



Implementation Date	September 2026
Review Date	September 2029
Reviewer	Liam Donovan

Longwood School

Relationships and Sex Education (RSE) Policy

Introduction

At Longwood School, we want every child to develop the knowledge, confidence and skills they need to build healthy relationships, stay safe and look after their physical and emotional wellbeing.

We follow the **Kapow Primary RSE and PSHE curriculum**. RSE is taught in an age-appropriate, sensitive and supportive way and forms part of our wider Relationships and Health Education provision.

Our RSE curriculum meets the statutory requirements for Relationships and Health Education.

Aims

Our RSE curriculum aims to help children:

- Develop healthy and respectful relationships.
- Understand and respect themselves and others.
- Recognise and manage their emotions.
- Understand personal boundaries, privacy and consent.
- Know how to keep themselves safe, including online.
- Understand how their bodies grow and change.
- Develop positive self-esteem and confidence.
- Know who they can talk to if they are worried or need help.
- Develop healthy habits and understand how to care for their bodies.

What Children Learn

Hartspring Class – Years 1 and 2

Children learn about:

- Different types of families and caring relationships.
- Making and maintaining friendships.
- Kindness, respect and understanding other people's feelings.
- Recognising and managing emotions.
- Healthy lifestyles, including exercise, sleep and hygiene.
- Staying safe at home, at school and online.
- Understanding privacy and knowing who to ask for help.

Attenborough Class – Years 3 and 4

Children build on their previous learning and explore:

- Positive friendships and resolving disagreements.
- Bullying and how to seek support.
- Self-esteem, confidence and emotional wellbeing.
- Respecting differences and challenging stereotypes.
- Personal and online safety.
- Personal boundaries and appropriate touch.
- How bodies grow and change as they approach puberty.

Old Park Class – Years 5 and 6

Children develop their knowledge further by learning about:

- Healthy and respectful relationships.
- Managing peer influence and conflict.
- Physical and emotional changes during puberty.
- Personal hygiene and self-care.
- Consent, privacy and keeping themselves safe.
- Human reproduction and how babies are conceived and develop.
- Body image, identity and self-esteem.

- Preparing for the transition to secondary school.

Our Approach

RSE is taught in a safe, respectful and supportive environment. Lessons are carefully planned to be appropriate for the age and maturity of the children.

Children are encouraged to:

- Ask questions in a respectful and appropriate way.
- Listen to and respect the views and feelings of others.
- Understand that families and relationships can be different.
- Recognise when something does not feel safe or appropriate.
- Know how and where to seek help.
- Develop the confidence to make safe and healthy choices.

Teachers use appropriate language and resources and respond to children's questions sensitively.

Safeguarding

RSE supports our wider safeguarding curriculum. Children are taught about personal safety, privacy, boundaries, appropriate and inappropriate touch, and how to seek help if they feel worried or unsafe.

If a child makes a disclosure or raises a safeguarding concern during an RSE lesson, staff will follow the school's safeguarding procedures.

Inclusion and Respect

At Longwood School, we believe that all children should feel respected, valued and included.

Teaching will recognise that families, relationships and individual experiences can be different. Children are encouraged to respect differences and challenge stereotypes in an age-appropriate way.

Working with Parents and Carers

We recognise that parents and carers play an important role in supporting children's understanding of relationships, growing up, health and wellbeing.

We aim to provide clear information about the RSE curriculum and encourage parents and carers to talk to their children about the topics covered at school.

Monitoring and Review

The teaching and learning of RSE is monitored as part of the school's PSHE curriculum. The policy and curriculum will be reviewed regularly to ensure that they remain appropriate, effective and in line with statutory requirements and school practice.