



Barnet Hill Academy
FAITH • EXCELLENCE • KNOWLEDGE

Relationships & Sex Education Policy

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V8.0



Context

Relationships Education in all Primary schools and Relationship and Sex Education in all Secondary schools is a compulsory part of the National Curriculum.

This policy reflects statutory guidance and has been developed in line with:

- DfE Relationships Education, RSE and Health Education Guidance (2019)
- Keeping Children Safe in Education (KCSIE 2025)
- Equality Act 2010
- Ofsted Education Inspection Framework (EIF)

The Government guidance states that RSE should be taught in a way that is age-appropriate, sensitive and inclusive, with respect for the backgrounds and beliefs of pupils and parents, while ensuring that pupils are equipped with the knowledge they need to keep themselves safe and understand the law.

Relationship & Sex Education (RSE)

RSE is lifelong learning about physical, moral, social and emotional development. It is about the understanding of the importance of stable and loving relationships, respect, love and care, and the responsibilities of family life.

At Barnet Hill Academy, RSE is delivered in a manner that reflects the teachings of Islam through the Qur'an and the practice of the Prophet Muhammad (SAW), while also fulfilling statutory requirements.

RSE is taught through Islamic Studies, Personal, Social, Health and Economic (PSHE) education and the Science curriculum.

It aims to help children develop:

- Self-esteem and self-awareness
- An understanding of their own and others' rights
- A positive attitude towards themselves
- An understanding of their own bodies
- Awareness of personal boundaries and the right they have over their own body
- The ability to take responsibility for and accept the consequences of their own actions
- The skills needed for successful and respectful relationships
- A positive and respectful attitude towards difference and diversity
- An understanding of their own and others' beliefs and values
- The confidence to make informed and responsible choices
- The ability to keep themselves and others safe, including online
- The confidence to seek help and advice when needed
- Effective communication skills

RSE provides pupils with accurate information and opportunities to develop the skills and values needed to make positive, responsible decisions.



Content of RSE at Barnet Hill Academy

RSE covers three key elements:

1. Knowledge and Understanding

Including:

- Growing and changing
- Puberty
- Reproduction, pregnancy and birth (in line with the Science curriculum)
- Similarities and differences between males and females
- Parts of the human body
- Families and relationships
- Gender stereotyping and discrimination
- Where to get help and support

2. Personal and Social Skills

Including:

- Communication and listening skills
- Managing emotions
- Forming and maintaining caring relationships
- Developing empathy and respect
- Respecting differences between people
- Resilience and coping with change
- Making safe and responsible decisions
- Online safety, including safe use of technology and social media

3. Attitudes and Values

Including:

- Feeling positive about growing up
- The importance of respect, care and responsibility
- The value of family life
- The importance of stable and loving relationships

The content of RSE is taught within the personal, social, health and economic (PSHE) education curriculum. Biological aspects of RSE are taught within the science curriculum, and other aspects are included in Islamic Studies lessons.

The teaching and materials used are appropriate to the age and development of pupils and are delivered sensitively in line with the Islamic ethos of the school.

In Years 5 and 6, pupils receive additional sessions on puberty and aspects of sex education, delivered in a safe and supportive environment. Where appropriate, pupils may be given opportunities to discuss sensitive matters in smaller or separate groups.



Some of the topics covered in each year group are:

Year 1:

- Know that animals (including humans) grow and have babies
- Know how we are growing and changing
- People in my life – what they do for me and what I do for them
- Understand that my family is special
- My moods – feeling happy, sad
- Friendships – be able to make good relationships with my peers and resolve disagreements with friends
- Safety out and about – saying no to strangers

Year 2:

- Know about the human lifecycle and the changes humans go through from young to old
- Know how they are growing and changing
- Healthy lifestyles, caring for myself - hygiene, sleep, exercise, diet
- What makes me happy, valuing myself
- What I like or don't like about other people, cooperation
- Be able to make and maintain friendships and sort out disagreements
- Know what makes a good friend
- People who help me to care for myself
- Be able to help and care for others

