what is normal in relation to health and development and recognise potential concerns in themselves and others. Pupils are also taught how to seek support from appropriate sources as early as possible when concerns arise. Physical health and mental wellbeing are closely linked and pupils learn that good physical health contributes to positive mental wellbeing and vice versa. Health Education covers mental wellbeing, internet safety and harms, physical health and fitness, healthy eating, the facts and risks associated with drugs, alcohol and tobacco, health and prevention, basic first aid and the changing adolescent body. These topics are taught in an age appropriate manner to help pupils understand healthy choices and develop confidence in recognising and communicating concerns. Through this teaching we aim to give pupils the information and understanding they need to care for their own health and wellbeing and seek help when needed.

4 Roles and Responsibilities

All members of the BPET and Kilburn Grange School community are expected to follow this policy. Roles, responsibilities and expectations of each section of BPET and Kilburn Grange School community are set out in detail below.

4.1 Board of Trustees

Trustees will monitor and evaluate the impact of the policy by reviewing pupils' progress in achieving the expected educational outcomes. They will scrutinise relevant data, review any issues that might arise and hold the Headteacher to account for the implementation of the policy.

4.2 Local Governing Board

Local Governors in each BPET school will review and monitor the application and implementation of this policy by receiving regular reports from the Headteacher on educational outcomes. Local Governors will scrutinise relevant data, review any issues that might arise and act as a point of challenge for decisions taken by the Headteacher.

4.3 Headteacher

The Headteacher, with support from their respective Senior Leadership Team and the PSHE lead, will ensure that staff are supported, receive regular professional development training in how to deliver RSE and are up to date with policy changes. They will ensure that Relationships Education, RSE and Health Education is well led, effectively managed and well planned across various subjects (to avoid unnecessary duplication of topics) and that the quality of provision is subject to regular and effective self-evaluation. The Headteacher will ensure that teaching is age-appropriate, delivered in ways that are accessible to all pupils with SEND and that the subjects are resourced, staffed and timetabled appropriately. They will ensure that teaching delivered by any external organisation is age-appropriate and accessible for pupils and will liaise with parents regarding any concerns or opinions regarding Relationships Education, RSE and Health Education provision and will manage parental requests for withdrawal of pupils from non-statutory, non-science components of Relationships Education, RSE and Health Education provision. Relationships Education, RSE and Health Education is lead and monitored by the PSHE/RHE Subject Lead, who will work alongside the Headteacher to ensure that PSHE/RHE is taught consistently across Kilburn Grange School.

4.4 Staff

Teachers of Relationships Education, RSE and Health Education will ensure that they are up to date with school policy and curriculum requirements regarding sex education and will attend and engage in professional development training. Teachers will encourage pupils to communicate concerns regarding their social, personal and emotional development in confidence, listen to their needs and support them seriously. If a pupil comes to a member of staff with an issue that that member of staff feels they are not able to deal with alone, they will take this concern to their phase leader.

4.5 Parents

BPET and Kilburn Grange School hopes to build a positive and supporting relationship with parents through mutual understanding, cooperation and trust. Parents are expected to share the responsibility of sex education and support their children's personal, social and emotional development. BPET and Kilburn Grange School hopes parents will create an open home environment where pupils can engage, discuss and continue to learn about matters that have been raised through school. Parents are also encouraged to seek additional support in this from the school their child attends where they feel it is needed.

4.6 Pupils

Pupils are expected to take Relationships Education, RSE and Health Education seriously. Pupils are expected to listen, be considerate of other pupils' feelings and beliefs, comply with class-set confidentiality rules and support one another with issues that arise during class. Pupils who fail to follow these standards of behaviour will be dealt with under the BPET Behaviour policy.

