



ST. BART'S
MULTI-ACADEMY TRUST

RELATIONSHIPS AND SEX EDUCATION (RSE) POLICY

April 2026

Details

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June 2023	Review and re-adoption Section 1 Forward Section 2 Statutory Requirements for Primary Schools Section 3 What is Relationship and Sex Education?	S. Cope
February 2025	Section 3: Church of England Guidance	S. Goddard
April 2026	Reviewed to reflect updated DfE guidance. Merged mainstream and special policies into one. Additional content added to Appendix 2 to reflect DfE guidance, including health and wellbeing. Updated roles and responsibilities	R. Porter K. Webb

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Flourishing Together

Releasing Potential

Inspiring Futures

St. Bart's Mission

We ensure that every academy is a flourishing community, dedicated to releasing potential and inspiring ambitious futures through exceptional education.

St. Bart's Vision and Values

Releasing potential together through **PEACE**:



PASSION

We pursue excellence with energy and purpose, releasing the potential within every child and adult.



ENCOURAGEMENT

We nurture confidence and resilience, supporting each individual so that they can thrive.



AMBITION

We set high expectations, striving for fairness and opportunity so that potential is not limited by circumstance.



COLLABORATION

We work together in partnership, recognising that flourishing comes when we share strengths and support one another.



ENJOYMENT

We celebrate learning and community life, creating joy-filled environments where potential can flourish.



Our Trust Christian ethos is captured by the **PEACE** values and all schools work in close partnership (*whether C of E or community*) to ensure that all children, adults and the communities they serve flourish just as Jesus encouraged us to do in John 10:10 – ***“I have come that they may have life, and have it to the full.”***

St. Bart's vision includes a strong commitment to preparing our children for a world impacted by climate change, through learning and practical experience. We encourage pupils and staff to consider the impact of their actions locally and globally, while embedding climate change education across our curriculum, and sustainability into our ethos and Trust-wide practice.

Relationships and Sex Education (RSE) Policy

1. Aims

The aims of relationships and sex education (RSE) in our trust are to:

- Provide a framework in which sensitive discussions can take place
- Prepare pupils for puberty, and give them an understanding of sexual development and the importance of health and hygiene
- Help pupils develop feelings of self-respect, confidence and empathy, and to cultivate positive characteristics such as kindness and integrity
- Create a positive culture around issues of sexuality and relationships
- Teach pupils the correct vocabulary to describe themselves and their bodies

2. Statutory requirements

In our primary academies, we must provide relationships education to all pupils as per section 34 of the [Children and Social Work Act 2017](#). We must also provide health education as required by the Relationships Education, Relationships and Sex Education and Health Education (England) Regulations 2019.

In our all-through special school, we must provide relationships education and health education to primary-aged pupils, and Relationships and Sex Education (RSE) and health education to secondary aged pupils (including post-16 learners).

We do not have to follow the National Curriculum, but we are expected to offer all pupils a curriculum that is similar to the National Curriculum including requirements to teach science. This would include the elements of sex education contained in the science curriculum at primary level.

For our post-16 learners, the curriculum is further tailored to support their transition into adult life.

In teaching RSE, we're required by our funding agreements to have regard to [guidance](#) issued by the secretary of state as outlined in section 403 of the [Education Act 1996](#).

We also have regard to legal duties set out in:

- Sections 404 to 407 of the Education Act 1996
- Part 6, chapter 1 of the [Equality Act 2010](#)
- The Public Sector Equality Duty (as set out in section 149 of the Equality Act 2010). This duty requires public bodies to have due regard to the need to eliminate discrimination, advance equality of opportunity and foster good relations between different people when carrying out their activities

The delivery of RSE in our all-through special school is highly adapted and individualised to meet the specific developmental needs of pupils with SEND. Where possible, content is taught at the ageappropriate stage, but is significantly adapted to ensure it is accessible and meaningful for our learners. Teaching is developed to ensure these subjects prepare pupils for adulthood, as set out in the SEND Code of Practice. All statutory requirements for both primary relationships education and secondary RSE are met through a curriculum that is tailored to pupils' individual cognitive and emotional development.

