

Relationship and Sex Education Policy

For Primary Schools

Policy Monitoring, Evaluation and Review

This policy is effective for all academies within The Mead Educational Trust, the Teaching School, the SCITT and all other activities under the control of the Trust and reporting to the Trust Board.

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3.0	November 2022	ACU	Updated Appendices Inclusion of LGBT section
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1.0	March 2018	TMET	New Trust Policy Template

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Relationships and Sex Education Policy

1. Introduction

The aims of relationships and sex education (RSE) at our school 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
- Create a positive culture around issues of sexuality and relationships
- Teach pupils the correct vocabulary to describe themselves and their bodies

2. Statutory requirements

As a primary school, we must provide relationships and sex education (RSE) to all pupils as per section 34 of the [Children and Social Work Act 2017](#).

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 which would include the elements of sex education contained in the science curriculum.

The Trust's funding agreements require it to have regard to RSE [guidance](#) issued by the Secretary of State, as outlined in section 403 of the [Education Act 1996](#), when teaching RSE.

3. Policy development

This policy has been developed in consultation with staff, pupils and parents. The consultation and policy development process involved the following steps:

1. Review – a member of staff or working group pulled together all relevant information including relevant national and local guidance
2. Staff consultation – all school staff were given the opportunity to review the policy and make recommendations
3. Parent/stakeholder consultation – parents and any interested parties were invited to attend a meeting about the policy
4. Pupil consultation – we investigated what exactly pupils want from their RSE (only where this was deemed age appropriate and beneficial)
5. Ratification – once amendments were made, the policy was shared with Trustees and ratified

4. Definition

RSE is about the emotional, social and cultural development of pupils, and involves learning about relationships, sexual health, sexuality, healthy lifestyles, diversity and personal identity.

RSE involves a combination of sharing information and exploring issues and values.

RSE is not about the promotion of sexual activity.

5. Curriculum

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

The curriculum has been developed in consultation with parents, pupils and staff, taking into account the age, needs and feelings of pupils. If pupils ask questions outside the scope of this policy, teachers will respond in an appropriate manner, so they are fully informed and don't seek answers online.

If significant or repeated issues occur within the academy or its community these will be addressed through the curriculum.

Primary sex education is not compulsory in primary schools, it is up to your school to determine whether you need to cover any additional content on sex education to meet the needs of your pupils. If your school decides to cover this, please include the following statement which you can add or adapt according to your pupils' needs.

Primary sex education will focus on:

- Preparing boys and girls for the changes that adolescence brings including relationships with others.
- How a baby is conceived and born

For more information about our curriculum, **see our curriculum map in Appendix 1.**

6. Delivery of RSE

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).

Relationships education focuses on teaching the fundamental building blocks and characteristics of positive relationships including:

- Families and people who care for me
- Caring friendships
- Respectful relationships
- Online relationships
- Being safe

For more information about our RSE curriculum, see the Appendices.

7. Lesbian, Gay, Bisexual and Transgender (LGBT)

TMET Schools will ensure that the needs of all pupils are appropriately met, and that all pupils understand the importance of equality and respect. Schools will ensure that they comply with the

relevant provisions of the [Equality Act 2010](#) and [The Equality Act 2010: advice for schools](#), under which sexual orientation and gender reassignment are amongst the protected characteristics.

Teaching will be sensitive and age appropriate in approach and content. At the point at which schools consider it appropriate to teach their pupils about LGBT, this content will be fully integrated into the programmes of study rather than delivered as a standalone unit or lesson.

Inclusion of Lesbian, Gay, Bisexual and Transgender within the context of family life will be carefully planned, taking care to ensure that there is no stigmatisation of children based on their home circumstances, recognising that there is a wide variety of different family types and parenting arrangements.

8. Roles and responsibilities

8.1 The Board of Trustees

The Board will approve the RSE policy and hold the Principal to account for its implementation.

8.2 The Principal

The Principal is responsible for ensuring that RSE is taught consistently across the school, and for managing requests to withdraw pupils from non-statutory components of RSE (see section 8).