5 Delivery of Relationships Education, RSE and Health Education

- 5.1 Relationships Education, RSE and Health Education will be delivered in a non-judgmental, factual way allowing scope for children and young people to ask questions in a safe environment. Teachers will tailor the delivery of Relationships Education, RSE and Health Education to meet the specific needs of the pupils in that class, and to be responsive to their behaviour and development. Classes will explore different attitudes, values and social labels, and develop skills that will enable our pupils to make informed decisions regarding sex and relationships as well as being able to differentiate between fact, opinion and belief and an understanding of the law on various topics. Pupils will be taught the anatomically correct names for body parts, but slang or everyday terms used in certain social circles will be discussed; this will surround discussion about what is and isn't acceptable language to use.
- 5.2 We use the 1Decision scheme of work to deliver Personal, Social, Health and Economic education (PSHE) and Relationships and Health Education (RHE). Learning in these areas is also supported through other teaching opportunities and wider school experiences. The scheme is aligned with statutory guidance and covers the relevant elements required to be taught. It brings PSHE and RHE together in a comprehensive programme that takes account of pupils' ages, needs and feelings. It also supports pupils in developing a strong understanding of safeguarding through its PSHE, RHE and e-safety programmes. The scheme has been awarded the PSHE Association Quality Mark. Relationships Education is taught within the context of family life with care taken to ensure that no child is stigmatised because of their home circumstances. Teaching recognises a range of family structures including single parent families, LGBT parents, families headed by grandparents, adoptive families and foster parents or carers. It also sensitively reflects the different support networks and experiences of children who are looked after or who are young carers. We recognise that children of the same age may be at different stages of development and may therefore have different questions, responses and behaviours. Teachers tailor the delivery of Relationships Education and Health Education to meet the specific needs of pupils in their class and respond sensitively to their development. Staff will use teaching methods that take account of these differences and provide opportunities for individual conversations or small group discussions where appropriate. All resources used to deliver PSHE and RHE are selected carefully to ensure that they are suitable for pupils' ages and needs. Examples of these resources are included in the Annexes of this policy.
- 5.3 We also implement the Zones of Regulation curriculum. It is an approach designed to support the development of self-regulation in children. It teaches children to build awareness of their feelings and use a variety of tools and strategies for regulation, prosocial skills, self-care, and overall wellness. This curriculum is taught alongside the 1Decision scheme of work.
- 5.4 At Kilburn Grange School, we refer to RHE/PSHE lessons as Skills for Life to help children understand the subject and its aims. Weekly Skills for Life sessions typically last for 40 minutes. As well as Skills for Life sessions, the school often uses assemblies to teach about issues related to other topics within the Skills for Life curriculum. These cover similar topics as covered in Skills for Life sessions, including mental health, bullying and transitions in between and beyond Key Stage One and Two. There is also a Picture News in-class assembly fortnightly in each class to discuss local, national and global current events happening at the time. There is a key charity identified each term. We believe that when children take part in charitable events, they learn about responsibility, generosity, helping others, making positive changes and how to engage with

the local community as well as national and global issues. This also supports children's SMSC development including the Fundamental British Values.

