



Relationships and Sex Education (RSE) Policy

Reviewed July 2025

At Beech Hill 'Relationships and Sex Education (RSE)' is taught as a core theme within PSHE Education. Beech Hill specifically delivers RSE through its PSHE Programme, RE and Science lessons at foundation stage, KS1 and KS2. Staff work together in partnership with the school nursing service to deliver some sessions. Lessons focus on the emotional aspects of development and relationships, although the physical aspects of puberty and reproduction are also taught as part of National Curriculum Science. The PSHE Programme and Science National Curriculum are taught across KS1 and KS2.

Pupils will be taught;

- how to develop and maintain a variety of healthy relationships, within a range of social/cultural contexts
- how to recognise and manage emotions within a range of relationships
- how to recognise risky or negative relationships including all forms of bullying and abuse
- how to respond to risky or negative relationships and ask for help
- how to respect equality and diversity in relationships.
- about managing change, such as puberty, transition and loss
- ways of keeping physically and emotionally safe

In KS1 Pupils have the opportunity to learn:

- about growing from young to old and that they are growing and changing
- that everybody needs to be cared for and ways in which they care for others
- about different types of family and how their home-life is special
- to understand and respect the differences and similarities between people
- to identify the biological differences between male and female animals and their role in the life cycle
- the biological differences between male and female children

In KS2 pupils have the opportunity to learn:

- strategies to deal with feelings in the context of relationships
- how we grow and change throughout the human lifecycle
- how puberty affects emotions and behaviour and strategies for dealing with the changes associated with puberty
- about the physical changes associated with puberty
- to recognise the impact of puberty in physical hygiene and strategies for managing this
- to answer each other's questions about puberty with confidence, to seek support and advice when they need it
- to identify the changes that occur during puberty
- to consider different attitudes and values around gender stereotyping and sexuality and consider their origin and impact
- to identify values important to them in relationships and to appreciate the importance of friendship in intimate relationships
- about human reproduction in the context of the human lifecycle
- about roles and responsibilities of carers and parents
- to answer each other's questions about relationships with confidence, where to find support and advice when they need it

Relationship education is also taught through other subjects such as Science where the children are taught about basic human biology. Other links include RE and E-safety.

Grooming

What is grooming?

Grooming is when someone builds an emotional connection with a child to gain their trust for the purposes of sexual abuse or exploitation.

Children and young people can be groomed online or in the real world, by a stranger or by someone they know - for example a family member, friend or professional.

Groomers may be male or female. They could be any age.

Many children and young people don't understand that they have been groomed, or that what has happened is abuse.

Grooming happens both online and in person. Groomers will hide their true intentions and may spend a long time gaining a child's trust. They may also try to gain the trust of the whole family so they can be alone with the child.

Groomers do this by:

- pretending to be someone they are not, for example saying they are the same age online
- offering advice or understanding
- buying gifts
- giving the child attention
- using their professional position or reputation
- taking them on trips, outings or holidays.

Using secrets and intimidation to control children

Once they have established trust, groomers will exploit the relationship by isolating the child from friends or family and making the child feel dependent on them. They will use any means of power or control to make a child believe they have no choice but to do what they want.

Groomers may introduce 'secrets' as a way to control or frighten the child. Sometimes they will blackmail the child, or make them feel ashamed or guilty, to stop them telling anyone about the abuse.

Online grooming

Groomers can use social media sites, instant messaging apps including teen dating apps, or online gaming platforms to connect with a young person or child.

They can spend time learning about a young person's interests from their online profiles and then use this knowledge to help them build up a relationship.

It's easy for groomers to hide their identity online - they may pretend to be a child and then chat and become 'friends' with children they are targeting.

Groomers may look for:

- usernames or comments that are flirtatious or have a sexual meaning
- public comments that suggest a child has low self-esteem or is vulnerable.

Groomers don't always target a particular child. Sometimes they will send messages to hundreds of young people and wait to see who responds.

Groomers no longer need to meet children in real life to abuse them. Increasingly, groomers are sexually exploiting their victims by persuading them to take part in online sexual activity.

For more information and support regarding grooming, the NSPCC provides excellent resources which can be accessed here:

<https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/grooming/>. We encourage parents and carers to explore this resource to help identify and prevent grooming.