8.3 Staff

Staff are responsible for:

- Delivering RSE in a sensitive way
- Modelling positive attitudes to RSE
- Monitoring progress
- Responding to the needs of individual pupils
- Responding appropriately to pupils whose parents wish them to be withdrawn from the non-statutory / non-science components of RSE

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.

8.4 Pupils

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

9. Parents' right to withdraw

Parents have the right to withdraw their children from the non-statutory components of sex education within RSE.

At Kestrel Mead, the parts of RSE that parents can withdraw from are taught in year 4- 1 lesson and year 6- 2 lessons.

Please see Appendix 1 for Kestrel Mead's curriculum map.

Requests for withdrawal should be put in writing and addressed to the Principal, and can be submitted via email to office@kestrel-tmet.uk Please see appendix 4 for the correct form to use.

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

10. Training

Staff are trained on the delivery of RSE, and it is included in our continuing professional development calendar.

11. Monitoring arrangements

The delivery of RSE at Kestrel Mead is monitored by Mrs E Newnham through probing practice which includes: pupil voice, staff interviews, monitoring of planning and learning walks.

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

This policy will be reviewed by TMET every three years or when legislation changes. At every review, the policy will be approved by the Board of Trustees.

Appendix 1: Relationships and sex education curriculum map Kestrel Mead Primary Academy

Year group	HOW WE MEET THE RSE REQUIRMENTS THROUGH THE JIGSAW PROGRAMME OF WORK	SUGGESTED RESOURCES	Year group	HOW WE MEET THE RSE REQUIRMENTS THROUGH THE JIGSAW PROGRAMME OF WORK	SUGGESTED RESOURCES
Year 1	<p>Being Me in My World</p> <ul style="list-style-type: none"> Caring Friendships R7, R8, R9, Respectful relationships R12, R13 R14, R16 <p>Celebrating Differences</p> <ul style="list-style-type: none"> Caring Friendships R7, R8, R9, R10, R11 Respectful Relationships R12, R13, R16, R17 Being Safe R25, R29, R30, R31, R32 <p>Dreams and Goals</p> <ul style="list-style-type: none"> Respectful Relationship R12, R16 <p>Relationships</p> <ul style="list-style-type: none"> Families and People who Care for Me R1, R2, R3, R4 Caring Friendships R7, R9, R10, R11 Respectful Relationships R12, R13, R15, R16, R19 Being Safe R25, R27, R28, R30, R32 <p>Changing Me.</p> <ul style="list-style-type: none"> Families and People who Care for Me R1, R2, R3, R4, R6 Respectful relationships R14, R15, R16, R19 Being Safe R25, R26, R27, R29, R32 	<p>The Family Book by Todd Parr</p> <p>Red – A Crayon’s Story by Michael Hall</p> <p>Blue Chameleon by Emily Gravett</p> <p>Ten Little Pirates by Mike Brownlow & Simon Rickerty</p> <p>The First Slodge by Jeanne Willis & Jenni Desmond</p> <p>The New Jumper by Oliver Jeffers</p> <p>My World, Your World by Melanie Walsh</p> <p>Red Rockets and Rainbow Jelly by Sue Heap & Nick Sharratt</p>	Year 2	<p>Being Me in My World</p> <ul style="list-style-type: none"> Respectful relationships R12, R13, R14, R15, R16, R19 Being Safe R25, R29, R30, R32 <p>Celebrating Differences</p> <ul style="list-style-type: none"> Caring Relationships R7, R8, R9, R10, R11 Respectful Relationships R12, R13, R14, R16, R17, R18, R19 Online Relationships R20, R21, R22 Being Safe R25, R29, R31, R32 <p>Dreams and Goals</p> <ul style="list-style-type: none"> Respectful Relationships R12, R13, R14, R15, R16, R19 <p>Healthy Me</p> <ul style="list-style-type: none"> Being Safe R32 <p>Relationships</p> <ul style="list-style-type: none"> Families and the people who care for me R1, R2, R3, R4, R5, R6 Caring Relationships R7, R8, R9, R11 Respectful relationships R12, R16, R19 Online Relationships R20, R22 Being Safe R25, R26, R27, R28, R29, R30, R31, R32 <p>Changing Me</p> <ul style="list-style-type: none"> Respectful Relationships R15, R19 Being Safe R25, R26, R27, R29, R30, R31, R32 	<p>What the Jackdaw Saw by Julia Donaldson & Nick Sharratt</p> <p>The Odd Egg by Emily Gravett</p> <p>That’s NOT How You Do It by Ariane Hofmann-Maniyar</p> <p>Two Monsters by David McKee</p> <p>Elmer by David McKee</p> <p>We’re All Wonders by R.J Palacio</p> <p>You Choose by Nick Sharratt & Pippa Goodhart</p> <p>Moving House by Anne Civardi</p> <p>I’ll Always Love You by Hans Wilhelm</p> <p>Poor Mommy by Anne Fine</p> <p>My Baby Sister by Emma Chichester Clark</p>

