



Mulgrave Primary School

Learn | Believe | Succeed

Name of Policy	Relationships Education, Relationships and Sex Education (RSE) Policy
Frequency of review	Biennial
Agreed Date	September 2025
Review Date	September 2027

1. Introduction

Mulgrave Primary School is committed to providing a high-quality Relationships and Sex Education (RSE) curriculum that supports the emotional, social and physical development of all pupils. Our approach aims to equip children with the knowledge, skills and values they need to foster healthy relationships, make informed choices, and understand the changes they will experience as they grow.

RSE at Mulgrave Primary School is taught as part of our whole-school Personal, Social, Health and Economic (PSHE) curriculum and reflects our values of **respect, kindness, care and forgive, try our best** and **aim high**. The **Jigsaw PSHE scheme** forms the basis of our curriculum delivery, complemented by the **Zones of Regulation** framework to support emotional literacy and self-regulation.

2. Statutory Requirements

This policy complies with the requirements of:

- The DfE *Relationships Education, Relationships and Sex Education (RSE) and Health Education* guidance (2020)
 - The Equality Act (2010)
 - Keeping Children Safe in Education (KCSIE)
 - The Children and Social Worker Act 2017
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- Relationships for Education, Relationships and Sex Education (RSE) and Health Education June 2019
- The National Curriculum for Science

Relationships Education is statutory for all primary-aged pupils. Sex Education, beyond the biological elements required in science, is non-statutory, and parents/carers have the right to withdraw their child from specific elements (see Section 13).

3. Aims of RSE

Through our RSE curriculum, Mulgrave Primary School aims to:

- Develop pupils' understanding of **healthy, respectful relationships**, including friendships and family relationships.
- Promote **self-awareness, emotional literacy and resilience**, supported by the **Zones of Regulation**.
- Teach pupils how to **recognise and manage emotions**, resolve conflict and ask for help when needed.
- Provide accurate, age-appropriate information about **growing up**, changes during puberty, and human reproduction.
- Equip pupils with strategies to remain **safe**, including understanding consent, personal boundaries and online safety.
- Promote equality, respect for diversity, and an inclusive understanding of relationships.

4. Curriculum Overview

Mulgrave Primary School uses the **Jigsaw PSHE scheme** from Reception to Year 6 to ensure a progressive, spiral curriculum. Jigsaw supports the statutory requirements of Relationships Education and introduces Sex Education in a developmentally suitable manner.

Jigsaw Units (Puzzles)

1. **Being Me in My World**
2. **Celebrating Difference**
3. **Dreams and Goals**
4. **Healthy Me**
5. **Relationships**
6. **Changing Me** (includes the RSE and puberty content)

The **Changing Me** puzzle includes lessons on:

- Body changes and puberty
- Personal privacy and body autonomy
- Reproduction (Year 4–6)
- Healthy relationships and personal boundaries

Teachers use high-quality resources, story-based learning and discussions to ensure content is delivered sensitively and appropriately.

5. Zones of Regulation Integration

Mulgrave Primary School uses the **Zones of Regulation** framework across the curriculum to support pupils' emotional literacy and self-regulation. In RSE, the Zones help pupils to:

- Identify and name a range of emotions
- Recognise their own emotional states during discussions around relationships and growing up
- Access strategies to manage anxiety, embarrassment or uncertainty related to puberty and relationships
- Develop empathy and understanding of the emotions of others

Teachers explicitly reference the Zones during RSE lessons to ensure pupils feel safe, calm and supported.

6. Teaching and Learning

RSE is taught:

- In discrete PSHE lessons using Jigsaw
 - Through cross-curricular links (Science, PE, Computing)
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- Through planned assemblies and themed weeks
- Through the school ethos and behaviour expectations

Lessons are conducted with:

- Ground rules to support respectful discussion
- Inclusive language appropriate to all family structures and identities
- Opportunities for anonymous questions through question boxes

Materials are adapted to suit pupils with SEND to ensure accessibility and meaningful engagement.

7. Safeguarding

RSE plays an essential role in safeguarding. Staff are alert to signs of safeguarding concerns and follow school procedures according to the Safeguarding Policy.

Pupils are taught to:

- Recognise unsafe situations
- Understand personal boundaries
- Report worries to trusted adults
- Understand the features of healthy and unhealthy relationships

If a pupil asks a safeguarding-related question, staff respond sensitively while following safeguarding protocols.

8. Equality and Inclusion

Mulgrave Primary School promotes equality for all. RSE lessons:

- Represent diverse families, relationships and identities
- Are inclusive of pupils with SEND
- Are sensitive to cultural, faith and individual needs, while ensuring statutory content is delivered to all

We work in partnership with parents/carers to ensure cultural and religious views are respected while meeting legal obligations.

9. Roles and Responsibilities

Headteacher

- Ensures statutory requirements are met
- Oversees implementation of the policy
- Supports staff training

PSHE/RSE Lead

- Monitors planning and teaching
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- Reviews resources and provides staff training
- Liaises with parents as needed

Staff

- Deliver high-quality, sensitive RSE lessons
- Follow safeguarding procedures
- Create safe and respectful learning environments

Governors

- Monitor statutory compliance
 - Review this policy annually
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10. Working with Parents/Carers

We believe RSE is most effective when school and families work together. Parents/carers will be:

- Informed of upcoming RSE content, especially puberty and reproduction lessons
 - Provided access to view teaching materials upon request
 - Encouraged to discuss learning at home
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11. Right to Withdraw

Parents/carers **cannot withdraw** their child from:

- Relationships Education
- National Curriculum Science
- Health Education

Parents/carers **may withdraw** their child from the non-statutory elements of Sex Education taught within the Jigsaw **Changing Me** units (Years 4–6).

Requests must be made in writing to the Headteacher. A meeting will be arranged to discuss concerns and explain the curriculum content.

12. Monitoring and Review

This policy is reviewed annually by:

- The PSHE/RSE Lead
- The Headteacher
- The Governing Body

Feedback from staff, pupils and parents informs updates. The next review date is: _____.

13. Approval

Headteacher: _____

Chair of Governors: _____

Date: _____