Child sexual abuse online

When sexual exploitation happens online, young people may be persuaded, or forced, to:

- send or post sexually explicit images of themselves
- take part in sexual activities via a webcam or smartphone
- have sexual conversations by text or online.

Abusers may threaten to send images, video or copies of conversations to the young person's friends and family unless they take part in other sexual activity.

Images or videos may continue to be shared long after the sexual abuse has stopped.

When pupils ask questions, we aim to answer them honestly at an age appropriate level.

Assessment is carried out at appropriate times and involves teacher, pupil and peer assessment of knowledge and understanding, skills, and attitudes.

Explicit Content on Mobile Phones

Sexting is when someone shares sexual, naked or semi-naked images or videos of themselves or others, or sends sexually explicit messages. They can be sent using mobiles, tablets, smartphones and laptops - any device that allows you to share media and messages. A young person is breaking the law if they: take an explicit photo or video of themselves or a friend; share an explicit image or video of a child, even if it's shared between children of the same age; possess,

download or store an explicit image or video of a child, even if the child gave their permission for it to be created.

The child will become vulnerable if these photographs are shared publicly and they may become subject to blackmail, bullying or it may cause unwanted attention or emotional distress.

The pupils at Beech Hill Primary School are taught about keeping themselves safe online during Internet Safety Week and throughout the year in PSHE. Within this time, the children are taught about sending appropriate texts, digital communication and other social media messages. They are also taught about the positives of text messaging and the virtual world. As well as the positives, the teachers help the pupils to explore the negatives of using mobile phones and other devices. Additionally, the children in our school learn the risks of sending unwanted or explicit content.

Our children are taught about having a positive self-image and to respect their own bodies throughout school.

Principles and Values

In addition Beech Hill believes that through the delivery of PSHE all pupils will:

- develop confidence in talking, listening and thinking about feelings and relationships;
- be able to name parts of the body and describe how their bodies work
- be able to protect themselves and ask for help and support
- be prepared for puberty.

Aims

The aim of PSHE is to provide balanced factual information about physical and emotional changes and healthy relationships. Our PSHE education programme aims to prepare pupils for an adult life in which they can:

- develop positive values and a moral framework that will guide their decisions, judgements and behaviour.
- have the confidence and self esteem to value themselves and others
- understand the consequences of their actions and behave responsibly within personal relationships.
- avoid being pressured into uncomfortable or dangerous situations.
- promote equality and diversity.

- have sufficient information and skills to protect themselves in a variety of situations.
- be aware of sources of help and acquire the skills and confidence to access advice and support if necessary.

Inclusion

Ethnic, Cultural and Religious Groups

We intend our policy to be sensitive to the needs of different ethnic, cultural and religious groups. We encourage parents /carers to discuss any concerns they may have with a member of staff.

Pupils with Special Needs

We will ensure that all pupils receive PSHE and we will offer provision appropriate to the needs of all our pupils, taking specialist advice where necessary.

Right of Withdrawal of Pupils from some elements of RSE

We are aware that puberty and relationship education can be a sensitive issue. However just like any other strand of PSHE education, it is taught at an age appropriate level. We do not currently teach Sex Education but all pupils learn about puberty from Y4 upwards and about reproduction within the Y5 science curriculum.

Some parents may prefer to take the responsibility for aspects of this element of education and may choose to discuss the content before children participate in the sessions. We aim to work in partnership with parents/carers to get the best outcome for our children. If you have any questions about any aspect of our PSHE curriculum, please don't hesitate to contact our PSHE education co-ordinator - Mrs Mantle or our School Nurse- on 0191 2678113. We will be more than happy to talk through any concerns you may have.

Please note that children cannot be withdrawn from biology aspects of the science national curriculum.

Confidentiality and Safeguarding

At Beech Hill we pride ourselves on keeping the children safe. If any issues arise where a member of staff feels that a child is unsafe we will follow the necessary safeguarding procedures.

It should be made clear to pupils that all adults in school cannot guarantee absolute confidentiality.

This policy was developed in response to 'Relationships Education, Relationships and Sex Education (RSE) and Health Education.'

Samantha Witty-Ingham- PSHE Lead.