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Year group	HOW WE MEET THE RSE REQUIRMENTS THROUGH THE JIGSAW PROGRAMME OF WORK	SUGGESTED RESOURCES
Year 3	<p>Being Me in My World</p> <ul style="list-style-type: none"> • Caring Friendships R7, R8, R9 • Respectful Relationships R12, R13, R14, R16, R19 • Online Relationships R20, R21, R23 • Being Safe R25, R32 <p>Celebrating Differences</p> <ul style="list-style-type: none"> • Families and the people who care for me R1, R2, R3, R4, R5, R6 • Caring Friendships R7, R8, R9, R10, R11 • Respectful Relationships R12, R13, R14, R15, R16, R17 • Online Relationships R20, R21, R23, R24 • Being Safe R25, R30, R31, R32 <p>Dreams and Goals</p> <ul style="list-style-type: none"> • Respectful Relationships R12, R13, R14, R15, R16, R19 <p>Healthy Me</p> <ul style="list-style-type: none"> • Online Relationships R20, R21, R22, R23, R24 • Being Safe R25, R26, R28, R29, R30, R31, R32 <p>Relationships</p> <ul style="list-style-type: none"> • Families and the people who care for me R1, R2, R3, R4 • Respectful Relationships R12, R13, R16, R18 • Online Relationships R20, R21, R22, R23, R24 <p>Changing Me</p> <ul style="list-style-type: none"> • Families and the people who care for me R1, R2, R3, R4 • Caring Friendships R7, R8, R9, R10, R11 • Respectful Relationships R18 • Being Safe R25, R26, R27, R29, R32 	<p>The Family Book by Todd Parr</p> <p>The Flower by John Light</p> <p>Max The Champion by Sean Stockdale, Alexandra Strick & Ros Asquith</p> <p>The Great Big Book of Families by Mary Hoffman & Ros Asquith</p> <p>The Cow Who Climbed A Tree by Gemma Merino</p> <p>Blown Away by Rob Biddulph</p> <p>Dogs Don't Do Ballet by Anna Kemp</p> <p>How to Heal a Broken Wing by Bob Graham</p> <p>The Way Back Home by Oliver Jeffers</p> <p>Me... Jane by Patrick McDonnell</p>