- 5.5 The overview, found in the Annexes of this policy outlines the eight units, as well as the differing topics for each year group. PSHE/RHE or PSED in Reception is timetabled and taught in each class once per week. In Key Stage 1 and 2 classes, all discussions and learning during PSHE/RHE lessons are recorded in a whole class scrap book to show pupils responses and contributions. The class scrapbook includes the date of the lesson, explanation of task, pupil voice and photos/task children completed. As Reception is part of the Early Years Foundation Stage (EYFS), they follow the Early Years curriculum including the characteristics of effective learning. In EYFS, teaching of PSHE is incorporated into the learning of Personal, Social, Emotional and Development, one of the prime areas of the EYFS curriculum. PSED is captured in individual/group observations in each pupil's learning journal.
- 5.6 RSE or Relationships Education will be delivered in science, computing and PSHE lessons, but may be referred to in other lessons. Children of the same age may be developmentally at different stages, leading to differing types of questions or behaviours. Staff will use teaching methods that take account of these differences and the potential for discussion on a one-to-one basis or in small groups.
- 5.7 Kilburn Grange School has three core values that underpin our whole-school culture and guide our curriculum, behaviour, and personal development. These values are an integral part of who we are and, more importantly, who we aspire to become. They help shape pupils' character, self-discipline, and learning habits, enabling them to grow into well-rounded individuals and successful learners. The school values are an important part of children's PSHE/RHE development and promoting the Fundamental British values. We focus on a different value every half-term and assemblies are planned to teach children about each value and supports children's SMSC development including the Fundamental British Values. Our 'KGS' values — Kindness, Grit, and Smartness — support our school vision: to grow our hearts and minds so we can learn, enjoy, and succeed.
- 5.8 The half-termly curriculum leaflet will outline to parents and carers what will be taught in PSHE/RHE each half-term. There will also be a bi-annual webinar opportunity offered to parents and carers to look at the PSHE/RHE and Science materials and lessons in more detail, lead by the Skills for Life and Science Leaders.
- 5.9 At Kilburn Grange School, class teachers usually teach PSHE/RHE lessons. However, sometimes this will involve a Teaching Assistant. Staff do not have the right to opt out of teaching PSHE/RHE. Staff who have concerns about teaching PSHE/RHE are encouraged to discuss this with the Headteacher. As teaching PSHE/RSE encompasses sensitive matters, it is important that staff delivering PSHE/RHE lessons create a safe and supportive learning environment whilst also being prepared for the issues that may arise.
- 5.10 Staff are trained on the delivery of the PSHE and RHE curriculum as part of their induction and it is included in our continuing professional development calendar. The Headteacher may also invite visitors from outside the school, such as school nurses or sexual health professionals, to provide support and training to staff teaching PSHE/RHE.

- 5.11 Each module within the 1Decision series builds on our Early Years programme and begins with a baseline assessment of the pupils' current knowledge, which allows class teachers to address any gaps in their learning. The KS2 programme has clear progressive routes from the KS1 programme, and the children's gained knowledge is highlighted throughout the assessment process.
- 5.12 Pupils' development in PSHE/RHE is monitored by class teachers as part of our internal assessment systems. In EYFS, PSED is assessed termly as part of the EYFS development matters outcomes and early learning goals using observations and teacher knowledge. In KS1 and KS2, there is an assessment opportunity after every topic that is learnt for all year groups in the last lesson. Pupils' understanding, knowledge and skills are assessed through observation, discussion, questioning and participation in circle time and lessons.
- 5.13 General comments about PSHE and RHE will be included in annual reports to parents and discussed during parent teacher meetings.
- 5.14 The effect of teaching a high quality PSHE/RHE curriculum prepares children for the opportunities, responsibilities, and experiences of adult life. It also promotes the spiritual, moral, social, cultural, mental, and physical development of pupils, at school and in society.

Relationships Education and RSE: Curriculum and Outcomes

- 5.15 By the end of their primary education BPET expects pupils to know the information set out at Annex 1. BPET and Kilburn Grange School recognises that primary-age pupils may ask their teachers or other adults questions pertaining to sex or sexuality which go beyond the designed curriculum for RSE or Relationships Education. Teaching methods will take account of the potential different types of questions and behaviours likely to arise and staff will assess which types of teaching methods would be most appropriate (for example, a full class setting, one-to-one discussions or in small groups). There may be occasions where teachers ask parents to answer questions asked because of the sensitive nature of the response. Teaching will follow a planned sequence which builds knowledge progressively across year groups and is developmentally appropriate for pupils' age and stage.

Health Education: Physical health and mental well-being

- 5.16 BPET and Kilburn Grange School wishes to promote pupils' health and well-being by encouraging self-control, their ability to self-regulate and strategies for doing so. This will enable pupils to become confident in their ability to achieve well and persevere even when they encounter setbacks or when their goals are distant, and to respond calmly and rationally to setbacks and challenges. BPET and Kilburn Grange School believes that an integrated, whole-school approach to the teaching and promotion of health and wellbeing will have a positive impact on behaviour and attainment. Health Education will be delivered in PSHE, Science, computing and PE lessons.
- 5.17 Health Education will support pupils to develop resilience, recognise healthy and unhealthy influences, understand how to seek support, and develop strategies to maintain positive physical and mental wellbeing both offline and online.

- 5.18 By the end of their primary education BPET and Kilburn Grange School expects pupils to know the information set out at Annex 2.