At St Bart's MAT we teach RSE as set out in this policy.

3. Moral Values and Framework

Our RSE policy is sensitive to the morals and values of all major religions and philosophies within our community and is complementary to our Religious Education (RE) policy. It is underpinned by the Church of England's vision that every child is made in the image of God (Genesis 1:27) and deserves life in all its fullness (John 10:10).

Our Commitment to Pupils

Within our Trust, we empower pupils to:

- **Value Relationships:** Prioritise respect, care, and love within stable, committed relationships and family structures (including same-sex unions).
- **Embrace Diversity:** Understand and respect differences regarding religion, gender, culture, disability, and sexual orientation.
- **Challenge Inequality:** Actively strive to reduce intolerance, challenge gender stereotypes, and eliminate bullying of all kinds.

3.1. Compliance & Guidance

This policy reflects the 2010 Equality Act and the 2023 SIAMS schedule. It is specifically aligned with the Church of England Education Office guidance: *Relationships and Sex Education (2019)* and *Flourishing for All: Anti-bullying Guidance (2024)*.

4. Policy development

This policy has been developed as a Trust-wide framework to ensure statutory compliance across all St Bart's MAT academies. However, we recognise that meaningful RSE must be tailored to the specific needs of each school community.

The policy development and consultation process ([Appendix 4](#)) involves the following stages:

- Members of the Trust Leaders reviewed relevant guidance to ensure a legally compliant framework and curriculum map
- The Board of Trustees approved the policy and core framework, ensuring the policy meets legal requirements and safeguarding standards
- Each academy within the Trust is responsible for contextualising this policy.
- Following local consultation, the academy's specific delivery plan and any contextual adaptations were shared with the Local Governing Committee (LGC)

5. Definition

For the purpose of this policy:

- **Relationships Education** is about the fundamental building blocks and characteristics of positive relationships. The focus is on teaching the pupils the importance of healthy, respectful relationships, focusing on family and friendships, in all contexts, including online
- **Relationships and Sex Education (RSE)** is taught to secondary-aged pupils in our allthrough special school. RSE builds on Relationships Education and includes teaching about intimate relationships, sexual health, sexuality, and personal identity

- **Health Education** is about the physical and mental well-being of pupils, focusing on the connection between physical and mental health and the importance of a healthy lifestyle
- Our curriculum involves a combination of sharing factual, age-appropriate information and exploring values. It is designed to foster self-esteem and help pupils develop the vocabulary to describe their feelings and experiences
- Relationships Education and RSE is **not** about the promotion of sexual activity

6. Curriculum

Our RSE curriculum is set out as per Appendices 1 and 2, but we may need to adapt it as and when necessary.

We have developed the curriculum in consultation with parents and carers, pupils and staff, and taking into account the age, developmental stage, needs and feelings of our pupils. If pupils ask questions outside the scope of this policy, teachers will respond in an appropriate manner so that pupils are fully informed and don't seek answers online.

We will share any curriculum resources and materials with parents and carers on request.

7. Delivery of RSE

7.1. Curriculum Overview – Primary Academies

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 Religious Education (RE).

Across our primary academies, we focus on the fundamental building blocks of positive relationships including:

- Families and people who care for me
- Caring friendships
- Respectful, kind relationships
- Online safety and awareness
- Being safe

7.1.1. Curriculum Overview – Special Academy

At our all-through special school, RSE is taught within the PSHE curriculum and is highly adapted to meet the developmental needs of pupils with SEND.

For primary-aged pupils, the curriculum focuses on the same fundamental building blocks as our primary academies (as outlined in 7.1 above), adapted to individual needs.