Year group	HOW WE MEET THE RSE REQUIRMENTS THROUGH THE JIGSAW PROGRAMME OF WORK	LEARNING WITHIN JIGSAW THAT HAPPENS OUTSIDE OF STATUTORY RSE CURRICULUM PARENTS MAY CHOOSE TO WITHDRAW THEIR CHILD FROM THIS LESSON.	SUGGESTED RESOURCES
Year 4	<p>Being Me in My World</p> <ul style="list-style-type: none"> • Caring Friendships R7, R8, R9, R10, R11 • Respectful relationships R12, R13, R14, R16, R19 • Online Relationships R20, R22 • Being Safe R25 <p>Celebrating Differences</p> <ul style="list-style-type: none"> • Caring Friendships R9, R11 • Respectful relationships R12, R15, R16, R17 • Online Relationships R20, R21, R22, R23 • Being Safe R25, R26, R30, R31, R32 <p>Dreams and Goals</p> <ul style="list-style-type: none"> • Respectful relationships R12, R13, R14, R16, R19 <p>Healthy Me</p> <ul style="list-style-type: none"> • Caring Friendships R7, R8, R9, R10, R11 • Respectful Relationships R12, R13, R15, R16, R19 • Online Relationships R20, R21, R22, R23, R24 • Being Safe R25, R29, R30, R31, R32 <p>Relationships</p> <ul style="list-style-type: none"> • Families and the people who care for me R1, R2, R4 • Caring Friendships R7, R8, R9, R10, R11 • Respectful Relationships R12, R13, R14, R16, R19 • Being Safe R25, R30, R32 <p>Changing Me</p> <ul style="list-style-type: none"> • Families and the people who care for me R1, R2, R3, R4 • Being Safe R25, R26, R27, R29, R32 • Changing adolescent body Girls and puberty (just girls session) (Session 4) 	<p><u>Changing me – outside of the RSE legal remit</u></p> <p>Unit 2: Unique me Learning intentions</p> <p>I understand that some of my personal characteristics have come from my birth parents and that this happens because I am made from the joining of their egg and sperm</p> <p>I appreciate that I am a truly unique human being</p>	<p>This Thing by Simon Puttock & Daniel Egneus</p> <p>The King of Tiny Things by Jeanne Willis & Gwen Millward</p> <p>The World Came To My Place Today by Jo Readman and Ley Honor Roberts</p> <p>Wonder Goal by Michael Foreman</p> <p>Goodbye Mouie by Robie H Harris</p> <p>Salt In His Shoes by Deloris Jordan</p> <p>Badger’s Parting Gifts by Susan Varley</p>

Year group	HOW WE MEET THE RSE REQUIRMENTS THROUGH THE <u>JIGSAW</u> PROGRAMME OF WORK	STATUTORY SCIENCE OBJECTIVES	SUGGESTED RESOURCES
Year 5	<p>Being Me in My World</p> <ul style="list-style-type: none"> Families and the people who care for me R1, R2, R3, R4, R6 Respectful Relationships R12, R13, R14, R15, R16, R19 <p>Celebrating Differences</p> <ul style="list-style-type: none"> Families and the people who care for me R1, R2, R3, R4, R6 Caring Friendships R7, R8, R9, R10, R11 Respectful Relationships R12, R13, R15, R16, R17, R18 Being Safe R25, R26, R27, R30, R31, R32 <p>Dreams and Goals</p> <ul style="list-style-type: none"> Families and the people who care for me R1, R2, R3, R4, Caring Friendships R7, R8, R9, Respectful Relationships R12, R15, R16, R18 <p>Healthy Me</p> <ul style="list-style-type: none"> Caring Friendships R7, R8, R9, R10, R11 Respectful Relationships R12, R13, R14, R15, R16, R17, R18, R19 Online Relationships R20, R21, R22, R23, R24 Being Safe R25, R26, R27, R30, R31, R32 <p>Relationships</p> <ul style="list-style-type: none"> Caring Friendships R7, R8, R9, R10, R11 Respectful Relationships R12, R13, R14, R15, R16, R17, R18, R19 Online Relationships R20, R21, R22, R23, R24 Being Safe R25, R26, R27, R28, R29, R30, R31, R32 <p>Changing Me</p> <ul style="list-style-type: none"> Families and the people who care for me R1, R2, R3, R4, R5 Online Relationships R24 Being Safe R25, R26, R27, R30, R31, R32 Changing adolescent body Changing Me- Puberty for Girls/Boys taught in single gender groups 	<p>Pupils should be taught to:</p> <ul style="list-style-type: none"> ♣ describe the differences in the life cycles of a mammal, an amphibian, an insect and a bird ♣ describe the life process of reproduction in some plants and animals. ♣ describe the changes as humans develop to old age (including puberty) 	<p>Dreams of Freedom by Frances Lincoln Children’s Books</p> <p>This is Our House by Michael Rosen and Bob Graham</p> <p>Beegu by Alexis Deacon</p> <p>Leaf by Sandra Deickmann</p> <p>When I Grow Up by Al Yankovic</p>