6 Pupils with special educational needs and/or disabilities

- 6.1 BPET and Kilburn Grange School will endeavour to ensure that Relationships Education, RSE, and Health Education is accessible for all pupils. We are aware that some pupils are more vulnerable to exploitation, bullying and other issues due to the nature of their SEND. Relationships Education, RSE and Health Education may be particularly important for such pupils, for example those with Social, Emotional and Mental Health needs or learning disabilities. Teaching will be sensitive, age-appropriate, developmentally appropriate, differentiated and personalised. Staff will take account of pupils' developmental stage, communication needs and individual vulnerabilities when planning and delivering Relationships Education, RSE and Health Education. When teaching PSHE and RHE, teachers may take into account the targets set for the pupils as part of their intervention, or Education Health and Care Plan, if and when applicable.
- 6.2 Staff will make reasonable adjustments to alleviate disadvantages faced by pupils with disabilities and will be mindful of the SEND Code of Practice and the Trust's SEND Policy when planning for these subjects. Staff will use a variety of different strategies to ensure that all pupils have access to the same information.

7 Right to request withdrawal from sex education

- 7.1 As we do not teach sex education at Kilburn Grange School, parents and carers are unable to withdraw their child(ren) from Relationships and Health Education because it is statutory and a vital part of their education covering topics such as friendships, how to stay safe/healthy and puberty. The science curriculum in our school includes content on human development, including puberty and reproduction, which is part of the statutory curriculum and parents are unable to withdraw their child from these lessons. Any parents who wish to discuss the curriculum and their child(ren)'s participation in Relationships and Health Education lessons will be asked to schedule an appointment to have a discussion with the class teacher, the phase leader and/or subject leader.

8 Confidentiality and Child Protection

- 8.1 BPET and Kilburn Grange School hopes to provide a safe and supportive school community where pupils feel comfortable seeking help and guidance on anything that may be concerning them about life either at school or at home. All teachers will receive training around confidentiality and should ensure that pupils understand that they cannot offer unconditional confidentiality. Pupils will be reminded that where a member of staff believes a child or another person may be at risk of harm, information must be shared with appropriate safeguarding staff in line with the school's safeguarding procedures. If a safeguarding concern is disclosed to a member of staff, that member of staff should follow the Trust's Child Protection and Safeguarding procedures.

- 8.2 Sometimes it is clear that certain children may need time to talk an adult in a one-to-one capacity after the session closes. It is important to allow the time and appropriate staffing for this to happen. If disclosures occur, the school's Safeguarding Policy is followed.
- 8.3 Pupils with special educational needs may be more vulnerable to exploitation and less able to protect themselves from harmful influences. If staff are concerned that this is the case, they should seek support from the Designated Safeguarding Lead to decide what is in the best interest of the child.

9 Equal opportunities

- 9.1 Relationships Education, RSE, and Health Education will be delivered equally to both genders, normally in mixed classes. There are, however, certain topics that may be delivered in single sex groupings e.g. menstruation and personal hygiene.
- 9.2 BPET and Kilburn Grange School has a commitment to ensure that Relationships Education, RSE and Health Education is relevant to all pupils and is taught in a way that is age and stage appropriate. Pupils will learn to respect differences between people and families, challenge prejudice and stereotypes, and understand that everyone should be treated with dignity and respect in accordance with the Equality Act 2010. Any bullying that relates to sexual behaviour or perceived sexual orientation will be dealt with swiftly and seriously in accordance with the Trust's behaviour policy.
- 9.3 When teaching, there may be topics that we address that are likely to be sensitive and controversial because they have a political, social or personal impact or deal with values and beliefs. These may include family lifestyles and values, physical and medical issues, financial issues, sexual orientation, bullying and bereavement. Pupils' questions are answered honestly and sensitively according to the age and maturity of the pupil(s) concerned and if cannot be answered directly, can be addressed individually later. It is important that teachers respond in an appropriate manner so children are fully informed and don't seek answers online. There may be occasions where teachers ask parents to answer questions asked because of the sensitive nature of the response.
- 9.4 Teachers will take all reasonable, practical steps to ensure that, where political or controversial issues are brought to pupils' attention, they are offered a balanced presentation of opposing views. Teachers will adopt strategies that seek to avoid bias on their part and will teach pupils how to recognise bias and evaluate evidence.
- 9.5 When teaching PSHE/RHE, staff must be mindful and understanding about the different faiths and community groups within the school and take this into consideration when planning and teaching these subjects to ensure delivery and resources of lessons are appropriate for all students. They will address pupils' questions with due regard to the beliefs and values of the pupil's family and home background. Teaching of PSHE/RHE at Kilburn Grange School reflects the law (including the Equality Act 2010) as it applies to relationships, so that young people clearly understand what the law allows and does not allow, and the wider legal implications of decisions they may make.

