

East Park Academy Relationships and Sex Education (RSE) Policy



Date adopted by the MAT	February 2025
This policy is scheduled for review on	Every 3 years

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1. Policy Statement

2.

This policy outlines East Park Academy's approach to Relationships and Sex Education (RSE) in line with statutory guidance. It ensures that all learners receive high-quality, inclusive, age-appropriate education that supports their emotional, social and physical development. We are committed to equality and value diversity, ensuring our RSE curriculum reflects the needs of all learners, regardless of background, gender identity, religion, culture or additional needs.

This policy aligns with our Safeguarding and Child Protection Policy, Behaviour Policy, Online Safety Policy and Curriculum Policy.

2. Scope

This policy applies to all learners, staff, parents, carers and visitors involved in delivering or supporting RSE at East Park Academy.

It applies to all RSE lessons, assemblies, workshops and informal discussions that take place across the curriculum.

3. Aims & Principles

At East Park Academy, RSE is a fundamental part of our Personal, Social, Health and Economic (PSHE) education. We aim to:

- Provide accurate, factual information about human development, relationships and reproduction.
- Promote self-respect, confidence and emotional well-being.
- Develop resilience and decision-making skills to navigate challenges.
- Teach respect, empathy and tolerance, ensuring an inclusive approach to relationships.
- Support learners in recognising and reporting inappropriate behaviour and safeguarding concerns.
- Encourage learners to understand consent, boundaries and personal responsibility in relationships.

RSE will be taught sensitively, inclusively, and in accordance with the ethos of East Park Academy.

4. Vision

At East Park Academy, our RSE curriculum is underpinned by the values of **Respect, Responsibility and Resilience**. We strive to:

- Equip learners with the knowledge and confidence to form safe, healthy relationships.

- Promote open, honest and age-appropriate discussions about relationships and health.
- Foster a culture where learners feel safe to ask questions and seek support.
- Provide a safe space to challenge stereotypes, misconceptions and harmful behaviours.

5. Intent

At East Park Academy, we ensure our RSE curriculum is:

- **Inclusive:** Reflecting the diversity of modern Britain and meeting the needs of all learners.
- **Developmentally Appropriate:** Progressing from early understanding of relationships to more complex topics such as puberty and consent.
- **Protective:** Supporting learners in understanding their rights, personal boundaries and how to seek help.
- **Evidence-Based:** Using best practice guidance from the **PSHE Association, NSPCC and Department for Education.**
- **Integrated:** Linking to Science, Computing, PE and wider PSHE education to create a well-rounded understanding.

Curriculum Overview

RSE is taught progressively from **EYFS to Year 6**, ensuring learners receive knowledge in a **sequential** and **age-appropriate** way.

Early Years Foundation Stage (EYFS):

- Understanding family and friendships.
- Naming body parts and recognising differences.
- Developing personal boundaries and saying "no".

Key Stage 1:

- Basic understanding of privacy and personal space.
- Recognising safe and unsafe touches.
- Naming private parts correctly.
- Understanding that our bodies belong to us.

Key Stage 2:

- Puberty and physical/emotional changes.
- Consent, boundaries and personal safety.

- Managing emotions, relationships and peer pressure.
- Understanding reproduction and human development (Year 6).

6. Implementation

RSE is taught through:

- **Fortnightly PSHE lessons**
- **Cross-curricular links** (e.g., Science, PE, Computing)
- **Whole-school assemblies and themed events**
- **External visitors** (e.g., NSPCC, Childline, School Nurses)

Teaching Methods

Our RSE lessons are:

- **Interactive & Discussion-Based:** Encouraging critical thinking and respectful dialogue.
- **Factually Accurate:** Using medically correct language and evidence-based resources.
- **Sensitive & Inclusive:** Ensuring all discussions are respectful of different values and beliefs.

Parental Engagement

We work closely with parents/carers to ensure transparency in our approach to RSE. Parents are invited to **review materials**, attend **RSE workshops** and discuss **concerns** with staff.

Right to Withdraw

Parents/carers have the right to withdraw their child from **non-statutory sex education** in Year 6 but **not** from relationships or health education. All requests must be made in writing to the Headteacher.

7. Impact

Our RSE curriculum ensures that learners:

- Feel **confident and informed** about relationships and their changing bodies.
- Can **recognise and report** unsafe behaviour.
- Develop **empathy, self-respect and personal responsibility**.
- Are well-prepared for **transitioning to secondary school** and future relationships.

Assessment:

- **Formative assessment:** Class discussions, written reflections, role-play.

- **Summative assessment:** Self-assessments, teacher observations and structured quizzes.
- **Pupil Voice:** Learners provide feedback on RSE lessons through surveys and discussions.

9. Breach of Policy

10.

Any breaches of this policy will be managed under **East Park Academy's Safeguarding, Behaviour and Staff Code of Conduct policies.**

Concerns should be raised with the **PSHE Lead, Designated Safeguarding Lead (DSL), or Senior Leadership Team (SLT).**

Conclusion

At East Park Academy, we are committed to **delivering high-quality RSE education** that empowers learners to build positive, healthy relationships and navigate the challenges of growing up with **confidence and resilience.**

1. Scope

1.1 This Policy and Procedure applies to all employees of MMAT. For employees that are subject to TUPE and have more favourable contractual terms, then these will continue to apply.

1.2 The four types of absences covered by this procedure:

- Frequent
- Intermittent short term
- Long term absences
- Long term absences leading to ill health retirement.