Year group	HOW WE MEET THE RSE REQUIRMENTS THROUGH THE <u>JIGSAW</u> PROGRAMME OF WORK	LEARNING WITHIN <u>JIGSAW</u> THAT HAPPENS OUTSIDE OF STATUTORY RSE CURRICULUM PARENTS MAY CHOOSE TO WITHDRAW THEIR CHILD FROM THESE 2 LESSONS.	SUGGESTED RESOURCES
Year 6	<p>Being Me in My World</p> <ul style="list-style-type: none"> Respectful Relationships R12, R13, R15, R16, R17, R19 Being Safe R25, R30, R31, R32 <p>Celebrating Differences</p> <ul style="list-style-type: none"> Respectful Relationships R12, R13, R14, R15, R16, R17, R18, R19 Online Relationships R20, R21, R22, R23, Being Safe R25, R26, R30, R31, R32 <p>Dreams and Goals</p> <ul style="list-style-type: none"> Families and the people who care for me R1, R2, R3, R4, R6 Respectful Relationships R12, R13, R15, R16, R18, <p>Healthy Me</p> <ul style="list-style-type: none"> Respectful Relationships R15, R16, R17, R18, R19 Being Safe R25, R26, R27, R28, R29, R30, R31, R32 <p>Relationships</p> <ul style="list-style-type: none"> Caring Friendships R7, R8, R9, R10, R11 Respectful Relationships R12, R13, R15, R16, R17, R18, R19 Online Relationships R20, R21, R22, R23, R24 Being Safe R25, R26, R27,R28, R29, R30, R31, R32 <p>Changing Me</p> <ul style="list-style-type: none"> Families and the people who care for me R1, R2, R3, R4, R5, R6 Caring Friendships R7, R8, R9, R10, R11 Respectful Relationships R12, R13, R14, R15, R16, R18, R19 Online Relationships R20, R21, R22, R23, R24 Being Safe R25, R26, R27, R28, R29, R30, R31, R32 Changing adolescent body Changing Me- Puberty taught in mixed groups. 	<p><u>Changing me – outside of the RSE legal remit</u></p> <p>Unit 3 Babies: conception to birth Learning intentions</p> <p>I can describe how a baby develops from conception through the nine months of pregnancy, and how it is born</p> <p>Unit 4. Boyfriends and Girlfriends Learning intentions</p> <p>I understand how being physically attracted to someone changes the nature of the relationship and what that might mean about having a girlfriend/boyfriend</p> <p>I understand that respect for one another is essential in a boyfriend/girlfriend relationship, and that I should not feel pressured into doing something I don't want to</p>	<p>Rose Blanche by Roberto Innocenti & Ian McEwan</p> <p>The Island by Armin Greder</p> <p>Where the Poppies Now Grow by Hilary Robinson & Martin Impey</p>

Appendix 2: Relationships Education - Knowledge that pupils should have by the end of primary school

For further details, please refer to pages 19-22 of [Relationships and sex education \(RSE\) and health education - GOV.UK \(www.gov.uk\)](https://www.gov.uk/guidance/relationships-and-sex-education-rse-and-health-education)

TOPIC	PUPILS SHOULD KNOW
Families and people who care about me	<ul style="list-style-type: none"> • That families are important for children growing up because they can give love, security and stability • The characteristics of healthy family life, 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 others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care • That stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up • That marriage represents a formal and legally recognised commitment of two 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	<ul style="list-style-type: none"> • How important friendships are in making us feel happy and secure, and how people choose and make friends • The characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties • That healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded • That most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right • How to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed

TOPIC	PUPILS SHOULD KNOW
Respectful relationships	<ul style="list-style-type: none"> • The importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs • Practical steps they can take in a range of different contexts to improve or support respectful relationships • The conventions of courtesy and manners • The importance of self-respect and how this links to their own happiness • That in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority • 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 • What a stereotype is, and how stereotypes can be unfair, negative or destructive • The importance of permission-seeking and giving in relationships with friends, peers and adults
Online relationships	<ul style="list-style-type: none"> • That people sometimes behave differently online, including by pretending to be someone they are not • That the same principles apply to online relationships as to face-to face relationships, including the importance of respect for others online including when we are anonymous • The rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them • How to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met • How information and data is shared and used online