For secondary-aged pupils, RSE builds on primary Relationships Education and focuses on giving pupils the information they need to help them develop healthy, nurturing relationships of all kinds, including:

- Families
- Respectful relationships, including friendships
- Online safety and awareness
- Being safe
- Intimate and sexual relationships, including sexual health

The curriculum is delivered by appropriately trained staff who understand the specific needs of pupils with SEND. Teaching ensures that pupils understand the importance of equality and respect, and learn about the law relating to the protected characteristics, as set out in the Equality Act 2010.

Content is taught at age-appropriate stages where possible, but is significantly adapted to ensure it is accessible and meaningful. Activities are planned to ensure all pupils are actively involved, with consideration given to individual communication needs and SEND.

Secondary-aged pupils are taught what the law says about topics covered in RSE, adapted to their level of understanding. The topics include, but are not limited to:

- Marriage, including forced marriage and civil partnerships
- Consent, including the age of consent
- Domestic abuse, stalking, rape, sexual offences, female genital mutilation (FGM), ‘virginity testing’ and hymenoplasty
- Sexual abuse, harassment and exploitation, including public sexual harassment and harmful sexual behaviour, and online behaviours
- Online behaviours including image and information sharing (including sexual imagery, youth-produced sexual imagery and including AI-generated sexual imagery and deepfakes).
- Pupils should understand the law about online sexual harassment and online sexual abuse, including grooming and sextortion
- Online misogyny and incel culture
- Suicide prevention
- Pornography
- Abortion
- The protected characteristics
- The age of criminal responsibility

7.2. Sex Education (non-statutory)

In line with DfE recommendations, our primary academies may choose to teach age-appropriate sex education (typically in Years 5 or 6) focusing on:

- Preparing for the changes of adolescence (puberty).
- How a baby is conceived and born.

While the Trust provides a framework, individual academies determine the specific additional content to meet their pupils' needs. Parents will be informed of the specific timing and content of these lessons and retain the right to withdraw.

7.3. Use of Resources and Materials

To ensure high-quality delivery, schools use a variety of age-appropriate materials including books, videos, and practical activities. Each academy will have a lead who is responsible for assessing resources before use. Our academies ensure all materials:

- Are aligned with the teaching requirements set out in the statutory RSE guidance
- Would support pupils in applying their knowledge in different contexts and settings
- Are age-appropriate, given the age and maturity of the pupils
- Are evidence-based and contain robust facts and statistics
- Fit into our curriculum plan
- Are from credible sources
- Are compatible with effective teaching approaches
- Are sensitive to pupils' experiences and won't provoke distress • Are available for parents / carers to review upon request

7.4. Inclusivity and SEND

Our academies ensure that all teaching and materials are appropriate for the ages and needs of the pupils, including those with Special Educational Needs and Disabilities (SEND). Our academies will:

- Use a diverse range of examples so all pupils feel represented
 - Provide a safe and supportive environment where pupils feel able to engage
 - Deliver learning in appropriate settings, such as whole-class, small groups, or 1-to-1 discussions where required
- Ensure that no child is stigmatised based on their home circumstances (e.g., single parent families, same-sex parents, foster/adoptive carers, or kinship carers)
- Give careful consideration to the level of differentiation and adaptation needed

In our all-through special school, teaching is developed to ensure these subjects are accessible for pupils with SEND and prepare pupils for adulthood, as set out in the SEND Code of Practice.

7.5. Safe Inquiry and Questioning

Teachers will ensure that all pupils' views are listened to and will encourage sensitive, ageappropriate discussion. Teachers will answer questions honestly and appropriately for the age of the pupils. The programme is designed to be inclusive of all genders, ensuring everyone is actively involved.

7.6. Assessment and Reporting

While formal examinations are not required for RSE, pupils' knowledge and understanding will be assessed regularly to ensure they are building the confidence to apply their knowledge in real-life situations.

