

Kingsway Primary & Nursery School



RELATIONSHIP AND SEX EDUCATION POLICY 2026

Approval Date		Date of next Review		Approved by	Quality of Education Committee
Signed by					
Signed by					

Updated RSE Policy 2026

Kingsway Primary & Nursery School

RELATIONSHIP AND SEX EDUCATION POLICY 2026

1. Introduction and Consultation This policy has been developed through consultation with:
 - The Headteacher, Deputy Headteacher and the RSE/PSHE Lead
 - Parents and carers
 - Governing body
 - Pupil voice

The policy reflects the Relationships Education, Relationships and Sex Education (RSE) and Health Education statutory guidance (DfE) and has been updated in line with the 2026 requirements.

All school staff, parents and carers have access to this policy via the school website and school office.

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2. Aims Through our PSHE programme, we aim to provide children with the knowledge, skills and understanding they need to lead confident, healthy, independent lives.

We aim to:

- Develop self-respect, confidence and empathy
- Promote respectful, healthy relationships
- Equip pupils with communication skills, including assertiveness and the ability to express boundaries
- Help pupils recognise unsafe or harmful situations and know how to seek help
- Provide a positive culture for discussing relationships and wellbeing
- Teach correct and age-appropriate anatomical terminology, including genitalia
- Prepare pupils for puberty and physical and emotional development
- Support understanding of change, including loss and bereavement
- Promote awareness of personal safety, including online safety, road safety, water safety and rail safety
- Equip pupils to navigate the digital world safely and responsibly

RSHE plays a key role in safeguarding by enabling pupils to recognise when something is wrong and take appropriate action.

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3. Definition Relationships education teaches pupils how to build positive, respectful relationships and stay safe both online and offline.

Sex education enables pupils to understand human reproduction and development in an age-appropriate way.

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4. Statutory Requirements This policy follows current statutory guidance and has been updated to reflect the 2026 RSHE requirements.

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5. Curriculum Our RSHE curriculum is embedded within PSHE and delivered using the Jigsaw scheme, adapted to reflect current guidance.

The curriculum includes:

- Online safety, including digital relationships, social media influence, and staying safe online
- Understanding consent and personal boundaries
- Use of accurate anatomical language
- Physical and emotional changes during puberty
- Personal safety in everyday contexts (road, water and rail safety)
- Communication skills, including expressing feelings and seeking help

- Understanding change, loss and bereavement
- Recognising healthy and unhealthy relationships

Teachers will respond to questions in an age-appropriate way.

6. Delivery of RSHE RSHE is delivered in a safe, supportive environment where pupils feel confident to engage.

Ground rules include respect, listening, and the right not to share personal information.

Staff will:

- Teach sensitively and inclusively
 - Avoid language that normalises harmful behaviours or stereotypes
 - Respond appropriately to pupil questions
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7. Roles and Responsibilities The headteacher ensures consistent delivery and manages withdrawal requests.

Staff are responsible for:

- Delivering RSHE sensitively
- Supporting safeguarding
- Responding to pupil needs

Staff receive ongoing CPD to support delivery of RSHE, including training on safeguarding, online safety and sensitive topics.

8. Parents' Right to Withdraw Parents may withdraw their child from non-statutory sex education elements.
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9. Safeguarding and Confidentiality RSHE supports safeguarding by helping pupils recognise abuse, coercion and exploitation.

Staff follow safeguarding procedures where concerns arise.

10. Special Educational Needs All pupils will access RSHE through reasonable adjustments.
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11. Equality and Diversity RSHE is delivered in line with the Equality Act and reflects diversity.

12. Whole-School Approach RSHE is part of a whole-school approach to wellbeing and safeguarding and is linked to behaviour, safeguarding and online safety policies.

The school environment promotes respect, inclusion and open communication.

13. Monitoring and Review This policy will be reviewed regularly to ensure it reflects current guidance and the needs of pupils.

Appendix 1 – overview of Jigsaw PSHE & RSE curriculum (updated 2026)



December 2025

PSHE Knowledge Content Snapshot Overview

Age group	Being Me In My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Ages 3-5	<ul style="list-style-type: none"> Self-identity Understanding feelings Being in a classroom Being gentle Rights and responsibilities 	<ul style="list-style-type: none"> Identifying talents Being special Families Where we live Making friends Standing up for yourself 	<ul style="list-style-type: none"> Challenges Perseverance Achieving and setting goals Overcoming obstacles Seeking help Jobs 	<ul style="list-style-type: none"> Exercising bodies Physical activity Healthy food Sleep Keeping clean Safety 	<ul style="list-style-type: none"> Family life Friendships Breaking friendships Falling out Dealing with bullying Being a good friend 	<ul style="list-style-type: none"> Bodies Respecting my body Growing up Growth and change Fun and fears Celebrations
Ages 5-6	<ul style="list-style-type: none"> Feeling special and safe Being part of a class Rights and responsibilities Rewards and feeling proud Consequences Owning the learning charter 	<ul style="list-style-type: none"> Similarities and differences Understanding bullying and knowing how to deal with it Making new friends Celebrating the differences in everyone 	<ul style="list-style-type: none"> Setting goals Identifying successes and achievements Learning styles Working well and celebrating achievement with a partner Tackling new challenges Identifying and overcoming obstacles Feelings of success 	<ul style="list-style-type: none"> Keeping myself healthy Healthier lifestyle choices Keeping clean Being safe Medicine safety/ safety with household items Road safety Linking health and happiness 	<ul style="list-style-type: none"> Belonging to a family Making friends/being a good friend Physical contact preferences People who help us Qualities as a friend and person Self-acknowledgement Being a good friend to myself Celebrating special relationships 	<ul style="list-style-type: none"> Life cycles – animal and human Changes in me Changes since being a baby Differences between female and male bodies (correct terminology) Linking growing and learning Coping with change Transition

