

Sex Education Policy



Recommended by: J Spreadbury: May 2026
Approved by: R. Jahansouz: July 2026

Review Due: September 2029

Indicate as appropriate:

✓

There has been a change to the previous policy ✓
or

There has not been a change to the previous policy.

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Spinfield Sex Education Policy

1. School ethos / values statement

At Spinfield School we are committed to providing a holistic approach to education which aims to support the academic, cultural, personal and social development of all our pupils. Since September 2020 statutory Relationships Education and Health Education has been part of the taught curriculum within PSHE. This is an essential part of a child's education and contributes to their personal development. Sex Education is not statutory at primary, but recommended by the DfE. We teach Sex Education as part of our planned PSHE curriculum. This policy has been revised to reflect the New statutory RSHE guidance published July 2025.

2. Aims of the Sex Education policy

All primary schools offering Sex Education are required to define any sex education they choose to teach other than that covered in the science curriculum, outline the subject content, how it will be taught and who is responsible for teaching it, and state the parental/carers right to withdraw from non-statutory sex education lessons and the protocols established by the school to facilitate this. Schools are also required to consult with parents with regards to the policy and to work with parents, offering support in talking to their children about sex education and how to link this to what is being taught in school. It is the statutory responsibility of the governing body to ensure the school has a compliant and up to date Sex Education Policy.

The aim of this policy is to:

- Provide information to staff, parents and carers, governors, pupils and other agencies regarding the organisation, content and approach to teaching of Sex Education
- Help parents and carers to understand what is covered in Sex Education and support them to work with their child to secure the very best outcomes for all pupils
- Demonstrate how the school meets legal requirements with regards to teaching Sex Education

Legal Requirements

To comply with The Relationships Education, Relationships and Sex Education (RSE) and Health Education Regulations 2020, made under sections 34 and 35 of the Children and Social Work Act 2017, make Relationships Education compulsory for all pupils receiving primary education. They also make Health Education compulsory in all schools except independent schools.

To comply with the Relationships Education, Relationships and Sex Education (RSE) and Health Education statutory guidance from the DfE (July 2025)

To comply with the requirements to have an up to date Sex Education policy/RSE policy developed in consultation with pupils, parents and carers (Education Act 1996) and in line with the DfE statutory guidance on Relationships Education, Relationships and Sex Education (RSE) and Health Education (July 2025)

To have due regard to the Equality Act (2010) which requires schools to prevent discrimination, advance equality of opportunity and foster good relations between different groups. The protected characteristics that apply to school age children are disability, race, religion or belief, sex, sexual orientation, gender reassignment, pregnancy and maternity.

To fulfil statutory safeguarding duties and ensure any safeguarding issues arising from Relationships/ Sex Education teaching are identified and followed in accordance with the school safeguarding policy and to comply with current KCSIE statutory requirements.

3. Parents'/ carers right to withdraw

At Spinfield School we teach Sex Education as part of our PSHE curriculum. As Sex Education is not statutory at primary we wish to state the right of parents and carers to withdraw their child from designated Sex Education lessons. We encourage parents/ carers to make an appointment to come in and speak to the class teacher and head teacher about any concerns they may have. Requests for withdrawal should be put in writing.

Parents and carers do not have the right to withdraw their child from PSHE which includes statutory Relationships Education and Health Education (including the changing adolescent body/puberty). The science curriculum also includes content on human development, including reproduction, which there is no right to withdraw from. We highly recommend all students receive the full PSHE curriculum.

4. Development of the policy

This policy was developed by the PSHE lead in consultation with school governors, parent representatives from each class and pupils. This policy links to the PSHE policy, Relationships Policy, Child Protection Policy, Anti-Bullying Policy, Equalities policy and the School Behaviour policy.

We aim to work collaboratively with parents/carers to ensure pupils receive Sex Education lessons that are relevant and age appropriate and sensitive to the needs of the community we serve. We are committed to working in partnerships and welcome parents and carers to make an appointment to come in to discuss any aspect of this policy and the provision in school.

5. Definition of Sex Education

Sex Education at Spinfield school is taught through the PSHE curriculum. Sex education is taught in addition to the statutory science curriculum and provides factual and age appropriate knowledge about conception and birth. In preparation for the secondary RSE curriculum, sex education teaches pupils that when a sperm and egg meet, the egg is fertilised and starts to grow inside a womb (usually) into a human being. It follows the development of an embryo from conception to birth. It links to Relationships education which teaches pupils to recognise the difference between intimate and non-intimate relationships, promotes healthy committed relationships including marriage, consent and the values and responsibilities required to build healthy adult relationships. It also teaches pupils the legal age for marriage and consensual sexual relationships, to recognise their right to their own physical and emotional personal space, how to keep themselves safe, and how to report concerns or issues. Puberty Education is part of statutory Health Education and parents/carers do not have the right to withdraw their child from this aspect of the curriculum.