10 Legislation and guidance

This policy has been developed with reference to:

- Department for Education Relationships Education, Relationships and Sex Education (RSE) and Health Education: Statutory Guidance (2025; effective September 2026)
- Keeping Children Safe in Education (current version)
- Equality Act 2010
- Children and Social Work Act 2017
- Education Act 1996
- SEND Code of Practice (2015)
- National Curriculum for England

11 Complaints

If parents have any concerns or complaints over the application or implementation of this policy they should raise their concerns with a staff member or the Headteacher in accordance with the BPET Complaints Policy.

Annex 1 Relationships Education Primary stage curriculum and outcomes

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 family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives • 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 • 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 • that marriage represents a formal and legally recognised commitment of two 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. • That healthy 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. • The characteristics of friendships that lead to happiness and security, including mutual respect, honesty, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences, and support with problems and difficulties. • That most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened. • How to manage conflict, and that resorting to violence is never right. • How to recognise when a friendship is making them feel unhappy or uncomfortable, and how to get support when needed.
Respectful, kind, relationships	• How to pay attention to the needs and preferences of others, including in families and friendships. Pupils should be encouraged to discuss how we balance the needs and wishes of different people in relationships and why this can be complicated. • The importance of setting and respecting healthy boundaries in relationships with friends, family, peers and adults.

	• How to communicate effectively and manage conflict with kindness and respect; how to be assertive and express needs and boundaries; how to manage feelings, including disappointment and frustration. • Pupils should have opportunities to discuss the difference between being assertive and being controlling, and conversely the difference between being kind to other people and neglecting your own needs. • That they can expect to be treated with respect by others, and the importance of respecting others, including those who are different (for example, physically, in character, personality or backgrounds), or make different choices, or have different preferences or beliefs. • Practical steps they can take and skills they can develop 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. • The different types of bullying (including online bullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult), and how to get help. • What a stereotype is, how stereotypes can be unfair, negative, destructive or lead to bullying and how to challenge a stereotype. • How to seek help when needed, including when they are concerned about violence, harm, or when they are unsure who to trust.
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. • There is a minimum age for joining social media sites (now 16), 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.

Sex Education

The National Curriculum for Science covers:

- naming the main external parts of the human body,
- the human body as it grows from birth to old age (including puberty),
- processes of reproduction and growth in animals and
- reproduction in some plants.

We use the Developing Experts scheme of work to teach Science. More information about our Science curriculum can be found here: <https://www.kilburngrangeschool.org.uk/Learning/Science/>

The Developing Experts scheme is aligned with the National Curriculum for Science. The National Curriculum programme of study can be found here: https://assets.publishing.service.gov.uk/media/5a806ebd40f0b62305b8b1fa/PRIMARY_national_curriculum_-_Science.pdf

The half-termly curriculum leaflet will outline to parents and carers what will be taught in Science each half-term.

