



KING'S HOUSE SCHOOL
RICHMOND



Member of staff responsible: Head of Pastoral Care
Date of policy review: May 2025
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WHAT IS RELATIONSHIPS AND SEX EDUCATION?

RSE is about the emotional, social and cultural development of pupils, and involves learning about relationships, sexual health, sexuality, healthy lifestyles, diversity and personal identity.

RSE involves a combination of sharing information, and exploring issues and values.

RSE is not about the promotion of sexual activity.

AIMS AND OBJECTIVES OF RELATIONSHIP AND SEX EDUCATION

The School has a key role, in partnership with parents/carers, in providing Relationships and Sex Education (RSE). The School recognises that our pupils come from a diverse variety of families and all teaching at the School, including the specific RSE education, will aim to support all pupils equally and to encourage the celebration of diversity.

The aim of RSE is to give young people the information they need to help them develop healthy, nurturing relationships of all kinds, not just intimate relationships but those within families and online whilst helping them keep safe. It should enable them to know what a healthy relationship looks like and what makes a good friend, a good colleague and a successful marriage, civil partnership or other type of committed relationship.

This Relationship and Sex Education Policy has regard to government guidance stated in the section below and takes into account the recommendations set out in Ofsted's review of sexual abuse in schools and colleges (2021) produced in response to the Everyone's Invited campaign.

https://www.gov.uk/government/publications/review-of-sexual-abuse-in-schools-and-colleges/review-of-sexual-abuse-in-schools-and-colleges#_conclusion

PROVISION OF RSE AT KING'S HOUSE SCHOOL

The Relationships Education, Relationships and Sex Education and Health Education (England) Regulations 2019, made under sections 34 and 35 of the Children and Social Work Act 2017, make Relationships Education compulsory for all pupils receiving primary education and Relationships and Sex Education (RSE) compulsory for all pupils receiving secondary education. Personal, Social, Health and Education (PSHE) continues to be compulsory in independent schools.

The School follows the guidance issued by the DfE to schools under section 80A of the Education Act 2002 regarding the teaching of RSE. The guidance states that the pupils learn about:

- the nature of marriage and civil partnership and their importance for family



- life and the bringing up of children
- safety in forming and maintaining relationships
- the characteristics of healthy relationships
- how relationships may affect physical and mental health and wellbeing
- and that the education is appropriate having regard to the age and the religious background of the pupils.

[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/908013/Relationships Education Relationships and Sex Education RSE and Health Education .pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/908013/Relationships_Education_Relationships_and_Sex_Education_RSE_and_Health_Education.pdf)

RSE and PSHE [Personal, Social, Health and Education]

The School believes that the teaching of RSE should be set in the context of a wider whole-school approach to supporting pupils to be safe, happy and prepared for life beyond school. For example, the curriculum on relationships and on sex should complement, and be supported by, the School's wider policies on behaviour, inclusion, respect for equality and diversity, bullying and safeguarding (including handling of any reporting children and young people may make as a result of the lessons). The subjects sit within the context of the School's broader ethos and approach to developing pupils socially, morally, spiritually and culturally; and its pastoral care system.

This is achieved through careful planning between the PSHE, Science and RS departments, which allows subject specialists to teach about topics such as reproduction where necessary but allows PSHE to provide a better base for an all-round approach, including such topics as relationships, self-esteem, self-respect, saying 'no' to pressure, assertiveness, consent, respecting differences and health education. So whilst certain aspects are covered within Science and RS, PSHE lessons are responsible for the majority of the RSE curriculum.

These areas of learning are taught within the context of family life, taking care to ensure that there is no stigmatisation of children based on their home circumstances (families can include single parent families, LGBT parents, families headed by grandparents, adoptive parents, foster parents/carers amongst other structures) along with reflecting sensitively that some children may have a different structure of support around them (for example: looked after children or young carers).

The School has developed the curriculum taking into further account the age, needs and feelings of pupils. The teaching of the RSE curriculum will be age-appropriate and sensitive to vulnerable groups in delivery. If pupils ask questions outside the scope of this policy, teachers will respond in an appropriate manner so they are fully informed and don't feel the need to use inappropriate searches to find answers online.