6. The Curriculum

Intent

Why teach Sex Education?

The DfE states in the statutory Relationships, Relationships and Sex Education and Health Education guidance (page 23)

‘It is important that the transition phase before moving to secondary school supports pupils’ ongoing emotional and physical development effectively. The department continues to recommend therefore that all primary schools have a sex education programme tailored to the age and the physical and emotional maturity of the pupils. It should ensure that both boys and girls are prepared for the changes that adolescence brings and – drawing on knowledge from the national curriculum for science – how a baby is conceived and born’.

High quality Sex Education will support pupils to :

- Be taught factual and correct information about how a baby is conceived and born
- Explore in a safe and managed environment questions they may have about puberty and give them an age appropriate understanding of sexual development
- Understand that all intimate relationships should be consensual and based on love and respect
- Understand the law and be taught that intimate relationships are for consenting adults
- Understand the importance of marriage and committed relationships and learn about different cultural and religious approaches to this
- Recognise and establish their own personal boundaries, and privacy relating to their own bodies and taught the scientific vocabulary for all body parts
- Dispel myths and incorrect information about sex and how a baby is conceived and born
- Recognise unhealthy relationships, inappropriate behaviour and to report concerns or abuse, (including signposting to trusted online support services such as Childline)
- Ask a trusted adult rather than go online with regards to any concerns or questions they may have and avoid viewing any inappropriate material or entering into social media conversations

Implementation

Sex Education is delivered as part of our PSHE curriculum. The Relationships Education, RSE, and Health Education (England) Regulations 2019 made Relationships Education compulsory in all primary schools. Sex education is not compulsory in primary schools. The national curriculum for science also includes subject content in related areas, such as the main external body parts, the human body as it grows from birth to old age (including puberty) and reproduction in some plants and animals. All primary schools should have a sex education programme tailored to the age and the physical and emotional maturity of the pupils. It should ensure that both boys and girls are prepared for the changes that adolescence brings and – drawing on knowledge of the human life cycle set out in the national curriculum for science - how a baby is conceived and born. As well as consulting parents more generally about the school’s overall policy, primary schools should consult parents before the final year of primary school about the detailed content of what will be taught. This process should include offering parents support in talking to their children about sex education and how to link this with what is being taught in school.

Teaching needs to take account of the developmental differences of children. Where a maintained primary school chooses to teach aspects of sex education (which go beyond the national curriculum for science), the school must set this out in their policy and all schools should consult with parents on what is to be covered. Primary schools that choose to teach sex education must allow parents a right to withdraw their children.

The head teacher must comply with a parent's wish to withdraw their child from sex education beyond the national curriculum for science.

We ensure that our teaching and materials are appropriate having regard to the age and religious backgrounds of our pupils.

We recognise the significance of other factors, such as any special educational needs or disabilities of their pupils.

Distancing techniques are used in PSHE education, which provide depersonalised examples which support children to explore what is being taught without sharing their own personal experiences in the lesson.

What we use – Twinkl programme of study

Who All teachers will deliver the Twinkl curriculum, Year 6 teachers may also use the Bucks nurses Powerpoints.

When - a timetabled session, once a week

How delivery and content will be made accessible to all pupils including SEND - Teachers who are delivering the PSHE curriculum will consider the appropriateness of a session in relation to a child with a specific need. If necessary, the lesson will be adapted and the content will be modified and delivered in a small group or 1:1.

Where you can view curriculum information – Our PSHE curriculum can be found on the school website. Parents/carers can request paper copies of the overview. Please see PSHE Policy Appendix 3 for details.

We keep parents/ carers informed about when sex education will take place, via an annual Summer PSHE class letter. Parents /carers are welcome to make an appointment to view materials used to teach sex education. An overview of what is taught in each PSHE unit is available on the school website.

Pupils may ask questions about topics which go beyond any sex education covered by the school or relate to sex education from which they have been withdrawn. The school will encourage pupils to speak to their parents /carers and inform parents/carers that a conversation initiated by the pupil has taken place. If any safeguarding concerns are raised, the school will automatically follow safeguarding procedures.

Managing Difficult Questions

All aspects of PSHE are underpinned by shared and understood ground rules with lessons being delivered in a safe and well managed environment. Pupils are encouraged to ask questions and raise issues in a respectful and appropriate manner. Some questions or issues raised may not be appropriate to answer in whole class lessons and these will be followed up separately on an individual or group basis. A question box is available for pupils who do not feel confident to ask questions or wish to have a separate conversation with a member of staff. Pupils are asked to put their name on the questions. Given ease of access to the internet, children whose questions go unanswered may turn to inappropriate sources of

information. We also respect that some questions are better addressed at home with parents/ carers and the school will share information with parents/carers on an individual basis should the need arise.

Whilst it is vital to have trust and openness we cannot offer total confidentiality to pupils. Any disclosures or areas of concern will be followed up in accordance with our safeguarding procedures.

