



Castle Carrock Primary School

Relationships and Sex Education (RSE) Policy

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DOCUMENT CONTROL – RECORD OF CHANGES

Version Number:	Publication Date:	Nature of, and Reason for, Change(s)
001	September 2022	Original.
002	September 2023	Reviewed.
003	September 2024	Reviewed.
004	October 2025	Reviewed and updated to be consulted on in Spring Term, effective from September 2026.

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1. Introduction

At Castle Carrock Primary School, we are committed to providing high-quality Relationships and Sex Education (RSE) that supports pupils' wellbeing, safety, and development. This policy reflects the Department for Education's updated statutory guidance (July 2025) and outlines our approach to delivering RSE in line with national expectations and community values.

2. Aims of RSE

Our RSE curriculum aims to:

- Help children develop healthy, respectful relationships.
- Promote emotional wellbeing, resilience, and self-esteem.
- Equip pupils with knowledge to recognise unsafe situations and seek help.
- Support safeguarding, including online safety and personal boundaries.
- Foster understanding of diverse families and inclusive values.

3. Curriculum Overview

RSE is taught progressively across Key Stages 1 and 2, using age-appropriate language and materials.

Key Stage 1 (Years 1–2):

- Understanding families and friendships.
- Recognising feelings and personal boundaries.
- Basic anatomy using correct terms.
- Introduction to safety around roads, water, and unfamiliar adults.

Key Stage 2 (Years 3–6):

- Puberty and emotional changes.
- Respectful relationships and consent.
- Online safety and recognising harmful content.
- Personal safety and seeking trusted help.
- Understanding diverse family structures.
- All content is delivered in a safe, inclusive, and sensitive manner.

4. Teaching and Resources

- Lessons are taught by trained staff using approved resources.
- Parents will have full access to all materials used in RSE lessons.
- External specialists may support delivery where appropriate.
- Teaching will reflect the lived experiences of pupils and promote equality.

5. Parental Engagement

- We recognise the vital role of parents and carers in RSE.
- Parents are consulted annually on curriculum content.
- Materials are available for review via our website or by request.
- Parents may withdraw their child from sex education components, but not relationships education.

6. Safeguarding and Confidentiality

- RSE is a key part of our safeguarding strategy.
- Pupils are taught how to identify unsafe situations and speak to trusted adults.
- Lessons are delivered in a safe environment with clear safeguarding protocols.
- Staff follow the school's safeguarding and confidentiality policies.

7. Monitoring and Review

This policy will be reviewed annually in consultation with staff, LAB, and parents. Feedback from pupils and families will inform curriculum development.

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