The School will ensure that RSE education is accessible for all pupils by differentiating and personalising the teaching as required. This is particularly important when planning teaching for pupils with special educational needs and disabilities or other protected characteristics under the Equality Act 2010 who may be more vulnerable to exploitation, bullying and other issues due to the nature of their SEND or protected characteristic.

The School treats safeguarding as critical to all of its activities. All staff are trained during their induction and regularly thereafter, and are regularly reminded of the procedures for reporting safeguarding concerns.

Staff involved

The staff involved principally include Form Teachers, Science and RS Staff. For the topics covered see the programme of study.

PSHE, including provision for RSE, is taught by Form Teachers in both the Senior Department and Junior Department with lessons lasting thirty minutes in the Senior Department. Form Teachers are given detailed schemes of work from the Head of PSHE and the Head of Pastoral Care, and receive appropriate training where necessary. They are expected to deliver RSE in a sensitive way, model positive attitudes towards RSE and respond to the individual needs of the pupil.

Nursery Department

When a child starts Nursery, they are treated with kindness and respect and children learn from the adults around them how to treat others. The Nursery places a huge emphasis on PSED, especially relationships, as the children learn to share, take turns and become part of the Nursery community. Through supported play, as well as focused circle times the children learn how to recognise feelings in themselves and others. An important skill is learning to listen to others and giving the children the words and confidence to speak up if they do not like something or want to do something.

In the Nursery, the children learn about growth with topics on plants, as well as life cycles. The Nursery also celebrates the birth of new siblings and parents will often bring them in for a circle time, which provides a wonderful opportunity to discuss new life and growth.

Junior Department (Reception, Year 1, Year 2 and Year 3)

Sex Education is not taught formally to this age group; however, it is discussed in circle time and in PSHE lessons when issues arise, at an appropriate level for each age group. For example, when a new baby is born in a pupil's family. Relationships education is covered within our PSHE lessons, detailed in the scheme of work. In Science lessons, the sequence of life is taught, i.e. the development of babies into adults and the life cycle of animals, plants and insects.



Programme of Study – Relationships and Sex Education

In the Senior Department, The Head of Pastoral Care and the Head of PSHE work closely with colleagues in related curriculum areas to ensure that RSE complements and does not duplicate content covered in other compulsory subjects such as Science and RS.

Mandatory content not delivered in other compulsory subject areas is covered in timetabled PSHE lessons and supplemented with extra-curricular talks.

Schemes of work have been amended to reflect the recommendations set out in Ofsted's review of sexual abuse in schools and colleges (2021).

	TOPIC	AUTUMN	SPRING	SUMMER
EYFS	Life Cycle – chicken/frog/butterfly/bee	SCIENCE		SCIENCE
	Forming good relationships with adults/peers	Throughout		
	Being a good friend			
YEAR 1	Ourselves – growing	SCIENCE	PSHE	PSHE
	Respect of other people around us	PSHE		
YEAR 2	Human Body – internal and external	SCIENCE		
	Responsibilities and relationships in and out of school		PSHE	
YEAR 3	Celebrating birth/ Growth and Change	SCIENCE		RS

	TOPIC	AUTUMN	SPRING	SUMMER
YEAR 4	Basic Life Cycles of Animals and Plants		SCIENCE	
	Relationships / Self- esteem / Feelings / Family as a secure unit	PSHE	PSHE	
	Respecting differences	RS	PSHE/RS	RS
YEAR 5	Relationships / Self -esteem / Feelings	RS	PSHE	
	Respecting differences - families and family make up	PSHE		



	Describing changes as humans develop to old age Human reproduction Life cycle, basic anatomy Puberty Menstrual cycle	SCIENCE		
Year 6	Relationships / Self- esteem /Feelings To discuss stereotypes, relationships and marriage Discussing relationships between girls and boys and how they might be different Respecting differences	RS	PSHE/RS	RS
	Puberty		PSHE	
	Active bystander to inappropriateness/lack of consent		PSHE	
	Equality	PSHE		
	Drugs/Alcohol		PSHE	PSHE