Year 3:

- Keeping healthy – exercise, diet, the immune system, reducing spreading of disease
- Feelings in families (e.g. love, jealousy)
- What helps people to get on with each other (e.g. listening and sharing)
- What I like or don't like about me
- Keeping safe – Looking after others / co-operation

Year 4:

- Difficult situations – e.g. teasing or bullying
- Friendship – who our friends are, why we value them and how we make and lose friends
- Keeping safe – taking risks and safety procedures
- Making decisions – good and bad influences
- Actions and their consequences

Year 5:

- The main stages of the human life cycle
- Know how they have grown and changed since being babies
- Basic biology of the reproductive system and reproduction
- Pregnancy and birth
- Living things and their habitats, including reproduction
- Physical and emotional changes at puberty, what happens and why are they happening
- Know why hygiene is important during puberty



- Looking after a new born baby

Year 6:

- Recap on changes at puberty
- Recap personal hygiene
- Different families
- Feelings about the future (e.g. making new friends at new school)
- The qualities of strong, supportive and diverse relationships
- Media and stereotypes - Messages about health, discrimination from television other media
- Healthy lifestyles -diet, drugs

All pupils, from Year 1 to year 4, will learn about both sexes in mixed sex classes. However, in years 5 and 6, when it is deemed appropriate, opportunities will be made for pupils to discuss matters further in gender groups or individually.

Online Safety

Online safety forms an integral part of RSE.

Pupils are taught:

- How to use the internet safely
- The risks of sharing personal information or images
- The importance of consent, including in online contexts
- How to recognise and respond to cyberbullying
- How to report concerns and seek help

Inclusion and Equality

Barnet Hill Academy is committed to ensuring that RSE is inclusive and in line with the Equality Act 2010.

Teaching promotes:

- Respect for all individuals
- Understanding that families may differ
- The importance of treating others with dignity

All teaching is delivered in a way that is age-appropriate and consistent with the school's Islamic ethos, while ensuring that pupils understand the importance of respect for others.

Safeguarding, Confidentiality and Advice

All RSE lessons are delivered with the safeguarding of pupils as a priority.

Pupils will be encouraged to talk to their parents/carers about issues discussed in lessons. Teachers will support pupils in line with the school's pastoral care systems.



Teachers will explain that they cannot offer unconditional confidentiality. If a pupil discloses information that raises a safeguarding concern, this will be dealt with in accordance with the school's Safeguarding and Child Protection Policy and Keeping Children Safe in Education (KCSIE 2025).

In such cases, concerns will be reported to the Designated Safeguarding Lead (DSL), and pupils will be informed that this action is being taken.

Involvement of Parents/Carers

RSE is a shared responsibility between school and home.

The involvement of parents/carers supports children in:

- Developing understanding
- Asking questions
- Building positive relationships

The school will ensure that parents are informed about the RSE curriculum and will provide opportunities to view materials where appropriate.

Right to withdraw/Right to be excused

Parents cannot withdraw their children from Relationship education (RE) or from the statutory Science elements of the National Curriculum.

Parents have the right to withdraw their children from certain on-statutory elements of the RSE teaching programme. However, we would encourage all parents to include their children in all aspects of the RSE teaching and learning, in the interest of all children experiencing the full, broad curriculum we have on offer at school.

If a parent wishes to withdraw their child from aspects of RSE which do not form part of the statutory Science curriculum, they should meet with the class teacher and the Islamic Studies lead to discuss their concerns. If, following this discussion, they still wish to withdraw their child, they should inform the head teacher of their decision in writing.

Monitoring & Evaluation of RSE

It is the responsibility of the PSHE Coordinator to oversee and organise the monitoring and evaluation of RSE.

This includes:

- Monitoring teaching and learning
- Reviewing pupil voice
- Supporting staff

The Islamic Studies lead supports delivery in line with the school's ethos.



The Governors are responsible for reviewing and approving this policy.