Impact

High quality sex education will enable our pupils to:

- Have a factual and age appropriate understanding of how babies are made and born
- Understand that intimate and sexual relationships are a natural part of adult life
- Know who to talk to if they have further questions about sex and intimate relationships
- Be aware of and respect different types of relationships in accordance with the Equalities Act
- Know they will continue to learn about sex education in their secondary school
- Keep themselves safe online, recognising risks, harmful content, and online contact and be able to report any concerns at the earliest stage
- Know how to keep safe by recognising any inappropriate behaviour from others
- Report concerns or abuse and have the confidence, knowledge and vocabulary to do so

7. Confidentiality and safeguarding

Any personal disclosures made by pupils will be followed up in accordance with the school's child protection policy. Teachers will report any safeguarding concerns to the DLS and share concerns with parents/carers according to the school's safeguarding procedures .

8. Roles and responsibilities

The Governing Body will approve the policy and hold the Headteacher to account for its implementation.

The Headteacher is responsible for ensuring PSHE including Sex Education is taught consistently across the school and for managing requests with regards to the parental right to withdraw from non-statutory Sex Education.

The PSHE lead is responsible for leading and managing the subject. Teachers are responsible for delivering PSHE.

Pupils are expected to fully engage with PSHE provision including sex education and treat others with respect.

9. Working with parents and carers

We keep parents/ carers informed about when sex education will take place. A class letter is published at the beginning of each term which details the content of the programme of study. Parents /carers are welcome to make an appointment to view materials used to teach sex education.

10. Working with outside agencies and visiting speakers

All outside agencies and visitors will be vetted in accordance with our Safeguarding/Child Protection policy. It will be normal practice for a member of school staff to be present in a meeting with the child and outside provider to offer support and to understand the content of the session and any potential follow-up work that needs to be carried out.

11. Monitoring , evaluation and training

Sex education will be monitored and evaluated by the PSHE lead , SLT and Governors in line with the monitoring cycle agreed by the school. The Sex Education policy will be reviewed every three years.

To ensure staff are confident to deliver all aspects of the PSHE curriculum including sex education, access to online, in school, local and national training will be made available in accordance with the school's CPD programme for staff development.

Appendix 1 Sex Education Curriculum

Spinfield School will use the Twinkl Programme of study / Bucks NHS resources, see example below. Aspects of this topic will be taught in the science curriculum – which is statutory.

Lesson Title	Key themes	Vocabulary
Year 4 An introduction to human reproduction Parents and carers can choose to withdraw their child from this lesson, as it covers non-statutory Sex Education objectives.	- I can use scientific names for different parts of the body. - I can begin to explain why both a male and female body are needed in human reproduction. - I can explain why humans reproduce.	Reproduction, male, female, penis, vagina, breasts, species, womb, uterus, egg, foetus, baby, testicles,sperm, vulva

Year 6 Let's talk about relationships Parents and carers can choose to withdraw their child from this lesson, as it covers non-statutory Sex Education objectives.	I can describe the terms 'sexual relationship' and 'sexual intercourse'. I can explain who can have a sexual relationship, according to the law. I can judge when physical contact is unacceptable and I know how to respond.	sex, sexual, intercourse, reproduction, heterosexual, bisexual, homosexual, penis, vulva, vagina, testicles,scrotum, nipples, egg, sperm, safe sex, consent, non consensual, conceive, conception, contraception, incest, legal, illegal, crush, fancy, physical, contact NB Statutory Health education guidance July 2025 states, curriculum content to be covered by the end of primary: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.
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NB not listed here because they are part of the Health objectives part of PSHE:

Optional period (menstruation) lesson, year 4.

Puberty in girls and boys, year 5, statutory.

Appendix 2 Ground rules

- No personal questions or sharing of private information.
- You have the right to pass on a question.
- No question is silly or stupid.
- Use dictionary words whenever possible.

There is a balance between encouraging pupils to talk about real life and over disclosure of private information. Encourage pupils to use the phrase "Someone I know..." instead of the person's name if sharing information of a personal nature.

It may be helpful to frame the ground rules in a creative way, such as:

G...Giggling is okay but laughing at others is not

R...Respect for myself and others is important

O...Option to pass on answering questions is available to all

U...Use dictionary words when describing the body

N...No question is a silly question!

D...Do use "Someone I know..." instead of the person's name

Appendix 3 – DfE guide for parents

DfE information for parents

<https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education/relationships-education-primary>

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/812593/RSE_primary_schools_guide_for_parents.pdf

Statutory Guidance

New July 2025 Guidance

https://assets.publishing.service.gov.uk/media/6970e7e67e827090d02d42e0/Relationships_education_relationships_and_sex_education_RSE_and_health_education_for_intro_1_September_2026_.pdf

<https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education/relationships-education-primary>