7.7. Adaptive Curriculum and Legal Boundaries

We may amend our curriculum content to respond to the needs and context of our pupils, to discuss issues affecting them in an age-appropriate manner. We will inform parents and carers of any deviation from our published policy in advance, and share any relevant materials on request. Across our Trust, we will also be mindful of the law and legal requirements, taking care not to condone or encourage illegal activity, such as violent action against people, criminal damage to property or hate crime.

8. Use of external organisations and materials

Across our Trust, we will make sure that any agency and any materials used are accurate, appropriate and unbiased and in line with our legal duties around political impartiality.

Our academies will:

- Make appropriate checks and engage with external agencies to make sure that their approach to teaching about RSE is balanced, and it and the resources they intend to use:
 - Are age-appropriate
 - Are in line with pupils' developmental stage
 - Comply with:
- This policy
- The [Teachers' Standards](#)

- The [Equality Act 2010](#)
- The [Human Rights Act 1998](#)
- The [Education Act 1996](#)
- Only work with external agencies where they have full confidence in the agency, its approach and the resources it uses
- Make sure that any speakers and resources meet the intended outcome of the relevant part of the curriculum
- Review any case study materials and look for feedback from other people the agency has worked with
- Be clear on:
 - What they're going to say ○ Their position on the issues to be discussed
- Ask to see in advance any materials that the agency may use
- Know the named individuals who will be there, and follow usual safeguarding procedures for these people
- Conduct a basic online search and address anything that may be of concern to the school, or to parents and carers
- Check the agency's protocol for taking pictures or using any personal data they might get from a session
- Remind teachers that they can say "no" or, in extreme cases, stop a session
- Make sure that the teacher is in the room during any sessions with external speakers
- Inform all external organisations that the school is legally obliged to share all content with parents and carers
- Share all external materials with parents and carers

Our academies **won't**, under any circumstances:

- Work with external agencies that take or promote extreme political positions
- Use materials produced by such agencies, even if the material itself is not extreme
- Work with agencies who don't allow their material to be shared with parents and carers

9. Roles and responsibilities

9.1. Trustees

Trustees will

- approve the Trust-wide RSE policy
- hold Trust Leaders to account for the consistent and compliant implementation of the policy across the Trust

9.2. Trust Leaders

Trust Leaders will:

- oversee the development of the policy to ensure it aligns with statutory guidance
- work with Principals to make sure they can implement the policy in their settings
- report to the Trustees on any issues with its implementation across the Trust

9.3. Local Governing Committees (LGC)

The LGC is responsible for:

- supporting and monitoring the implementation of the policy at their specific academy
- reviewing the academy's local consultation process and the specific resources used to ensure they meet the needs of the community
- holding the Principal to account for pupil progress and the accessibility of the curriculum for all learners, including those with SEND

9.4. The Principal

The Principal is responsible for:

- Ensuring that RSE is taught consistently, safely, and in line with the Trust policy
- Managing requests to withdraw pupils from non-statutory components of RSE
- Ensuring all resources and materials are quality-assured and shared when requested by parents / carers

9.5. Staff

Staff are responsible for:

- Delivering RSE in a way that is sensitive, high-quality and appropriate for each year group
- Modelling positive attitudes to RSE and healthy relationships
- Monitoring progress
- Responding to the needs of individual pupils, including those with SEND
- Modelling positive behaviour and avoiding language that might perpetuate harmful stereotypes, and being conscious of everyday sexism, misogyny, homophobia and stereotypes
- Reporting any safeguarding concerns or disclosures that pupils may make as a result of the subject content to the academy's Designated Safeguarding Lead (DSL) Staff do not have the right to opt out of teaching RSE. Staff who have concerns about teaching RSE are encouraged to discuss this with the Principal

Please see completed [Appendix 1](#) for the RSE Lead at our academy.

9.6. Pupils

Pupils are expected to engage fully in RSE and, when discussing issues related to RSE, treat others with respect and sensitivity.