Annex 2

Health Education Primary stage curriculum and outcomes

General wellbeing	• The benefits of physical activity, time outdoors, and helping others for health, wellbeing and happiness. Simple self-care techniques, including the importance of rest, time spent with friends and family, as well as hobbies, interests and community participation. • The importance of promoting general wellbeing and physical health. • The range and scale of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) that they might experience in different situations. Pupils should understand that worrying and feeling down are normal, affect everyone at different times, and are not in themselves a sign of a mental health condition. • How to recognise feelings and use varied vocabulary to talk about their own and others' feelings. • How to judge whether what they are feeling and how they are behaving is appropriate and proportionate. • That isolation and loneliness can affect children, and the benefits of seeking support. • That bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing and how to seek help for themselves or others. • That change and loss, including bereavement, can provoke a range of feelings, that grief is a natural response to bereavement, and that everyone grieves differently. • Where and how to seek support (including recognising the triggers for seeking support), including who in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online). • That it is common to experience mental health problems, and early support can help.
Wellbeing online	• That for almost everyone the internet is an integral part of life. Pupils should be supported to think about positive and negative aspects of the internet. • Pupils should be supported to discuss how online relationships can complement and support meaningful in-person relationships, but also how they might be in tension, and the reasons why online relationships are unlikely to be a good substitute for high quality in-person relationships, looking at the pros and cons of different ways of using online connection. • The benefits of limiting time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental and physical wellbeing. • How to consider the impact of their online behaviour on others, and how to recognise and display respectful behaviour online. • Why social media, some apps, computer games and online gaming, including gambling sites, are age restricted.

	• The risks relating to online gaming, video game monetisation, scams, fraud and other financial harms, and that gaming can become addictive. • How to take a critical approach to what they see and read online and make responsible decisions about which content, including content on social media and apps, is appropriate for them. • That abuse, bullying and harassment can take place online and that this can impact wellbeing. How to seek support from trusted adults. • How to understand the information they find online, including from search engines, and know how information is selected and targeted. • That they have rights in relation to sharing personal data, privacy and consent. • Where and how to report concerns and get support with issues online.
Physical health and fitness	• The characteristics and mental and physical benefits of an active lifestyle. • The importance of building regular physical activity into daily and weekly routines and how to achieve this; for example, walking or cycling to school, a daily active mile or other forms of regular, moderate and/or vigorous physical activity. • The risks associated with an inactive lifestyle, including obesity. • How and when to seek support including which adults to speak to in school if they are worried about their health.
Healthy eating	• What constitutes a healthy diet (including understanding calories and other nutritional content). • Understanding the importance of a healthy relationship with food. • The principles of planning and preparing a range of healthy meals. • The characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health).
Drugs, alcohol, tobacco and vaping	• The facts about legal and illegal harmful substances and associated risks, including smoking, vaping, alcohol use and drug-taking. This should include the risks of nicotine addiction, which are also caused by other nicotine products such as nicotine pouches.
Health protection and prevention	• How to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body. • About safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer. • The importance of sufficient good quality sleep for health, the amount of sleep recommended for their age, and practical steps for improving sleep, such as not using screens in the bedroom. The impact of poor sleep on weight, mood and ability to learn. • About dental health and the benefits of good oral hygiene, including brushing teeth twice a day with fluoride toothpaste, cleaning between teeth, and regular checkups at the dentist.

	• About personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing. • The facts and scientific evidence relating to vaccination and immunisation. The introduction of topics relating to vaccination and immunisation should be aligned with when vaccinations are offered to pupils.
Personal Safety	• About hazards (including fire risks) that may cause harm, injury or risk and ways to reduce risks. 2. How to recognise risk and keep safe around roads, railways, including level crossings, and water, including the water safety code.
Basic first aid	• How to make a clear and efficient call to emergency services if necessary, including the importance of reporting incidents rather than filming them. • Concepts of basic first aid, for example dealing with common injuries and ailments, including head injuries.
Developing bodies	• About growth and other ways the body can change and develop, particularly during adolescence. This topic should include the human lifecycle, and puberty should be discussed as a stage in this process. • The correct names of body parts, including the penis, vulva, vagina, testicles, scrotum, nipples. Pupils should understand that all of these parts of the body are private and have skills to understand and express their own boundaries around these body parts. • The facts about the menstrual cycle, including physical and emotional changes, whilst the average age of the onset of menstruation is twelve, periods can start at eight, so covering this topic before girls' periods start will help them understand what to expect and avoid distress.

