



Seagrave Village Primary School
Relationships and Sex Education (RSE) and
Health Education Policy
2026-2028

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1. Policy statement and aims

Relationships, Sex and Health Education (RSE) at Seagrave Village Primary School sits within our wider PSHE and wellbeing curriculum and supports our work on safeguarding, behaviour, SMSC and British Values.

Our aims are to:

Ensure all pupils receive high quality, age-appropriate relationships and health education that meets statutory requirements for September 2026.

Give pupils accurate, developmentally appropriate knowledge about relationships, growing and changing, keeping safe (including online) and where to seek help.

Develop pupils' skills in communication, decision-making, consent, managing feelings and recognising unsafe situations.

Promote respect, empathy and inclusion so that all pupils feel valued, safe and able to learn.

2. Statutory framework

This policy is based on the Department for Education statutory guidance Relationships Education, Relationships and Sex Education (RSE) and Health Education for implementation from 1 September 2026, alongside the associated regulations and the national curriculum for science.

In line with this guidance:

Relationships Education and Health Education are compulsory for all pupils in primary schools.

Sex education beyond the national curriculum science content is not compulsory in primary schools, but schools should decide whether to teach additional sex education to meet pupils' needs and prepare them for later life.

3. Curriculum model and use of Muse Wellbeing

We deliver PSHE, including Relationships, Sex and Health Education, through the **Muse Wellbeing curriculum**, taught weekly in discrete lessons, supported by assemblies and wider school practice.

Muse Wellbeing:

- Is mapped directly to the 2025/2026 statutory RSHE outcomes, covering Families and people who care for me, Caring friendships, Respectful relationships, Online

relationships and Being safe, as well as Health Education outcomes on mental health, physical health, puberty and changing bodies.

- Provides a sequenced programme from Year 1 to Year 6 with 36 lessons per year, clearly labelled as statutory Relationships Education, statutory Health Education or wider PSHE.
- Identifies three non-statutory, withdrawal-eligible lessons in Year 6 Term 1 that form the main sex education component of the programme.
- Teachers adapt and differentiate Muse materials to meet the needs of their classes while maintaining the agreed progression and statutory content.

4. What we teach and when

4.1 Relationships Education

Across the school, pupils are taught about:

- Families and people who care for them, including different family structures, what a safe and caring family looks like, and how to seek help if they feel unsafe.
- Caring friendships, including qualities of healthy friendships, conflict resolution, and recognising when a friendship feels unkind or unsafe.
- Respectful relationships, including self-respect, respect for others, challenging stereotypes and prejudice, bullying and cyberbullying.
- Online relationships and digital citizenship, including safe communication, privacy, online bullying, harmful content and media balance.
- Being safe, including personal boundaries, privacy, appropriate touch, secrets that should not be kept, consent and how to report worries until they are heard.

These themes are revisited and built on from KS1 to upper KS2 through the Muse spiral curriculum.

4.2 Health Education (including puberty and changing bodies)

Health Education in Muse Wellbeing includes:

- Physical health and mental wellbeing, healthy lifestyles, sleep, exercise, substances, loss and grief, and strategies for mental health and self-care.
- Body awareness, hygiene and self-care, including age-appropriate lessons on keeping clean, oral health, and practical self-care during puberty.
- Puberty education as statutory Health Education in upper KS2 only, including the physical and emotional changes of puberty (such as menstruation, wet dreams and erections) and how to manage these changes
- In Year 5, the statutory lesson “All About Puberty” covers the major stages of puberty and related emotional change, including menstruation and voice changes; **this is statutory Health Education and there is no right to withdraw.**

4.3 Sex education at Seagrave Village Primary

In addition to statutory Relationships Education and Health Education, Seagrave Village Primary chooses to deliver a small amount of age-appropriate sex education in Year 6 to prepare pupils for secondary school and to support safeguarding.