Age group	Being Me In My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Ages 6-7	<ul style="list-style-type: none"> Hopes and fears for the year Rights and responsibilities Rewards and consequences Safe and fair learning environment Valuing contributions Choices Recognising feelings 	<ul style="list-style-type: none"> Assumptions and stereotypes about gender Understanding bullying Standing up for self and others Making new friends Celebrating difference and remaining friends 	<ul style="list-style-type: none"> Achieving realistic goals Staying healthy to achieve goals Perseverance and strengths Learning with others Group co-operation Contributing to and sharing success 	<ul style="list-style-type: none"> Motivation Healthier choices Healthy eating and nutrition Safety in the home Safety out and about Medicines 	<ul style="list-style-type: none"> Different types of family boundaries Physical contact Friendship and conflict Secrets Trust and appreciation Expressing appreciation for special relationships 	<ul style="list-style-type: none"> Life cycles in nature Growing from young to old Increasing independence Differences in female and male bodies (correct terminology) Assertiveness Preparing for transition
Ages 7-8	<ul style="list-style-type: none"> Setting personal goals Self-identity and worth Positivity in challenges Rules, rights and responsibilities Rewards and consequences Responsible choices Seeing things from others' perspectives 	<ul style="list-style-type: none"> Families and their differences Family conflict and how to manage it (child-centred) Witnessing bullying and how to solve it Recognising how words can be hurtful Giving and receiving compliments 	<ul style="list-style-type: none"> Difficult challenges and achieving success Dreams and ambitions Motivation and enthusiasm Recognising and trying to overcome obstacles Evaluating learning Processes Contributing to the community Managing feelings Simple budgeting 	<ul style="list-style-type: none"> Exercise Food labelling and healthy swaps Attitudes towards drugs Keeping safe online and off line Respect for myself and others Healthy and safe choices outdoors Water safety Asking for help 	<ul style="list-style-type: none"> Family roles and responsibilities Friendship and negotiation Keeping safe online and who to go to for help Media influence Being a global citizen How my choices affect others Awareness of other children's different lives Expressing appreciation for family and friends 	<ul style="list-style-type: none"> How babies grow Outside body changes Inside body changes Personal hygiene Family stereotypes Challenging my ideas Preparing for transition

Age group	Being Me In My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Ages 8-9	<ul style="list-style-type: none"> Being part of a class team Being a school citizen Rights, responsibilities and democracy (school council) Rewards and consequences Group decision-making Having a voice What motivates behaviour 	<ul style="list-style-type: none"> Challenging assumptions Judging by appearance Accepting self and others Understanding influences Understanding bullying Problem-solving Identifying how special and unique everyone is First impressions 	<ul style="list-style-type: none"> Hopes and dreams Overcoming disappointment Creating new realistic dreams Achieving goals Working in a group Celebrating contributions Resilience Positive attitudes 	<ul style="list-style-type: none"> Healthier friendships Peer influences Railway safety Staying safe with friends Smoking Alcohol and vaping Assertiveness Peer pressure Celebrating inner strength 	<ul style="list-style-type: none"> Jealousy Love and loss Memories of loved ones Getting and Falling Out Girlfriends and Boyfriends Showing appreciation to people and animals 	<ul style="list-style-type: none"> Being unique Girls and puberty Being part of a family Confidence in change Accepting change Preparing for transition Environmental change
Ages 9-10	<ul style="list-style-type: none"> Planning the year ahead Being a citizen Rights and responsibilities Rewards and consequences How behaviour affects groups Democracy, having a voice, participating 	<ul style="list-style-type: none"> Cultural differences and how they can cause conflict Racism Rumours and name-calling Types of bullying Materials wealth and happiness Enjoying and respecting other cultures 	<ul style="list-style-type: none"> Future dreams Spending, saving and value of money Jobs and careers Dream job and how to get there Goals in different cultures Supporting others (charity) Motivation 	<ul style="list-style-type: none"> Smoking including vaping Alcohol and vaping Alcohol and anti-social behaviour Emergency aid Body image Relationships with food Healthy choices Motivation and behaviour 	<ul style="list-style-type: none"> Self-recognition/ self-worth Building self-esteem Safer online communities Rights and responsibilities online Online gaming and risks Reducing screen time Dangers of online grooming Internet safety rules 	<ul style="list-style-type: none"> Self- and body image Influence of online and media on body image Puberty for girls Puberty for boys Conception (including IVF) Growing responsibility Coping with change Preparing for transition

Age group	Being Me In My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Ages 10-11	<ul style="list-style-type: none"> Identifying goals for the year Global citizenship Children's universal rights Feeling welcome and valued Choices, consequences and rewards Group dynamics Democracy, having a voice Anti-social behaviour Role-modelling 	<ul style="list-style-type: none"> Perceptions of normality Understanding disability Power struggles Understanding bullying Inclusion/exclusion Differences as conflict, difference as celebration Empathy 	<ul style="list-style-type: none"> Personal learning goals, in and out of school Success criteria Emotions in success Making a difference in the world Motivation Recognising achievements Compliments 	<ul style="list-style-type: none"> Taking personal responsibility How substances affect the body Exploitation including 'county lines' and gang culture Emotional and mental health Managing stress 	<ul style="list-style-type: none"> Mental health Identifying mental health worries and sources of support Love and loss Managing feelings Power and control Assertiveness Technology safety Take responsibility with technology use 	<ul style="list-style-type: none"> Self-image Body-image Puberty and feelings Conception to birth Reflections about change Physical attraction Respect and consent Boyfriends/girlfriends Sexting Transition