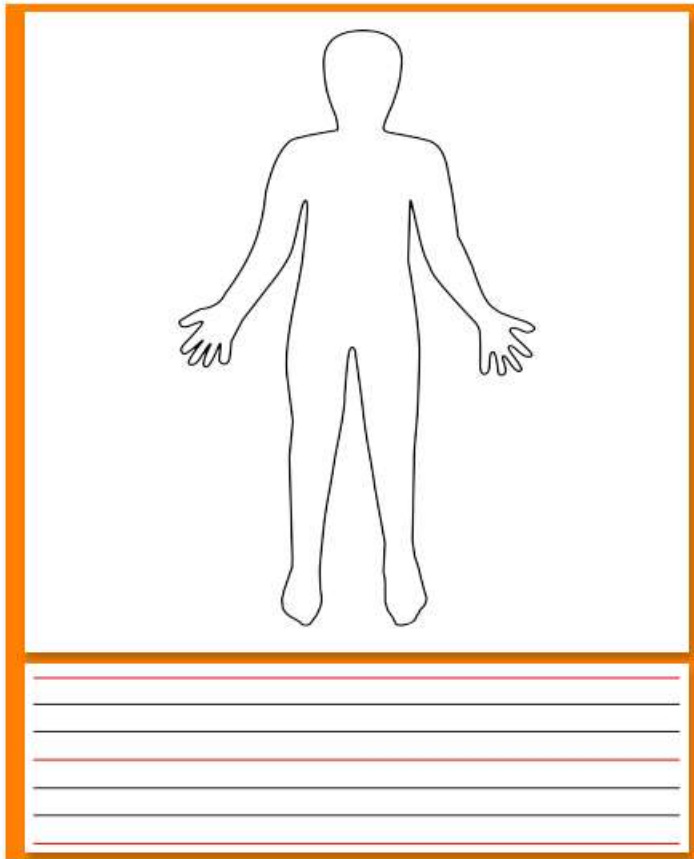
Annex 3 PSHE/RHE/Skills for Life Overview at Kilburn Grange School (following the 1Decision scheme of work)

