



Sex Education Policy September 2025

At Newlands, we recognise that sex education might be a difficult subject to handle, but it's an essential area of learning for your child.

'Primary school children need information about sex and relationships in a timely fashion, which means, for example, that they should learn about puberty before they experience it,'

Under the **National Curriculum**, the basics of sex education fall within the science curriculum. The statutory content requires schools to teach children about human development, including puberty, and reproduction.

- In Year 2, children learn that animals, including humans, have offspring that grow into adults. They should be introduced to the concepts of reproduction and growth, but not how reproduction occurs.
- In Year 5, children are taught about the life cycles of humans and animals, including reproduction. They also learn about the changes that happen in humans from birth to old age. This includes learning what happens in puberty.

What do sex education lessons look like?

Within the sex education curriculum:

- we aim to ensure that boys and girls know about puberty before they experience it looking at emotional and physical development
- we teach the difference between boys and girls and correct names of body parts
- we teach how babies are conceived and born

Most of this teaching will take place in Year 6, before the transition to secondary school, but for some this is too late. Time will be dedicated to teaching sex education in every school year, so that children can revisit and build on what children have learned previously. This will begin in the lower years for example with learning about the differences between boys and girls.

Throughout our RSHE we will also teach a broad curriculum relating to healthy relationships, self-image and healthy bodies (see policy). This is taught by the class teacher and may be a separate lesson or an integral part of our curriculum through personal development and character education. The subject lead, Mrs Boulton, will monitor and evaluate the content and quality of teaching. Adaptations will be made when necessary in order to meet the needs of the children and to keep up with an ever-evolving society.

Techniques that school will use to deliver SRE include:

- Games
- Using storybooks that open up discussions about sex and relationships.
- Circle time and question box activities, where children can post anonymous questions for group discussion.
- Drama, role-play
- Watching videos and discussing what children have learned.

Some **RSHE** may be taught as a whole-class exercise, but children may also be split up into boys and girls or small groups at times: for example, children might be taught about puberty in single-sex groups. If the class

is broken down into smaller groups, they may come back together afterwards to share what they've been learning.

Adaptive Teaching

The National Curriculum provides a broad and balanced education for all children. Throughout all teaching and learning at Newlands, we provide opportunities that enable all pupils to make good progress. We do this by setting suitable challenges and responding to each child's individual needs, as well as choosing activities to suit each year group and lesson. Teaching is adapted to meet the needs of all pupils. Appropriate support, whether adult support or the use of manipulatives or other extra learning resources, is given to any child that needs it to move their learning forwards.

Training

It's important that teachers get training and support with the subject. All teachers should be competent and trained in delivering SRE so that they can manage the teaching process, set ground rules, and treat it as an equal subject, monitoring, assessing and evaluating what children learn.

Governors are responsible for agreeing the school's **RSHE** policy.

Involving parents in sex education

School will regularly consult parents about what will be taught in SRE. This will include supporting parents in talking about sex and relationships at home, and linking it with what will be taught at school. Resources will be shared on the website and parents can come into school to talk to class teachers regarding content and how to talk to children about the subject.

Parental rights to withdraw

We are committed to ensuring that the education provided to pupils in **RSHE** is appropriate to the age of pupils and compliant with the requirements of the Equality Act 2010.

We recognise, in accordance with statutory guidance, that parents have the right to request for their child to be withdrawn from some or all of the sex education delivered as part of the statutory **RSHE** (other than sex education in the National Curriculum as part of Science), but not from relationships education. At primary. Parents wishing to exercise this right must do so in writing to the head teacher, we will make reasonable adjustments and provide suitable work for their child(ren) at this time.

Diversity

Teachers will ensure that their teaching and the materials used are appropriate, having regard to the age and religious backgrounds of their pupils. School will also recognise the significance of other factors, such as any special educational needs and disabilities.

	Overview of what is taught
Year 3	It's My Body (Being respectful of our bodies, learning about the parts of our bodies using the names of the main parts of the body, including identifying and correctly naming genitalia (e.g. penis and vagina) PANTS Rule
Year 4	Understand their body will change and develop as they grow and their emotions may change as they grow as well. To extend their vocabulary to deepen their understanding of the range and intensity of their feelings. To understand why personal hygiene is important as we grow.
Year 5	Learn about the growth and development of humans and the changes experienced during puberty. Understand how their emotions may change as they approach puberty and as they grow and move through puberty. To recognise the differences that occur at each stage of a human being's development, including childhood, adolescence (including menstruation), adulthood and older age.

Year 6	Learn how a baby grows and develops in its mother's womb. To understand the nature and role of menstruation in the fertility cycle. To learn how human life is conceived in the womb, including the language of sperm and ova, to learn about contraception and safe sex and the importance of this. To understand about appropriate sexual relationships.
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