Using Muse Wellbeing, sex education at our school includes the following non-statutory Year 6 lessons:

- Our Reproductive Anatomy – introducing the main reproductive organs of male and female bodies using accurate terminology.
- Reproduction and Life Cycles – explaining the reproductive process and how it links to the human life cycle, including a basic description of sexual intercourse.
- Consent, Respect and FGM – understanding that FGM is illegal in the UK, learning about consent and body autonomy, and knowing how to get help. (The FGM-specific safeguarding content is delivered sensitively, with clear signposting for support.)
- Parents and carers have the right to request that their child be withdrawn from these non-statutory sex education elements, in line with DfE guidance.

5. Right to withdraw from sex education

Parents do not have the right to withdraw their child from:

- Relationships Education.
- Health Education, including lessons on puberty and the changing adolescent body.
- Any sex education content that is part of the national curriculum for science.
- Parents do have the right to request withdrawal from some or all of the non-statutory sex education lessons listed in section 4.3.

If a parent wishes to withdraw their child:

- They should put the request in writing to the Headteacher.
- The Headteacher will invite the parent to discuss the request, share the lesson materials (Muse slides and plans) and consider the benefits of the planned content and any alternative arrangements.
- A record of the discussion and final decision will be kept.
- Where a child is withdrawn, they will receive appropriate, purposeful education elsewhere in school during those lessons.

6. Teaching and learning

RSE is taught by class teachers using the Muse Wellbeing lesson plans, slides and resources, which provide clear learning objectives, key vocabulary and guidance for handling sensitive questions.

Teachers will:

- Establish ground rules with classes to create a safe learning environment.
- Use inclusive language and examples, reflecting the diversity of pupils' families and experiences.
- Answer questions honestly and age-appropriately, signposting pupils to speak to a trusted adult if questions are personal or safeguarding-related.
- Adapt materials where necessary for pupils with SEND, in consultation with parents and the SENCO.

7. Safeguarding, confidentiality and handling disclosures

RSE at Seagrave Village Primary supports our safeguarding duties as set out in Keeping Children Safe in Education and in the Bradgate Education Partnership Safeguarding and Child Protection Policy.

Staff are aware that:

- Any disclosure or concern indicating a pupil may be at risk of harm will be recorded and passed on to the Designated Safeguarding Lead (DSL) in line with our safeguarding procedures.
- They cannot promise confidentiality to pupils, but will explain who needs to be informed and why if a safeguarding concern arises.
- Lessons on consent, bodily autonomy, FGM, online safety and abuse are particularly likely to bring safeguarding issues to light and should be planned and debriefed with the DSL where appropriate.

8. Working with parents and carers

We recognise that parents and carers are the primary educators of their children in many aspects of relationships, sex and health education.

To support partnership, the school will:

- Share this RSE policy with parents and publish it on the school website.
- Provide clear information about the PSHE/RSE curriculum each year, including topic overviews and key learning for each year group.
- Direct parents to the Muse Wellbeing Parents/Carers webpage and to SVPS website.

- Offer opportunities (e.g. online briefings) for parents to view materials and ask questions, particularly ahead of Year 5 puberty and Year 6 sex education lessons.

We will consult with parents and carers on any significant changes to this policy or to the way in which RSE is delivered, while retaining our responsibility to provide a broad and balanced curriculum.

9. Inclusion and equality

RSE will be delivered in line with our duties under the Equality Act 2010 and our school's equality and inclusion policies.

We will:

- Ensure content is respectful and inclusive of different family structures, cultures, beliefs and identities.
- Avoid stigmatising any pupil or family on the basis of background, gender, sexuality, faith, disability or additional needs.
- Make reasonable adjustments so that all pupils, including those with SEND, can access and benefit from RSE.

10. Monitoring, evaluation and review

The PSHE / RSE lead monitors the implementation and impact of this policy through:

- Lesson visits, planning scrutiny and pupil voice.
- Review of Muse Wellbeing mapping documents and learning outcomes across key stages.
- Feedback from staff, pupils, parents and governors.

The RSE and PSHE co-ordinator is Mrs Hettie Culling

This policy will be reviewed at least every two years, or sooner if there are changes to statutory guidance, new advice from the DfE or Bradgate Education Partnership, or significant changes to the Muse Wellbeing curriculum