10. Parents' right to withdraw

10.1. Primary Academies

Across our primary academies, parents/carers do not have the right to withdraw their children from:

- Relationships Education
- Health Education
- National Curriculum for Science

These are statutory requirements and are essential for ensuring children have the knowledge they need to stay safe and healthy

Parents/carers have the right to withdraw their children from the non-statutory components of sex education within RSE. Requests for withdrawal should be put in writing using the form found in [Appendix 3](#) of this policy and addressed to the Principal.

Alternative work will be given to pupils who are withdrawn from sex education.

10.2. All-through Special School

For primary-aged pupils, the same process as outlined in 10.1 applies.

For secondary-aged pupils, parents / carers have the right to withdraw their children from sex education components of RSE (but not from Relationships Education or Health Education) up to and until 3 terms before the pupil turns 16. After this point, if the pupil wishes to receive sex education rather than being withdrawn, the academy will arrange this.

Requests for withdrawal should be put in writing using the form found in [Appendix 3](#) of this policy and addressed to the Principal.

A copy of any withdrawal requests will be placed in the pupil's educational record. The Principal will discuss the request with parents/carers and take appropriate action.

In exceptional circumstances, for example because of a safeguarding concern or a pupil's specific vulnerability, the Principal can refuse a request to withdraw the pupil from sex education.

Where a withdrawal request is refused on the grounds of exceptional circumstances, the Principal will:

- Meet with parents/carers to explain the decision and the reasons for it
- Provide written confirmation of the decision
- Report the decision to the Deputy CEO
- Document all discussions and the rationale for the decision
- Continue to work with parents/carers to address their concerns where possible

A copy of all withdrawal requests and decisions will be placed in the pupil's educational record. Alternative work will be given to pupils who are withdrawn from sex education.

11. Training

Staff are trained on the delivery of RSE as part of their induction and it is included in our continuing professional development calendar.

Staff are encouraged to discuss any specific training needs or personal concerns regarding the curriculum with their RSE Lead / SLT / Principal

The academy will also invite external visitors, such as school nurses or sexual health professionals, to provide support and training to staff teaching RSE.

12. Monitoring arrangements

The delivery of RSE is monitored by each academy's Senior Leadership Team (SLT) and RSE Lead through:

- Learning walks
- Work sampling
- Pupil voice
- Staff feedback

Pupils' development in RSE is monitored by class teachers as part of our internal assessment systems.

Appendix 1 – Curriculum Map

ST. BART'S MULTI-ACADEMY TRUST

RSE Policy - Curriculum Map and Assessment Methods

Academy Specific Information



This appendix must be completed by each academy

It should be maintained and reviewed in line with the overarching RSE Policy.

Academy:	Hungerford Primary Academy
RSE Lead:	Stephen Jenks

CURRICULUM MAP

To enable children to develop these strengths and coping skills, we deliver Personal Development and RSE through our bespoke curriculum tailored to the needs of our children. This is comprised of lessons where children learn about the brain, relationships, keeping themselves safe, their changing bodies, valuing difference, their rights and responsibilities, first aid and money. Lessons endeavour to enable children to develop crucial skills and positive attitudes which are critical to ensuring children are effective learners. These important skills and attitudes are imperative in unlocking pupils' potential, helping to raise achievement and closing the gap in educational attainment. Lessons cover all of the new statutory requirements for RSE (Relationship and Sex Education) as set out by the Department for Education in 2026.

Class teachers follow the six half termly units for each year. These are:

1. Me and My Relationships: includes content on feelings, emotions, conflict resolution and friendships;
2. Valuing Difference: a focus on respectful relationships and British values;
3. Keeping Myself Safe: looking at keeping ourselves healthy and safe
4. Rights and Responsibilities: learning about money, living the wider world and the environment;
5. Being My Best: developing skills in keeping healthy, developing a growth mindset (resilience), goal-setting and achievement;
6. Growing and Changing: finding out about the human body, the changes that take place from birth to old age and being safe.