Reception (PSED)	• Rules and routines • School values • Formulating friendships • Naming body parts • Our families are special • Learning to understand that we are all different and unique, • Conflict resolution Suggested book 'But Why Can't I?'	• Celebrating my achievements • Taking care of my belongings • Understanding the importance of being thankful • School Values • Honesty • Learning how to keep safe when using fireworks • Helping others Suggested book 'Respect and take care of things'	• Collaboration • Learning about fears and how to overcome them • Conflict resolution • School Values • Stranger danger • Stereotypes Suggested book: 'This is our house'	• Showing empathy • Mother's Day • I understand what it means to be lonely • Bullying • Conflict resolution • School Values • Internet safety Suggested book: 'Ben and Holly'	• School Values • Road safety • Show consideration to others • Showing consideration and care to all living things • Father's Day • People that help me in school, at home and in the community. Suggested book: 'Who's in my family'	• School Values • Worries • Reflection • Transitions • Expressing my thoughts and feelings • Internet safety Suggested book: 'Ruby's worry'							
	Keeping Safe	Keeping Healthy	Relationships/ Growing & Changing	NSPCC PANTS unit	Being Responsible	Feelings and Emotions	Computer / Online Safety	Road Safety	NSPCC Speak Out	Sun Safety	Our World / The Working World	A World of Work / Jobs	Fire Safety / First Aid
Year 1	Road Safety	Washing hands	Friendship (Suggested book - Stone by Beth Jay)	NSPCC PANTS unit - (Suggested book - It's My Body by Louise A. Jackson)	Water spillage	Jealousy (Suggested book: 'Let go of anxiety')	Online Bullying (Suggested book: Timothy's Text Message)	Switched On (Suggested book: Switched On for every journey 7-11 years old)	NSPCC Speak Out (Presentation)	What we wear (How do animals protect themselves in the sun?)	Growing in our world	Democracy	House Calling (Suggested book: 'A day in the life of a firefighter')
Year 2	Tying shoelaces (Staying safe)	Healthy Eating (Brushing Teeth)	Bullying (Body Language)	NSPCC PANTS unit - (Suggested book - It's My Body by Louise A. Jackson)	Practical (Males Perfect)	Worry (Suggested book: 'The Huge Bag of Worries')	Image sharing (Suggested book: Webster's Email)	Switched On (Suggested book: Switched On for every journey 7-11 years old)	NSPCC Speak Out (Presentation)	UV index charts (All about the skin and how to keep it healthy)	Living in Our World (Working in Our World)	Individual Liberty (Rule of Law)	Petty Anson (Suggested book: Fire Dog Bailey's Kid's Safety Suggested book)
Year 3	Learning out of windows	Headstone	Touch (Suggested book: My Underpants Rule)	NSPCC PANTS unit - (Suggested book - It's My Body by Louise A. Jackson)	Stealing	Grief (Suggested book: The Invisible String)	Making friends (Online Suggested book: Webster's Email)	Switched On (Suggested book: Switched On for every journey 7-11 years old)	NSPCC Speak Out (Presentation)	Which parts of the body need most protection from the sun? (What do you know about the sun?)	Looking After Our World	Tolerance	Teaching Whilst Driving
Year 4	Cycle Safety	Healthy Living (Suggested book: Keep Running, Glimmered Away)	Relationships (Suggested book: Some Secret should never be kept)	NSPCC PANTS unit - (Suggested book: Some Secret should never be kept)	Coming home on Time	Jealousy (Suggested book: Tim)	Online Bullying (Suggested book: Tim's Story)	Switched On (Suggested book: Switched On for every journey 7-11 years old)	NSPCC Speak Out (Presentation)	Sinking Shade (Design a shaded area)	Chores at Home	Breaking Down Barriers (Suggested book: The Proudest Blue)	First Aid - Year 4
Year 5	Peer Pressure (Adults & Children's View)	Smoking (Adults & Children's View)	Puberty (Suggested book: Zom)	NSPCC PANTS unit (Adults & Children's View)	Looking Out for Others (Adults & Children's View)	Anger (Suggested book: What to Do When Your Temper Flares)	Image Sharing (Suggested book: Goldlock)	Switched On (Suggested book: Switched On for every journey 7-11 years old)	NSPCC Speak Out (Presentation)	Shadows	Enterprise (Adults & Children's View)	Inclusion & Acceptance (Suggested book: Strictly no elephants)	First Aid Year 5 - Part 1 First Aid Year 5 - Part 2
Year 6	Water Safety	Alcohol and Drugs	Puberty (Suggested book: So That's What's Happening)	NSPCC PANTS unit (Adults & Children's View)	Stealing	Worry (Suggested book: Black Day)	Making friends (Online Suggested book: Staying Safe Online)	Switched On (Suggested book: Switched On for every journey 7-11 years old)	NSPCC Speak Out (Presentation)	Ultraviolet Radiation (UV) (The ozone layer)	In-App Purchases (Suggested book: Chicken Clicking)	British Values	First Aid - Year 6 What I've Learnt

Annex 4 Example Resources that are used

Design the Perfect Friend

Nobody is perfect, but if you could design the perfect friend, what would they look like? How would they act? Use the space below to draw and describe your perfect friend.



My Choices

At home

At school

Outside

Next I'd like to choose...

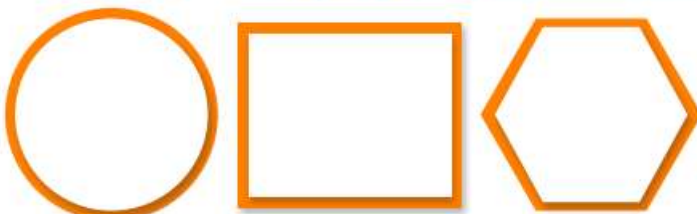
I'd like help with...

This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSE Association Programme of Study

What I Know About Puberty

What emotional and physical changes may boys and girls go through during puberty?
Fill in the shapes below with your ideas. Darlee has completed the first one for you.

**Armpit hair
can grow.**



Can you think of more ideas?