	TOPIC	AUTUMN	SPRING	SUMMER
YEAR 7	Relationships / Self -esteem / Feelings: the changing nature of/ pressure on relationships with friends and family, and when and how to seek help love - what is it? how alcohol can affect relationships to be able to negotiate within relationships and dangerous relationships Different make-up of relationships Consent	PSHE	PSHE	PSHE
	Human Sexual Reproduction: organs and their functions physical and emotional changes during puberty fertilisation and conception pregnancy (stages, amnion, placenta, transfer of chemicals mum <-> fetus process of childbirth	SCIENCE		



	methods of contraception differences in sexual development [intersex conditions]			
	Respecting differences - to understand the nature of difference and to empathise with people different from themselves: this links into respect and ideally, LGBTQ+ rights.	RS	RS PSHE	RS
	To understand the effects of stereotyping, prejudice, bullying and discrimination from whatever source and how to challenge them assertively, fostering gender equality and LGBT		PSHE	
	Assertiveness – saying no to pressure		PSHE	
	Physical and emotional changes in puberty and how to manage them		PSHE	
YEAR 8	Marriage and families			
	Rights of a child/safeguarding	PSHE		PSHE
	Equality			
	Physical and emotional changes during adolescence	PSHE		
	Relationships /Self-esteem / Feelings family relationships in the light of new experience – puberty, interest in opposite sex, the desire for independence value of family marriage / stable relationships to nurture children feelings involved in boy / girl relationships – sexual and non-sexual		PSHE	
	Consent and sexting		PSHE	
	What is porn?		PSHE	



	Drugs and Alcohol Dangers associated with smoking and vaping		SCIENCE	
	Benefits of delaying sexual activity		PSHE	ACE programme
	Sexual Health/ STDs / HIV AIDS / Contraception / abortion (brief mention in »Spin » DVD)			ACE programme
	Beyond Equality – discussing how boys portray women and how the media portray them			ACE programme

The ACE programme is an After Common Entrance programme for Year 8 pupils which includes elements that will help them transition to Senior School. These are highlighted in the schemes of work above and include various outside speakers delivering workshops.

Training

Staff are involved in training as required. They are given appropriate support and training and are aware of the procedure to follow if there is a safeguarding issue and disclosure required. This is overseen by the Head of PSHE in the Senior Department and the Heads of School in the Nursery and Junior Department.

Monitoring and Evaluation

The Head of PSHE, the Head of Pastoral Care and the Head of Science, liaise closely in the delivery of the curriculum.

The PSHE coordinator and Heads of Years take in form PSHE books termly to review the lessons and content covered. There are also occasional lesson observations to support the delivery of the subject.

Because of the content involved in RSE, it is imperative that the Head of PSHE communicates regularly with those delivering the RSE curriculum, to discuss:

- The resources and methods that are used; and their appropriateness and effectiveness;
- The reaction of the pupils to the lessons and materials;
- The inclusion of new topics that may need to be covered.

Outside agencies may have to be called in to help if necessary.



Staff are informed that should any pupils make a safeguarding-related disclosure, they must follow the School's Safeguarding Children Policy and report this to the Designated Safeguarding Lead.

WORKING WITH PARENTS

Parental Involvement

The School consults with parents when developing and reviewing the RSE content and before any changes are made to the RSE Policy. Parents are informed as to when National Curriculum topics are being taught, by means of the Curriculum Evening at the beginning of the school year and the curriculum booklet given out at that meeting. The RSE Policy is available to parents on the School's website.

Right to Withdraw

Parents cannot withdraw their child from Relationships Education but do have the right to request that their child be withdrawn from some or all of sex education delivered as part of statutory RSE. The right to withdraw from lessons relates only to Sex Education, and not to the teaching of biological aspects of human growth and reproduction. If parents wish to withdraw their child, they should contact the Head or the Head of Pastoral Care who will discuss the request with the parent and, as appropriate, with the child to ensure that their wishes are understood and to clarify the nature and purpose of the curriculum. Any pupil excused from Sex Education is so excused until the request is withdrawn, unless or to the extent that the Head considers that the pupil should not be so excused.

Some topics covered outside the National Curriculum are in the Year 8 ACE programme and a letter is sent to inform parents of the content and to inform them of their right to withdraw their child from these lessons.