As a school, we are incorporating the 'No Outsiders' lesson plans and book suggestions into our own Personal Development lessons to teach children about equality and diversity. Our aim is for all children and staff to understand and respect difference.

The breakdown of each unit can be found on the next page.

ASSESSMENT METHODS

Pupils' understanding of RSE is assessed through discussion, pupil voice, teacher observations, retrieval activities, reflective tasks and work completed within PSHE lessons. Assessment information is used to inform future teaching and identify any misconceptions or safeguarding concerns.

Appendix 2a – By the end of primary school pupils should know

TOPIC	PUPILS SHOULD KNOW
Families and people who care for me	• That families are important for children growing up because they can give love, security and stability • The characteristics of healthy and happy family life, such as commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives • That other children's families, either in school or in the wider world, sometimes look different from their own, but that they should respect those differences and know that other families are also characterised by love and care • That stable, caring relationships are at the heart of safe and happy families, and are important for children's security as they grow up • That marriage and civil partnerships represent a formal and legally recognised commitment of 2 people to each other which is intended to be lifelong • How to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed

Caring friendships	• How important friendships are in making us feel happy and secure, and how people choose and make friends • The characteristics of friendships that lead to happiness and security, including mutual respect, truthfulness, trust and trustworthiness, loyalty, kindness, generosity, sharing interests and experiences and support with problems and difficulties • That healthy, caring and kind friendships are positive and welcoming towards others, and do not make others feel lonely or excluded. Pupils should learn skills for developing caring, kind friendships • That not every child will have the friends they would like at all times, that most people feel lonely sometimes, and that there is no shame in feeling lonely or talking about it • That most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened • About managing conflict with kindness and respect, and that violence is never right • How to recognise when a friendship is making them feel unhappy or uncomfortable, and how to seek help or advice from others, if needed
TOPIC	PUPILS SHOULD KNOW

Respectful, kind relationships	• The importance of respecting others, including in families and friendships. Pupils should be encouraged to discuss how we can balance the needs and wishes of different people, and why this can be complicated • The importance of setting and respecting healthy boundaries in all relationships with friends, family, peers and adults • How to communicate effectively: how to be assertive and express needs and boundaries and manage feelings, including disappointment and frustration • That they can expect to be treated with respect and the importance of respecting others, including those who are different (for example: physically, in character, personality or background), or make different choices, or have different preferences or beliefs • The practical steps they can take in a range of different contexts to improve or support their relationships • The conventions of courtesy and manners • The importance of self-respect and how this links to their own happiness. Pupils should have opportunities to think about how they foster their own self-esteem and build a strong sense of their own identity, including through developing skills and interests • Pupils should have opportunities to discuss the difference between being assertive and being controlling, and the difference between being kind to other people and neglecting your own needs • About different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help • How to seek help when needed, including when they are concerned about violence, harm or when they are unsure who to trust • What a stereotype is, and how stereotypes can be unfair, negative or destructive or lead to bullying and how to challenge a stereotype
Online safety and awareness	• That people should be respectful in online interactions, and that the same principles apply to online relationships as to face-to-face relationships, including where people are anonymous. For example, the importance of avoiding putting pressure on others to share information and images online, and strategies for resisting peer pressure. • How to critically evaluate their online relationships and sources of information, including awareness of the risks associated with people they have never met. For example, that people sometimes behave differently online, including pretending to be someone else, or pretending to be a child, and that this can lead to dangerous situations. How to recognise harmful content or harmful contact, and how to report this.