TOPIC	PUPILS SHOULD KNOW
Being safe	<ul style="list-style-type: none"> • What sorts of boundaries are appropriate in friendships with peers and others (including in a digital context) • About the concept of privacy and the implications of it 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 physical, and other, contact • How to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know • How to recognise and report feelings of being unsafe or feeling bad about any adult • How to ask for advice or help for themselves or others, and to keep trying until they are heard • How to report concerns or abuse, and the vocabulary and confidence needed to do so • Where to get advice e.g. family, school and/or other sources

Appendix 3: Physical Health and Mental Wellbeing - Knowledge that pupils should have by the end of primary school

Curriculum content related to RSE can be found detailed below. For further details, please refer to pages 32-35 of [Relationships and sex education \(RSE\) and health education - GOV.UK \(www.gov.uk\)](#)

TOPIC	PUPILS SHOULD KNOW
Mental wellbeing	<ul style="list-style-type: none"> • that mental wellbeing is a normal part of daily life, in the same way as physical health. • that there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations. • how to recognise and talk about their emotions, including having a • varied vocabulary of words to use when talking about their own and others' feelings. • how to judge whether what they are feeling and how they are behaving is appropriate and proportionate. • the benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness. • simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests. • isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support. • that bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing. • where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online). • it is common for people to experience mental ill health. For many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough.

Internet safety and harms	<ul style="list-style-type: none"> • that for most people the internet is an integral part of life and has many benefits. • about the benefits of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental and physical wellbeing. • how to consider the effect of their online actions on others and know how to recognise and display respectful behaviour online and the importance of keeping personal information private. • why social media, some computer games and online gaming, for example, are age restricted. • that the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health. • how to be a discerning consumer of information online including understanding that information, including that from search engines, is ranked, selected and targeted. • where and how to report concerns and get support with issues online.
Physical health and fitness	<ul style="list-style-type: none"> • the characteristics and mental and physical benefits of an active lifestyle. • the importance of building regular exercise into daily and weekly routines and how to achieve this; for example walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise. • the risks associated with an inactive lifestyle (including obesity). • how and when to seek support including which adults to speak to in school if they are worried about their health.
Healthy eating	<ul style="list-style-type: none"> • what constitutes a healthy diet (including understanding calories and other nutritional content). • the principles of planning and preparing a range of healthy meals. • the characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health).
Drugs, alcohol and tobacco	<ul style="list-style-type: none"> • the facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking.

Health and prevention	<ul style="list-style-type: none"> • how to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body. • about safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer. • the importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn. • about dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist. • about personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing. • the facts and science relating to allergies, immunisation and vaccination.
Basic first aid	<ul style="list-style-type: none"> • how to make a clear and efficient call to emergency services if necessary. • concepts of basic first-aid, for example dealing with common injuries, including head injuries.
Changing adolescent body	<ul style="list-style-type: none"> • key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes. • about menstrual wellbeing including the key facts about the menstrual cycle.

Appendix 4: Parent form: withdrawal from sex education within RSE

Parents can request withdrawal from sex education within RSE as per section 9 of this policy.

Requests for withdrawal should be put in writing and addressed to the Principal, or submitted via email to: office@kestrel-tmet.uk

Parents may wish to use the form below. All requests should include: the name of the child, the child's class or tutor group, the name and signature of the parent requesting withdrawal, the date that the request was submitted and the reason for withdrawal.

TO BE COMPLETED BY PARENTS			
Name of child		Class	
Name of parent		Date	
Reason for withdrawing from sex education within relationships and sex education			
Any other information you would like the school to consider			
Parent signature			

TO BE COMPLETED BY THE SCHOOL	
Agreed actions from discussion with parents	