

Pilgrim Academy – Relationships and Sex Education (RSE) Policy Summary for Parents and Carers



What is RSE and why is it important?

At Pilgrim Academy, Relationships and Sex Education (RSE) helps children learn how to build positive relationships, understand their bodies, make safe and informed choices, and seek help when they need it.

We teach RSE through **The Story Project**, which uses high-quality children's books to explore friendships, families, safety, feelings and growing up in an age-appropriate and supportive way.

Our RSE curriculum helps children to:

- Build healthy, respectful relationships
- Understand their bodies and how they change
- Recognise their rights to safety, respect and support
- Learn how to seek help from trusted adults
- Communicate clearly and kindly
- Develop empathy, resilience, confidence and inclusion

RSE at Pilgrim Academy reflects all statutory duties including:

- **Relationships Education (statutory)**
- **Health Education (statutory)**
- **Science Curriculum (statutory)**
- **Equality Act 2010**
- **RSHE Statutory Guidance 2025**

We ensure all teaching is **inclusive**, reflects **diverse families and identities**, and supports pupils with **SEND** through adapted resources and approaches.

What must children learn? (Statutory content)

Relationships Education (statutory)

All primary schools must teach about:

- Families and the people who care for them
- Caring friendships

This policy is based on suggested wording written by The Story Project. The Story Project holds no responsibility for this policy once it has been amended and adopted by schools. It is the responsibility of each school to ensure that the content of their policies matches the unique needs of their community and is in line relevant statutory guidance and regulations.

- Respectful relationships
- Online relationships
- Being safe and how to seek help

Health Education (statutory)

Children learn about:

- Mental wellbeing and feelings
- Internet safety and harms
- Physical health, fitness and healthy eating
- Drugs, alcohol and tobacco
- Basic first aid
- Health and prevention
- Puberty (statutory for all pupils)

Science curriculum (statutory and cannot be withdrawn)

Children must learn:

- The human life cycle
- How humans grow and change
- The biological facts of human reproduction

Sex Education (non-statutory in primary)

Schools may choose to teach additional content.

At Pilgrim Academy, this includes **one Year 6 lesson: “Making a Baby.”**

How RSE is taught at Pilgrim Academy

RSE is taught through The Story Project’s carefully sequenced, story-led curriculum, which helps children learn in a safe and emotionally supported way.

Lessons cover:

- Families and friendships
- Respect and equality
- Boundaries, consent and body autonomy
- Staying safe online and offline
- Bullying, including online bullying
- Puberty and body changes

This policy is based on suggested wording written by The Story Project. The Story Project holds no responsibility for this policy once it has been amended and adopted by schools. It is the responsibility of each school to ensure that the content of their policies matches the unique needs of their community and is in line relevant statutory guidance and regulations.

- Human reproduction (Year 6 only)
- Mental wellbeing and help-seeking

Teachers use the Story Project lesson structure (Settle, Training, Objective, Read, You) to build confidence, emotional safety and consistency. All teaching is age-appropriate and inclusive of all families, faiths and identities.

We use stories to provide emotional distance, helping children explore sensitive themes without needing to share personal information.

Assessment is through discussion, activities and observation to help teachers plan next steps. We never assess pupils' personal experiences or beliefs.

Creating a safe learning environment

We ensure RSE lessons feel safe and respectful by:

- Agreeing ground rules with pupils
- Allowing anonymous questions where appropriate
- Using factual, calm and age-appropriate language
- Avoiding shock, fear or graphic content
- Exploring topics through stories and characters
- Ensuring children know how to seek help

If a question goes beyond what is taught in school, or relates to content a child has been withdrawn from, teachers explain that it will be answered privately or directed home.

Children withdrawn from the Year 6 Sex Education lesson complete supervised alternative activities.

Safeguarding in RSE

RSE is a key part of safeguarding.

All teachers follow **Keeping Children Safe in Education (DfE)** and the school's safeguarding procedures.

Staff understand that RSE discussions may lead to disclosures.

If a child shares something that worries us, the teacher will speak to the **Designated Safeguarding Lead (DSL)** immediately.

Visitors or external contributors:

- Never teach unsupervised
- Must follow school safeguarding procedures
- Are briefed beforehand about school expectations
- Report any concerns directly to staff

This policy is based on suggested wording written by The Story Project. The Story Project holds no responsibility for this policy once it has been amended and adopted by schools. It is the responsibility of each school to ensure that the content of their policies matches the unique needs of their community and is in line relevant statutory guidance and regulations.

RSE links closely with policies for safeguarding, online safety, anti-bullying and health and wellbeing.

Working in partnership with parents and carers

We value open communication with families and want you to feel informed and confident about what your child is learning.

Parents can expect:

- Advance notice of RSE units
- Opportunities to view books and lesson materials
- Information on when puberty and Year 6 reproduction lessons will be taught
- Access to the full RSE policy via the school website
- Parent information sessions or meetings
- Support if they have questions or concerns

Pupil voice is also used to shape and refine the curriculum.

Parents with questions can contact:

- **RSE Lead: Mrs L Stamford**
 - **Class teacher**
 - **Principal / Senior Leadership Team**
-

Right to withdraw from Sex Education

Parents **can withdraw** their child **only** from the **Year 6 “Making a Baby” Sex Education lesson** (non-statutory content).

Requests must be made in writing to the Principal, who will offer a meeting to discuss the request.

Parents **cannot withdraw** their child from:

- Relationships Education (statutory)
 - Health Education (statutory)
 - Puberty lessons (statutory)
 - Human reproduction taught in **science** (statutory)
-

Reviewing this policy

This policy summary will be reviewed every **18–24 months**, or sooner if:

- National guidance changes
- The Story Project curriculum is updated

This policy is based on suggested wording written by The Story Project. The Story Project holds no responsibility for this policy once it has been amended and adopted by schools. It is the responsibility of each school to ensure that the content of their policies matches the unique needs of their community and is in line relevant statutory guidance and regulations.

- Parent, pupil or staff feedback suggests changes are needed

Next review date: **December 2027**

For further information, please read the full RSE policy or contact the RSE Lead.

This policy is based on suggested wording written by The Story Project. The Story Project holds no responsibility for this policy once it has been amended and adopted by schools. It is the responsibility of each school to ensure that the content of their policies matches the unique needs of their community and is in line relevant statutory guidance and regulations.