TOPIC	PUPILS SHOULD KNOW
	• That there is a minimum age for joining social media sites (currently 13), which protects children from inappropriate content or unsafe contact with older social media users, who may be strangers, including other children and adults. • The importance of exercising caution about sharing any information about themselves online. Understanding the importance of privacy and location settings to protect information online. • Online risks, including that any material provided online might be circulated, and that once a picture or words has been circulated there is no way of deleting it everywhere and no control over where it ends up. • That the internet contains a lot of content that can be inappropriate and upsetting for children, and where to go for advice and support when they feel worried or concerned about something they have seen or engaged with online.
Being safe	• What sorts of boundaries are appropriate in friendships with peers and others (including online). This can include learning about boundaries in play and in negotiations about space, toys, books, resources etc. • The concept of privacy and its implications for both children and adults; including that it is not always right to keep secrets if they relate to being safe. • That each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe contact, including physical contact. • How to respond safely and appropriately to adults they may encounter (in all contexts, including online), including those they do and do not know. • How to recognise when a relationship is harmful or dangerous, including skills for recognising who to trust and who not to trust. • How to report abuse, concerns about something seen online or experienced in real life, or feelings of being unsafe or feeling bad about any adult and the vocabulary and confidence needed to do so. • How to ask for advice or help for themselves or others, and to keep trying until they are heard. Where to get advice e.g. family, school and/or other sources



Mental wellbeing

- That mental wellbeing is a normal part of daily life and that worrying or feeling down are normal and not always a sign of a mental health condition.
- How to use vocabulary to talk about their feelings and where to seek support in school.
- The benefits of physical activity, time outdoors, and hobbies for mental health.

TOPIC	PUPILS SHOULD KNOW
	That isolation and loneliness can affect children and the importance of seeking support
Wellbeing online	- The benefits of limiting time spent online and the risks of excessive use of electronic devices. - Why social media, apps, and games have age restrictions. - How to take a critical approach to what they see online and recognize scams or harmful content.
Physical health and fitness	- The characteristics and benefits of an active lifestyle and the risks of an inactive one. - The importance of building regular physical activity into daily routines and the risks of an inactive lifestyle.
Healthy eating	- What constitutes a healthy diet, including an understanding of calories and nutritional content. - The importance of a healthy relationship with food and the principles of planning healthy meals. - The characteristics of a poor diet and risks such as obesity and tooth decay.
Drugs, alcohol, tobacco, and vaping	- The facts about legal and illegal harmful substances and associated risks. - The risks of nicotine addiction, specifically including smoking, vaping, and nicotine pouches.
Health protection and prevention	- How to recognise early signs of physical illness and the importance of sufficient good quality sleep. - Safe and unsafe exposure to the sun. - About dental health, personal hygiene, and the facts/scientific evidence relating to vaccination.
Basic first aid	How to make a call to emergency services and concepts of basic first aid for common injuries.



Developing bodies

- Key facts about puberty and the human lifecycle.
- Correct names of body parts (penis, vulva, vagina, testicles, etc.) and that these are private.
- The facts about the menstrual cycle, including physical and emotional changes

Withdrawal From Sex Education Form

within RSE



Academy:	Hungerford Primary Academy
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Name of Child:

[illegible]

Class:

Name of
parent/carers:

Date:

Reason for withdrawing from sex education within relationships and sex education:

Any other information you would like the school to consider:

Signed:

FOR ACADEMY USE:

Agreed actions
from discussion
with
parents/carers:

Signed:

Date:

Appendix 4 – Consultation Process ST. BART'S

MULTI-ACADEMY TRUST

RSE Policy – Consultation Process

Academy Specific Information



This appendix must be completed by each academy

It should be maintained and reviewed in line with the overarching RSE Policy.

Academy:

Hungerford Primary Academy

Consultation Process

Staff consultation

- Staff meeting discussion
- Leadership review
- Curriculum lead review

Parent consultation

- Policy published on website
- Parent emailed with updated policy and guidance
- Opportunity for feedback

Pupil consultation

- School council agenda
- Pupil voice interviews

Governance consultation

- Reviewed by Local Governing Committee on 13th July 2026
- Ratified by governors on 13th July 2026



ST. BART'S

MULTI-ACADEMY TRUST

St. Bart's Multi-Academy Trust

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